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Expanding the Campus-Wide Sudden Cardiac Arrest Safety Net

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BACKGROUND/SIGNIFICANCE

- Nationally, approximately 326,000 episodes of out of hospital cardiac arrest (OHCA) occur annually
- < 6% of victims of OHCA survive to hospital discharge
- Rates of bystander CPR and automatic external defibrillator (AED) training have been reported at less than 3% annually in the United States; lowest training reports noted in minority population
- The risk of SCA is 3X greater in athletes

PROBLEM STATEMENT

Relevance:

- Provision of bystander CPR for SCA in the community has been noted to increase survival rates two to three-fold
- SCA costs the U.S. healthcare system $33 billion dollars annually

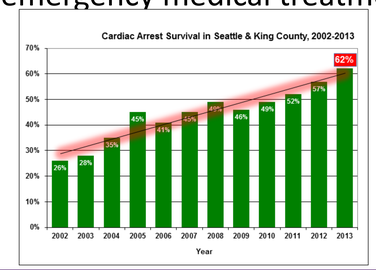
Question:

What is the knowledge level of college faculty and staff in CPR/AED use?

Will there be a change in the knowledge level of college faculty and staff in CPR/AED use after completion of the American Heart Association's (AHA) CPR in Schools Program©?

ROL/EVIDENCE

- 75% of the population in Kings Co., WA has received CPR training and reports the highest nation-wide survival rate from SCA due to ventricular fibrillation at 62%
- Most important factor affecting survival is early defibrillation
- Survival and future neurologic status post SCA are directly dependent upon how quickly the victim receives emergency medical treatment



METHODS

- Interventional Pre/Post test design
- Implementation of American Heart Association CPR in Schools Program©
- Setting: Liberal Arts College, Nassau Co., NY
- Multiple Sessions
- Convenience sample (*n* = 74)

Project Evolution

2017
Student Athletes((*n*=27)

2018
Speech & Language Pathology Students (*n*=86)

2019
Faculty & Staff (*n*=74)

RESULTS

- There was a significant improvement in the mean scores for the pre-test (*M = 2.31, SD= 1.65)* when compared to the post test (*M* = 5.58, SD= 0.52) p < .001
- Noted improvement in knowledge of AED locations on campus
- Participants reported an increase in comfort level performing Hands Only CPR if they witnessed an OHCA on the post test
- These results support that implementation of the AHA CPR in Schools Program improves knowledge level of CPR and AED use in this group of college faculty and staff.

FUTURE PLANS

- Presently collaborating with Public Safety to add additional AEDs in high traffic areas on campus
- Offering CPR in Schools sessions to all students in residence halls
- Create Cardiac Emergency Response Protocol
- Grant applications submitted to support future implementation
- Submit application to Citizen CPR Foundation for "Heart Safe Community"

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