



## **Protecting Students' Hearts Preventing Sudden Cardiac Death**

**Project ADAM New York**, at Maria Fareri Children's Hospital, is committed to saving lives by empowering schools, youth sport programs and communities to be prepared for sudden cardiac arrest (SCA). Project ADAM New York's objective is to educate, give guidance and provide resources on developing cardiac emergency response plans wherever children learn and play.

### **Why Schools and Youth Programs?**

Sudden cardiac arrest (SCA) is the #1 cause of death in the U.S. and the primary cause of death in student athletes but also happens in non-athletes. It afflicts more than 350,000 people, including approximately 7,000 children, each year outside of a hospital setting. 90% of sudden cardiac arrests lead to death. If performed immediately, cardiopulmonary resuscitation (CPR) and use of an automated external defibrillator (AED) can triple the chance of survival. Since 20% of a community is in its schools on any given day, a focused effort on cardiac arrest preparedness in schools is critical to protecting our children and others in the community. It is critical to always be prepared as some heart conditions that put you at risk for SCA often can evade routine detection. The first sign or symptom of a heart condition can be a cardiac arrest. SCA can strike anyone at any time, even seemingly healthy children.

### **What does it mean to be a Heart Safe?**

Schools, youth sports leagues and community sites demonstrate they are prepared for a cardiac emergency by developing a sudden cardiac arrest preparedness plan ensuring that AEDs are functional and accessible, and assembling a team of CPR/AED trained staff or coaches who are ready to act immediately in a cardiac emergency.

### **FREE Services**

Project ADAM New York coordinators will provide a free consultation on prevention of sudden cardiac death in your school, youth sports league and community. You will receive up-to-date information on how to train staff, students, athletes and citizens to recognize sudden cardiac arrest and be aware of emergency treatments to prevent death. This includes:

- Cardiac emergency response planning templates
- CPR and AED training resources
- AED purchase resources
- Assistance in conducting SCA and AED drills
- Education about sudden cardiac arrest
- Heart screening resources
- Tools and educational videos on the Project ADAM website ([www.projectadam.com](http://www.projectadam.com))

**Heart Safe Schools receive recognition with a Certificate and Banner to proudly display!**

**Contact us today to get the tools and resources you need to be Heart Safe.**

By law, every school in New York is required to have an AED. However, not all schools are prepared with a response plan or a trained response team in the event a cardiac emergency occurs. Let us help!

**projectadamny@wmchealth.org**

**914-594-2222**

**<https://www.mariafarerichildrens.org/project-adam>**

