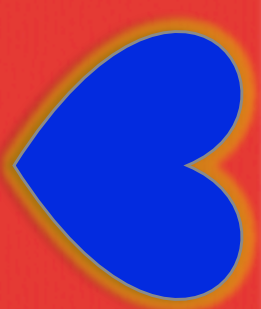


Medical Emergency Response Team

CODE BLUE

How to Save a Life



Code Blue

1. How you can save a life
2. Janet's Law
3. Sudden Cardiac Arrest
4. Code Blue in our school
5. Your responsibilities in a Code Blue situation

Janet's Law

Janet Zilinski was an 11 year old cheerleader from New Jersey who died suddenly from SCA. Her parents worked to get Janet's Law approved – the main goal was to have defibrillators placed in all schools.

1. All public schools have to have an AED.
2. At least 5 staff members at school have to be certified in CPR and the use of the AED.
3. Each school needs an emergency plan for a SCA.
4. AED's have to be available to use in an unlocked case – during and after school.
5. Signs need to be placed throughout the school giving direction to the AED's.

Sudden Cardiac Arrest (SCA) occurs when the heart suddenly stops beating.

It's often caused by ventricular fibrillation – also called v-fib.

AED's – Automatic External Defibrillators – are portable devices that evaluate the person's heart rhythm, and if necessary, administer an electric shock to restore the normal heartbeat.

Statistics

- **95% of SCA victims die before reaching the hospital**
- **Survival is linked to the time a person goes into cardiac arrest and the time defibrillation starts. The longer the time to do CPR started and to use an AED, the less chance the person will survive.**
- **Just giving CPR provides almost NO CHANCE of SURVIVAL.**
- **The best chance of survival is using an AED-- as soon as possible.**
- **If bystanders provide CPR and use an AED before EMS arrives, survival rates increase to 38%!**

Sudden Cardiac Arrest symptoms vs Heart Attack Symptoms

SCA symptoms:

- Collapse and loss of consciousness**
- Loss of pulse and blood pressure**
- Cessation of normal breathing and**
- Unresponsiveness**

Heart attack symptoms:

- Uncomfortable pressure, fullness, squeezing, or pain in the center of the chest**
- Pain spreading to the shoulders, neck, or arms**
- Chest discomfort with dizziness, fainting, sweating, and/or nausea**
- Shortness of breath and difficulty breathing**
- Unexplained anxiety, weakness, or fatigue**
- Palpitations, cold sweat, or paleness**

Heart Attack verses SCA

Different Causes:

A Heart Attack is occurs when a blockage slows or stops blood flow to the muscles of the heart.
Heart muscles can die.

SCA is usually the result of congenital abnormalities or a severe blow to the chest.

Different Treatments:

CPR may be effective for a heart attack victim until paramedics arrive.

CPR, and especially early defibrillation with an AED, is essential for a SCA victim to survive.

Staff Protocol For Code Blue Procedure

Situation appears life-threatening - staff member, student, or visitor is unresponsive
(symptoms: you might see: collapsed, gasping for breath, gurgling, labored breathing, seizure-like activity)

Notify Main Office – call x4135, classroom page, or radio.

State specifically what the emergency is (unresponsive student, staff member or visitor)

State your location

Keep other students calm and get prepared to clear your area or room

Ask another staff member to remove your students

Main office staff will announce CODE BLUE and the location. The office staff will contact the Nurse, the Medical Emergency Response Team, and the Administration. The nurse will delegate who calls 911 (preferably from a land line).

The person calling 911 will describe the exact nature of the situation and if paramedics are needed.

1. Trained responders or a guard will retrieve the nearest AED and proceed to the site.

2. OPA AED locations: *On the Left side next to the Main office door

***Across from the Health Room in the gym**

The guards will meet the EMT's (and possibly the paramedics) and bring them to the site. The bells will be held until the Administration determines they can continue.

The principal or designee will contact the student's family.

The administration will contact the Board.

Summary of how to give CPR and use the AED

Kneel next to the person.

Assess airway, breathing, circulation – (Remember – watch for these symptoms

such as these - collapsed, gasping for breath, gurgling, labored breathing, seizure-like activity)

If the person is not breathing and has no pulse, immediately begin CPR and continue until the EMT's arrive.

Chest compressions – Push Hard, Push Fast – 100 per minute in the center of the chest – Compress at least 2 inches deep.

Use your fingers to locate the end of the person's breastbone, where the ribs come together. Place two fingers at the tip of the breastbone. Place the heel of your other hand right above your fingers (on the side closest to the person's face).

Use both hands to give chest compressions. Stack your other hand on top of the one that you just put in position. Lace the fingers of both hands together, and raise your fingers so they do not touch the chest.

Use the AED as soon as it arrives. Turn it on and follow the directions. Secure the area and only have 1st responders present. Shave the chest, if necessary, and make sure the chest dry. Make sure no one is touching the victim when shocks are delivered.

Target goal from collapse to shock is less than 3 minutes.

[If you know CPR and are giving rescue breaths, give 30 compressions to 2 breaths].

Adults who take action by calling 911, starting CPR, and using the nearest AED can truly make a difference and save someone's life.

This is why it is so important to learn CPR and learn how to use an AED.