

CPR in Schools- Michigan

BACKGROUND

The CPR in Schools law (Public Act 388 of 2016) was signed into law on Dec 28, 2016. The goal is very simple— to save lives, and to empower Michigan’s youth to be those lifesavers by giving them the skills and confidence needed to help during a cardiac emergency.

Each day in the United States, approximately 1,000 people suffer cardiac arrest outside the hospital setting. Of those witnessed by another person, less than half receive CPR prior to EMS arriving, oftentimes because the person witnessing the arrest doesn’t know what to do. This leads to a dismal survival rate of 11 percent. We can and must do better. Schools present an opportunity to teach our youth basic, compressions-only CPR. The training can be done in as little as 30 minutes, and it can easily be incorporated into the school day. Many schools across the state already have model programs in place, and there are several resources available to help schools just getting started.

WHAT THE LAW SAYS

The law requires schools incorporate training, at a minimum, in hands-only CPR into any health curriculum offered between 7th and 12th grades. The law gives schools much flexibility over how they implement the training within their school. The three main requirements are:

- 1.) The training must be based on the American Heart Association, American Red Cross, or another nationally recognized organization’s evidence-based guidelines.
- 2.) The training must include hands-on-a-manikin practice. Watching a training DVD alone is not sufficient to meet the requirements of the law.
- 3.) The training must include education on Automated External Defibrillators (AEDs). The training does not need to be hands-on-an-AED practice, but instead simply needs to be education on AEDs. For example, education regarding what they look like, how they work, and why they are needed if someone is suffering a cardiac arrest.

It is important to note the training requirement is for hands-only CPR. Hands-only CPR training is different from CPR certification, which is a much more in-depth training required for public safety professionals, doctors, nurses, and other professions. CPR certification cards are issued to individuals who complete the certification training. Cards are not issued for hands-only training.

It is also important to note the individual teaching hands-only CPR in the classroom does not need to be a certified CPR instructor.

This law goes into effect in the 2017-18 school year.

RESOURCES AVAILABLE TO SCHOOLS

There are many resources available to schools to help with CPR training in the classroom. Individual schools should decide which resources best align with their plan for implementing the training.

Statewide Resource from the American Heart Association

The American Heart Association has allocated \$120,000 in funding to place CPR in School kits throughout Michigan and is working to secure entities to offer the kits in a library system. Each kit includes 10 inflatable manikins, DVD instructional videos, lesson plan, pre-post testing and other tools to aid in the training. Kits can be checked out by schools at no cost to use for the trainings. This resource will be available in fall of 2017-2018 when legislation takes effect.

CPR in Schools Kits for Purchase

Schools may purchase CPR in Schools kits individually as well. The CPR in Schools Training Kit enables students to learn the lifesaving skills of CPR in just one class period. Plus, the kit teaches AED use and choking relief. The easy-to-use kit is designed specifically for the needs of schools, and the brand new wheeled bag allows for convenient movement from classroom to classroom and easy storage. It's also reusable – one kit can train hundreds of people. CPR in Schools Training Kits retail at \$649. **For more information, visit www.heart.org/cprinschools or contact Krisca Gould at krisca.gould@heart.org.**

Community Partners

Many community partners have been involved in this initiative and have offered to assist schools in their local community with the classroom trainings. Resources vary from community to community, but schools are encouraged to reach out to their local police or sheriff's department, fire department, EMS agency, hospital, or technical school.