



160 S. Hollywood • Memphis, TN 38112 • (901) 416-5515 • Fax (901) 416-1483 • www.scsk12.org

CPR/AED DRILLS

Why?

Effective July 1, 2016, Tennessee Code Annotated (T.C.A.) 49-2-122 requires all schools to conduct an annual CPR/AED drill. The purpose of the drill is for school personnel (those trained in CPR/AED) to practice the use of life saving measures and to evaluate the school's preparedness in the event of a sudden cardiac arrest.

What are "skill drills?"

This is a system of role-play that provides periodic practice of skills rarely performed but which is, at the same time, essential. Periodic skill practice is necessary to the overall quality of a program. Without opportunity to practice, responders may not be able to perform at an optimal level when an emergency happens. In addition, planned drills allow for review to assure that the essential elements of optimal response are operational such as prompt notification of EMS, knowledge of AED location and time required to deploy the AED to the scene and timely implementation of efforts to maintain airway, breathing, and circulation.

Questions:

If you have any questions contact Anthony Krone with Risk Management 416-1997, or Patricia Bafford 416-7377, Karmeisha Johnson, 416-6719 with Coordinated School Health.

Preparation for the drill:

1. Team members should go to <http://www.projectadam.com/Heartsafeschools> and click on the link for the training video titled "Chapter 3: Being Prepared in a Cardiac Emergency". This video will take less than 4 minutes to view and is good for preparation. **Make sure staff are told who are CPR trained and where the AED's are located.**
2. Inform all staff that a drill will be conducted within the next two weeks. The drill should be done when students are present.
3. Determine how this will be announced.
4. Select a time and place for the drill. If front office staff are not part of the team, inform them of their role and of drill time. Inform teachers who are team members to assign back up to cover their classrooms if done during school hours.

5. Inform team members even though they may be assigned a specific task, they will need to be aware of all responses.
6. Assign members to roles:

Role	Assigned Staff Member	Duty
Rescuer 1 - CPR Trained Employee		Assess safety of scene, victim, and situation, directs someone to call 911 and requests the AED, initiate emergency response team, alert to victim's location, assure victim is on a firm surface, initiate CPR
Rescuer 2 - AED		Brings AED to location of the victim
Rescuer 3 - CPR Trained Employee		Assist with CPR
Rescuer 4 - Crowd Control		Keep others from getting in the way, traffic control of the area, verify no one is recording with a cell phone
Rescuer 5 - Timekeeper		Document event
Rescuer 6 - Student Information Gatherer		Obtain student emergency information and contact parent/guardian
School Resource Officer		If assigned, assist with crowd control and arrival of EMS
EMS Receiver		Await arrival of EMS and direct them to the scene

The Drill:

1. Select a skill drill from scenario examples or make up your own. Review the details of the drill together.
2. Have a staff member act as the victim and lay down on the floor near a CPR trained employee. Ideally teachers/staff closest to the victim should alert front office to make their announcement.
3. If you are not a team member, you will keep your students in the classroom and stay out of the hallways. If your classroom is near a team member, you will make sure their students are supervised so the team member can attend to the victim.
4. Designated team members will respond based on the chart above indicating assigned member roles.
5. When an AED arrives simulate placing the pads **(DO NOT REMOVE THE PADS FROM THE AED)** on the victim and performing CPR. You will not actually perform CPR.
6. Simulate EMS arriving and directing them to the scene.
7. Debrief and address any problems or concerns.
8. Record the completed drill in the emergency management system.

CPR/AED Skill Drill Scenarios

The following scenarios may be utilized to make practice of CPR and AED skills more realistic for the responders within a school public access defibrillation program. They are useful for both initial training and periodic “skill drills”. Teams are encouraged to develop their own scenarios as well to become better prepared.

Skill Drill Scenario 1

It is a big game. John leaves the house early to head to school for practice. As he goes out the door, he tells his mom that he has never felt this good in all his life. While practicing, John feels a little short of breath and thinks, “I’m probably just a little nervous”, but does not mention it to the coach. Near the end of the game, John’s team is up by 10 points. Suddenly, John has another episode of shortness of breath. He collapses and begins to have some seizure activity. You (Rescuer 1) are attending the ball game. You and a coach (Rescuer 2) are the first people to reach the fallen player. Begin to assess and manage this victim now.

Instructor actions and victim information:

- The victim has what appears to be a seizure. The seizure has stopped. There is no breathing.
- There is no pulse. (Note: seizures have often been noted in actual events and are related to hypoxia. **This is an important point to make with learners**).
- Rescuer 2 returns with the AED. Before attaching the AED, remind students that a teen that has been playing basketball may be sweaty (wet chest). The chest may need to be dried before pads are attached.

Expected Learner Actions:

Rescuer 1 – CPR trained employee

Assess safety of the scene, victim and situation, directs someone to call 911 and requests the AED, initiate the emergency response team, alert to the victim’s location, assure victim is on a firm surface, initiate CPR (simulate CPR).

Rescuer 2 – AED

Brings the AED to location of the victim (simulate placing the pads on the victim and activating the device).

Rescuer 3 – CPR trained employee

Assist with 2-person rescue CPR as needed or will change out with Rescuer 1 as needed.

Rescuer 4 – Crowd control

Control crowd as needed.

Rescuer 5 – Timekeeper

Documents the event.

Rescuer 6 – Student information gatherer

Obtain student emergency information and contact parent/guardian.

Instructor actions and victim information:

- **Initial rhythm “Shock advised.”**
- **Delivered shock and continue CPR for 2 minutes.**
- **Rescuer 3 is now available. Will take over compressions after next analysis.**
- **Analyzing rhythm, “Shock advised.”**
- **Deliver 3rd shock and continue CPR for 2 minutes**

Local EMS arrives and takes over.

Debrief:

Taking time immediately after implementing the scenario to review actions taken will provide a richer learning experience.

1. What did we do well?
2. What could we do better? If needed, discuss with students how the time from the delivery of the AED to the delivery of the first shock might be made faster.
3. What was easy to remember to do?
4. What was hard to remember to do?

Skill Drill Scenario 2

Robert's soccer game is tonight. Robert's parents and grandparents are all attending. Arriving at the field, the family finds a vantage point that will give them a great view of the game. During the first half of the game, Robert's grandfather suddenly sits down and states, "I don't feel very well." He collapses almost immediately. You are a part of the coaching staff for the soccer team and hear someone call for assistance. You look around and see another teacher (Rescuer 1) beginning CPR. There is a cell phone and AED on the sideline at the game. Begin to assess and manage the victim now.

Instructor actions and victim information:

- The victim has no pulse and there is no breathing.
- Rescuer 1 calls out for the AED.
- AED is brought to the victim. AED is placed on the victim while the rescuer 1 is doing CPR.

Expected Learner Actions

Rescuer 1 – CPR trained employee

Assess safety of scene, victim and situation, directs someone to call 9-1-1 and requests AED, initiate emergency response team, alert to the victim's location, assure victim is on a firm surface, initiate CPR.

Rescuer 2 – AED

Brings AED to location of the victim. Simulates placing pads on victim and following prompts. Continue CPR while attaching pads. May assist with CPR if needed.

Rescuer 3 – CPR trained employee

Assist with 2-person rescue CPR as needed or will change out with Rescuer 1 as needed.

Rescuer 4 – Crowd control

Control crowd as necessary.

Rescuer 5 – Timekeeper

Documents event

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