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MI HEARTSAFE SCHOOLS NEWSLETTER

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**There are currently a
total of 490 MI HEART-
Safe Schools across
Michigan.**

**Applications are now
available for the
2019-2020 school
year.**

Welcome to the fourth edition of the MI HEARTSafe School Newsletter. In this edition we thought it would be helpful to let you know a little bit about how the MI HEARTSafe School Program got started. In the summer of 2012 we were having a discussion among members of the Michigan Alliance for the Prevention of Sudden Cardiac Death of the Young (MAP-SCDY), about our overall mission of trying to prevent the loss of our Michigan students from sudden cardiac arrest (SCA) in our schools. We realized that we were telling Michigan schools that they should be prepared to respond to an SCA on school property, but we did not have a model to present to the schools to tell them what that meant. We decided that we needed to develop a model for schools to try to conform to that would demonstrate they were prepared to respond to an SCA on school property.

One of the big questions was the number of automated external defibrillators (AEDs) that a school should have on school property. We struggled with that and ultimately decided that there was no hard and fast answer to that question. Ultimately, the MAP-SCDY decided that the following criterion would be appropriate: "A sufficient number of accessible, properly maintained and inspected AEDs, ready to use, with signs identifying AED locations (sufficient number is estimated by the time to scene from recognition to AED placement within 2-5 minutes)." Fewer AEDs would be necessary for a school contained in one small building with no outside athletic fields. More AEDs would be necessary for a school with multiple buildings and outside athletic fields.

One of the other big questions was the number of staff members who should be trained in CPR and the use of an AED. Again, no hard and fast answer. The criterion that we decided upon was: "At least 10% of staff, 50% of coaches including 100% of head coaches, and 100% of P.E. staff with current completion of CPR/AED certification course. (Qualifying CPR/AED courses are the American Heart Association's Heartsaver course and the American Red Cross's CPR/AED course.)"

The other key criterion that we included is that a school seeking MI HEARTSafe School designation must perform at least one cardiac emergency response drill per year. The drill is to include the recognition of signs of sudden cardiac arrest using the American Heart Association's Chain of Survival as well as calling 9-1-1 and use of bystander CPR and AED until EMS arrives to provide advanced life support. The importance of the drills cannot be overstated. There is no time for a responder to stop and think: "What am I supposed to do now?" Those responding to a cardiac emergency need to react instinctively in a calm and quick manner. That only comes with practice, practice and more practice.

We like to think of the MI HEARTSafe School Program as a work-in-process. This is the first such program in the country so there was nowhere to look for guidance. Please feel free to contact us to let us know what we are doing right and what we need to improve on. Your feedback is important. We want Michigan to be the model for other states. Our goal is to keep improving the MI HEARTSafe School Program so that we can prevent the loss of our sons and daughters to SCA in our Michigan Schools.

Respectfully,
Randy Gillary – President of the Kimberly Anne Gillary Foundation and charter member of the Michigan Alliance for the Prevention of Sudden Cardiac Death of the Young (MAP-SCDY)

BEST PRACTICES—BY MONICA MARTIN GOBLE, MD**SCHOOL CARDIAC EMERGENCY RESPONSE PLAN AND
AUTOMATED EXTERNAL DEFIBRILLATOR FAMILIARITY**

In November 2018 a thought-provoking article was published in the American Journal of Cardiology (AJC) entitled: “Disparities Regarding Inadequate AED Training and Potential Barriers to Successful Cardiac Resuscitation in Public Schools.” Here’s a summary, with findings that are relevant to SCA school-preparedness here in Michigan. To learn more about faculty training and the potential barriers to cardiac resuscitation the Illinois-based authors sent a questionnaire to all 3800 Illinois public schools, with a 58% response rate. They found that most schools had potential barriers to successful AED use, which the authors felt could be easily rectified. Factors associated with perceived inadequate AED training were smaller schools, elementary schools, and predominantly black or Hispanic schools. Of those responding, 99% had at least one AED on school grounds. Regarding AED training specifically: 32% reported receiving no AED training, 70% felt their faculty may be hesitant to deliver a shock from the AED, and 54% believed that their faculty may not be adequately trained on AED use.

This article suggests that we can do a better job of making sure potential school lay responders aren’t intimidated by an AED. Regular drills can help simplify the concept of retrieving and applying an AED. In addition, we need to find ways of minimizing barriers and disparities in SCA-preparedness.

In a shout-out to school nurses, 80% of the Illinois survey responders were school nurses. Here in Michigan, about half of the yearly MI HEARTSafe school applications are submitted by school nurses. In fact, the distribution of school nurses on a map of Michigan mirrors the MI HEARTSafe School locations. We applaud the ongoing efforts of school nurses, while looking for ways to extend the reach of the MI HEARTSafe program to schools with fewer nurses and/or resources.

As the authors state: 1) school systems need to ensure that faculty have sufficient training in CPR and AED use, 2) an effective Cardiac Emergency Response Plan (CERP) relies on efficient communication between on-site responders with rapid access to AEDs and local EMS, and 3) the CERP must be reviewed and practiced annually.

Here in Michigan, the Gillary Foundation and other groups emphasize the importance of routine CPR/AED practice drills to test the school’s existing CERP. Concise recommendations on school-preparedness for a SCA can be found in a consensus statement published in 2016 in the National Association of School Nurse journal (“Cardiac Emergency Response Planning for Schools - A Policy Statement”).

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RECENT SAVE—UNIS MIDDLE SCHOOL IN DEARBORN

DEARBORN SCHOOLS (2019, DEC. 10). BOARD HONORS LIFE-SAVING TEACHERS. [PRESS RELEASE]

Unis Middle School student, Mohammad Hannawi, was recently saved thanks to the quick action of teachers Emily Bartley and Brian Courtright and the fact the school had a readily available automated external defibrillator (AED). “This is really a story of heroes in our community,” said Superintendent Glenn Maleyko. “I’m very proud of everyone, of our entire community, first responders, family, and obviously our wonderful teachers and social workers.”

On October 2, Unis Middle School football practice was cancelled due to the weather. Student Mohammad Hannawi and other swim team members used the break to get in an off-season practice in the pool. While swimming, Hannawi had a medical emergency due to an undiagnosed cardiac condition.

When teacher Emily Bartley saw that Mohammad was not surfacing from the water, she immediately jumped in the pool, pulled him to the pool deck, and began CPR. The other students, recognizing the seriousness of the situation, ran to get additional assistance. Bartley was joined by fellow teacher Brian Courtright who assisted in providing first aid, including setting up the school’s AED. Within minutes, Dearborn Fire Department paramedics arrived, continued CPR and activated the AED before transporting Hannawi to Children’s Hospital.

In the days and weeks that followed the incident, the outlook for the middle-schooler was not good. The McCollough/Unis staff, students, and community were filled with sadness as they continued to support the family and hope for Mohammad’s recovery. A highly qualified team of social workers, led by Dr. Rola Bazzi-Gates, provided support to the staff and students at the school during this troubling time. Principal Chadi Farhat, teachers at the school, and Dearborn Public Schools administrators continued to visit Mohammed and his family at the hospital to provide support.

Fortunately, the tough 8th grade student recovered, was able to go home, and returned to school. When Hannawi was released from the hospital, doctors met with his parents and school administrators. The doctors credited the quick actions of Bartley and Courtright for saving the boy’s life.

McCollough/Unis Principal Chadi Farhat said, “I would like to thank and recognize the efforts of all the individuals who saved Mohammad’s life and supported the McCollough/Unis community during this emotional time. Without their efforts, the outcome could have been tragic, and the McCollough/Unis community could not have been able to successfully navigate through all of this.”

In addition to recognizing the teachers, a resolution approved by Board of Education also declared October 2 AED Day in Dearborn Public Schools. Every year on that day, school staff will be required to check that any AEDs and other first aid equipment are in working order.

Unis Middle School teachers Brian Courtright, left, and Emily Bartley, right, were recognized during the Monday, December 9, 2019 Board of Education meeting for their heroic efforts to save student Mohammad Hannawi. On October 2 the eighth grade student had a medical emergency while swimming after school. Bartley pulled Hannawi from the water and performed CPR, and Courtright retrieved the school’s AED and assisted until paramedics arrived.



MI HEARTSAFE SCHOOLS—BY KRISTY KARASINSKI, MPH
MI HEARTSAFE SCHOOL PROGRAM COORDINATOR**SUCCESSFUL SECOND ANNUAL MI HEARTSAFE SCHOOL WORKSHOP**

The MI HEARTSafe School Educational Workshop took place on December 4 at the Michigan High School Athletic Association in East Lansing. Schools interested in learning more information about the program were invited. A total of 30 schools attended the event both in person and via the Zoom webinar option offered.

Randy Gillary, President of the Kimberly Anne Gillary Foundation, started off with a heartfelt speech about the importance of schools being prepared for cardiac emergencies. Dr. Monica Goble, pediatric cardiologist and Michigan Alliance for Prevention of Sudden Cardiac Death of the Young Chair, presented on the clinical aspects of sudden cardiac arrest. Evilia Jankowski, Gwen Fosse, and Jen Shea shared their insight about developing medical emergency response teams, practicing cardiac emergency response drills, and engaging students in cardiac preparedness activities. MI HEARTSafe school champions from Grand Ledge Public Schools and Saline Area Schools provided detailed information about their program coordination and special tips used to meet program requirements.

The MI HEARTSafe School program plans to host future educational events for schools interested in learning more about the program; specific dates are to be determined.

The application for this upcoming year is available on the [MI HEARTSafe School website](#) and applications are accepted through May 15, 2020. The program criteria will remain the same as last year.

For any questions or more information, please contact MDHHS-MI-HEARTSafe@michigan.gov.

MI HEARTSAFE SCHOOL APPLICATION OPEN FOR 2019-2020 SCHOOL YEAR

The MI HEARTSafe School program encourages schools to prepare for cardiac emergencies and respond properly to sudden cardiac events. Schools meeting program criteria are awarded for three school years, receive a letter of commendation, and are spotlighted on the [MI HEARTSafe School website](#). Schools interested in receiving the MI HEARTSafe designation for this school year must complete the [online application](#) by May 15, 2020.

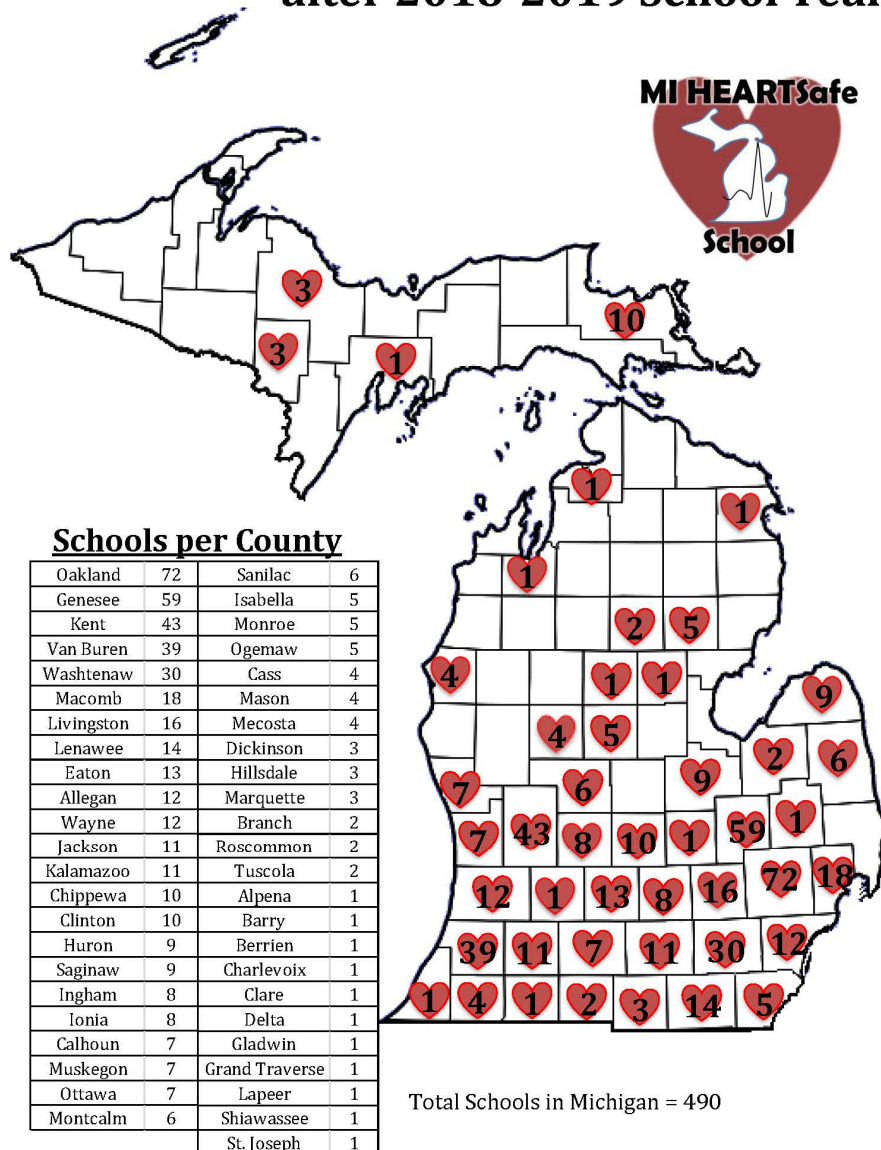
Program criteria for schools are:

- organize a cardiac emergency response plan and team to respond to emergencies during school hours and after-school activities
- train 10% of staff, 50% of coaches, and 100% of varsity head coaches and physical education teachers in CPR/AED usage
- obtain a sufficient number of AEDs to reach a victim on school grounds within 2-5 minutes
- practice a cardiac emergency response drill annually
- complete the Michigan High School Athletic Association's (MHSAA) most updated pre-participation sports screening form for all student athletes.

Complete details about the application and award are located on the [MI HEARTSafe School website](http://MI-HEARTSafe-School-website). If you have any questions or would like assistance with your application, please contact MDHHS-MI-HEARTSafe@michigan.gov or 1-866-852-1247.

The MI HEARTSafe School award is designated by the Michigan Alliance for Prevention of Sudden Cardiac Death of the Young (MAP-SCDY), Michigan Department of Health and Human Services (MDHHS), Michigan Department of Education (MDE), Michigan High School Athletic Association (MHSAA), and American Heart Association (AHA).

Total MI HEARTSafe Schools after 2018-2019 School Year



TURNING TRAGEDY INTO PURPOSE

The Kimberly Anne Gillary Foundation was established in April of 2000 after the tragic death of fifteen year old Kimberly Anne Gillary. The mission of the Foundation is to ensure that every Michigan high school has at least one automated external defibrillator (AED) and staff members who are certified in CPR and the use of an AED. They also advocate for cardiac screening and testing of all high school student athletes and regular CPR/AED practice drills for schools.

Kimberly suffered a sudden cardiac arrest while playing in a water polo game for Troy Athens High School. She was given CPR immediately, but the school did not have an AED. Her brain had been without oxygen for too long when the EMS arrived with a defibrillator. By then it was too late. There was a practicing cardiologist and his wife, a cardiac nurse, who happened to be at the water polo game and over saw her care. Kimberly was given the best care possible and still never regained consciousness. Her parents believe that her chances of surviving her cardiac arrest would have greatly improved had there been a readily available AED.

To date the Foundation has donated almost 800 AEDs to schools and organizations in Michigan. They also donate CPR/AED training for up to 5 staff members from each school if needed. There have been at least 7 saves made with AEDs donated by the Kimberly Anne Gillary Foundation.

“We can take comfort in knowing that her memory lives on in the lives that have been and will be saved with these defibrillators. Kim, you are so loved and missed today and always!”

If you would like more information on the Kimberly Anne Gillary Foundation or are interested in receiving an AED and training for your school, please visit www.kimberlysgift.org.



Kimberly Anne Gillary

1984 — 2000

HELPING TO PREVENT SUDDEN CARDIAC DEATH OF THE YOUNG

<https://migrc.org/miheartsafe>