



MI HEARTSAFE SCHOOLS NEWSLETTER

OCTOBER 2019

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Welcome to the third edition of the MI HEARTSafe School Newsletter. I would like to tell you about a telephone conversation that I had a few days ago with John, a friend and longtime supporter of the [Kimberly Anne Gillary Foundation](#). About a month ago, John bought an AED for his plant facility after learning about the importance of having AEDs in schools. Not long after installing the AED in the plant, his plant manager suffered a sudden cardiac arrest (SCA) on the job. That recently purchased AED was used on the plant manager. The EMTs who responded said that without the AED, the plant manager would likely not have survived. The plant manager is now back at work.

John thanked me for getting AEDs in schools and for emphasizing the importance of having school personnel prepared to respond to SCAs. He said it was because of our work that his plant manager was saved. I told him that he was the one who saved his employee's life—he acted and purchased an AED for his facility and had trained personnel available to use it in an emergency. I asked him what he thought about that. John broke down in tears and could barely respond. We both ended the conversation in tears.

This is why it is so important for schools to receive their MI HEARTSafe designation. We can document at least seven saves from AEDs donated to schools by the Kimberly Anne Gillary Foundation. Some were students and some were adults. There is nothing more important than being prepared to save a life at your school. My wife and I started the Kimberly Anne Gillary Foundation almost 20 years ago after we lost our 15 year old daughter Kimberly to a sudden cardiac arrest (SCA) in a high school water polo game.

Back in those days, it was not the norm for Michigan high schools to have an AED and staff members trained in CPR and AED usage. One of the major missions of our Foundation is to prevent other parents from losing their sons and daughters to SCA in high school sporting events and activities.

Please be sure that your school applies for and receives the MI HEARTSafe School designation. Once awarded, it's important that your school keeps the certification up to date. This could be one of the most important decisions that you ever make.

The MI HEARTSafe School Award Program was started in 2013 by the Michigan Alliance for the Prevention of Sudden Cardiac Death of the Young (MAP-SCDY). MAP-SCDY works to prevent death due to sudden cardiac arrest by encouraging Michigan school communities to be prepared to provide the best possible response to a cardiac emergency.

Please visit migrc.org/miheartsafe for more information about the MI HEARTSafe Schools Award Program and how to qualify and apply for the MI HEARTSafe designation. Schools meeting the minimum criteria will be awarded the MI HEARTSafe School designation, receive a HEARTSafe banner to display, receive a letter of commendation, and be spotlighted on our website— all at no cost to the school. Applications will be available for the 2019-2020 school year in January 2020. You can also email any questions to MDHHS-MI-HeartSafe@michigan.gov.

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).

**MI HEARTSafe Schools
Educational Workshop
will be held on
December 4, 2019 at
Michigan High School
Athletic Association.
Learn how to bring the
MI HEARTSafe School
Program to your
schools and [register
today.](#)**

BEST PRACTICES—BY MONICA MARTIN GOBLE, MD; REBECCA NORTHWAY, MD; AND HELEN KORNEFFEL, MULTIMEDICA COMMUNICATION INTERN AT MICHIGAN MEDICINE

When it comes to keeping their children safe during activities, many parents are diligent in covering the bases. Pediatric cardiologist Monica Goble, M.D., and internal medicine-pediatrics and primary care sports medicine physician Rebecca Northway, M.D. explain safety measures parents typically think about and others they may not.

What do people think of when they are told to be prepared for a physical activity related emergency? Many may say concussion-awareness, weather-preparedness, heat-safety and staying hydrated, while few think about lesser known topics, such as sudden cardiac arrest and emergency health situation preparedness.

WHAT YOU MIGHT NOT THINK ABOUT

SUDDEN CARDIAC ARREST

During a sudden cardiac arrest (SCA), the heart rhythm goes from normal to suddenly abnormal. For no apparent reason, a person suddenly drops to the ground, because the heart stops effectively pumping blood to the body. Quick action is essential to survival and recovery. Minutes matter during SCA episodes.

Use of an automated external defibrillator (AED) is crucial during a suspected sudden cardiac arrest. An AED is a computerized medical device that will analyze the heart rhythm of a person in cardiac arrest, recognize a shockable rhythm and advise the operator whether the person should receive a shock.

Dr. Monica Goble explains what happens in a SCA:

- Breathing may be abnormal (maybe gasping) or absent. The person may be limp or may appear to be having a seizure.
- The heart itself may be otherwise normal (or in some cases there may be an underlying structural abnormality), but the blood is not circulating to the body because of this suddenly very erratic heartbeat.
- The abnormal heartbeat, untreated, may deteriorate rapidly to no heartbeat.
- In addition to calling 911 and starting CPR to help circulate the blood, an AED should quickly be applied, ideally, within three minutes of collapse.
- The AED will analyze the heartbeat and decide if a shock is needed to reset the heart's electrical system to help it return to normal.
- The sooner the AED is applied, the better the chance for a full recovery.

“SCA occurs in all age groups and in both athletes and non-athletes,” Goble says. “If a person is experiencing a SCA, act quickly. Your timely response may be the difference between life and death.”

EMERGENCY PREPAREDNESS

An Emergency Action Plan (EAP) is an established and practiced safety document that outlines steps taken in case of a medical emergency. For sporting events, an EAP should include an action plan for inclement weather, for injuries and for a downed athlete, coach, or spectator, and all staff should be aware of the EAP steps.

Additional information can be found in this article, [Tackling Emergencies: 6 Scenarios Every Parent and Coach Should Prepare for](#).

DR. NORTHWAY SHARES THESE TIPS FOR PARENTS TO PREPARE FOR AN EMERGENCY:

- Ensure coaches are aware of their organization's EAP and are prepared for medical emergencies.
- Become familiar with potential health and safety issues to prevent potential injuries and to recognize when immediate intervention is needed.
- Schedule regular sports physicals with your child's primary care provider to help identify potential medical concerns.

DR. NORTHWAY SHARES THESE TIPS FOR COACHES TO PREPARE FOR AN EMERGENCY:

- Become familiar with any and all of the organization or school's EAPs.
- Become familiar with age-appropriate skills and activities to help prevent overuse and traumatic injuries.
- Consider standardizing a pre-event "Safety Time-Out", to review a simplified EAP checklist, as it applies to the event (practice or game) about to start.
 - Participants many include the event's athletic directors, trainers, team physician, stadium manager, security officers, school administrators, and local EMS providers.

"We often think of emergency preparedness as a topic for large sporting events, but every sporting team, from football to tennis, should have an emergency action plan in place," Northway says. "It is well-documented that having emergency action plans leads to both lives saved and reduced injury rates."

PROGRAM UPDATE —BY KRISTY KARASINSKI, MPH
 MI HEARTSAFE SCHOOL PROGRAM COORDINATOR



**154 SCHOOLS AWARDED MI HEARTSAFE DESIGNATION
 FOR THE 2018-2019 SCHOOL YEAR**

Cardiac emergency preparedness within schools not only creates a safer environment for students – it advocates for the safety of an entire school community. The MI HEARTSafe School program promotes preparedness by ensuring school staff are equipped and ready to respond to a cardiac event on school grounds during and after school hours. Congratulations to the 154 schools meeting program criteria during the 2018-2019 school year; these schools will be receiving a banner and award packet and will also be spotlighted on the MI HEARTSafe School program website. The 87 schools earning the award for the first time and 67 renewing schools are listed on our [website](#). Counties with the highest number of designees were Genesee, Washtenaw, Oakland, and Kent. This year's awarded schools were invited to attend an award event in October at the Livingston County EMS Facility. They were recognized for their hard-work and collected their award packets.

The MI HEARTSafe School program is a collaboration between the Michigan Department of Health and Human Services (MDHHS), Michigan Department of Education (MDE), American Heart Association (AHA), Michigan High School Athletic Association (MHSAA), and the Michigan Alliance for Prevention of Sudden Cardiac Death of the Young (MAP-SCDY). The designation lasts three school years and currently there a total of 490 MI HEARTSafe schools across Michigan. Next year's application will open in January 2020. For more program information, please view the [MI HEARTSafe School program website](#) or contact MDHHS-MI-HeartSafe@michigan.gov.

If you are interested in bringing the MI HEARTSafe School program to your schools – please attend the MI HEARTSafe Educational Workshop at the Michigan High School Athletic Association in East Lansing on Wednesday, December 4, 2019. There will also be a webinar option for those of you who cannot travel. If you would like to attend, please complete the [registration form](#).

A LIFE IS SAVED—BY SAM ANHALT, LUKE'S MOM

On Thursday, December 13, 2018, Fruitport Calvary Christian School senior Luke Anhalt (then 17) suffered a sudden cardiac arrest. He crumpled to the gym floor during a relatively light basketball practice and was quickly discovered by a teammate who, recognizing something was seriously wrong, alerted varsity coach Jeff Zehr. Coach Zehr sent players to fetch the AED, and two players retrieved both school AEDs. Zehr quickly turned on the AED from the school gym and followed instructions guiding him to administer CPR. The machine then detected coarse ventricular fibrillation and administered a shock. Responding to coach Mike Harris's 911 call, Fruitport paramedics quickly arrived and administered a necessary second shock with the school's AED. Breathing and showing a strong heartbeat, Luke was transported by ambulance to Mercy Hospital in Muskegon, where tests were run before he was eventually transferred to Helen DeVos Children's Hospital in Grand Rapids. Days later, Luke underwent surgery to implant a subcutaneous internal cardiac defibrillator (ICD). This defibrillator will be part of him for the rest of his life.

Tests eventually ruled out all of the usual suspects which cause SCA in youth. While he has a slight gene mutation, Luke tested negative for Hypertrophic Cardiomyopathy. No cause has been determined for his SCA and no further tests remain.

Six weeks after the event on January 23, 2019, Luke was cleared to return to athletics. Two days later, he played in a packed home gym in his high school homecoming basketball game, leading his team to an upset victory. Luke was also crowned homecoming king that night based on a vote cast by fellow students before his SCA.

Luke graduated at the top of his class five months later, and in his valedictorian speech, he spoke of the importance of relationships, working hard to earn your place and your good reputation, and seeking and trusting God's unique plan for your life. When Luke spoke to his peers about making each day count, they knew there was credibility to his words. Luke, an all-state soccer player, is playing soccer at Spring Arbor University this year where he is following a pre-med course of study. He is excited about what is next, and he and his family firmly believe God's plan will continue to unfold. They believe that God is in control and He remains good no matter the outcomes of our crises, but they praise Him for His mercy in saving Luke's life, the donation and presence of the AED, and the quick response of everyone involved.



PROJECT ADAM—BY GWEN FOSSE, MSA, BSN, RN

PROJECT ADAM MICHIGAN COORDINATOR, U OF M CONGENITAL HEART CENTER

The annual national meeting of **Project ADAM** (Automated Defibrillators in Adam’s Memory – founded at Children’s Hospital of Wisconsin) was held in Ann Arbor this year. Medical directors and coordinators from current affiliates plus prospective affiliates gathered in Michigan from 17 states! Project ADAM is now in 20 states with more considering affiliation only a few were unable to join us at the Big House and for the meetings.



Representatives were here from these hospitals: Golisano Children’s, Kansas University (Wichita), Lurie Children’s, Monroe Carell Jr. Children’s, Children’s Hospital of Wisconsin, Arkansas Children’s, Nationwide Children’s, Children’s Hospital of Atlanta, East Tennessee Children’s, Providence-Sacred Heart Children’s, Children’s Hospital of Philadelphia, Texas Children’s, Cook Children’s, Cincinnati Children’s, Children’s Mercy, Rady Children’s, USA Children’s, Yale New Haven Children’s, and Oschner’s Children’s. C.S. Mott Children’s Hospital loved the company of so many passionate colleagues working together – all with the primary focus of creating heart safe schools.

We were joined by several supporters and/or researchers for our “Organizational Partners” session – Sudden Arrhythmia Death Syndromes (SADS) Foundation, Avenric/HeartAED, Parent Heart Watch, Got AED- Simon’s Heart, One Beat CPR, University of Illinois. Each of these partners helps contribute to saving lives from sudden cardiac arrest.

At this meeting, the affiliates shared strategies about creating heart safe schools. They informed each other about advocacy events for increasing CPR training. There were great ideas about improving access to AEDs. Lessons learned about responses to SCA events at schools were described. The Project ADAM National Council updated the group and the various committees (Education, Advocacy, Growing Affiliates, and Awareness/Social Media) each reported their activities. Many new ideas, possible solutions, and next steps were presented. Clearly, much life-saving information was shared. The success of the first year of an organized social media presence with an awareness campaign was celebrated – so many likes, shares, tags – the new age of measuring effectiveness. Here is the initial message that will be posted during the October campaign:

A major highlight of the 3-day meeting was the opportunity to provide the C.S. Mott Children’s Hospital Grand Rounds. The Project ADAM Grand Rounds Presentation was: **“Shock Advised! An expert panel review of sudden cardiac arrest cases, highlighting bystander CPR/AED response, heart safe schools, and diagnostic possibilities”**. The moderators were David Bradley MD and Monica Goble MD (University of Michigan). And the experienced panel was composed of 3 Project ADAM affiliate medical directors – English Flack MD (Vanderbilt), Anoop Singh MD (Children’s Hospital of Wisconsin), and Vicki Vetter MD (Children’s Hospital of Philadelphia). It was a lively and educational discussion of managing complex situations of out-of-hospital sudden cardiac arrest in children and adolescents.

The Project ADAM affiliation provides such a valuable foundation for the work everyone is doing – being a part of this group strengthens every affiliate. But, the best highlight of the meeting was the gathering of so many members of our MAP-SCDY group. It really showed the national group what our wonderful alliance, convened by MDHHS, is accomplishing with MI HEARTSafe Schools. Michigan is providing a unique example of the power of collaboration. From amazing research to resource sharing, family foundation contributions to state departments’ involvement, group advocacy to hospital representatives and so much more – our diverse group of Michigan partners within MAP-SCDY showed the national team all about what it means to be “The Team! The Team! The Team!”

Project ADAM National - www.projectadam.com

Project ADAM Michigan - projectadam@med.umich.edu [Project ADAM Michigan – Saving lives in schools](#)

UPCOMING EVENTS

OCTOBER

Sudden Cardiac Arrest Awareness Month

Are you **READY** to step up and be a first responder if an emergency occurs? This month, Project ADAM wants to make sure you are **READY**. What does it take to be **READY**? You should...

- Recognize how to ID a Sudden Cardiac Arrest
- Examine the victim for responsiveness
- Act quickly to render aid
- Defibrillate using an AED, and remember...
- You can help save a life

Project ADAM
SAVES LIVES
to learn more, visit www.projectadam.com

November 4-8, 2019
February 3-7, 2020

IS YOUR SCHOOL
PREPARED?

CPR/AED DRILL WEEK

Learn more about sudden cardiac emergencies at migrc.org/miheartsafe



Learn how to bring the MI HEARTSafe School Program to your schools.

MI HEARTSAFE SCHOOLS EDUCATIONAL WORKSHOP

DECEMBER 4, 2019

Michigan High School Athletic Association
1661 Ramblewood Drive, East Lansing 48823

If you would like to attend, please fill out the [registration form](#).

MICHIGAN SCHOOLS CPR/AED DRILL WEEK

The next CPR/AED Drill Week is scheduled for **November 4-8, 2019**. We are encouraging all schools to make a commitment to hold a practice drill during this time. Regular training is essential to hone the skills necessary to increase the probability of a student's survival from a sudden cardiac arrest. Without the opportunity to practice, responders may not be able to perform at an optimal level when an emergency arises. Routine practice drills are also a great way to test the effectiveness of your emergency response plan.

Please contact the Kimberly Anne Gillary Foundation if your school district is in need of an AED Drill Kit. An AED Drill Kit consists of an AED training unit, a manikin, a stopwatch, and an AED Drill pamphlet with some general instructions. The kit will be donated to your school district free of charge. The only requirement we have is that you make the AED Drill Kit available to all of the schools in your district so that they can perform regular practice drills.

CONTACT:

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HELPING TO PREVENT SUDDEN CARDIAC DEATH OF THE YOUNG

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