

D181 Cardiac Emergency Response Plan

Purpose:

The purpose of this Cardiac Emergency Response Plan (CERP) is to ensure the safety and well-being of individuals in Illinois schools, workplaces, and other facilities by providing clear and actionable steps for responding to cardiac emergencies. This plan aligns with the mandates outlined in Illinois House Bill 5394, which requires schools to be prepared for sudden cardiac and other emergency events by implementing a protocol for the use of Hands-Only CPR, Automated External Defibrillators (AEDs), and the Heimlich Maneuver ensuring timely access to emergency care.

I. Overview

Illinois House Bill 5394 mandates schools to have an effective emergency response plan for managing sudden cardiac events.

II. Key Requirements of Illinois House Bill 5394

- 1. AED Availability:**
Schools must have an AED that is accessible and ready for use in the event of a sudden cardiac arrest.
- 2. Staff Training:**
School personnel and staff should be provided information regarding the Heimlich Maneuver, Hands-Only CPR, the use of AEDs, and the recognition of cardiac arrest symptoms. Information must be provided annually to ensure preparedness.
- 3. Emergency Response Procedures:**
Establish a clear and coordinated emergency response plan, which includes the identification of key personnel, notification procedures, and communication systems.
- 4. Notification System:**
Ensure that a protocol is in place for notifying emergency medical services (EMS) as soon as a cardiac emergency occurs.
- 5. Regular Drills:**
Conduct annual drills to practice the Cardiac Emergency Response Plan and to ensure staff are familiar with their roles and responsibilities during a cardiac emergency.

III. Cardiac Emergency Response Team (CERT)

Members:

- **Team Leader:** Responsible for overseeing the emergency response, ensuring the safety of the scene, and coordinating with emergency services. This could be a principal, school nurse, athletic director, or other designated responder.



- AED Operators: Trained individuals responsible for retrieving and operating the AED.
- CPR Providers: Trained staff who will begin CPR immediately if needed, before the AED is available.
- Communication Coordinator: Responsible for contacting EMS and providing the necessary location details.
- First Aid/Medical Support: First aid-trained personnel are available to assist with other medical needs.

IV. Emergency Response Procedure

Step 1: Recognition of Cardiac Arrest

- Signs of Cardiac Arrest: Unresponsiveness, no pulse, no breathing, or abnormal breathing (e.g., gasping).
- Initial Action: Assess the situation quickly. If the person is unresponsive and not breathing, initiate CPR immediately and call for help.

Step 2: Activate the Emergency Response System

- Notify the CERT: The members of the Cardiac Emergency Response Team shall be notified immediately through a radio call when a cardiac emergency is suspected
- Secure and Teach: If students/staff are present in the building, the building may be placed on a "secure and teach" protocol through PA announcement
- Call EMS (911): The Communication Coordinator must call 911, providing the location and a brief description of the situation. The Communication Coordinator should also assign someone to call the parents if a student is involved.

Step 3: Begin CPR

- Start Chest Compressions: Begin CPR immediately by delivering chest compressions (at least 100-120 compressions per minute) until an AED is available or EMS arrives.
- Breathing: Provide rescue breaths (2 breaths after every 30 chest compressions) using a breathing-barrier mask.

Step 4: Retrieve and Use the AED

- Access the AED: The nearest AED operator should retrieve the device immediately, ensuring that it is turned on.
- Follow AED Instructions: The AED will prompt the user with voice commands. Attach the pads to the chest of the victim and follow the instructions.
 - If a shock is advised, clear the area and deliver the shock.
 - If no shock is advised, continue CPR until EMS or a medical professional arrives.

Step 5: Continue Care Until EMS Arrives

- **Monitor Vital Signs:** Keep monitoring the victim's breathing, pulse, and level of consciousness.
- **Provide Updates to EMS:** Once EMS arrives, provide all relevant information regarding the situation and actions taken.
- **Transfer Care:** Allow EMS to take over the care of the victim.

V. AED Maintenance and Access

1. AED Placement:

AEDs should be placed in high-traffic areas where they can be accessed quickly. The location should be clearly marked and easily identifiable. Examples include:

- Gymnasiums
- Cafeterias
- Identified key locations based on the facility layout (Appendix A-List of AED Locations)

2. Regular Inspections:

AEDs must be inspected monthly by the building nurse or designated individual to ensure they are in working order. Inspections should include:

- Checking battery life
- Ensuring that the pads are in place and not expired
- Verifying that the AED is clean and free of obstructions

3. Maintenance Log:

Keep a log of all AED inspections, maintenance, and usage to comply with regulations and ensure the AED is always ready for use in an emergency.

VI. Staff Training and Education

1. CPR and AED Training:

Building administrators and other designated staff members (ex. Nurses, PE teachers, etc...) will be trained in CPR and AED. The training should be provided by staff certified by organizations such as the American Heart Association or American Red Cross.

2. Training Records:

Keep a record of all staff training, including the names of individuals trained, the date of training, and certification expiration dates. Training should be updated regularly based on new guidelines or changes to the emergency response plan.

3. General Staff Education:

School personnel and staff will be provided general information regarding the Heimlich Maneuver, Hands Only CPR, the use of AEDs, and the recognition of cardiac arrest symptoms. Information must be provided annually to ensure preparedness.

VII. Communication and Coordination



1. Public Awareness:

Ensure that there is appropriate signage that informs staff, students, and visitors of the location of the nearest AED and the steps to take in case of a cardiac emergency. This can be achieved by placing a copy of the protocol at each AED location.

2. Family Notification:

In the event of a cardiac emergency, the family or guardian of the affected individual must be notified as soon as possible. Maintain up-to-date contact information for students or employees.

VIII. Drills and Evaluation

1. Regular Drills:

- Conduct at least one drill per year to simulate a cardiac emergency, allowing staff to practice CPR and AED use in a controlled environment.
- Drills should include scenarios where the AED is used, EMS is contacted, and CPR is administered.

2. Post-Drill Evaluation:

After each drill, conduct an evaluation to assess the effectiveness of the emergency response plan. Identify areas for improvement, address gaps in training, and update the plan as necessary.

IX. Plan Review and Updates

- The Cardiac Emergency Response Plan should be reviewed annually or after a significant event (e.g., a real cardiac emergency or a drill).
- Revisions should be made to the plan based on feedback, lessons learned from drills, and changes to regulations.

Conclusion

Implementing a comprehensive Cardiac Emergency Response Plan as outlined by Illinois House Bill 5394, will ensure that D181 is equipped to handle cardiac emergencies quickly and effectively, ultimately saving lives. Training, preparation, and coordination are key components to managing these life-threatening situations successfully.