



Media Contact:

University of Iowa Stead Family Children's Hospital

Trudy Pierick, UI Stead Family Children's Hospital, Trudy-pierick@uiowa.edu

KEOTA COMMUNITY SCHOOL

(CONTACT)

KEOTA COMMUNITY SCHOOL receives designation as Heart Safe School through UI Stead Family Children's Hospital and Project ADAM: Iowa Heartland

Program provides tools, education to respond to heart emergencies

Keota Community School recently received the designation of being a Heart Safe School through University of Iowa Stead Family Children's Hospital and Project ADAM: Iowa Heartland.

Project ADAM helps schools nationwide implement programs to make Automated External Defibrillators (AEDs) readily available by preparing schools for a cardiac emergency through emergency response plans, staff CPR and AED training, and sudden cardiac arrest awareness education.

Becoming a Heart Safe School is one more way to keep the students and staff safe at Keota Schools. Statistically, about 7,000 children and adolescents in the United States experience sudden cardiac arrest each year.

Cathy Thalken RN, Keota School Nurse, started this program in December 2022, and with the support of the Keota Administration, school board and the staff, worked on policies, protocol, mini drills and was able to have over 35 staff members obtain CPR certification. The University of Iowa Children's Hospital representative, Trudy Pierick, came to the school on April 19th to observe the Emergency Response Team perform a mock drill.

Program coordinators at UI Stead Family Children's Hospital offer an initial phone review, as well as a written review of the school's current cardiac emergency action plan (EAP) and an onsite emergency drill. A comprehensive EAP may save the life of a student, staff member, parent, or visitor who experiences sudden cardiac arrest.

What is Sudden Cardiac Arrest?

Sudden cardiac arrest (SCA) happens when a child or adult experiences a sudden collapse because of ventricular fibrillation. This disorganized heart rhythm causes the heart to suddenly stop beating normally, and blood does not pump through the body. Because blood isn't reaching the lungs or brain, the person suddenly passes out and becomes unresponsive with no pulse and abnormal or no breathing.

Warning signs of possible SCA risk:

- Discomfort, pain, or pressure in the chest during or after exercise
- Fainting, nearly fainting, or seizure-like activity during or after exercise, emotion or surprise
- Excessive, unexpected and unexplained fatigue or shortness of breath with exercise • Skipping or racing heartbeats
- Family history of sudden death before age 50 or heart abnormalities

How is SCA treated?

An automated external defibrillator (AED) is a device that looks for a shockable heart rhythm and delivers a shock only if needed. It is small, portable, automated, and easy to operate. Voice prompts give instructions, and the AED will not shock someone unless it is needed. Successful resuscitation depends on treatment with CPR and an AED within two to three minutes of the person's collapse.

For more information about the Project ADAM: Iowa Heartland program, visit <https://uihc.org/childrens/services/project-adam-iowa-heartland>

Project ADAM

Project ADAM (Automated Defibrillators in Adam's Memory) began in 1999 after the death of Adam Lemel, a 17-year-old Whitefish Bay, WI, high school student who collapsed and died while playing basketball. Adam suffered a sudden cardiac arrest (SCA), in which ventricular fibrillation occurred, a condition in which the ventricles cannot pump blood into the body. Defibrillation with use of an AED could have saved his life. His parents, Patty and Joe, collaborated with Children's Wisconsin to create this program in Adam's memory.

Project ADAM unites healthcare systems across the nation to promote and support implementation of Heart Safe Schools. For more information, visit projectadam.com.

About University of Iowa Stead Family Children's Hospital

University of Iowa Health Care has been meeting the needs of children and families since 1919. As Iowa's only comprehensive children's hospital and home to the state's only Level 4 pediatric trauma center, UI Stead Family Children's Hospital provides care for children from birth to young adulthood. Services range from promoting wellness to the care of general childhood illness, surgery, traumatic injuries, life-threatening and chronic illnesses, and developmental disabilities. As part of University of Iowa Health Care, the state's only academic medical center, UI Stead Family Children's Hospital also performs groundbreaking research to help solve the

mysteries of childhood diseases, in addition to training the next generation of health care professionals.