

# HEART TO HEART CARDIOPULMONARY RESUSCITATION (CPR)

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COMMUNITY PARTNER: FREDERICA ACADEMY

**Community Assessment:** We assessed local high schools within our community. Due to its smaller size, Frederica Academy aligned with our goal of teaching and certifying 15 students CPR.

**Community Diagnosis:** Deficient knowledge related to lack of CPR training among high school students as evidenced by limited understanding of basic life support techniques, lack of confidence in responding to emergencies, and absence of formal CPR education in school curricula.

### Outcomes:

- Increase the number of high school students trained in CPR.
- Improve student knowledge and confidence in performing CPR.
- Enhance emergency preparedness and response among students.

### Planning:

- Collaborate with a local high school and the American Heart Association.
- Team up with a certified trainer to develop a curriculum that follows current CPR guidelines.
- Schedule education and training sessions within a high school classroom.
- Obtain resources, such as CPR manikins, instructional materials, and certificates of completion.

### Implementation:

- Researching cardiac emergencies and CPR implementation among high school students.
- Partnering with a certified CPR instructor.
- Providing education on cardiac emergencies and CPR.
- Providing opportunities for students to practice CPR on manikins under supervision.
- Offering certification for students who complete the training.
- Encouraging students to share knowledge with their families and communities, spreading awareness on the importance of early intervention.

### Evaluation:

- Pre-assessments to evaluate the students' current knowledge of cardiac emergencies and CPR.
- Post-assessments to evaluate the students' knowledge retention and skill improvement.
- Skills check-off to show understanding of CPR implementation.
- Informal verbal discussions regarding the students' feedback of the program, as well as the impact CPR training has on our community.



### Community Partner:

- Frederica Academy is a Private School located on Saint Simons Island Georgia and consist of all age groups ranging from elementary to high school students.
- We chose this specific school because the nurse is well known and has worked with service-learning groups here at CCGA in the past years. She has helped us connect with the Principal, giving us the opportunity to teach a class about our service-learning project.

### Analysis:

- *Collaborative planning and problem solving:* We communicated back and forth with the nurse at Frederica about our service-learning project, what the requirements consisted of and an explanation of how our specific project would benefit the high schoolers.
- *How the community benefits from it:* With providing students with a CPR certification, it provides them with the capabilities to perform life-saving CPR in those specific circumstances, with confidence. This is going to help reduce the number of "out of hospital" deaths that occur due to limited knowledge on effective CPR.
- *Value of the nurse's involvement in the service-learning community:* Having the nurse's participation in this project has been extremely beneficial. They are advocating for the students to become bigger than themselves, and the community around them. CPR is a topic that is lacked within society, so presenting this project is only going to benefit those involved, and better the chance of survival for those around them. Nurses' are vital to aid in improving the lives out within their communities.

### Level Of Prevention:

- *Primary Prevention:* Educating the students about preventing cardiac arrest and teaching them the steps of how to do effective CPR.
- *Secondary Prevention:* Training the students to recognize the signs of a cardiac arrest and respond quickly to improve survival outcomes.
- *Tertiary Prevention:* The students will get continuous training on care and how important it is to intervene in certain medical situations, which will help decrease long term issues that may happen for a person who could experience something like a cardiac arrest.

### Healthy People 2030:

- The Healthy People goal that can be correlated to this community project is, "Attain healthy, thriving lives and well-being free of preventable disease, disability, injury, and premature death." Healthy people 2030 also talks about "Eliminate health disparities, achieve improved health for all people, and attain health literacy to improve the health and well-being of all."

### Outcomes - Long and Short Term:

- *Short Term Goal:* Our group would like to increase awareness of cardiac arrest
- *Long Term Goal:* Decrease the death rates in the community that are due from cardiac arrest.

