

# SCHOOL DISTRICT OF PITTSVILLE BOARD POLICY

## STUDENTS

### STUDENT HEALTH AND WELFARE

#### CARDIAC ARREST PROTOCOL

453.13

#### PURPOSE

Sudden cardiac arrest is the abrupt loss of heart function, breathing and consciousness. The condition usually results from a problem with the heart's electrical system, which disrupts the heart's pumping action and stops blood flow to the body. If not treated immediately, sudden cardiac arrest can lead to death. Survival is possible with fast, appropriate medical care such as cardiopulmonary resuscitation (CPR), using a defibrillator — or even just giving compressions to the chest.

#### SYMPTOMS

- Sudden collapse
- No pulse
- No breathing
- Loss of consciousness

#### ACTION

- **Call 911 or emergency medical help immediately.** If you have immediate access to a telephone, call before beginning CPR.
- **Perform CPR.** Quickly check the person's breathing. If the person isn't breathing normally, begin CPR. Push hard and fast on the person's chest — at the rate of 100 to 120 compressions a minute. If you've been trained in CPR, check the person's airway and deliver rescue breaths after every 30 compressions.  
If you haven't been trained, just continue chest compressions. Allow the chest to rise completely between compressions. Keep doing this until a portable defibrillator is available or emergency workers arrive.
- **Use a portable defibrillator**, if one is available. AEDs are located in all buildings, outside each gym and cafeteria. There are signs on the wall to pinpoint the locations. It will give you step-by-step voice instructions. Continue chest compressions while the defibrillator is charging. When it's charged, the defibrillator will check the person's heart rhythm and recommend a shock if needed. Deliver one shock if advised by the device and then immediately resume CPR, starting with chest compressions, or give chest compressions only, for about two minutes.
- **Keep doing CPR until EMS arrives.** Once Emergency Medical personnel arrive they will take over.

*First Reading:*

*February 6, 2023*

*Second Reading/Approval:*

*March 13, 2023*