



Cardiac Emergency Response Plan

Nazareth Academy

Sudden cardiac arrest events can vary greatly. Immediate action is crucial in order to successfully respond to a cardiac emergency.

Follow these steps in responding to a suspected cardiac emergency:

1. Recognize the following signs of sudden cardiac arrest and act quickly in the event of one or more of the following:
 - a. The person is not moving, unresponsive, or unconscious.
 - b. The person is not breathing normally (has irregular breaths, gasping or gurgling, or is not breathing at all).
 - c. The person appears to be having a seizure or is experiencing convulsion-like activity. Cardiac arrest victims commonly appear to be having convulsions. If it's a true seizure, the AED will not deliver a shock.
 - d. If the person received a blunt blow to the chest, this can cause cardiac arrest, a condition called *commotio cordis*. The person may have the signs of cardiac arrest described above and is treated the same.
2. Facilitate immediate access to professional medical help:
 - a. Call 9-1-1 as soon as you suspect a sudden cardiac arrest. Provide the building or location address, and patient's condition. Remain on the phone with 9-1-1. (Bring your mobile phone to the patient's side and put on speaker, if possible.) Give the exact location and provide the recommended route for ambulances to enter and exit and escort the victim.
 - b. Give the exact location of the emergency (office or room number, dining hall, etc.). Be sure to let EMS know which door to enter. Assign someone to go to that door to wait for and flag down EMS responders and escort them to the exact location of the patient.
 - c. The closest person should retrieve the automated external defibrillator (AED) in route to the scene and leave the AED cabinet door open as a signal that the AED was retrieved.
3. Start CPR

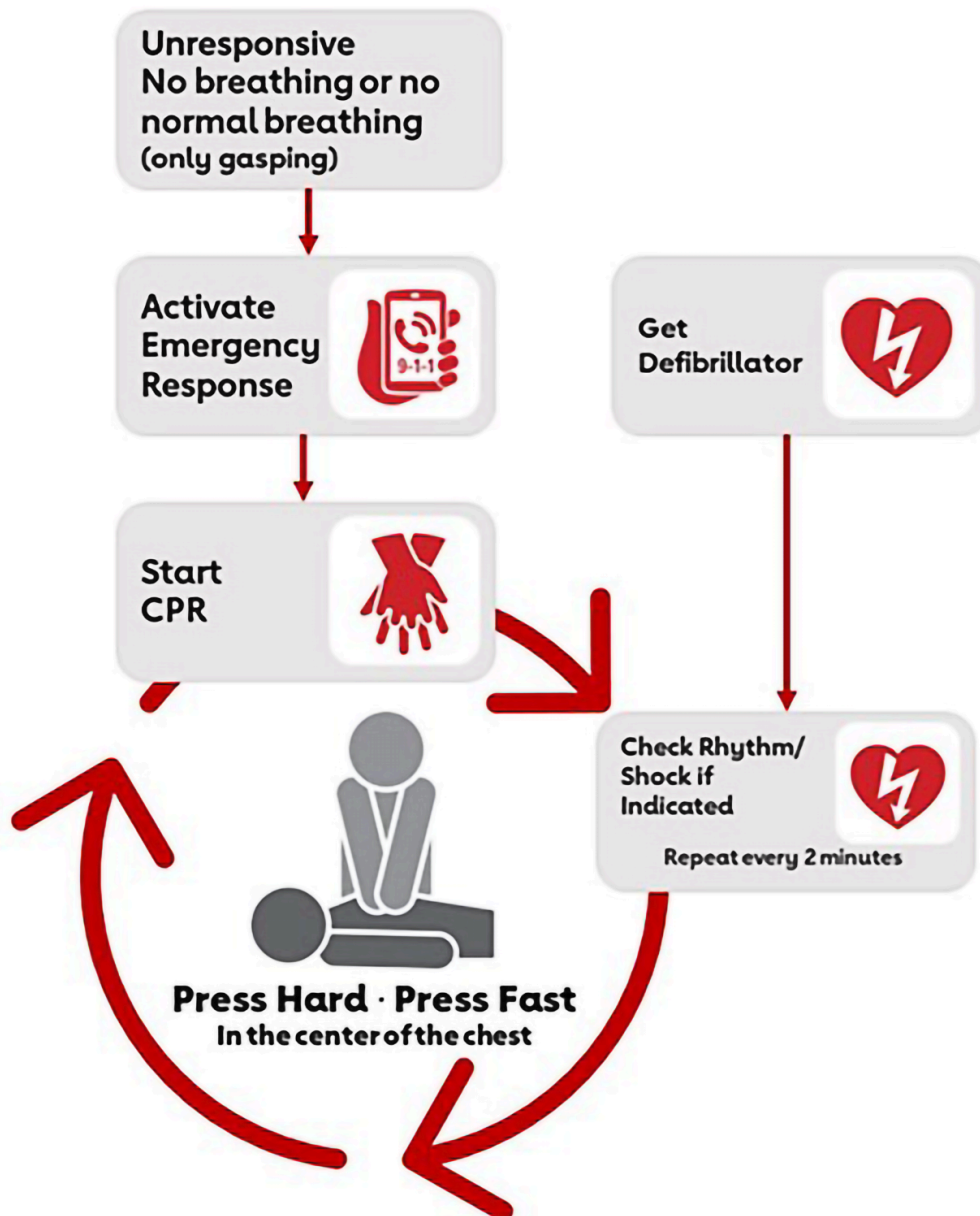
- a. A trained individual should begin continuous chest compressions and have someone retrieve the AED if not at the scene. Refer to the simplified adult BLS graphic below.
4. Use the nearest AED:
 - a. When the AED is brought to the patient's side, press the power-on button, and attach the pads to the patient as shown in the diagram on the pads. Then follow the AED's audio and visual instructions. The AED will alert you if a shock is needed. If no shock is needed, no shock will be delivered.
 - b. Minimize interruptions of compressions when placing AED pads to patient's bare chest.
 - c. Continue CPR until the patient is responsive or a professional responder arrives and takes over. Make sure to rotate persons doing compression to avoid fatigue.
5. Transition care to EMS.
 - a. Once EMS arrives, there should be a clear transition of care to EMS.
 - b. The focus should now be on assisting EMS safely out of the building or location.
 - c. Provide EMS a copy of the patient's emergency information sheet if available.
6. Action to be taken by administrative staff:
 - a. Confirm the exact location and the condition of the patient.
 - b. Confirm that 9-1-1 was called. If not, call 9-1-1 immediately.
 - c. Assign a staff member to direct EMS to the scene.
 - d. Perform "Crowd Control" – directing others away from the scene.
 - e. Consider having people in the location stay in place (*i.e.*, delaying area traffic, services provided in the area, or other changes) to facilitate CPR and EMS functions.
 - f. Copy the patient's emergency information for EMS if available.
 - g. Notify the patient's emergency contact (parent/guardian, spouse, etc.).
7. Debrief
 - a. Discuss the outcome of the cardiac emergency.
 - b. Evaluate whether the CERP was sufficient to enable an appropriate response to the specific cardiac emergency.

- c. An evaluation of the debriefing process for responders and post-event support. This shall include the identification of aftercare services and crisis counselors.

Main Steps in Cardiac Emergency Response Plan

1. Recognize signs and symptoms of cardiac arrest
2. Call 911
3. Retrieve the nearest AED
4. Begin CPR
5. Once the AED arrives, turn the machine on and follow the prompts. Minimize interruptions in CPR.
6. Continue CPR until EMS arrives
7. Handoff care to EMS
8. Debrief to discuss outcome

SIMPLIFIED ADULT BASIC LIFE SUPPORT



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Nazareth AED Locations

LOCATION	AREA
Door 1	Main entrance, west wall
M Building	M 1st floor landing, east wall
O Building	North Stairwell, 3rd floor
Walsh Building	Gym 3rd floor, east wall
Walsh Building	Fitness Ctr. west wall
Rooney Center	Northeast wall by doors
Valenta Stadium	Concession stand, outside wall
Michalek Field	Northside dugout, outside wall
Alexine Chapel	Column 1, NE side of chapel
Trainer Room	Portable, trainer room