

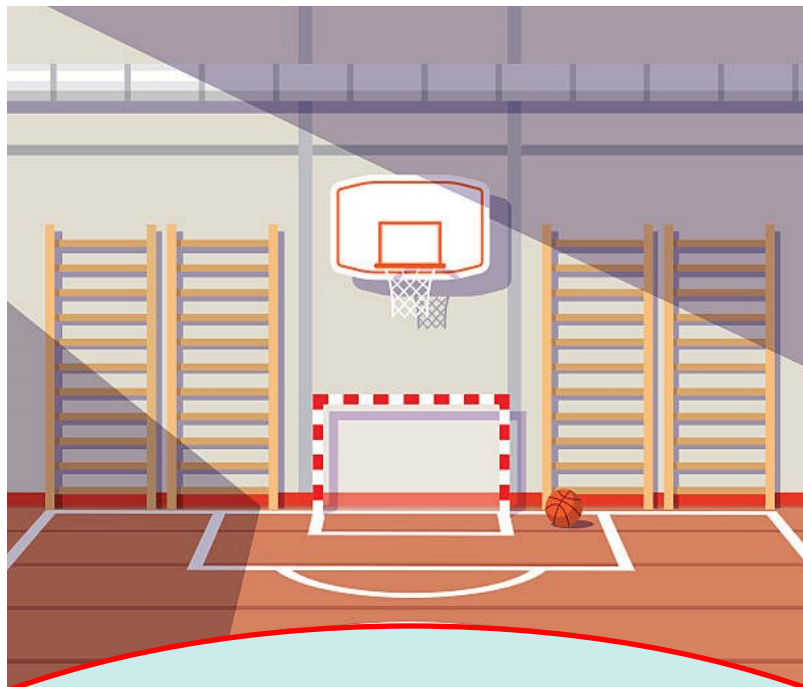


Project ADAM Middle Tennessee

Provided through a partnership with Monroe Carell Jr Children's Hospital at Vanderbilt

August 2024

Welcome to the 2024-2025 school year!
Are your staff prepared?



On August 7th, 2023, a 14 yo male collapsed during PE class
in a Southern Middle TN school.

THE VERY FIRST DAY OF SCHOOL!

Would your campus have been ready?

The chances of **survival decrease by 10%** for every ***ONE***
minute of delay in response with CPR and AED use.

Let's work together to ensure that your campus has a plan!!



Resources for A.D.s, Coaches and Staff Training



If you need help with CPR and AED training or rehearsing your AEAP, [contact us!](#)

Project ADAM Middle Tennessee provides **FREE** CPR/AED training

This video is so good for football coaches to view...10 minutes max:

[Recognize, React and Rescue: Effectively Treating Sudden Cardiac Arrest](#)

This one is great for both coaches and student athletes-2 1/2 minutes:

[How to Save a Life -- Recognize Sudden Cardiac Arrest in Athletes](#)

For CPR/AED training that complies with legislative requirements (\$10 fee):

[CPR & AED Training](#)

Other general educational video resources for coaches and staff

[How to Use an AED on All Ages](#)

[Taking Action: Bystander CPR and using an AED](#)

[Project ADAM CPR and AED Training: Parts 1-4](#)

The Damar Hamlin event and his subsequent advocacy for CPR training continues to save lives!

[ESPN.com video clip](#)





New legislation for coaches and ADs

Smart Heart Act

Key components that will be new for some school district athletic departments:

- Each public and nonpublic school that serves grades 9-12 shall
 - maintain an AED that is accessible during the school day and during all of the school youth athletic activities
 - AED must be located on-site of the school youth athletic activity or placed and made available in unlocked location on school property within 3 minutes
 - Shall establish, review and annually rehearse an athletics emergency action plan (AEAP) —for in person support in rehearsing the AEAP, contact Project ADAM

Click link above for full PDF of legislation

[Smart Heart Act Aims to Save Lives](#)



Don't make someone have to guess!



Post laminated/tented signs or stickers on fieldhouse/concession stand cabinets to identify which one the AED is stored in. Do not let supplies be stored in front of AED





A new school year...perfect time to look closely at your Emergency Action Plan



Yet another example of teens saving teens. Include them in your EAP!

June 22, 2024-

May 10 started like any other day for Laura Machnik, who said goodbye to her 18-year-old son J.J. before she headed to work. He was headed to work out at a friend's house that morning, and after she arrived at work, she confirmed that he had made it there safely.

Just minutes later, her phone rang. It was the mother of the friend J.J. was visiting, calling with the news Machnik had been dreading for years. [Read more here](#)





Project ADAM Heart Hero Award

The Children’s Emergency Care Alliance of TN (CECA TN) holds a Star of Life Award ceremony each year. The Star of Life Awards honor the accomplishments of EMS personnel across the state of Tennessee who had shown exemplary lifesaving care to adult and pediatric patients. The ceremony reunites the EMS teams with the patient that they saved, and it gives the patients an opportunity to publicly thank the team that saved their life. Emergency responders see people on their worst day, responding to calls that forever change lives. However, they rarely know the outcome of that patient once they are transferred to the next echelon of care. Therefore, this event gives them the opportunity to see the direct impact of those efforts.

Two years ago, CECA TN partnered with the Project ADAM representatives in Tennessee to present a new award called the Project ADAM Heart Hero Award. This award was given to a school program that was involved with Project ADAM and who demonstrated the skills they learned in a real-life emergency. Project ADAM is a national program that educates teachers and school staff on how to respond to sudden cardiac arrest. ***This year’s award recipient was Lawrence County EMS and the responders from Leoma Elementary School. In April 2023, during TCAP, they had a 14 yo female student suffer a cardiac arrest outside on the playground. They responded with immediate CPR and two shocks from their school’s AED until EMS could take over. Upon regaining consciousness, the student’s biggest concern was if she could finish taking her TCAP test!!***



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Project ADAM began in 1999 when a 17 year old young man named Adam Lemel collapsed and died in the middle of a high school basketball game. Project ADAM (Automated Defibrillators in Adam's Memory) was founded to advocate for AEDs being available for school age children. Project ADAM is a hospital-based community outreach program supporting implementation of written and practiced cardiac emergency response plans for sudden cardiac arrest in schools. The Project ADAM National in Wisconsin also seeks to prevent sudden cardiac death through education, prevention and research.

Project ADAM Middle Tennessee is an affiliate of Project ADAM National and is supported by Monroe Carell Jr. Children's Hospital at Vanderbilt. We are here to partner with you for **FREE** to help you prepare for a cardiac emergency on your campus!

Project ADAM coordinators work with schools to implement the following:

- Staff CPR/AED trainings
- Practice drills
- AED placement
- Written emergency response plans and cardiac emergency team building

[Click here for Adam's story as told by Joe Lemel, Adam's father](#)

[Follow us on Facebook and Instagram—@SupportProjectADAM](#)

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Project ADAM Middle Tennessee

For help with any activities related to
Cardiac Emergency Response Preparedness

Please contact us at

Angel.carter@vumc.org

www.childrenshospitalvanderbilt.org/projectadam

615.343.4984

