

# Tomball Regional Health Foundation

Grant Report  
June 2016



American  
Heart  
Association®

**CPR & First Aid**

## BACKGROUND

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Imagine that you are one of the 1,600 people who will suffer sudden cardiac arrest today. You are at the gym, the grocery store, work or most likely you are at home--the day seems like any other. Then suddenly you collapse from cardiac arrest. To survive, you must immediately receive Cardiopulmonary Resuscitation (CPR) to continue the blood flow to the brain and keep the heart pumping until Emergency Medical Services (EMS) personnel arrive and take over. Your family looks on, not knowing what to do. They call 911, but without the training to start lifesaving CPR, this may be the last time they see you alive.

Now imagine your child has received CPR training in school. That is what happened to Deanna Faught. When a severe asthma attack caused her to go into sudden cardiac arrest at home, she probably never imagined that her three young sons would be her first responders. The oldest of the three boys, a 14 year old, had taken a CPR class in school and was able to apply the skills he had learned. After the youngest called 911, all three took turns performing CPR on their mother until the paramedics arrived. Had the boys not been taught CPR, each would merely have been a helpless witness to their mother's fatal emergency. But because they did know CPR and were able to act quickly, their mother is alive and well today.

What happens in the first few minutes of a sudden cardiac arrest can mean the difference between life and death. Without someone stepping up to perform CPR, the person on the ground only has an 11% chance of survival. Nationally, only 40% of all people experiencing a sudden cardiac arrest will have this life-saving skill performed. When people are trained in Hands-Only CPR, which includes calling 911 and pressing hard and fast in the center of the chest, they feel equipped to help and comfortable to step in, and a sudden cardiac arrest victim's chance of surviving can double or even triple.

Interestingly, children are excellent candidates for CPR training as they demonstrate a "no-fear" approach to intervening, and they have great influence convincing their parents and family members to get trained. Studies have shown that middle and high school students are at the optimum age in ability, attention span, interest and follow-through to become CPR "trainers" who want to learn and train others. Our research has shown that once trained in CPR, middle school aged children are more inclined than any other student age group to take home what they have learned and share it with other family members. Teaching and empowering students to perform CPR is the ideal way to create the next generation of lifesavers.

In addition, on June 14, 2013, the Texas Legislature enacted and Governor Rick Perry signed House Bill (HB) 897, requiring quality CPR instruction be taught between seventh and 12th grades in all Texas public schools. HB 897 ensures that all students are instructed using a science-based, nationally recognized curriculum. Today, 32 states require CPR as a graduation requirement from high school.

## THE PROGRAM

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The American Heart Association's science-based **CPR in Schools Training** program is designed to increase CPR response rates, thus improving sudden cardiac arrest survival rates, by training middle and high school students in Hands-Only CPR across the country. Hands-Only CPR, which includes calling 911 and pressing hard and fast in the center of the chest, has been shown to be as effective as conventional CPR for cardiac arrest at home, at work, or in public. The **CPR in Schools Training** program empowers students to learn not only CPR, but also how to use an Automated External Defibrillator (AED) and how to save a choking victim, all within one class period.

Developed for educators, school nurses or even student leaders to facilitate, each easy-to-use **CPR in Schools Training Kit** contains everything needed to conduct a CPR training class for 10 to 20 students at a time. The process can be easily repeated to train an entire class, a grade, or even an entire school--one kit can train hundreds of students! **CPR in Schools Training Kits** can also be used to train school faculty, parents, and community members to extend lifesaving CPR skills into the community.



**CPR in Schools Training Kits** are fully bilingual (English/Spanish) and the training DVD is closed captioned for the hearing impaired. The kits are portable and reusable, allowing for convenient movement from classroom to classroom, as well as easy storage. Each kit includes: a lesson plan and facilitator guide; pre- and post-training knowledge surveys; certificates of participation; letters for parents; 10 latex-free inflatable manikins (available in light skin and brown skin); 10 replacement face masks; 10 kneel mats with carry bags; 10 practice-while-watching training DVDs; 50 replacement airways; and 50 manikin wipes...and replacements are conveniently available online.

Each school identified a CPR Champion to train teachers and staff in the **CPR in Schools Training** program, and to serve as the point of contact with the American Heart Association's CPR in Schools Manager. CPR educators then facilitated 30-minute Hands-Only CPR sessions as students practiced on their Mini Anne Plus manikin while watching and learning CPR skills on the DVD. This method of learning is a research-proven way for students to learn and retain the lifesaving skills of CPR. In addition, schools could use their kits to also teach students CPR with breaths (used with children), adult and child choking relief, and the use of an AED.

## PROGRAM RESULTS



Through the generous support of the Tomball Regional Health Foundation, the American Heart Association placed 128 much needed **CPR in Schools Training Kits** in 20 middle schools and 25 high schools in Cypress-Fairbanks ISD, Klein ISD, Magnolia ISD, Spring ISD, Tomball ISD, Waller ISD, and Concordia Lutheran High School. We are pleased to report that approximately 25,239 students were trained, joining the next generation of lifesavers through their increased knowledge and confidence to call 911 and perform Hands-Only CPR in a cardiac arrest emergency. The American Heart Association believes that a community trained is a community sustained, and by increasing the number of people who know CPR, together, we have created the potential to increase cardiac arrest survival for residents throughout the Houston area.



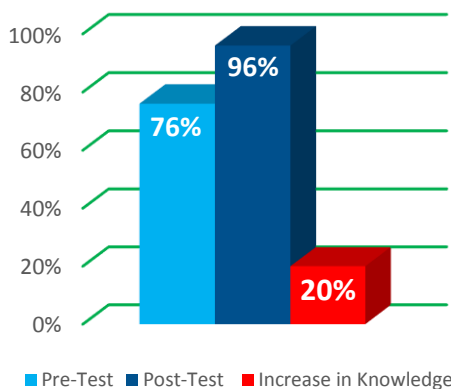
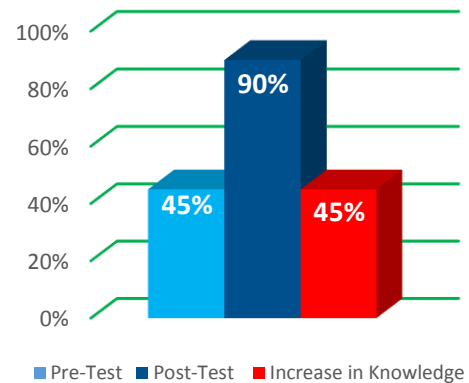
Parent/Community CPR Training Nights will have the potential to train an additional 350 lifesavers in Tomball, Magnolia and the surrounding area.

The American Heart Association's CPR in Schools Manager graded a subsection of pre- and post-training knowledge surveys completed by training participants with the following results:

**Question 1:**

***When performing CPR, how many times should you push in the center of the chest during a one minute period?***

- Pre-Test: 45% answered correctly
- Post-Test: 90% answered correctly
- Conclusion: 45% increase in knowledge



**Question 2:**

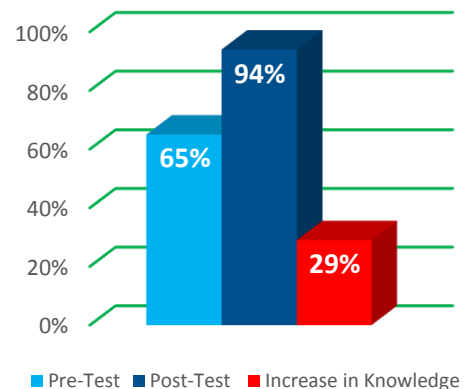
***When do you stop pushing on a victim's chest during Hands-Only CPR?***

- Pre-Test: 76% answered correctly
- Post-Test: 96% answered correctly
- Conclusion: 20% increase in knowledge

**Question 3:**

***How deep should you push on the chest of an adult when doing CPR?***

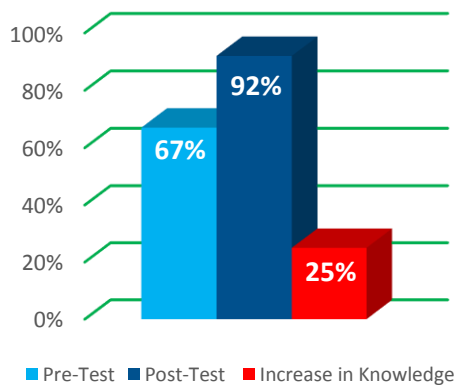
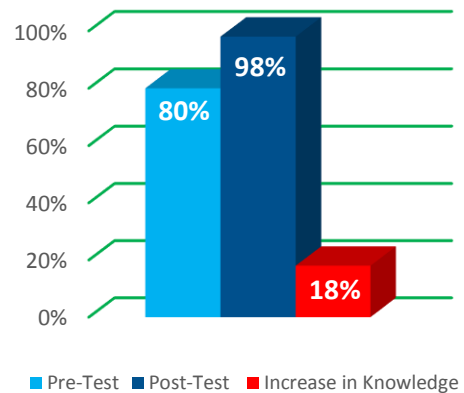
- Pre-Test: 65% answered correctly
- Post-Test: 94% answered correctly
- Conclusion: 29% increase in knowledge



**Question 4:**

***What does an Automated External Defibrillator (AED) do?***

- Pre-Test: 80% answered correctly
- Post-Test: 98% answered correctly
- Conclusion: 18% increase in knowledge



**Question 5:**

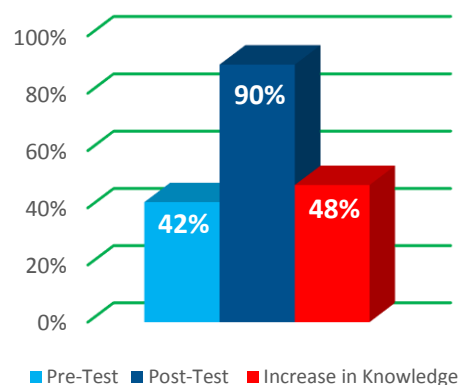
***What are the correct steps for providing Hands-Only CPR?***

- Pre-Test: 67% answered correctly
- Post-Test: 92% answered correctly
- Conclusion: 25% increase in knowledge

**Question 6:**

***Would you feel comfortable performing CPR if someone had a cardiac arrest?***

- Pre-Test: 42% responded "Yes"
- Post-Test: 90% responded "Yes"
- Conclusion: 48% increase in comfortability to perform CPR if someone had a cardiac arrest



## IN GRATITUDE

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“Dear Tomball Regional Health Foundation, I liked having the information to know what to do just in case something like this happens to a member of my family or a friend. Now that I have been trained, I feel like I have the power to save someone, not just stand there. Thank you again for making this training possible for me and my classmates. I truly believe we can make a difference.” – Cebell R. (Student)

“This past spring, nearly 2,000 high school students from Tomball Independent School District received Hands-Only CPR training with the manikins and DVDs provided from the American Heart Association. Prior to instruction, nearly half of the students reported they did not feel comfortable and would not assist in a crisis situation involving cardiac arrest. After instruction, ninety percent of the students feel prepared to provide CPR if needed. The generous donation from the Tomball Regional Health Foundation to equip our students with the tools to save lives is immeasurable and will greatly benefit our community.” – Cathy Pool, Director of Health Services, Tomball ISD

The SouthWest Affiliate of the American Heart Association would also like to thank the Board of Directors at the Tomball Regional Health Foundation for their generous gift. Through your support of our **CPR in Schools Training** program, together we have made a positive impact in the Tomball Regional Health Foundation service area by training more individuals in life-saving CPR, with a special focus on students, to build increased awareness of CPR and calling 911 to improve the rates of timely response to cardiac arrest.

Thank You!



Waller ISD Lead Trainers

**PROGRAM BUDGET**

<b>Tomball Regional Health Foundation                      CPR in Schools Training Program Budget                      American Heart Association</b>			
ITEM	QUANTITY/ PERCENTAGE	EXPECTED BUDGET	ACTUAL BUDGET
<b><u>PROGRAM MATERIALS</u></b>			
CPR in Schools Training Kits (CiSTK)	128	\$76,672.00	\$76,672.00
Parent/Community Nights CPRA Kits	100	\$2,500.00	\$2,500.00
<b>TOTAL PROGRAM MATERIALS</b>		<b>\$79,172.00</b>	<b>\$79,172.00</b>
<b><u>PROGRAM SUPPORT</u></b>			
Printing and Supplies	60,309	\$8,694.00	\$8,792.00
Presentation Ceremony		\$400.00	\$375.00
Shipping		\$1,000.00	\$1,000.00
Branding	128	\$640.00	\$640.00
<b>TOTAL PROGRAM SUPPORT</b>		<b>\$10,734.00</b>	<b>\$10,807.00</b>
<b>PROGRAM TOTAL</b>		<b>\$89,906.00</b>	<b>\$89,979.00</b>

Note: Cost based on an average of 2-3 CiSTK per school. Printing and supplies included the following documents: Lesson Plan\*, Certificate of Completion, Cover Letter to Educators\*, Parent Letter, Pre/Post-Test, and Facilitator Training Record\*. 425 copies per campus per document (\* indicates 128 copies, 1 per CiSTK). Branding includes 128 Tomball Regional Health Foundation branded luggage tags at \$5 per tag.





## Six Houston-area school districts receive CPR in Schools training kits



By AMERICAN HEART ASSOCIATION NEWS

Six Houston-area school districts received CPR in Schools training kits on Wednesday, expected to benefit 18,000 students.

There are 123 CPR in Schools Training Kits and 100 CPR Anytime Kits that were purchased through a nearly \$90,000 donation by Tomball Regional Health Foundation. The school districts receiving the kits include: Cypress-Fairbanks; Klein; Magnolia; Spring; Tomball and Waller. Private school Concordia Lutheran also received kits.

“We are thrilled to help the American Heart Association share CPR resources and training in our school districts,” said Jack Smith, chairman of the board at Tomball Regional Health Foundation. “This is a fantastic opportunity to help students learn the steps necessary to save a life.”

Teaching children to learn bystander cardiopulmonary resuscitation may be the answer to reducing deaths from the more than 326,000 cardiac arrests that occur outside of a hospital each year.

Health foundation donates 22 CPR training kits to CFISD schools - Your Houston News: ... Page 1 of 5

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## Health foundation donates 22 CPR training kits to CFISD schools

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Posted: Friday, May 29, 2015 7:11 pm



Representatives from the Tomball Regional Health Foundation present Cypress-Fairbanks ISD with a portion of the \$89,906 that went to Houston-area schools for American Heart Association CPR in Schools Training Kits. Pictured (L-R) are Ralph Foxworthy, TRHF board; Jack Smith, TRHF board; Jerry Till, TRHF board; Latrell Shannon, TRHF board; Rick Pritchett, TRHF board; Lynn LeBouef, TRHF president; Ellen Stutts, TRHF board; Marilyn Kinoy, TRHF chief administrative officer; Leslie Francis, CFISD director of marketing and business relations; and Sydne Marshall, CFISD science, health and wellness curriculum coach.

Representatives from the Tomball Regional Health Foundation (TRHF), American Heart Association (AHA) and area school districts met at Tomball High School on May 29 to celebrate the TRHF's donation of 123 CPR in Schools Training Kits to Houston-area high school students.

The TRHF contribution was valued at nearly \$90,000, including \$13,750 for 22 training kits for CFISD—two kits per each of the district's 11 high schools.

TRHF Chairman of the Board Jack Smith said the foundation chose to include CFISD schools since they are in their regional service area along with Tomball, Waller, Klein, Spring and Concordia Lutheran.

"In our mission we advocate helping local education," said Smith, a 1966 Cy-Fair High School graduate. "If we can help educate children with their training, hopefully one day we'll save a life. If we save one life, it's a worthwhile program."

The donation aligns with new statewide secondary health curriculum, which mandates that students earn CPR certification prior to graduation.

"Because that is a state requirement, having the materials at hand and not having to scrape up the funds is going to be great for the kids," said Sydne Marshall, CFISD science, health and wellness curriculum coach. "The equipment for this program is very expensive. For us to be blessed with an organization to give us the kits is an amazing opportunity."

AHA CPR in Schools manager Jettie Tromza expressed pride in the TRHF's widespread commitment to cardiac health.

"I think it's pretty amazing that they single-handedly knocked out six districts simultaneously," Tromza said. "I'm really excited about it and I'm hoping other companies and foundations will see this as well and help take the pressure off of the schools."

TRHF President Lynn LeBouef said he was proud that the kits will allow 13,000 students to receive training over the next three years.

"If we save one life, what's that worth?" LeBouef said. "Certainly as much as we spent here."

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## Your Community

# Health foundation donates 22 CPR training kits to CFISD schools

### Community Report

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## NEWS



Cy-Fair ISD

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# Hospital donates CPR kits to schools

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