

Resources in Support of Act 7

Cardiopulmonary Resuscitation

October 2019



**COMMONWEALTH OF PENNSYLVANIA
DEPARTMENT OF EDUCATION**

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Introduction

On June 12, 2019, the Public School Code of 1949 introduced Senate Bill 115 Act 7 pertaining to Cardiopulmonary Resuscitation Education (CPR):

Section 1528 (a) In accordance with the academic standards for health, safety and physical education for grades nine through twelve and not later than the beginning of the 2019-2020 school year, the department, in consultation with the Department of Health and at least one organization recognized under section 1205. 4, shall identify or develop a model curriculum and curriculum guidelines for instruction on cardiopulmonary resuscitation for public school students in grades nine through twelve.

Guidance in this toolkit includes the model curricula developed by the American Heart Association and the American Red Cross. The Red Cross Trainings for Schools and the American Heart Association's CPR in Schools meet the requirements of Act 7.

Act 7 Requirements

Pennsylvania Department of Education (PDE) Requirements

Act 7 requires PDE to identify or develop a model curriculum and curriculum guidelines for instruction on cardiopulmonary resuscitation for public school students in grades nine through twelve. The model curriculum and guidelines shall:

- be posted on the department's publicly accessible Internet website
- be age-appropriate;
- be revised regularly to remain current with national standards;
- provide guidance for integration into health courses or other appropriate curriculum requirements as listed in 22 Pa. Code 4.23 (relating to high school education);
- be made available to all school entities
- include compilation of recommended guidelines and educational materials from organizations with expertise in CPR and emergency care;
- incorporate psychomotor skills training, including hands-only CPR technique; and
- include information on the purpose of an automated external defibrillator.

LEA Requirements

A school entity that offers instruction in CPR may utilize the model curriculum or develop the school entity's own curriculum in accordance with academic standards and consistent with guidelines as noted above. An LEA may incorporate CPR instruction into any content area deemed relevant.

A school entity may utilize appropriate publicly or privately available materials, personnel and other resources in developing and implementing this instruction, subject to the requirements of section 111 and 23 Pa.C.S. 6344 (relating to employees having contact with children; adoptive and foster parents).

Instructor Requirements

A teacher, instructor, or community volunteer, with participation of a professional educator with a Pennsylvania certification, including a professional educator certified in physical education or health education or a school nurse may provide, facilitate or oversee the instruction offered by a school entity under this section and need not be a certified CPR trainer: however, if schools are including certification for students, the instructor must be a CPR certified instructor.

Good Faith Requirement

An individual who in good faith provides instruction in CPR to a student under this section shall not be liable for any civil damages as a result of any act or omission relating to the instruction, except for an act or omission intentionally designed to harm or a grossly negligent act or omission that results in harm to an individual to whom the student administers CPR.

Cyber Charter School Requirement

A cyber charter school may provide the instruction under this section through the Internet or other electronic means. If a cyber charter school provides the instruction under this section through the Internet or other electronic means, the cyber charter school shall be exempt from the academic standards and guidelines developed under subsections (a) and (b) regarding in-person instructional requirements.

Classroom Equipment/Training

1. Mannequins

CPR mannequins offer the advantage of giving the demonstrator an idea of where the hand should be placed, a realistic simulation, as well as what an appropriate compression feels like. There are several brands available for school settings. Most of the school health or school sports catalogs will have CPR mannequins. Prices vary from \$335 to \$650.

2. AED Trainers

An AED trainer is a “non-shocking” replica of an automated external defibrillator. AED trainers allow instructors to train students on proper AED use in a variety of emergency situations. AED trainers are equipped with reusable low-adhesive training electrodes and often an optional remote for training use. Apps are available for iPads or smart phones (e.g., IVOR Medical App) Costs range from \$79-\$150.

3. Certification

There are numerous certification courses for CPR/AED/first aid. The costs for certification vary by the sponsoring organization.

Materials and Resources

1. First Aid and Emergency Care Alternatives

A big focus and push exists in the following areas:

[Naloxone for opioid overdoses](#)

Bleeding control kits and tourniquets (Numerous commercially available options)

[Epi-Pen Training for School Employees](#) and [Epi-Pen Training for General Public](#)

2. The organizations below offer a wide range of CPR resources, including videos, printable resources, and downloadable student manuals.

[American Heart Association Programs](#)

[American Heart Association Courses](#)

[The National Safety Council](#)

[Student CPR](#)

3. Various course options are available through the following:

[Heartsaver® CPR AED Course Options](#)

[CPR in Schools](#)

[American Red Cross Training Services](#)

[American CPR Training](#)

4. [Teaching Hands Only CPR](#)

DVDs and video clips are available from the American Heart Association: Family and Friends DVD (\$29.99). Adult CPR section is Hands Only CPR and includes practice sessions that can be easily replayed for all to practice. DVD also includes child and infant CPR and choking which do not have to be covered in this class. This DVD can be ordered online.

[CPR Anytime Kits](#): The kit is made for home use, but comes with one inflatable mannequin and a DVD that covers Hands Only CPR for the adult as well as full CPR for the child. (\$34.95). (Highly recommended for cyber charter school students)

5. You Tube Videos

[How to Perform Hands On CPR](#)

Many people who survive a cardiac emergency are helped by a bystander. In this short video, viewers learn how to perform Hands-Only CPR – so that they can help deliver life-saving care until professional responders arrive.

[That's CPR](#)

Rapper MC Lars challenges teens to learn CPR and Be The Beat.

[Hands Only CPR](#)

The American Heart Association and Rocky Mountain Hospital for Children partnered together to create this video to teach kids about the importance of learning the life-saving skill of CPR.

[Be the Beat Hands-Only CPR](#)

This brief video offers dos and don'ts if someone collapses and requires assistance.

[CPR and AED Use for Schools- Part 1- Hands Only CPR](#)

This video is part of a pilot program to teach all students in Spokane County the basics of hands only CPR and Automated External Defibrillator use. It was developed by the Spokane Fire Department, Spokane County Fire District 4 and the Spokane County EMS Council.

[CPR and AED Use for Schools Part 2- AED Use](#)

This video is part of a pilot program to teach all students in Spokane County the basics of hands only CPR and Automated External Defibrillator use. It was developed by the Spokane Fire Department, Spokane County Fire District 4 and the Spokane County EMS Council.

[Hands Only CPR - Saving Lives in Spokane](#)

CPR has never been easier to learn or perform. New guidelines from the American Heart Association call for "Hands Only CPR" or compression only CPR.

[CPR](#)

Matthew McConaughey and Sanjay Gupta demo Hands-Only CPR on Larry King Live.

[Continuous Chest Compression CPR—University of Arizona Sarver Heart Center](#)

Be a lifesaver; not a bystander. Learn Continuous Chest Compression CPR from Gordon A. Ewy, MD, and Karl Kern, MD, the physician researchers who developed this new approach to CPR.

[Heckling Fan Hands-Only CPR Video](#)

What happens when an overzealous sports fan's buddy collapses from cardiac arrest? Watch and learn the simple steps to help save a life with

Hands-Only CPR. If you know the two steps to Hands-Only CPR, you're ready to help save a life.

[AED Training Video: Adult New Guidelines 2010 CPR Automated External Defibrillator How to](#)

This easy to follow video walks the viewer through the proper steps to properly operate and AED on and Adult victim following the latest 2010 C-A-B-D Guidelines.

6. Website Resources

[Anyone Can Save a Life](#)

This resource includes templates, forms, and information for sports emergency plans.

[American Heart Association – You're the Cure](#)

This site identifies key issues, advocate stories, and identifies the American Heart Association's work across the country.

[Be the Beat](#)

Be the Beat is a resource for teachers and school administrators that provides free tools to help start and sustain Hands-Only CPR and AED training programs in schools. Students will learn to "Be the Beat" and perform Hands-Only CPR if they see a teen or adult suddenly collapse.

[Project S.A.V.E Program](#)

On average, 1,000 people a day—including three children—experience sudden cardiac arrest. Project S.A.V.E. was started in 2004 with the mission of promoting and improving prevention of sudden cardiac arrest in children, adolescents and others in Georgia communities.

[Heart](#)

The American Heart Association offers the latest in heart, brain and health news.

[National Safety Council](#)

The National Safety Council offers free membership to access information on First Aid, CPR and AED training.

[Parent Heart Watch](#)

This website is helpful for parents who have either lost children to sudden cardiac arrest or who have survived.

[American Red Cross](#)

The American Red Cross website is a comprehensive overview of Red Cross programs and activities.

[Sudden Arrhythmia Death Foundation](#)

This foundation's mission focuses on saving the lives and supporting the families of children and adults who are genetically predisposed to sudden death due to heart rhythm abnormalities.

[Sudden Cardiac Arrest Foundation](#)

The mission of the Sudden Cardiac Arrest (SCA) Foundation is to prevent death and disability from sudden cardiac arrest. The vision of the SCA Foundation is to increase awareness about sudden cardiac arrest and influence attitudinal and behavioral changes that will reduce mortality and morbidity from SCA.

Sample Lesson Topics

The following Health, Safety, and Physical Education academic standards address Cardiopulmonary Resuscitation (CPR) instruction:

- Grade 9: Describe and apply strategies for emergency and long-term management of injuries. (rescue breathing/water rescue/self-care/sport injuries) 10.3.9. B.
- Grade 12: Analyze and apply strategies for the management of injuries. (CPR/advanced first aid) 10.3.12.B.

The suggested lesson topics listed below align with the state standards and focus on key concepts related to CPR instruction.

1. AED Introduction
2. CPR and First Aid for Shock and Choking
3. Demonstrating Proper Technique for Hands-Only CPR Care
4. Demonstrating Proper Use of AED
5. Emergency Preparedness
6. Identifying an Emergency Situation
7. Importance of First Aid
8. Responding to Common Emergencies
9. Life-threatening Emergencies
10. Safety at Home and in Your Community

Instruction in CPR Hands Only (Check, Call, Compress) is a critical instructional element. Hands-Only CPR is CPR without rescue breaths. If a teen or adult collapses, an individual can perform Hands-Only CPR. For non-health care providers, there is no longer an emphasis on giving breaths; emphasis is on recognizing cardiac arrest (Check) and calling 911 immediately (Call). The procedure is to push hard and fast in the middle of the chest at least 100 times per minute (Compress).

Recognized Programs Providing PA EMS Act Protection for All Valid Pennsylvania EMS Provider Certification Levels

| | |
|---|--|
| American Academy of Orthopedic Surgeons – Emergency Care and Safety Institute | Health-Care Provider CPR (Professional) |
| American Heart Association | Basic Life Support (BLS) Provider |
| American Heart Association | BLS Healthcare Provider |
| American Red Cross | BLS for Healthcare Providers |
| American Red Cross | CPR/AED for the Healthcare Provider |
| American Red Cross | CPR/AED for the Professional Rescuer |
| American Red Cross | CPR/AED for the Professional Rescuer and Healthcare Provider |

Glossary

Abandonment - initiating care and then stopping without ensuring that the person has same level or higher level care being rendered. -

Automated External Defibrillator (AED) - portable defibrillator designed to be automated for use by a person without substantial medical training who responds to a cardiac emergency. An AED saves lives by delivering a shock of energy to restore the heart to a normal beat; it will not shock the patient if it is not necessary.

Biological Death - irreversible damage to brains cells and tissues. If a person has been clinically dead for 10 minutes or more, there will be irreversible cell damage. Resuscitation is unlikely but not impossible.

Cardiopulmonary Resuscitation (CPR) - a first aid technique utilizing hands-only compressions of the chest used to revive an individual whose heart has stopped beating.

Clinical Death - the moment breathing and heartbeat stop. Typically, a person has a high likelihood of being revived without much cellular damage when clinically dead for approximately 0-6 minutes. Within 6-10 minutes, brain cell damage is highly likely.

Consent - a patient allowing you to give first aid; informed consent; informing the patient of consequences and the patient gives permission to administer first aid.

Good Samaritan Law - states that a person acting in good faith and rendering reasonable first aid will not be held accountable for damages to that person unless gross willful misconduct is discovered. This person must not have a legal duty to respond or complete the first aid.

Implied consent - when a patient is unconscious, it is given that if the person were conscious, they would request care.

Naloxone hydrochloride (naloxone) - drug that can temporarily stop the effects of opioid drugs. Naloxone can help restore breathing during an opioid overdose.

Negligence - having a duty to respond and failing to provide care or give inappropriate care; failure to provide care or inappropriate care causing injury or harm.

Opioids - group of drugs that includes morphine, heroin, methadone, fentanyl, and oxycodone. This group of drugs is often prescribed to manage pain.

Universal Precautions - using gloves, masks, gowns, etc., for every patient every time when there is a possibility of coming in contact with any body fluids.

Appendix A - Frequently Asked Questions

1. What grade levels should CPR/AED education be administered?

CPR/AED education should be integrated into the curriculum for students in grades 9-12.

2. Do teachers have to be certified in CPR/AED to teach the class?

Teachers don't have to be certified to teach about CPR/AED curriculum; however, if schools are including certification for students, the instructor must be a CPR certified instructor.

3. Do the students need to be trained on hands-only demonstrations?

Schools must incorporate psychomotor skills training, including hands-only CPR technique.

4. What resources are available to assist with delivering CPR/AED curriculum?

A list of resources has been made available within this toolkit.

5. Are funds available to support certification of students?

While no funding is available for certification costs, LEAs are encouraged to seek local sources.

6. Are schools required to purchase AEDs for their program?

According to Act 35 of 2014, all schools must have an active AED; however, practice AED classroom instruments are not required according to ACT 7. Schools may or may not choose to purchase these devices for their programs.

7. Can a person cough repeatedly and vigorously to perform CPR on him/herself?

The American Heart Association does not endorse "cough CPR," a coughing procedure widely publicized on the Internet. Cough CPR" is not useful for unresponsive victims and should not be taught to lay rescuers.

8. Why is AED training included in all your CPR courses?

Victims have a greater chance of survival from cardiac arrest when high-quality CPR includes use of an AED.

9. When do I need to renew my course completion card?

Course completion cards are valid for two years through the end of the month during which the course completion card was issued.

For additional information: Visit the American Heart Association's [CPR in Schools – Frequently Asked Questions](#).

Appendix B – Act 7

Act of Jun. 12, 2019, P.L. 31, No. 7

Cl. 24

Session of 2019

PUBLIC SCHOOL CODE OF 1949 - CARDIOPULMONARY RESUSCITATION EDUCATION

Amending the act of March 10, 1949 (P.L.30, No.14), entitled "An act relating to the public school system, including certain provisions applicable as well to private and parochial schools; amending, revising, consolidating and changing the laws relating thereto," in terms and courses of study, providing for cardiopulmonary resuscitation education.

The General Assembly of the Commonwealth of Pennsylvania hereby enacts as follows:

Section 1. The act of March 10, 1949 (P.L.30, No.14), known as the Public School Code of 1949, is amended by adding a section to read:

Section 1528. Cardiopulmonary Resuscitation Education.--(a) In accordance with the academic standards for health, safety and physical education for grades nine through twelve and not later than the beginning of the 2019-2020 school year, the department, in consultation with the Department of Health and at least one organization recognized under section 1205.4, shall identify or develop a model curriculum and curriculum guidelines for instruction on cardiopulmonary resuscitation for public school students in grades nine through twelve.

(b) The model curriculum and guidelines shall:

- (1) be posted on the department's publicly accessible Internet website;
- (2) be age-appropriate;
- (3) be revised regularly to remain current with national standards;
- (4) provide guidance for integration into health courses or other appropriate curriculum requirements as listed in 22 Pa. Code § 4.23 (relating to high school education);
- (5) be made available to all school entities;
- (6) include compilation of recommended guidelines and educational materials from organizations with expertise in CPR and emergency care;
- (7) incorporate psychomotor skills training, including hands-only CPR technique; and
- (8) include information on the purpose of an automated external defibrillator.

(c) (1) A school entity that offers instruction in CPR may utilize the model curriculum developed under subsections (a) and (b) or develop the school entity's own curriculum in accordance with academic standards and consistent with guidelines developed under subsections (a) and (b). A school entity may utilize appropriate publicly or privately available materials, personnel and other resources in developing and implementing this instruction, subject to the requirements of section 111 and 23 Pa.C.S. § 6344 (relating to employees having contact with children; adoptive and foster parents).

(2) A teacher, instructor or community volunteer, with the participation of a professional educator with a Pennsylvania certification, including a professional educator certified in physical education or health education or a school nurse, may provide, facilitate or oversee the instruction offered by a school entity under this section and need not be a certified CPR trainer.

(d) An individual who in good faith provides instruction in CPR to a student under this section shall not be liable for any civil damages as a result of any act or omission relating to the instruction, except for an act or omission intentionally designed to harm or a grossly negligent act or omission that results in harm to an individual to whom the student administers CPR.

(e) A cyber charter school may provide the instruction under this section through the Internet or other electronic means. If a cyber charter school provides the instruction under this section through the Internet or other electronic means, the cyber charter school shall be exempt from the academic standards and guidelines developed under subsections (a) and (b) regarding in-person instructional requirements.

(f) As used in this section, the following words and phrases shall have the meanings given to them in this subsection unless the context clearly indicates otherwise:

"Automated external defibrillator." A portable defibrillator designed to be automated for use by a person without substantial medical training who responds to a cardiac emergency.

"Cardiopulmonary resuscitation" or "CPR." A first aid technique utilizing hands-only compressions of the chest used to revive an individual whose heart has stopped beating.

"Department." The Department of Education of the Commonwealth.

"Psychomotor skills." The use of hands-on practice to support cognitive learning.

"School entity." A school district, joint school district, charter school, regional charter school, cyber charter school, intermediate unit or area vocational-technical school.

Section 2. This act shall take effect in 60 days.

APPROVED--The 12th day of June, A.D. 2019.

TOM WOLF