



2011

Drill “Dr. Heart”: a plan to prepare for cardiac arrest response



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DRILL the “Dr. Heart” play!

Understanding “**Dr.Heart**”- While it is clear that Sudden Cardiac Arrest (SCA) can occur at any time and without any warning, we do little to prepare for the moment of required action. Interestingly, sports teams and bands use “drills” and “plays” to prepare for any number of events, opportunities and errors. However, they rarely, if ever, prepare for a life or death emergency with the same methodology and planning. While the concept of the “**Dr. Heart**” play is geared to a sports team, it could be used for a classroom, an after school club, in the workplace or your home.

As most athletic programs have practices after normal school hours, the school nurse may NOT be on campus during an emergency. Ensure you know your nurses hours of operation when preparing your emergency action plan. While “**Dr. Heart**” can be used for an athlete it can also be called as “**Dr. Heart** for Coach” or “**Dr. Heart** for Spectator” thus protecting all.

Each “**Dr. Heart**” Drill can be customized to the individual school’s emergency response plan. If you do not have an emergency response plan for a cardiac emergency, you will need to create one within your organization’s structure.

The ultimate goal of “Dr. Heart” is to ensure that every sports team, student activity, classroom and workplace in the United States practices the drill and is prepared for sudden cardiac arrest.

Here are the basics of the “**Dr. Heart**” drill.

Know the chain of survival and YOUR part in it:

- **Early Access** to the patient, including early recognition of the condition and call for help. Chance of survival increases by 5%
- **Early Basic Life Support** (Rescue Breathing and External Chest Compressions) Chance of survival increases by 10%
- **Early Defibrillation** (An electric shock to restart the heart) Chance of survival increases by 75%
- **Early Advanced Life Support** (Drug therapies to maintain condition)

CHAIN OF SURVIVAL



Early
Access

1

Early
CPR

2

Early
Defibrillation

3

Early
Advanced Care

4

Variables for YOUR “**Dr. Heart**” drill:

- Know the whereabouts of the closest AED (Automatic External Defibrillator)
 - Know the best access point for EMS (Emergency Medical Services)
 - Know if you have a Trainer on site (or school nurse) – or an assistant Coach or other team Coach that can assist the primary Coach.
 - Know how to communicate with 911 – remember to give specific information on your location – name of school, street address, town, and door or entrance information.
 - Know your line of communication – NO POSTING ON FACEBOOK, TEXTING FRIENDS or anything until coach clears you to do so.
 - Know if the school nurse is on campus during your athletics or after school activities.
 - Other:
-

What must be done BEFORE “**Dr. Heart**”?

- Your coaching staff or leadership must have CPR training.
- Your venue must have an AED or it must travel with your team.
- All those performing CPR and use of the AED be certified to your states requirements.

The Coaches part of the play:

The Coach must assess the victim and assign tasks.

1. Send someone to get the AED
2. Have someone call 911
3. Sends player to get adult assistance – school nurse, other coach, trainer etc.
4. Send 2-3 people to the entrance or to the street where EMS will arrive to guide them in to the victim.
5. Assign 2-3 players to clear the floor of trip hazards and move all players to a huddle a safe distance from the victim and out of the way of EMS.
6. Coach performs CPR and uses AED – in the event it is the Coach who is down a CPR trained team member can start CPR while waiting for an adult to take over.



Sample DRILL of “Dr. Heart”

Sport: Girls Volleyball

Players/Coach: (The team is playing and coach instructing) As Coach is calling the play he is moving to Tina beginning compressions

Player A (Tina): (Falls to the ground, unresponsive)

Players B: Sue is first to respond - “Tina stop messing around... get up”.

Player C: “Sue, Tina is not kidding she’s not breathing... COACH!” (Runs over to the coach and gets his attention)

Coach: (Gets over to the player on the floor) “Ladies, Play “**Dr. Heart**” is in effect – FOCUS and LISTEN” Coach begins to give instructions

Becca get the AED (Becca runs to get the AED in the Hallway and returns with it to the coach)

****if during school hours**** Mary – Go get the nurse and tell her “**Dr. Heart** is in play”

Nicole here, handing her a phone, call 911 – remember tell them REAR entrance (Nicole takes the phone and calls 911 and CALMLY states – “We have a cardiac emergency – a 16 yr old female is unresponsive, CPR in progress I am at Parsippany High School, main gym please use the rear entrance there are 2 players waiting at the door to guide you into the gym”

Marylyn get the trainer (Marylyn runs to the trainer’s office to find him/her – she finds him and tells him “Dr. Heart” is in play and Coach Titus needs him in the gym NOW”

Alex and Nicole H – go to the REAR entrance to the gym and watch for EMS and lead them back here. (Alex and Nicole H run to the back door and wait CALMLY for EMS – they do NOT gossip or talk to friends THEY focus on looking for EMS and should they see any other Coaches or Nurse they tell them that ‘Dr. Heart is in play in the gym’.)

Michelle and Francesca – take the team to the corner of the gym clear the balls as you go. (Michelle and Francesca take control of the gym and remove all trip hazards from the floor while instructing all players to the corner of the gym- away from the entrance that EMS will use – they keep everyone calm, quiet and ensure that nobody is communicating with others in a manner that would get this news to loved ones in an inappropriate manner.)

Now for the Challenge:

Film your “**Dr. Heart**” drill and submit it to support@4hcm.org and we will upload it to our YouTube site and our website! Please make sure all participants sign the “Consent to Photography, Video and Use” form so that we can post your video! You can mail them to HCMA 18 East Main Street Suite 202 Denville, NJ 07834, Fax to 973-983-7870 or scan and email to support@4hcm.org – RE: **Dr. Heart**

Some areas may have local sponsors for prizes... or you can seek sponsors in your area to work with the HCMA on this project!

[Submit YOUR Dr. Heart Project today](#)

How to get formally trained in CPR and AED use:

Most states recognize the Red Cross and American Heart Association trainers as sufficient for certification. These courses can be found by contacting your local chapter of the Red Cross or American Heart. Most CPR classes today include AED training.

For team training-- newly adopted “hands only CPR” or “compression only CPR” can be taught by anyone or even learned online. The concept of “hands only CPR” eliminates the use of rescue breaths for the first 8 minutes of CPR and instead focuses on the simple concept “fast and hard in the center of the chest”. Compression ONLY CPR is not intended to REPLACE ALS (Advanced Life Support) certified CPR and the HCMA firmly believes that ALL coaches should have CPR certification!

For more information on CPR, AED use and “hands only CPR” / “compression only CPR” visit the following sites:

<http://handsonlycpr.org/>

www.redcross.org

www.heart.org

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I am the parent or guardian of the student named above. I consent to the terms and conditions of this agreement.

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*Parental signature is required for all high school students, regardless of age, when participating in HCMA events

