



—NEW MEXICO—
HEART
INSTITUTE
—FOUNDATION—

PROJECT HEART START IN THE SCHOOLS
SEPTEMBER 2015

Project Heart Start in the Schools entering its 4th year

In 2012 the Albuquerque Public Schools started introducing Project Heart Start training for some staff and in a few schools. Since then the program, now called "*Project Heart Start in the Schools*" has grown to a network of 54 New Mexico school districts who are either already implementing the program for their students and staff or are in the process of getting the trainings started. In all, over 16,000 students and close to 2,000 staff in New Mexico Schools have learned to save lives. The program has been funded by the NM Heart Institute Foundation and the NM State Board of Nursing. A 3rd year funding grant was recently submitted to the Board of Nursing and we are hoping for more support.



The 2014/15 school year, our 3rd year, ended with a "bang"! Districts of all sizes, from urban and large to rural and very small, participated and some for their 3rd consecutive year! The top 5 districts were: **APS** (1471 students trained), **Rio Rancho** (1201 students trained), **Farmington** (1023 students trained), **Las Cruces - NEW** (957 students trained) and **Hobbs** (627 students trained)! Facilitator trainings were held in six regions in the state and 125 nurses, health teachers and health aides learned to teach the program.

Thank you everyone for your passion, support and enthusiasm! This is what keeps it going!

Dorothee Hutchinson, NMHI Foundation Coordinator

School Nurse Survey – Results

At the end of the school year school nurses were surveyed to gain insight into their perspective, needs, challenges and attitude.

- 60% of school nurses are in charge of an entire district.
- For 60% of respondents it was their first year (30% their 2nd year, 10% 3rd year).
- 100% stated the experience was positive.
- 100% stated PHS facilitator training was helpful and preferred "in person" over online.
- Of those who did not participate in facilitator training 66% thought it would have been helpful.
- 90% stated they are prepared to teach the students and staff.
- 50% stated they have the tools needed. Access to equipment is still a challenge.
- 89% stated they will provide training in the 2015/16 school year.
- 84% think they can train other nurses or health teachers to present the program.

Questions: contact dorotheeh@nmhi.com or at 505 – 843-2814 .



Ever used a choking vest in your training?

Project Heart Start has obtained one of these great vests and started using it in facilitator trainings. To learn more about this great new tool please contact Dorothee Hutchinson at dorotheeh@nmhi.com .

Facilitator Trainings

A recent survey revealed that in person facilitator trainings are the most successful way to train nurses and health teachers how to conduct a PHS session for students or staff. For the ABQ metro area monthly 2 hour trainings are scheduled until the end of November. Details can be found at http://projectheartstartnm.org/Training_Events.aspx. We are currently working on ways to make this also available in other parts of the state. Stay tuned.

First District to train this fall!

Artesia schools trained 173 7th graders in the beginning of September! Way to go Bulldogs!!



New Partnership with the NMAA

- A partnership with the New Mexico Activities Association was formed in early 2014 with the goal to train NM athletic coaches in the schools. Participating schools identify at least two individuals in their athletic departments who are trained as facilitators.
- The schools purchased manikins and the AED trainers were donated by the NMAA. The effort started with 26 participating high schools in the ABQ Metro area and by the end of the school year over 1,000 coaches were trained. In early 2015 the network grew further and an additional 40 schools joined from across the state. They now have equipment and trained facilitators who started teaching their coaches during pre-season in August.
- This partnership adds new resources and an effort will be made to connect them with the school nurses and health teachers who are often struggling to find manikins and AED trainers. A full list of participating schools and contacts is being compiled and will be posted once complete, so that everyone knows if their school is part of this network.

NEW – Online Training Report Form

A new online training report form can be found at <http://projectheartstartnm.org/training-log.aspx>. It provides the data we need for our funders and eliminates the requirement to mail the pre/post tests the students have filled out back to the foundation / Project Heart Start.

The tests provided enough data to evaluate the program and a study has shown that a) students across all ages and both genders are understanding the concepts and learning the skills and b) students are willing to perform CPR and the Heimlich maneuver if confronted with an emergency.

The decision was made to stop collecting the tests but we encourage everyone to continue using the tool in the classroom. It is however mandatory to fill out the online form after training is completed. If large numbers are trained and several sessions were conducted we ask that you fill out the form for each session. It is easy and fast and should not take much time at all.

LIFE SAVED at VHS in ABQ

" I don't see what I did to be such a big action. It just seemed like something everyone should know and do"

says GUS YAZZIE who saved his choking friend at Valley High School in ABQ.

