



# CPaRllington

## Progress Report



### City of Arlington

***Our Mission: The City of Arlington, through the community's CPR program, CPaRllington, will significantly increase the number of Arlington community members trained in CPR, resulting in higher survival rates among those suffering from cardiac emergencies.***

**"We are well on our way to making our target of 36,000 people in five years." - Assistant Fire Chief, Don Crowson**

Since it began in 2005, a lot has happened with CPaRllington. Its success is captured in this article written in *The Shorthorn*, a magazine for the University of Texas at Arlington.

American Heart Association and Carter BloodCare, are conducting a city-wide program, known as CPaRllington, to teach 10 percent of Arlington residents how to perform CPR.

The group proposed a plan to educate citizens by offering home CPR kits and hosting several CPR training classes at the university, local junior high and elementary schools, and different civic events also.

**22,756  
trained**

### **CPR Initiative Shows Early Success**

Written by Matthew Reagan  
**January 22, 2008**

Don Crowson, Arlington assistant fire chief, said the program has currently trained more than 13,000 Arlington residents.

Tiffany Jenkins, Arlington fire administration spokesperson, said the university donated \$10,000 in 2005 to get the program on track.

"We are very proud of the success that CPaRllington has already shown," Crowson said. "We are well on our way to making our target of 36,000 people in five years."

In summer of 2006, the School of Nursing educated more than 600 people using the program's teaching tool, the CPR Anytime kit. The kit contains a blow-up practice mannequin and an educational DVD designed to walk participants through the basics of CPR in under 30 minutes.

According to the American Heart Association, more than 350,000 people die each year from sudden cardiac arrest.

Last spring, the Arlington community banded together to do their part in saving lives.

The Arlington Fire Department and the UTA School of Nursing, in conjunction with the

The initiative began in 2005 when Mayor Robert Cluck, a former physician, met with associate nursing dean Beth Mancini and nursing dean Elizabeth Poster from the School of Nursing to develop an effort to increase the survival rate of Arlington residents affected by cardiac arrest.

CPR certified nursing junior Kimberly McKenzie said this kind of program is important.

"I think it's a good idea and it will save more lives if people know what they are doing," she said.

### Partners

- The American Heart Association**
- The University of Texas at Arlington**
- American Medical Response**
- Texas Health Resources**
- Arlington Independent School District**
- Sam's Club**
- Texas Rangers**
- Wal-mart**
- The Arlington Rotary**
- CareFlite**

### **Reading, Writing, Arithmetic...and CPR!**



# CPaRlington

**Our Goal:** To train 2,400 community members in CPR who will then train 4,800 members of their families and friends for a total educational impact of 7,200 participants each year for the next five years. In five years we will train 36,000 members of the community.

In late 2005, Arlington's Mayor Robert Cluck, a physician, asked UTA School of Nursing's Dean Elizabeth Poster about the possibility of having someone from the nursing faculty provide assistance with training city personnel to use Automated External Defibrillators (AEDs) that had been installed in city buildings.

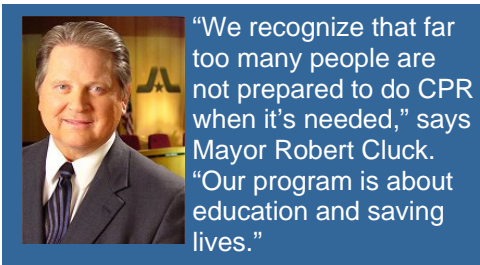
Dr. Poster returned to the School of Nursing and discussed the request with Associate Dean Beth Mancini, a long-time American Heart Association (AHA) volunteer. Dr. Mancini was aware of an innovative new AHA-Laerdal product, *Family & Friends CPR Anytime™*, that would soon be released to the public and was expected to revolutionize the approach to training individuals in the skills of cardiopulmonary resuscitation.

Sudden Cardiac Arrest is one of the leading causes of death in the United States, claiming an estimated 350,000 lives each year, which translates into approximately 900 Americans who die each day from a sudden cardiac arrest occurring outside the hospital setting. Almost eighty percent of sudden cardiac

arrests occur at home and are witnessed by family members or friends. Less than five percent of sudden cardiac arrest victims survive due in part to the fact that those individuals who witness the arrest typically do not know how to perform CPR.

Studies have shown that when CPR is begun quickly, a victim's chance of survival can double or triple. With a population of over 360,000, Arlington, Texas is a city primed with a well-established emergency medical response system and public access defibrillation program but, until recently, lacked the methods, materials and resources to substantially increase the survival rates of Sudden Cardiac Arrest victims who receive bystander CPR.

Dr. Mancini proposed bringing key individuals from AHA and Laerdal together with the Mayor and members of the Arlington Fire Department, to discuss the potential for creating a city-wide initiative to enhance the Chain of Survival in Arlington using the soon to be released *Family & Friends CPR Anytime™* training



"We recognize that far too many people are not prepared to do CPR when it's needed," says Mayor Robert Cluck. "Our program is about education and saving lives."

product. *Family & Friends CPR Anytime™* is a personal CPR training product that can be used by an individual in the home or by a group in a community setting.



The training kit, which includes a personal CPR manikin, a CPR Skills Practice DVD and a resource booklet, has been shown to successfully train individuals in CPR in only 22 minutes.

Mayor Cluck enthusiastically embraced the recommendation and set the ambitious target of training 36,000 people - ten percent of the city's population - over the next five years. In doing so, he set us on the path of making Arlington the first city to undertake a comprehensive approach to creating a Heart Ready City and save more lives.

## 2007-2008 Snapshots



Fire Chief, Robin Paulsgrove, talks to the 8th graders from Hutcheson Jr. High about the importance of CPR, and how they could someday save a life.



Captain Rodney Smith talks the 8th graders from Nichols Jr. High through their training. His enthusiasm and knowledge is well received as he gets the students involved and pumped up about learning CPR.



September 2007, in addition to all the 8th graders from Bailey Jr. High receiving CPR training, the faculty joined in on the fun as well.

## September 2007: Bailey Jr. High

The City of Arlington is moving another step closer to achieving an important life-saving goal with the help of the Arlington Independent School District. Armed and ready, members of the Arlington Fire Department with other Program Partner volunteers, set out on a mission: *to train every 8th grade student at Arlington's junior high schools.* On September 20th, over 400 students at Bailey Junior High took part in learning the life saving skills of CPR. Their homework assignment was to take what they learned and to teach at least three family members or friends. Inside the school gymnasium, students viewed an instructional DVD, walking them through each step of CPR.

On their knees for almost half an hour, these kiddos practiced chest compressions and rescue breathing on their own manikins. Each student, as part of the program, takes these kits home so that they can share what they've learned with their family and friends. According to Mayor Robert Cluck, who is also a physician, the city is committed to reaching its goal because far too many people do not know how to perform CPR. Every year, more than 350,000 people in the U.S. die from coronary heart disease before reaching a hospital room or emergency room. "Arlington is going to change that outcome," the mayor said. "We are working to educate and save lives in our city."



## September 2008: Nichols Jr. High



On Thursday, September 25th, over 400 8th graders piled in the gym for an assembly before their CPR training began. This was an assembly unlike any other, because within the halls of Nichols there was a hero who saved a life by using CPR, their school nurse Leslee Erickson.

Earlier that month at a Lamar High School football game, the nurse performed CPR on an elderly man. Effective bystander CPR when provided immediately after cardiac arrest can

double a victims chance of survival, and she did just that. "That's a perfect example of why this is important," Mayor Cluck reminded the students. Soon after, loud cheers from the entire audience filled the gym .

Shortly after the assembly was over, the CPR training commenced. By days end, 426 8th graders were taught the life saving skills of CPR.



***"That's a perfect example of why this [CPR] is so important" -Mayor Cluck***

## Major Accomplishments 2007 - 2008



### **AISD: Young Junior High School, February 22, 2007**

427 students in the eighth grade class at Young Junior High School were trained in the gym, with a multiplier effect of 1,281.

### **AISD: Bailey Junior High School, September 20, 2007**

429 students in the eighth grade class at Bailey Junior High School were trained in the gym, with a multiplier effect of 1,287.

### **AISD: Hutcheson Junior High School, November 5, 2007**

328 students in the eighth grade class at Hutcheson Junior High School were trained in the gym, with a multiplier effect of 984.

### **AISD: Gunn Junior High School, January 29, 2008**

256 students in the eighth grade class at Gunn Junior High School were trained in the gym, with a multiplier effect of 768.

### **AISD: Barnett Junior High School, April 25, 2008**

459 students in the eighth grade class at Barnett Junior High School were trained in the gym, with a multiplier effect of 1,377.

### **AISD: Shackelford Junior High School, May 22, 2008**

323 students in the eighth grade class at Shackelford Junior High School were trained in the gym, with a multiplier effect of 969.

### **AISD: Nichols Junior High School, September 25, 2008**

426 students in the eighth grade class at Nichols Junior High School were trained in the gym, with a multiplier effect of 1,278.

### **AISD: Workman Junior High School, December 5, 2008**

242 students in the eighth grade class at Workman Junior High School were trained in the auditorium, with a multiplier effect of 726.

**335 City of Arlington employees trained in 2007-2008 from various Departments:  
Library, Convention & Visitors Bureau, Parks and Recreation, and Public Works.**



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## What's Going On In 2009?

- Continue AISD training of 8th graders in CPR
  - \* Carter - January 27, 2009
  - \* Ousley - March 23, 2009
  - \* Ferguson - May 15, 2009
- Continue training City Workforce
- 3,500 participants trained thus far in 2009
- Southeast Tarrant County local volunteers to head up fundraising initiative and partner with the Arlington Fire Department
- Preliminary discussion has begun in regards to a 'Mega-Event' at the new Cowboy's Stadium
- Development of a new PR Campaign