DNP Scholarly Project: Implementation of a Campus-Wide Sudden Cardiac Arrest Safety Net  
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**BACKGROUND/SIGNIFICANCE**
- Estimated 326,000 episodes of sudden cardiac arrest (SCA) occurring in communities nationwide annually
- < 6% of victims of outside hospital SCA survive to hospital discharge
- < 3% of U.S. citizens are trained in CPR/AED
- Sudden cardiac death (SCD) is the leading cause of death in athletes
- The risk of SCD is 3 times greater in athletic youths
- SCA costs the U.S. healthcare system $33 billion dollars annually
- College male athletes are 6 times more likely to suffer an incident of SCA than female athletes
- African-American athletes are 5 times more likely to experience SCA than white athletes
- African American, male, basketball players are at the greatest risk for SCD

**PROBLEM STATEMENT**
- Provision of bystander CPR for SCA in the community has been noted to increase survival rates two to three fold
- 75% of the population in Kings Co., WA has received CPR training and reports the highest nation-wide survival rate from SCA due to ventricular fibrillation at 62%
- Most important factor affecting survival is early defibrillation
- Survival and future neurologic status post SCA are directly dependent upon how quickly the victim receives emergency medical treatment
- 1866 incidences of SCD in young competitive athletes evaluated and found the majority of deaths occurred as a result of an underlying cardiac condition

**ROL/EVIDENCE**
- Question: What is the knowledge level of college student athletes in CPR/AED use? Will there be a change in the knowledge level of student athletes in CPR/AED use after completion of the AHA CPR in schools program?
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- Most important factor affecting survival is early defibrillation
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**FRAMEWORK**

**METHODS**
- Convenience sample (n = 25)
- Intervventional Pre/Post test design
- Implementation of American Heart Association CPR in Schools Program
- Multiple Sessions

**RESULTS**
- There was a significant difference in the mean scores for the pre test ($M = 2.72, SD = 2.03$) and post test ($M = 6.72, SD 0.54$)
- These results support that implementation of the AHA CPR in Schools Program improves knowledge level of CPR and AED use in this group of student athletes and fitness center staff

**REFERENCES**

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