

MINNESOTA

# Project ADAM<sup>®</sup>

SAVES LIVES

Led by



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led by **Children's**  
MINNESOTA



Project ADAM is a national organization that helps prepare schools to respond efficiently and effectively to a sudden cardiac arrest event occurring on campus. Project ADAM was founded in Wisconsin in 1999 after the tragic death of a high school athlete. The program has affiliates in 29 states and counting. Project ADAM Minnesota was established in 2021 through a joint venture between The Children's Heart Clinic and Children's Minnesota Hospitals and Clinics.

National statistics indicate that more than 350,000 adults and children in the United States die from sudden cardiac arrest each year. Most cardiac arrests occur outside of the hospital. The survival rate for an out-of-hospital cardiac arrest can be as low as 10%. Prompt recognition and emergency action planning can significantly enhance outcomes.

The goal of Project ADAM is to prevent sudden cardiac death following cardiac arrest through education, planning, and team-based simulated drills. Project ADAM MN provides free on-site consultations and assessment of facilities to aid in emergency preparedness. The ultimate goal is for participating schools to achieve Heart Safe School status, signifying that they have a prepared and practiced emergency action plan with all necessary equipment available to respond in the event of an emergency.

**Project ADAM MN will help you achieve Heart Safe School status by:**

- Identifying risk factors, signs, and symptoms of a sudden cardiac arrest for prompt recognition
- Providing a comprehensive manual with step-to-step instructions on how to prepare and implement an emergency action plan in response to a cardiac arrest
- Establishing an on-campus emergency response team that will be tasked to respond in an organized fashion to a cardiac arrest
- Practicing an on-site simulated response to and resuscitation of a cardiac arrest
- Assisting in identifying the need for additional automatic external defibrillators and their placement within the facility
- Instructing on maintenance of equipment, training updates, and practice drills
- Involving local first responders to help coordinate efforts to maximize the chance of a successful resuscitation

Upon achieving a Heart Safe School designation, your organization will receive a banner from Project ADAM to proudly display at your facility to celebrate your achievement!

For more information, or if you are interested in becoming part of Project ADAM Minnesota, please contact us via email at [projectadam@childrensMN.org](mailto:projectadam@childrensMN.org) & [terasa.smith@childrensmn.org](mailto:terasa.smith@childrensmn.org).

Sincerely,  
Project Adam of Children's Minnesota