

Parent Advisory Council (PAC) Meeting

Date: February 8, 2018

Time: 9:00AM-10:00AM

Total Present: 15—Maria Jimenez, Sabiha Vohra, Rachida Dini, Ayesha Bibi, Rosa Buzo, Mashaiar Adam, Noor, Amal Adam, Nibras Al Shalha, Catherine Korda, Sonya Benham, Lynda Gibson, Sofia Kalemis, Lana Sharshar, Iffat Saced

Presentation: Bystander CPR/AED Overview

Staff of Swedish Covenant Hospital attended today's PAC meeting for a bystander CPR/AED training session. This program is made possible through a grant from Illinois Heart Rescue and Swedish Covenant Hospital Foundation. The liaison for this event was Jenise Celestin, who is the Director of Community Relations for Swedish Covenant Hospital and also a Peterson Elementary parent.

The presentation was completed by Maggie Simmons (ED Educator at Swedish Covenant Hospital) with assistance from ER Nurse Sheryl.

Parents in attendance participated in a training on when/how to administer CPR during an emergency and how to use an Automated External Defibrillator (AED). Those in attendance were also able to practice administering CPR using training manikins.

When an emergency occurs, bystander CPR is a critical link in the chain of survival. Studies show that for every minute of delay before starting CPR, survival decreases 10%. As the minutes tick by, the likelihood of a victim dying or suffering permanent brain damage increases. Waiting for an ambulance is not an option.

A short video about how to respond if you witness someone in cardiac arrest can be viewed at:
SwedishCovenant.org/SaveALife

Hands-Only CPR Steps

1. If a person is not breathing normally, or is not responding to their name, call 911 and start CPR.
2. Start hand and fast chest compressions immediately (arms straight, hands interlocked and over center of chest, to beat of "Stayin' Alive")
3. Don't stop until emergency personnel arrive and take over.
4. Use AED by following device's simple audio prompts.