



## PROJECT HEART START ALBUQUERQUE PUBLIC SCHOOLS CLASSROOM/TRAINING LESSON



**What is Project Heart Start?** [www.projectheartstartnm.org](http://www.projectheartstartnm.org)

**Mission:** Project Heart Start (PHS) is dedicated to saving lives of victims of out-of-hospital cardiac arrest through teaching all capable citizens to perform the new compression-only CPR. A second goal is to encourage, facilitate placement and proper utilization of Automated External Defibrillators (AED). Project Heart Start training takes approximately 40 minutes.

**Project Heart Start Goal:** All capable citizens in New Mexico are trained in compression-only CPR.

**APS Goal:** All capable APS Employees and Students will receive training in compression-only CPR.

**Steps for Project Heart Start Training - *Thank you for completing the following steps!***

1. Choose a date to conduct the lesson. (2 weeks advanced notice is recommended)
2. Download the Project Heart Start training request form, pre/post-test, and wallet card template at: <http://www.aps.edu/staff/employee-wellness/>
3. Send request form to: Katherine Chavez, Employee Wellness Coordinator  
[employee.wellness@aps.edu](mailto:employee.wellness@aps.edu)
4. If you do not have a copy of the training videos, download the facilitator and participant training videos at: [http://projectheartstartnm.org/demos\\_videos.aspx](http://projectheartstartnm.org/demos_videos.aspx)
5. View the videos prior to training.
6. Make back-to-back copies of the Project Heart Start Pre/Post Test, and wallet cards prior to instruction. Download forms at: <http://www.aps.edu/staff/employee-wellness/>
7. Facilitator/Instructor distributes Pre Test to students to complete **prior** to watching Project Heart Start Training Video.
8. Student completes Pre Test (7 questions)
9. Students watch Project Heart Start Training Video.
10. Facilitator/Instructor leads students through demonstration and practice of the following skill sets:
  - Assessing Victim
  - Call 911
  - Compression Only CPR
  - Signs of a heart attack
  - AED Demonstration- (If you do not have an AED Trainer available, please discuss key points from the training video.)
  - Responding to a choking victim
11. Administer to each student Project Heart Start Post Test. (7 questions)
12. Facilitator/Instructor will review correct responses to the posttest. (See Project Heart Start Answer Sheet), and distribute wallet cards.

13. Collect all student Project Heart Start Pre/Post Tests and return in interschool mail to:  
Employee Wellness Coordinator (Katherine Chavez)  
City Center 200 East
14. Document training via Survey Monkey at: <https://www.surveymk.com/S/GBL7XCR>  
(the 7 questions will take approximately 2-3 minutes)
15. Once student Project Heart Start Pre/Post results are received by APS  
Employee Wellness Coordinator (Katherine Chavez), student training incentives will be sent to  
Facilitator/Instructor/Teacher. (Example: Student designed Project Heart Start wristbands)
16. Please ensure that manikins are sanitized and placed back in box for return.
17. For questions or concerns, contact: Katherine Chavez, Employee Wellness Coordinator,  
[employee.wellness@aps.edu](mailto:employee.wellness@aps.edu)

***Thank you for participating in the Project Heart Start Program!  
You are making a difference within your place of employment, school and community!***



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## TRAINING MATERIALS REQUEST FORM

### 1. General Information

School	
Name Nurse/Teacher	
Contact Information (Phone/Email)	
Date of Training	
Number of Students/Employees to be trained	

2. **Project Heart Start Facilitator Information:** (NOTE: Facilitator is defined as people who use CPR as part of their job. They can be firefighters, nurses, EMTs or even medical students. (Or) Individuals Certified in CPR/AED.)

I have or I am a Project Heart Start Facilitator (Certified in CPR/AED).

**Project Heart Start Facilitator Name:** \_\_\_\_\_

**Project Heart Start Facilitator Contact Information:**

\_\_\_\_\_ **Phone** \_\_\_\_\_ **Email**

(Note: School Nurses and Health Assistances are CPR/AED certified and may be willing to help facilitate student training)

I will need assistance locating a Project Heart Start Facilitator

3. **I need CPR Manikins:**  No  Yes **Number needed** \_\_\_\_  
(Note: American Heart Association recommends 1 manikin per every 3 students in a class)

Pick up and Drop off at: 200 East, Bruce and Alice King Education Complex

Date of pick up \_\_\_\_\_ Date of Drop off \_\_\_\_\_

4. **Facilitator & Training Videos may be downloaded at:**  
[http://projectheartstartnm.org/demos\\_videos.aspx](http://projectheartstartnm.org/demos_videos.aspx)
5. **Participant Pre-Post Test and Wallet cards may be downloaded at:**  
<http://www.aps.edu/staff/employee-wellness/>

<p><b>Submit this form to:</b> Katherine Chavez, APS Employee Wellness Coordinator <a href="mailto:employee.wellness@aps.edu">employee.wellness@aps.edu</a> Fax 889-4884 or Interoffice mail to: APS Alice &amp; Bruce King Education Complex (City Center) Suite 200 East</p>
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Any questions or to obtain additional information, contact: Katherine Chavez, APS Employee Wellness Coordinator- Phone: 899-4895 or [employee.wellness@aps.edu](mailto:employee.wellness@aps.edu)