

Save A Heart Day at Sacramento State University



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As Breakthrough to Nursing Directors, it is our goal to essentially “break barriers.” As nurses, we aim to promote health and keep our communities safe from harm. When I read a study published in Colorado recently that showed the Latino population is thirty percent less likely to receive cardiopulmonary resuscitation (CPR) due to cultural barriers, my attention was captured. Given that heart disease is the number one killer of men and women in the United States and we have an incredibly diverse county, I felt that this is an issue that we should act on.

Our Sacramento State CNSA chapter learned of a project that aims to teach as many people hands only CPR in their communities and we decided that this was something we wanted to implement on our own. (Note: hands only CPR- it takes an entire course to certify people so we taught hands only- what would keep a patient alive in a community setting until EMS arrived) We struggled for a couple of semesters with several obstacles: where we get our resources from, how financially demanding it could be, and essentially the feasibility of it all. These were the steps that we took to execute this awesome project!

Step 1) **Find a team!** Fortunately, our chapter is extremely active and passionate about serving our communities. It wasn't entirely difficult, but if you have a smaller or newer chapter, find a few “go getters” or even find clubs that have similar interests to yours, such as a pre-nursing club, a health fraternity, Red Cross Club, or a paramedic program. You could even invite other schools to participate- we had invited UC Davis, CSU Stanislaus and local community colleges. We also had paramedic student volunteers!

Step 2) **Make a plan.** When do you want to have this event? What time? Is there a significance behind the date (February is heart month, is there someone you are doing this in honor of, or just for the sake of planning)? Lock down a date, time, and location with your school or club. At Sacramento State, we met with our Student Organizations and Leadership Department about four or five months ahead of time to make sure it was available and we had enough time to plan. What kinds

of teams do you want to have? For our event, I divided our volunteers into several teams: Children's Station, Community Health Education, Paramedics, Vital Signs, Fundraising, Nutrition, and Set Up/Take Down.

-Community Health had a table with heart health education. They created a game with several items with various amounts of sodium. They had students guess how much sodium is in each item, and described the impact that high sodium diets can have on your heart and blood pressure. In addition, they had several visuals about exercise and nutrition.

-Children's Station: We had students ask for several donations from our local health education council for the children from our children's center to look at. We had MyPlate nutrition information, Potter the Otter books, and rhymes and riddles about fruits and vegetables. In addition, we had a table for Project ADAM (Automated Defibrillators in Adam's Memory), a nationwide campaign to prevent sudden cardiac death in youth by teaching CPR in schools. They work with the UC Davis Children's Hospital and were excited to bring mannequins, AED's and UC Davis giveaways for others.

-Paramedic: Our students taught with paramedic students and CPR instructors. They oversaw us teach our fellow students. This is how we covered the liability issue- partner with someone who is certified to teach and who also has materials! They supplied mannequins and giveaways such as T-shirts. This was a great way for different disciplines to collaborate

-Fundraising: We had a table with our student nursing organization equipment to sell. Pre-nursing majors were particularly interested in our syringe pens, I <3 Nursing T-shirts and CPR mask key chains!

-Vital Signs: This was really exciting for first and second semester students to practice their skills. Also, a great way for students to engage

-Miscellaneous: We had students in charge of bringing heart healthy snacks, water, chairs and tables, music (iHome, boombox for disco music. Do CPR at the beat!) and also contacting the media to bring attention to our project. Two different channels showed up!

Step 3) **Talk to your advisors** – you want to have them on board!

Step 4) **Check in periodically** with your teams to make sure you are all on the same page – are they having any obstacles with their task? Who could you go to for support?

Step 5) **Tell your community this is happening!** We contacted our local student government, the press, other organizations on campus, the children's center. We made a flyer to gain attention, created a Facebook event and asked for others to RSVP. We periodically posted updates for photos about the importance and excitement of the event.

Step 6) Ask for a few volunteers to take photos!

Step 7) Have fun!



This ultimately was a success because of the collaboration between so many people and organizations who have a similar goal. It was something that individually would have been more difficult to accomplish, but it seemed that each person who was involved had a different piece of the puzzle to contribute. We all brought our own tables and chairs, brought heart healthy snacks such as protein bars and bottled water, and most importantly, came with passion and excitement that day. Also for fun, we had boards for people who participated to sign!

These were the approximate results:

Volunteers/Contributors: 50 nursing students, 30 paramedic students, 4 faculty
Sacramento State Nursing, CSU Stanislaus, UC Davis, Sacramento State Paramedic Program,
Project ADAM, Health Education Council, CNSA

Participants: 200 signatures (There were many people who participated but did not sign, so personally I would estimate between 300 and 400 people learned hands only CPR that day)

Cost: \$35 – snacks
\$25 – boards, markers, food examples, printing flyers
\$60 approximate total

Impact: Amazing.

Questions, comments? Please feel free to contact me!

Thank you!

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