



## Division of Public Health Services

Office of the Deputy Director  
Public Health Preparedness Services

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JANET NAPOLITANO, GOVERNOR  
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Dear Arizona School Health Educator:

You can help save lives in Arizona! Continuous Chest Compression CPR (CCC-CPR) takes only minutes to learn and is so easy to perform—even a 6<sup>th</sup> grader can do it. Simply stated, a cardiac arrest victim needs Your Hands to be Their Heart until emergency medical help arrives.

In March 2008, the American Heart Association issued an Advisory Statement endorsing compression-only CPR for bystanders. No mouth-to-mouth breathing is required with this new technique developed by the Resuscitation Research Group at the University of Arizona Sarver Heart Center. The Arizona Department of Health Services Save Hearts in Arizona Registry and Education (SHARE) Program is introducing several ways to teach CCC-CPR throughout the state including the enclosed “Your Hands Their Heart” kit for schools. We hope that the next generation of Arizona citizens, your students, will grow up knowing what they can do to help.

Research shows that survival from out-of-hospital cardiac arrest is more than doubled when bystanders perform CPR. However, the percentage of bystanders performing any type of CPR when medical help arrives remains low. The kit you have received contains a brief 9-minute instructional video and PocketCPR<sup>®</sup> device to help students and staff learn and practice CCC-CPR. We encourage you to incorporate these brief teaching tools for 6<sup>th</sup> through 12<sup>th</sup> graders in whatever way you determine is most effective at your particular school. This short video and some practice time can be integrated into Health classes, PE classes, school assemblies, even PTA meetings. We believe you can find creative ways to spread the word about this life-saving technique.

Once you train students and others, we need your feedback. Please log on to [www.azshare.gov](http://www.azshare.gov) and go to the “Info for Schools” section. By filling out the brief online survey, each time you train or as soon as your schedule permits, you will help us track the number of individuals learning CCC-CPR and reach our goal of training 100,000 Arizona citizens. Make sure your students are counted in our “numbers trained” tally. There will be prizes for those participating schools that submit a survey. Several Automated External Defibrillators (AEDs) will be awarded at the end of the school year—to schools with the most people trained and also through a random drawing. Make sure your school gets entered!

We hope you encourage students to take what they have learned home and teach their families. Lives will be saved! Please join us in our mission to make sure the survival rate from out-of-hospital cardiac arrest in Arizona is the highest in the world. Thank you for your partnership.

For more information, please e-mail Paula Brazil, SHARE Program Coordinator, at [brazilp@azdhs.gov](mailto:brazilp@azdhs.gov) or Lani Clark, SHARE Research and QI Director, at [lani@email.arizona.edu](mailto:lani@email.arizona.edu).

Sincerely,

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