



Improving Infant and Child Outcomes in Eastern NC with Free Community CPR and Choking Classes

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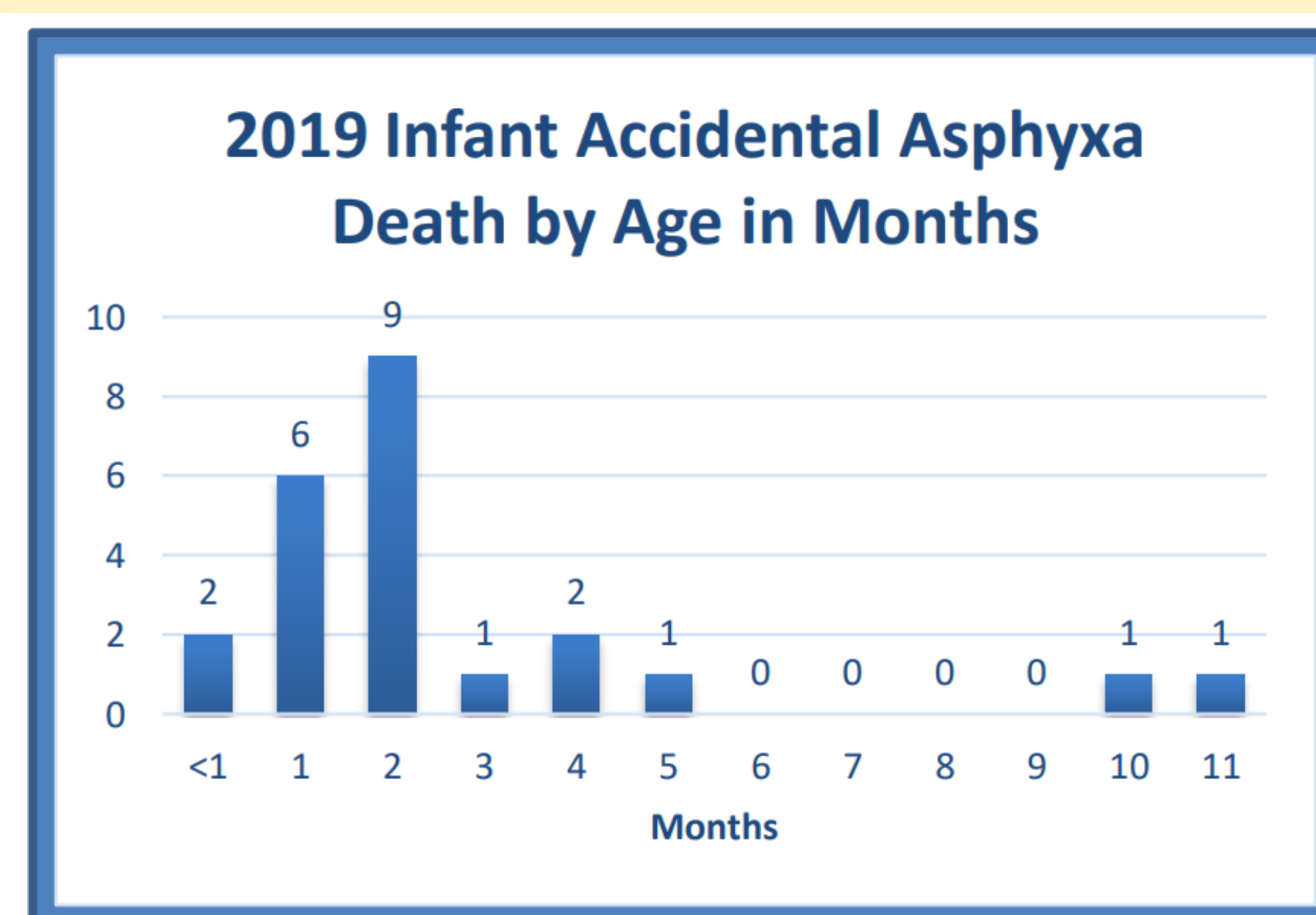
Problem

Infant choking/suffocation is the fourth leading cause of infant mortality nationwide.¹ Accidental suffocation and death account for cases of sudden unexpected death syndrome with over 905 cases annually of suffocation.²

In 2019, the North Carolina Office of the Chief Medical Examiner released a report on child fatalities, reporting 1,265 fatalities of which 174 were accidents (13.75%).³ Drowning and asphyxiation accounted for 59 deaths (4.7%) of those deaths.³ Asphyxiation deaths predominantly occurred in children under the age of 1,³ highlighting a need for new parents to understand rescue techniques.

In Eastern North Carolina there is an even greater need for CPR classes as it remains a largely rural area with increased response times for first responders.

Rural areas have been shown to have increased response times with an average of 14.5 minutes compared to urban and suburban areas at only 7 and 7.7 minute, respectively.⁴



Credit: Young, K.
Office of the Chief Medical Examiner.
NC Child Fatality Prevention Team Annual Summary, 2019 Child Deaths in NC. Updated March 2022.

Growth of Happy Hearts

- In 2022, we taught 67 people as the classes resumed mid-year post-COVID era restrictions.
- In 2023, we taught 125 people with the goal of growing attendance in 2024.



By the Numbers



67

Participants



125

Participants



Expansion and Future Goals

- Adding instruction on basic AED use in infants and children using DEMO defibrillators.
- Attempting to partner with local CPR programs to incorporate infant and child CPR into their programs and assist in providing education and training to support these programs.
- Outreach to increase registration for the classes and looking for
- Submitting grants to fund additional equipment to increase class sizes to reach more members of the community.



Recent Accomplishments

- Expansion of advertising into Pediatric Department clinic rooms with flyers
- Development of handheld postcards to hand out to patients during visits (right)
- Recipient of the ECU Parent's Grant, allowing us to buy an additional mannequin, advertising A-Frame board and we have started distributing keychain CPR masks to all participants

References

- Division of Reproductive Health, National Center for Chronic Disease Prevention and Health Promotion, Accessed Jan 6, 2024
- <https://www.cdc.gov/reproductivehealth/maternalinfanthealth/infantmortality.htm>
- Young, K. Office of the Chief Medical Examiner. NC Child Fatality Prevention Team Annual Summary, 2019 Child Deaths in NC. Updated March 2022.
- Mell HK, Mumma SN, Hiestand B, Carr BG, Holland T, Stopyra J. Emergency Medical Services Response Times in Rural, Suburban, and Urban Areas. JAMA Surg. 2017 Oct 1;152(10):983-984. doi: 10.1001/jamasurg.2017.2230. PMID: 28724118; PMCID: PMC5831456.

Happy Hearts CPR/Choking Classes

- Free infant and child CPR and choking rescue classes for expecting parents, grandparents and families
- Biweekly, one-hour classes held at ECU Brody School of Medicine in the evenings
- Use of high-quality mannequins to provide hands on teaching.
- Instruction and practice with immediate feedback provided by medical students

Infant and Child CPR Classes



Learn [INFANT/CHILD CPR & CHOKING RESCUE](#) in a FUN, hands-on environment. This class is ideal for parents, grandparents, babysitters, and others who want to learn CPR but do not need a certification to meet a job requirement.

Available dates can be found at
www.ecuhealth.org/events or
by scanning the QR code!

