



Dear Sonoma County Fire Chiefs:

Sonoma County is a desirable place to live for so many reasons. One of those is that we, as a community, strive to make Sonoma County a safer place to live. Save Lives Sonoma, a group comprised of many concerned public and private EMS providers, medical associations, CPR providers, cardiac monitor manufacturers, cardiac arrest survivors and others has chosen to set our goal to increase the survival rate in citizens who suffer sudden cardiac arrest. Current research has shown that bystander hands-only CPR is one of the most effective ways to accomplish this goal because for every minute without CPR, a victim's chance of survival decreases 7-10%. To that end we have embarked on many projects to accomplish this goal.

Since most cardiac arrests occur at home it is important to train a whole spectrum of people who may encounter such a crisis. As you know, hands-only CPR makes it easy to intervene as the witness to the cardiac arrest need only do chest compressions. Seventh graders are a powerful target for training in that they are willing to get involved and have the cognitive and physical ability to give effective compressions.

We are proposing a project that will incorporate hands-only CPR into the physical education/first aid curriculum in the all of the seventh grade classes in the County. The teachers will be given the materials to teach and our hope is to appeal to all of your departments and other EMS providers to help proctor on the days those classes are taught. Our goal is to train all of the seventh graders in the county ramping up this school year and with the hopes that in subsequent years the PE teachers will continue to have that training as part of their curriculum. This year the project will include a free AED for each school purchased through grant funds that are available to the EMS Agency.

Rincon Valley Middle School trained their seventh graders last school year. It was a very successful program and all of the people involved were impressed with ease of training and how the students took to the skills. This program can literally help save lives and we hope we can count on you for your department's support. Please contact Lauri McFadden at 707-536-0425 or lauri.mcfadden@amr.net with the point of contact for this project in your departments.

Sincerely,

Lauri McFadden
Chair, Save Lives Sonoma