

Testimony in support of:
Senate Bill 23-02: An Act Concerning CPR Training for High School Students

Submitted by:
Cori Jo Popejoy
378 30 Road
Grand Junction, CO 81504

Dear Sen. Rich, Rep. Holtorf, and member of the Education Committee:

My name is Cori Jo Popejoy and I live in Grand Junction, Colorado. I have worked in Emergency Medical Services and Education for nine years; currently I work for the Grand Junction Fire Department, EMT instructor with Professional EMS Education and I am CPR/Pulse instructor. I am writing in support of Senate Bill 23-2023.

As a current practicing EMS provider I witness daily the importance of early CPR. Early CPR contributes to the survival of the person who has experienced a cardiac event. Currently about 9 in 10 people who go into cardiac arrest outside the hospital setting will die. Early CPR can help improve those odds if it is performed in the first few minutes of cardiac arrest, CPR can double or triple a person's chance of survival. The use of an AED as quickly as possible increases the rate of survival. For every one minute delay in receiving the life-saving shock by AED there is a 10% decline in survival rate.

Providing the proper Education to our youth would provide the students the ability to recognize medical emergencies including cardiac arrest. The proper way to contact EMS. How to stay calm in an emergency. How to perform CPR and use of the AED. Empowering our teens to be confident when a medical emergency occurs. Teaching CPR and the use of the AED is one of the most powerful tools available to increase the chance of survival in the event of a cardiac arrest.

Budget cuts through the school districts have forced there to be fewer medical trained personnel at sporting events. In the event of an athlete going into cardiac arrest. Many times the proper medical personnel is not available. This leaves the other athletes there to recognize the cardiac event and start early CPR until

medical staff arrives. Within the first minute of cardiac arrest the brain cells begin to die but survival is possible. Three minutes serious brain damage likely
Ten minutes many brain cells have died, the patient is unlikely to recover. Fifteen minutes recovery is virtually impossible. It is important that the students are comfortable performing CPR until help arrives.

Comotio Cordis is a medical condition when you heart suddenly stops beating (known as cardiac arrest). The condition is rare but most commonly seem among athletes ages 8-18 who play contact sports. It's the second leading cause of sudden cardiac death in athletes. If it occurs, CPR and medical attention are needed right away to restore the heartbeat as soon as possible or the odds of survival are very low. It important that we educate our youth in recognizing the signs of cardiac arrest.

Today let's make the changes necessary to ensure our high school students have the proper educated needed to perform high quality CPR and the use of the AED when a cardiac event occurs. The youth are our future let's give them to tools necessary to make a difference.

Thank you for your Consideration,

Cori Jo Popejoy

Testimony in support of:
Senate Bill 23-023: An Act Concerning CPR Training for High School Students

Submitted by:
Robin Marley
Grand Junction, CO 81505

Dear Sen. Rich, Sen. Marchman, Rep. Holtorf, and members of the Education Committee,

My name is Robin Marley and I live in Grand Junction, Colorado. I have worked in Emergency Medical Services and Education for 6 years; and am currently serving as a Paramedic for the Grand Junction Fire Department, as well as an EMT Instructor with Professional EMS Education, an Assistant Paramedic Instructor at Colorado Mesa University, and a PULSE CPR instructor for local high school students in Grand Junction. I am writing in support of Senate Bill 23-023, to encourage the implementation of cardiopulmonary resuscitation (CPR) classes for students in grades nine through twelve in the state of Colorado.

According to the American Heart Association (AHA), over 350,000 cardiac arrests occur outside of the hospital setting each year, with 73.4% of them occurring inside the home. Of those 350,000, only 9.1% of people survive long enough to be discharged from the hospital. In these instances, only about 40% of people receive bystander CPR and automated external defibrillator (AED) use prior to the arrival of professional emergency medical services (EMS). In the event of a cardiac arrest, it is imperative that the situation be recognized, and the person receive CPR as quickly as possible prior to the arrival of EMS personnel. In several studies performed by the AHA, it has been found that the chances of survival after a cardiac arrest are doubled or even tripled if CPR is performed immediately.

As a Paramedic, I and those I work closely with, have arrived at cardiac arrest scenes where a person has both received and not received bystander CPR. On scenes where the person received CPR soon after the event occurs, often times we are able to obtain Return of Spontaneous Circulation (ROSC), where the person's heart begins to beat on its own again. In some cases, we have even had people who have ROSC and are awake and talking to EMS providers by the time they are delivered to the hospital. On the contrary, most people we treat and/or transport in cardiac arrest that have not received bystander CPR are typically pronounced dead at the scene, are pronounced dead or brain dead at the hospital, or – in the event they survive – leave the hospital with significant physical and/or neurological deficits often requiring full- or part-time care. Ultimately, it only takes one person to recognize an event and initiate care, with that one person having the ability to affect the outcome of another person in cardiac arrest.

With the implementation of Senate Bill 23-023, CPR instructors can provide education and training to young persons across the State of Colorado to be able to recognize and act quickly in the presence of a cardiac arrest in order to increase the likelihood that a person experiencing this

event will survive. I urge you to support Senate Bill 23-023 so that students may effect change in private and public settings, playing an integral part in the recognition and treatment of sudden cardiac death events, with the end goal of increasing the incidence of survival after an out of hospital cardiac arrest event. Thank you for your consideration.

Respectfully,

Robin Marley

February 22, 2023

TESTIMONY OF NATALIE COMPTON, PHYSICAL EDUCATION TEACHER
FRUITA MONUMENT HIGH SCHOOL
MESA COUNTY VALLEY SCHOOL DISTRICT #51

SENATE BILL 23-023 CONCERNING CPR TRAINING FOR HIGH SCHOOL STUDENTS

Dear Madam Chair:

My name is Natalie Compton and I've been a Physical Education teacher at Fruita Monument High School for 16 years now. I've taught PE for Mesa County Valley School District #51 for 19 years. I strongly support Senate Bill 23-023, Concerning CPR Training in High Schools.

This bill "encourages each public school in the state to provide instruction on cardiopulmonary resuscitation and the use of an automated external defibrillator to students in grades 9 through 12". While serving on a variety of committees for MCVSD #51, it became clear that something needed to be done to ensure that all students receive both CPR & AED training in high school.

As part of our Comprehensive Health curriculum, we use the PULSE (Preventing Unnecessary Life Loss through Student Education) program to provide CPR & AED instruction for ALL of our high school students that take Personal Fitness & Wellness. The PULSE program has been coming to FMHS for approximately 10 years and have been an integral part in students completing their Comprehensive Health graduation requirement in MCVSD #51. We have four AED's throughout our school and if it weren't for this program our students wouldn't even know how to use them in an emergency situation. Along with the AED training the students get an opportunity to learn CPR in a fun and exciting way. Whether a student is already CPR certified or completely unaware of what CPR even means, the repetitions help to build and strengthen muscle memory for these unexpected and unfortunate events.

I'd like to testify that we have a former Fruita Monument High School student who was able to put his CPR training to good use. While out riding dirt bikes with a couple of his friends, one of them went into cardiac arrest. They performed CPR while they waited for EMS to arrive. They saved their friends life! The two were acknowledged and honored with the American Heart Association and a news story was broadcasted on their behalf. This proves that CPR training in high school can and has saved lives.

Thank you for your time and consideration.

Sincerely,

A handwritten signature in blue ink that reads "Natalie Compton". The signature is written in a cursive, flowing style.

Natalie Compton