



# CPR IN KANSAS

Kansas State Board of Education members in December 2017 approved the addition of Cardiopulmonary Resuscitation (CPR) training in the Kansas Health Education Standards. Here are some facts:

- Health Education is a graduation requirement for Kansas students. CPR won't show up on a student's transcript. However, a health credit will appear.
- The Kansas Health Education Standards are Model Standards. Model Standards aren't assessed or mandated.
- The goal of including the CPR standards into the Kansas Health Education Standards is to increase the likelihood that students will graduate with CPR skills.
- High schools that don't already teach CPR skills to their students will now have model standards to review and implement. Schools will have access to free CPR kits from the American Heart Association to use in their health curriculum.
- High school students who already have taken and received a health credit won't be required to take CPR before graduation. Beginning with the ninth-grade class of 2018-2019, students will have a set of CPR skills that they received in their health course of study.

**STANDARD 8:** The student will demonstrate the ability to perform CPR in accordance with current nationally recognized guidelines.

Students will:

- Understand basic first aid skills.
- Understand CPR and Automated External Defibrillator (AED) procedures.
- Explain basic first aid skills.
- Demonstrate CPR and AED procedures.
- Practice basic first aid skills.
- Apply basic first aid skills.

## BACKGROUND

The State Board of Education on Dec. 12, 2017, in a unanimous vote, approved the addition of CPR training to the Model Curricular Standards for Health Education. The goal is very simple — to save lives and to empower Kansas high school students to be lifesavers by giving them the skills and confidence needed to help during a cardiac emergency.

Each day in the United States, about 1,000 people suffer cardiac arrest outside the hospital setting. Of those witnessed by another person, less than half receive CPR prior to emergency medical personnel arriving, often because the person witnessing the arrest doesn't know what to do. This leads to a survival rate of 6 percent. We can, and must, do better.

Schools present an opportunity to teach our youth basic, hands-only CPR. The training can be done in as little as 30 minutes, and it can easily be incorporated into the school day. Many schools across the state already have model programs in place, and there are several resources available to help schools just getting started.

## WHAT THE STANDARD SAYS

The new standard incorporates training in hands-only CPR into any health curriculum offered between ninth and 12<sup>th</sup> grades. Local districts will retain flexibility over how the training will be implemented in their schools. Districts that want to go beyond these basic standards may do so because the State Board of Education's action establishes a minimum standard for ease of implementation for districts of all sizes. The key requirements are:

1. The training must be based on current American Heart Association standards or other nationally recognized guidelines.
2. Students must understand and demonstrate through hands-on practice, CPR and AED procedures.
3. Students must explain, demonstrate and apply basic first aid skills.

It is important to note the training requirement is for hands-only CPR, which is different from CPR certification. CPR certification is a much more in-depth training required for public safety professionals, doctors, nurses and other professions. CPR certification cards are issued to individuals who complete the certification training. Cards aren't issued for hands-only training.

It is also important to note the person teaching hands-only CPR in the classroom doesn't need to be a certified CPR instructor.

**THIS STANDARD GOES INTO EFFECT IN THE 2018-19 SCHOOL YEAR.**

## RESOURCES AVAILABLE TO SCHOOLS

There are many resources available to schools to help with CPR training in the classroom. Individual schools should decide which resources best align with their plan for implementing the training.

### FREE RESOURCES

The American Heart Association offers free resources throughout Kansas. CPR in School program-based training kits, which will be available at no cost in a lending library system, help schools train students on hands-only CPR and AED use. Each kit includes 10 inflatable mannequins, DVD instructional videos, lesson plans, pretests and post-tests and other tools to aid in training. These resources will be available prior to the effective date of the standard. The American Heart Association is working closely with Educational Service Agencies across the state to make sure resources are available. To learn more about the kit, visit [www.heart.org/cprinschools](http://www.heart.org/cprinschools).

### COMMUNITY PARTNERS

Many partners have been involved in this initiative and have offered classroom training assistance to schools in their local communities. Schools are encouraged to reach out to their local police and fire departments, sheriff's offices, Emergency Medical Service agencies, hospitals and technical schools.

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January 10, 2018