

OAKLAND CUSD #5

HS HEALTH

MAY 4 - 8, 2020

BRIAN ANDERSON

Week of May4-May8, 2020

Mr. Anderson High School Health

Please pick 1 of the 3 activities to do for the week. Please submit to my email or if you don't have access or feel comfortable sharing electronically, you may turn in the assignment to the homework box located in the Lake Crest foyer. I'm really excited to see what you are doing, feel free to share a little note and let me know what you've been up to. Miss all of you, STAY SAFE.

My email is brian.anderson@oakland5.org. My phone number is 217-218-5420, if you have any questions, do not hesitate to call. Like I mentioned earlier, assignments may be turned in to the homework box in the Lake Crest foyer, if they are not emailed. My office hours are 10am-Noon but feel free to call/email anytime outside of those hours as well & I will get back with you as soon as possible.

Class	Choice 1	Choice 2	Choice 3 (Enrichment)
High School Health	<p>https://cprblog.heart.org/2019/05/03/angies-story-nurses-week/</p> <ul style="list-style-type: none"> *Read the article *Research basic CPR/AED methods (how many compressions, when to call 911, when to get an AED) *Write a ¾ to 1 page summary on what you learned *Email finished product to me or if handwritten, turn in to the Lake Crest foyer 	<p>https://cprblog.heart.org/2020/01/13/game-changer-the-life-saving-story-of-a-beloved-texas-football-coach/</p> <ul style="list-style-type: none"> *Read the article *Research basic CPR/AED methods (how many compressions, when to call 911, when to get an AED) *Write a ¾ to 1 page summary on what you learned from the article. *Email finished product to me or if handwritten, turn in to the Lake Crest foyer. 	<p>Work on your mental Health. (JOURNALING)</p> <ul style="list-style-type: none"> *Write ¾ to 1 page <p>What do you do when stress, anger, sadness are overwhelming in your life? Give an example and what you did to cope or heal from this emotional experience.</p> <p>Explain why drinking alcohol/using drugs is a terrible idea to cope with stress, anger, sadness in your life.</p> <ul style="list-style-type: none"> * Can't wait to hear from you



(<https://www.heart.org/en>)

Health
May 4-8

Warning Signs (<https://www.heart.org/en/about-us/heart-attack-and-stroke-symptoms>)

| Volunteer (<http://www.heart.org/HEARTORG/volunteer/volunteerForm.jsp>)

| Donate Now (https://www2.heart.org/site/SPageNavigator/donatenow_heart.html?s_src=mobile)

Tragedy Transformed: Nurse Turns Teenage Loss Into Life-Saving Opportunity

MAY 3, 2019

 AMY THOMAS ([HTTPS://CPRBLOG.HEART.ORG/AUTHOR/AMY-THOMAS/](https://cprblog.heart.org/author/amy-thomas/))

Nurse uses CPR to save a teen who experienced sudden cardiac arrest at a track meet



(<https://www.youtube.com/watch?v=ubpN3TUTHv0&feature=youtu.be>)

Click here to watch the full story (<https://www.youtube.com/watch?v=ubpN3TUTHv0&feature=youtu.be>)

Angie Knannlein-Rahman was a high school senior when a soul-crushing event changed the course of her life. She and her friend Adrienne were jogging during volleyball practice when Adrienne commented that she felt a sudden head rush, hitting her head as she dropped to the ground. Angie yelled for help, holding Adrienne as she gasped for air.

"I thought that hitting her head was her biggest problem," said Angie. "It never crossed my mind that her heart had stopped." Their coach performed CPR, but Adrienne ultimately passed away, three days after her 16th birthday. "Adrienne sustained a brain injury because we didn't help her fast enough, and I carry that with me," said Angie. "We lost precious moments that day."

When Angie returned home from school the day of Adrienne's cardiac arrest, she relayed to her mom the feeling of helplessness she felt while holding Adrienne in her arms. "My mom told me that maybe I was meant to be someone in action who could help, like a nurse," said Angie.

She took those words to heart, and today, Angie is a registered nurse at Mercy Health – St. Charles Hospital in Oregon, Ohio. And when her life-saving CPR skills were needed at a recent track and field event where she's also a coach, Angie didn't hesitate to act.

Adam, a 17-year-old athlete, experienced sudden cardiac arrest during the event. He was turning blue as Angie, along with another nurse and a physician assistant, began chest compressions while waiting for the automated external defibrillator (AED) to arrive, which took seven to 10 minutes because trainers were unsure of its location.

With the use of the AED, Adam began to regain consciousness and fully came around in the ambulance. Many event attendees were surprised that an AED was on-site. "We need to improve the culture of understanding the important role that AEDs play," said Angie.

Angie's journey as a nurse and being able to help save patients like Adam has brought her full circle from Adrienne's passing. It's something she thinks about often, particularly when she renews her ACLS and BLS training through the American Heart Association. "You are beating someone's heart for them, and that's such a tremendous responsibility," said Angie. "If you're going to do it, you have to do it correctly. This situation — to get to see Adam have a life, be healthy and flourish from that — is a reward that I can't even explain."

Are you a nurse? Send us your save stories to monica.sales@heart.org

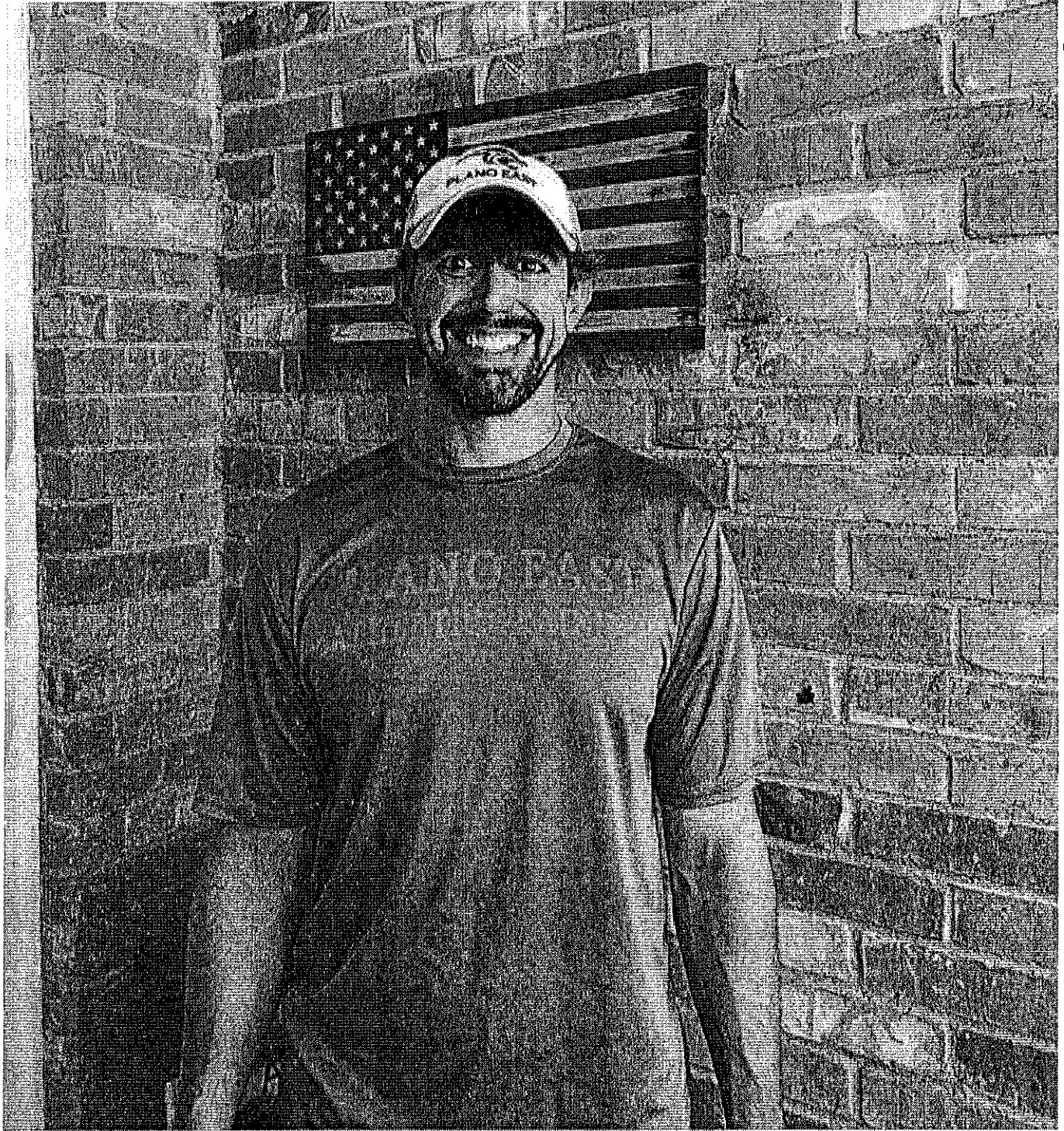
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Anderson
Health
Choice
2
May '1



Pictured Above: Chris Foley

Game Changer: The Life-Saving Story of a Beloved Texas Football Coach

by Gina Mayfield

When most people think of Texas high school football, the heat of those Friday Night Lights first comes to mind. But, in reality, one of the biggest opponents coaches and players face is the intense heat of the sun, with temperatures rising well above 100 into the school year. *Anderson - Choices - Health - May 4-8*

August 16, 2019, was no different. The morning started off as usual at Plano East Senior High, with an early morning football practice beginning on the outdoor turf. As the temperature climbed, the coaching staff corralled its 150 players and starting moving toward the indoor facility to continue training.

"I always stay back to grab all the water, I'm the last one off the field," says Chris Foley, the team's athletic trainer. That morning, he noticed two coaches trailing behind the team. Suddenly one of them, Assistant Head Coach Tom Rapp, collapsed to the ground.

As the second coach came upon him, he noticed Coach Rapp was unconscious and started performing CPR as he called out for Chris, who has a master's degree in athletic training. "We're there for all medical reasons," Chris says of the role of an athletic trainer. "If people get hurt, or someone goes down, that's where I would step in. The coaches are all trained in CPR, but if something happens, they would go get me." And this incident was no different.

Chris wasted no time. "I sprinted over there and took over CPR, sent another coach to go get the AED and we had someone calling 911. We got the AED over there, and I stuck the AED on Coach Rapp and we alternated shocking him and chest compressions for about 12 – 15 minutes. The AED shocked him four times. The last time was right as the paramedics were getting there."

As they pulled up in the ambulance, Chris started another round of compressions and the paramedics made their way to the scene. "Coach Rapp regained a pulse, but didn't regain consciousness until he was in the back of the ambulance." The head coach rode to the hospital with him, where they were later met by most of the coaching staff and a district administrator. By that point Coach Rapp was up and talking, but didn't remember anything that had happened.

Turns out he had gone into cardiac arrest. "He had an electrolyte imbalance in his heart. They said it was a combination of low potassium level and just it being so hot." Chris learned that Coach Rapp had a history of heart issues and was on medication. "It was a perfect storm for him."

Nine days later Coach Rapp emerged from the hospital with a cardioverter defibrillator implanted in his chest. Eventually he made his way back to the gridiron, at first only watching from the sidelines from the comfort of a golf cart the school borrowed for him. "It was tough for him," Chris says of the early recovery process.

These days, those limitations have been lifted. "Now that he's back, he's back full go, no restrictions. The only thing he needs now is a special Gatorade drink every day at practice because of his electrolyte imbalance," Chris says with a smile.

Coach Rapp has thanked Chris and the coach, Brad Bailey, who initially performed CPR. But they always have the same response. "We keep telling him that he would have done the same for us. There's just no thanks needed. That's what we're there for." They're grateful to have their friend on the field with them.

"To know Tom Rapp is to love Tom Rapp. It's great having him back because he's that coach that everyone loves, so it was strange him not being there," Chris says. "You couldn't have asked for a better guy to help."

Click here to learn more about how you can become trained in CPR, first aid, and how to use an AED. (<https://cpr.heart.org/en/cpr-courses-and-kits/heartsaver/heartsaver-first-aid-cpr-aed-training>)

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