



**NATIONAL
TWO STEP
CPR**

Presented by



 healthcorps.org

SMALL SITE PROGRAMS

What is it?

The National Two Step CPR is an annual event intended to engage and educate the public on the lifesaving skill of compressions-only/hands-only Cardiopulmonary Resuscitation (CPR). With the help of more than 1,000 medical students this project has trained over 18,500 people in the use of compressions-only CPR to date.

As the name implies, National Two Step CPR consists of two steps:

- 1) Call 911
- 2) Push hard and fast in the center of the chest until help arrives

Compressions-only CPR is easy to perform and can be done by anyone in emergency situations in order to buy time until Emergency Medical Services arrive.

Who is involved?

National Two Step CPR originated in 2015 under the auspices of the Texas College of Emergency Physicians as a medical student-driven, grassroots event with the goal of teaching hands-only CPR to as many people as possible. It launched as a state-wide Texas event in partnership with HealthCorps.org and has now expanded across the nation to include 14 states and 28 medical schools.

Although this event has traditionally been planned by medical students, we welcome anyone who is passionate about cardiac arrest awareness and would like to be part of the movement to increase bystander CPR rates both in their community and across the nation!



Beginning in November, 2019, Phi Delta Epsilon Medical Fraternity joined as a **National Community Partner** to provide more opportunities for its members to give back to their communities.

What is needed to host a Small Site Program?

1. **Planning committee:** 1 – 5 volunteers who will help plan and execute the event. They will be responsible for obtaining a site, equipment, volunteers as well as marketing the event.



NATIONAL TWO STEP CPR

Presented by



 healthcorps.org

2. **Site:** Find a high traffic area that would be willing to host the event. This could be a school, mall, sporting event, etc. This should be an early priority due to the time involved in collaborating with the parties necessary to finalize site details
3. **Equipment:** CPR manikins are the most important equipment to obtain. These can be obtained from high schools, Fire/EMS departments, Red Cross, etc. It is recommended to have 2-3 manikins per volunteer. Other equipment can include a booth or table, AEDs, ways to track trainees (pens, clipboard, computer). Materials and instructions to help sites track volunteers will be distributed closer to the event date.
4. **Public Relations and Outreach:** Make sure to get the word out about the event to help raise awareness! This can be done via social media, local newspaper or radio stations.
5. **Volunteers:** A key part of the event is obtaining volunteers to teach hands only CPR the day of the event. They do not need to be CPR certified to teach. The Medical Student Board of Directors has curriculum for volunteers to help guide them through the teaching process. The more volunteers the better.

What is provided by the organizers to the Small Site Program?

1. **Curriculum and Training Materials:** a training manual, support materials and instruction on how to train your volunteers is available.
2. **Marketing Support:** The organizers provide the website and its maintenance; certain branded material or templates for the event; a template for a press release and guidance for who to reach out to; and, a team who can assist with graphics, flyers and logos usage. If you raise local funding, we can assist with advertising plans and signage at your event.
3. **Logistics Management Support:** The organizers have a tracking process to capture numbers of people trained; support calls for planning the event; an event management advisor; a google folder with materials and resources; and, staff available to answer questions and assist with any challenges. If you raise local funding, we can assist with the procurement of event materials such as volunteer buttons, attendee stickers and info cards, snacks for volunteers, or other support items. We provide advice regarding any site insurance requirements.
4. **Fundraising tools:** The organizers have resources which may help the small site team do local fundraising to cover items you desire to include. No items are required to host the event; they are optional.

The Medical Student Board of Directors and HealthCorps staff will be available to help you along the way with the planning process. Please feel free to contact us with any questions! Email us at twostepcpr@gmail.com