

Nurses' Nook....Can you save someone in an emergency?

Sudden cardiac death is the leading natural cause of death in the United States and kills about 325,000 adults per year (Cleveland Clinic, 2018). If you or anyone in your family is at risk you can learn more at [this link](#). As of this July it will be mandatory for all school buildings in MA to have an Automated External Defibrillator (AED) and someone trained to use said AED during the school day and at school sponsored functions. In our district we have had these defibrillators in our school buildings since 2007 but we are in the process of having all of them professionally refurbished to assure that they will be in compliance with the new law. At Apponequet Regional High School students learn Cardiopulmonary Resuscitation and AED use as part of their Wellness curriculum, ensuring they will have this skill as they venture forth out of high school. If you are interested in learning CPR yourself so that you too have this life-saving skill you should first check with your local fire department. In addition you can get it in the following locations:

[Lakeville](#)

[Taunton](#)

[Fall River](#)

[New Bedford](#)

As always, please feel free to contact the nurse in your child's school with any medical questions.