

Starting Hearts' Abstract Published in European Journal, Resuscitation



Avon, Colorado Dec 21, 2023 ([Issuewire.com](https://www.issuewire.com)) - Starting Hearts announces the publication of an abstract in the official journal of the European Resuscitation Council, **Resuscitation** (<https://www.sciencedirect.com/science/article/abs/pii/S0300957223003982>) The Abstract is titled “Age-Appropriate Leadership and Lifesaving Education in Schools: An American perspective,” and was authored by Starting Hearts Executive Director, Alan Himelfarb, and Director of Education, Janet Newman, PhD. The Abstract was presented at the European Resuscitation Congress in Barcelona, Spain on November 2-4, 2023.

The abstract discusses how the U.S. is experiencing two crises of profound impact on youth: the debilitating effects of COVID-19 and its aftereffects, and an alarming increase of opioid-related deaths in youth. These together are exacerbating deaths caused by cardiac arrest.

The impact of COVID-19 has had a two-fold effect: one in relation to heart issues and another in developmental challenges. For the heart, we are experiencing a significant increase in heart diseases such as myocarditis, heart attacks, and cardiac arrest as an effect of the virus, vaccines, and comorbidities.

The abstract introduces Starting Hearts' first-of-its-kind, age-appropriate curriculum to address these challenges by combining concepts of leadership with the skills necessary for laypersons to respond to cardiac arrests. This course of study increases confidence and instills leadership skills and a sense of purpose for our youth.

“We were honored to present at the European Resuscitation Congress and have our abstract published,” said Janet Newman, co-author and Director of Education at Starting Hearts. “We look forward to future engagement with European stakeholders and communities to share our new curriculum and save many more precious lives.”

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