

		 Bavarian Red Cross
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**Defibrillator Used Successfully
65 Year Old saved from Sudden Cardiac Arrest**

Wednesday, circa 18:15. In the Sonthofen Tennis Hall a game of doubles was being played. Suddenly a player fell to the ground. A club committee member quickly recognized the situation, went for the Defibrillator the club bought a few years previously and rushed to the now unconscious Tennis player. He was aware of the seriousness of the situation and immediately began CPR. He was supported by a 'Spinning' Trainer who was leading a cycling group nearby. Together they worked to resuscitate the man and use the defibrillator.

The device instructed the rescuers to "Call for Medical Assistance" and to "Remove Clothing from Patient's Chest to Expose Bare Skin" as well as indicated that it was "Accessing Heart Rhythm" and cautioning "Do Not Touch the Patient". As the device recognised V.F (Ventricular Fibrillation) an electric shock was advised and given. The rescuers continued CPR for another two minutes before the 'defib' instructed them to stop so that the heart rhythm could be analysed again. Again a shock was recommended and given. The heart began to beat again.

When the emergency services arrived they stabilised the patient and brought him to the hospital. When the paramedic went to check on the patient the next day, he found the patient sitting up in bed. "I don't know what I should do!" said the man "My back hurts from lying and my ribs ache from the CPR!"

The story shows that the investment in an Automatic External Defibrillator (AED) can quickly pay off. The Tennis players of Sonthofen are naturally proud that they were able to save a life with the device they purchased.

The rescuer, who does not wish to be named, said that the defibrillator was easy-to-use, that the process was described in detail and that he was guided step-by-step by the device.

CPR is however something that should be learned and practiced. The Red Cross in Bavaria (Germany) regularly runs classes. For more information contact...

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