



Paramedics revive two men in two days

■ Josh Nyman

St John Ambulance volunteers and career paramedics achieved some exceptional results last week when they revived two patients showing no vital signs in as many days.

Last Tuesday paramedics were called to a family home in Albany where a 56-year-old male with a known heart condition collapsed in cardiac arrest and stopped breathing.

Paramedics commenced CPR and mouth-to-mouth and revived the man with a defibrillator before taking him to hospital.

On Wednesday night two St John volunteers with combined experience of 11 years, Nola Aizlewood and Mim Jones, jumped into action within 60 seconds of a 54-year-old male collapsing at Albany Indoor Beach Volleyball.

The duo, who play volleyball

regularly with their team The Re-sus Annies, applied CPR and mouth-to-mouth to the victim until an ambulance arrived and shocked his heart back into rhythm.

"There was no pulse and he wasn't breathing," Mrs Aizlewood said. "Too long without that and you usually die."

Mrs Jones said the fortnightly emergency response training undertaken by volunteers "suddenly made sense" when called on.

"We're not anyone special, just well trained," she said.

"We just happened to be in the right place at the right time with the right training."

Both men were airlifted to Royal Perth Hospital where they remained under observation this week as they recovered.

The published survival rate of resuscitated cardiac arrest vic-

tims is as low as eight per cent in Australia, the US and Europe, but averages 12 per cent in metropolitan Perth.

Career paramedic of 27 years Edwin McLean, who shocked both men's hearts back into rhythm, said he had only been involved in one other successful resuscitation.

"When we hit the guy (on Wednesday) and got his pulse back we got a huge round of applause," he laughed.

St John Ambulance regional manager David Schober said it was remarkable to have two successful resuscitations in two days. "Often career paramedics can go 30 years without ever having been involved in a successful resuscitation," he said.

"The good news is, if you've got trained people at the scene then the chance of survival is dramatically increased."



St John Ambulance volunteers Mim Jones and Nola Aizlewood played a crucial role in the resuscitation of a 54-year-old man at Albany Indoor Beach Volleyball last Wednesday. Picture: Laurie Benson