

## FEATURE II

Doug Davis, *Flagg Creek Golf Course*

# Where is Your AED? (Automated External Defibrillator)



*Re: Raymond Gee, Sr., Binghampton, New York  
Saved at Conklin Players Club Golf Course, Conklin, New York  
Date of Sudden Cardiac Arrest: August 13, 2010  
Age at time of SCA: 60  
Rescued by Bill Gorman and fellow golfers.*

Raymond Gee, Sr. and Bill Gorman, friends for 30 years, looked forward to their Friday night golf league games. Gee remembers admiring Gorman's putt, one summer evening — then waking up in the hospital and being told he had nearly died. When Gorman saw his friend lying in the grass, he thought for a second that Gee was fooling around. But it didn't take long for Gorman, a volunteer firefighter for 29 years with the Conklin, New York, Fire Department, to realize it was no joke.

Gorman began chest compressions. When fellow golfer Brian Bailey saw what was happening, he ran up to see how he could help. Gorman told Bailey to take over chest compressions, while he did mouth to mouth. At the same time, Matt Smith ran to the clubhouse to retrieve the automated external defibrillator (AED). Gorman shocked Gee's heart and revived him on the scene. A week later, Gee had recovered enough to return to his job as a steel structure draftsman. "Sometimes I just sit here and feel real lucky to be here. I get all tingling and emotional when I think of the alternative," Gee says.

This is a survival story. There are many of them. They should be celebrated! Unfortunately there are many stories where there is no survival. Having an Emergency Action Plan at your facility is probably not something you think very much about, but when the need arises, are you and your staff prepared?

There are 330,000 deaths each year from Coronary Heart Disease. Most of us have some sort of first aid training. I hope your facility regularly certifies or re-certifies employees for CPR on adults, children, and infants. Today, though, having one or more AEDs at your facility and being trained in their safe operation is another critical tool in your Risk Management Practice.

Surviving sudden cardiac arrest (SCA) is often dependent on how fast a patient is defibrillated. For each minute a patient is in arrest, the chance of survival decreases by about 10 percent. After as little as 10 minutes, very few people are successfully resuscitated. In the past, defibrillation was provided by EMS personnel, but EMS response times often exceed 10 minutes. In most cases this is too late. With an AED you can provide defibrillation before EMS arrives.

AEDs are small, portable devices that can accurately identify whether defibrillation is needed. An AED analyzes heart rhythm, advises you when a shock is indicated, and defibrillates the patient using electrode pads applied to the victim's chest. By providing AEDs for use by trained bystanders, some AED programs have dramatically improved survival rates by as much as 50 percent.

### **CHAIN OF SURVIVAL**

The Chain of Survival for SCA consists of four links: early access to EMS, early CPR, early defibrillation, and early advanced care. Any weak link in the chain will reduce a patient's chance for survival. Early defibrillation with an AED has been shown to be the link that most improves the patient's chance of survival.

Invest in one or more AEDs for your facility, make sure everyone is trained on them, and make sure that everyone knows their permanent location. It just might make the difference for you, an employee, or a customer when Sudden Cardiac Arrest strikes. **-OC**