

Increasing the odds of cardiac arrest survival

Over the past two years, Sisters-Camp Sherman Fire District personnel have responded to 30 cardiac arrest calls in Sisters Country. Cardiac arrest is the abrupt loss of heart function in a person who may or may not have diagnosed heart disease. Death occurs within minutes after the heart stops, but cardiac arrest may be reversed, if CPR is performed, and an automated external defibrillator (AED) is used to shock the heart within a few minutes.

The Sisters-Camp Sherman Fire District is working hard to increase the chances a Sisters resident may survive a cardiac arrest by making wholesale improvements to the local coordinated response system.

Improvements include enhanced community education, implementation of the Pulse-Point system, public access to AED, and enhanced advanced life support training and equipment for firefighter/EMTs.

Bystander CPR is one of the most important aspects in saving lives after a cardiac arrest occurs, and having a community that is trained and willing to perform CPR is critical. The District provides CPR and first aid classes to area residents and businesses. In the past two years the District has trained 186 residents in the newest techniques of CPR and first aid.

Sisters-Camp Sherman Fire District Fire Chief Roger Johnson said, “CPR has changed so much in the past decade due to research and clinical studies. If you haven’t taken a CPR class in a while we strongly encourage you to do so.”

The Deschutes County 911 Service District can provide CPR instructions over the telephone prior to the arrival of advanced life support care and hands-only CPR is also an option.

The PulsePoint phone application is a great way for area residents to help save a life when every second counts. The application notifies people when someone has suffered a cardiac arrest near their location. The application informs users of the location of the victim and also notifies people where the nearest AED is located. The notification is sent at the same time emergency responders are notified — so a member of the public is often the first person on the

scene of the emergency. The application was developed to encourage bystander CPR and to save lives during cardiac arrest.

Another benefit of the application is that local residents can choose to be alerted to other types of emergencies including fires and motor-vehicle accidents. Knowing when there is an accident on the pass can provide an opportunity for people to take an alternate route or avoid the area altogether. For more information about PulsePoint visit <http://www.pulsepoint.org/>.

Another important element in the coordinated response system is rapid public access to AEDs. AEDs are a computerized heart monitor that can recognize lethal cardiac arrhythmias and deliver an electrical shock to the heart. The lethal arrhythmia will often be converted back to normal if the AED is used quickly after the cardiac arrest occurs.

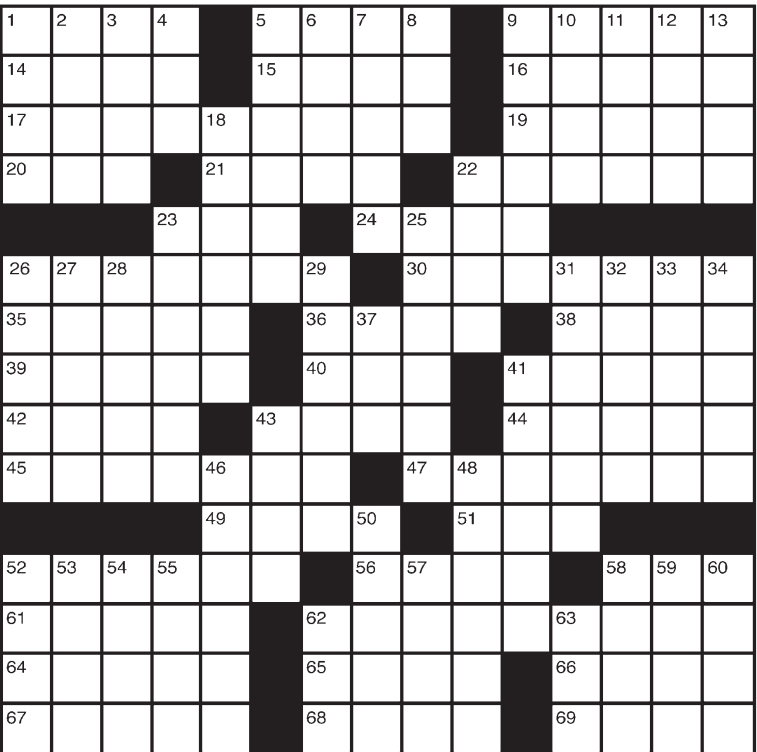
The District has been working with local businesses in the past year to increase the number of AEDs within the community (*see related story, page 22*). Local businesses have purchased and installed 10 AEDs within the Sisters community as part of a grant program the District implemented in 2017. There are now over 20 AEDs installed in businesses and public buildings throughout Sisters Country.

The last local element of the coordinated system is rapid response of basic and advanced life support personnel. The District has nine, highly trained career paramedic staff on call 24 hours a day, 7 days a week. The District also relies heavily on its volunteer staff, which includes an additional 6 paramedics, 15 emergency medical technicians, and 13 emergency medical responders. Paramedic staff is trained in high-performance CPR, interosseous access for IV medications and Lucas continuous CPR machine use. If necessary, cardiac arrest victims also have access to two air ambulances. Life Flight and AirLink flight crews are equipped with specialized equipment and medications that ground ambulance crews don’t have access to. In remote areas of the District, Life Flight and AirLink can oftentimes provide quicker access to area hospitals for critical patients.

The Nugget Newspaper Crossword

By Jacqueline E. Mathews, Tribune News Service

- ACROSS**
- 1 Arthritis symptom
 - 5 Informal talk
 - 9 Eyeglasses, for short
 - 14 Go off in a __; walk away mad
 - 15 Carousel or Ferris wheel
 - 16 Mountain path
 - 17 Upper respiratory bug
 - 19 Main artery
 - 20 Pig's abode
 - 21 Fence door
 - 22 Most populous city in Australia
 - 23 Capp & Unser
 - 24 "Oh, for Pete's __!"
 - 26 Not single
 - 30 Neatest
 - 35 Worship
 - 36 Magnet material
 - 38 Weathercock
 - 39 Playful leap
 - 40 Pres. Martin __ Buren
 - 41 Book leaves
 - 42 Gets older
 - 43 U.S. coin
 - 44 Narrow waterway
 - 45 Our hemisphere
 - 47 Salt holders
 - 49 McClanahan and others
 - 51 "Cat __ Hot Tin Roof"
 - 52 Frankfurter
 - 56 Lawn mower brand
 - 58 End of the work week, for many: abbr.
 - 61 Stay away from
 - 62 Adviser
 - 64 Depart
 - 65 Leak out
 - 66 Word before worm or shelf
 - 67 Finished
 - 68 Trudge
 - 69 Wagers
- DOWN**
- 1 Greek letters
 - 2 Dad's sister
 - 3 Uncertain
 - 4 Org. for Texans and Titans
 - 5 Fold mark
 - 6 __ at; imply
 - 7 Shaping tools
 - 8 British custom
 - 9 Stuck around
 - 10 Nudge
 - 11 Make money
 - 12 Give a traffic ticket to
 - 13 Kill
 - 18 More hideous
 - 22 Dermatologist's concern
 - 23 Put cuffs on
 - 25 Does penance
 - 26 Large parrot
 - 27 Old saying
 - 28 Thick cords
 - 29 Godlike
 - 31 Daughter of Donald Trump
 - 32 Bird of prey
 - 33 Derisive smile



Created by Jacqueline E. Mathews

2/7/18

— Last Week's Puzzle Solved —

A	R	M	S		A	P	R	I	L		O	P	T	S
L	E	A	P		T	R	A	L	A		C	L	O	T
P	A	L	L	B	E	A	R	E	R		T	A	X	I
S	P	E	A	R		N	E	R	D	S		G	I	N
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F	R	E	D		P	O	S	E	R		D	E	S	K

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2/1/18

- 34 Examinations
- 37 Male animal
- 41 Grand & spinet
- 43 Prescription
- 46 Ate away at
- 48 Having antlers
- 50 __ pigeon; fink
- 52 Hearty
- 53 Microwave, e.g.
- 54 Frog's cousin
- 55 Shabby saloon
- 57 Greek liqueur
- 58 Sheet of ice on the ocean
- 59 Plant part
- 60 Riles
- 62 Police officer
- 63 Flow's opposite

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