

...Retired Painters rep Kirkpatrick performs lifesaving CPR

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The AutoPulse, with its delivery of uninterrupted, high-quality chest compressions, substituted for Anglin's heart and kept the blood and oxygen circulating to his vital organs.

Estacada Fire Department Engineer Tim Corner told the Labor Press that the treatment applied to Anglin that afternoon took all five emergency responders (three from the Fire Department, and two from AMR). "The AutoPulse freed us to perform those other life-saving tasks," he said.

Corner noted that the fire department had just acquired AutoPulse in mid-July and Anglin was its first patient.

Back at his home in Estacada, Anglin expressed gratitude to Kirkpatrick, the fire department, AMR paramedics, and the nurses and doctors who treated him. All of the workers have union affiliations. Firefighters are members of Clackamas Fire Fighters Local 1159; emergency medical technicians at AMR are Teamsters, and nurses are members of Oregon Federation of Nurses and Health Care Professionals Local 5017 at Kaiser Sunnyside and the Oregon Nurses Association at Providence.

Anglin reiterated that all emergency

rescuers should have access to the AutoPulse, and that everyone should learn how to administer CPR.

Most union training centers require apprentices to complete CPR training, and classes are always available to journeymen and women.

In addition to CPR training, Plumbers and Fitters Local 290 (Anglin's union) promotes the use of Automated External Defibrillators (AEDs). "AEDs

tell you exactly what to do. Anyone can use one," said John Endicott, business manager of Local 290.

The lunch-box-size devices are at the union's training centers in Tualatin and Springfield.

Endicott said over the past 10 years AEDs, which cost about \$1,500, have become more commonplace at schools, office buildings, airports and other public places.

In a recent article published in the

Columbian newspaper in Vancouver, Oregon Health & Science University Dr. Mohamud Daya said someday AEDs "will probably become like fire extinguishers."

The AutoPulse sells for about \$15,000 a unit and is to be used only by trained medical personnel.

"The AutoPulse is picking up speed, but it's not common yet," Trickey said.

John Phelps, a sales rep for AutoPulse manufacturer Zoll Medical Corporation, said

28 devices are in use by emergency medical service responders and hospitals in Oregon, 16 in Washington, and only 3,100 nationwide.

The AutoPulse can be found in Hermiston, Pendleton, Springfield, Eugene, and along the Central Oregon Coast.

"Sandy and Estacada fire departments were the first to get them in the Portland area," Phelps told the Labor Press.

Sandy firefighters also saved a per-

son's life using the AutoPulse.

Kirkpatrick and other firefighters agree that it's important to know CPR and to have access to AEDs and the AutoPulse, but he says it's "also important that you get involved if you see someone collapse and stop breathing."

Kirkpatrick pointed to studies that show only 20 to 30 percent of bystanders perform CPR when someone needs it. Researchers have found that in many cases the reason people didn't help was because they were reluctant to put their mouth on someone else's.

More recent studies, however, show that compression-only CPR is just as effective as traditional CPR, which involves both compressions and mouth-to-mouth resuscitation.

"We are dealing with an aging workforce and a lot of unhealthy lifestyles, — smoking, high fat and salt diets,"

Corner said. "Add to that strenuous work like construction and that's a bad recipe."

Anglin admits that he did all the wrong things by smoking, eating high calorie foods, and not exercising, other than the physical demands of his job.

"I thought I was immune. I was in total denial," he said.

More than a month after the episode, Anglin has a defibrillator implanted in his chest. He's quit smoking, eliminated all salt from his diet, and he takes statins for high cholesterol.

"I know it's hard advice to hear, but cut back on salt and give up cigarettes," Anglin tells his union brothers and sisters. "You'll be better off when you retire. Look at me. I can't hunt or fish by myself anymore. I thought I was indestructible. I'm not. You're not. It will beat you."

'...it's important that you get involved if you see someone collapse and stop breathing.'



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