

Free rides offered between Eugene and Roseburg

On Monday Oct. 11, 2021, City Hall offices will be closed to the public from 8 a.m. to noon.

City staff will be cleaning storage areas of files or materials that need to be destroyed.

Over the last few months, staff has been organizing and sorting items that are

no longer required to be kept.

The materials collected for destruction are past the required retention schedules established by the state.

Removing the items that are past the retention requirements helps provide space for new records.

Magnolia Gardens hosts dementia support group

Magnolia Gardens is hosting a dementia support group for caregivers, spouses and those affected by Alzheimer's or other forms of dementia. This group will be meeting in person at the First Presbyterian Church in Cottage Grove every third Thursday of each month from

5:30 to 6:30 p.m.

Some of the key benefits of attending a support group include: ongoing education about Alzheimer's and other dementia, learning about community resources, improving coping skills and gaining a sense of control over individual situations.

Having the opportunity to share with others who may be going through a similar situation is very important.

Magnolia Gardens emphasizes the importance of self-care, sharing and gathering ideas on finding a better balance between the

caregiving role and other essential aspects of life such as family, work and personal time.

COVID precautions are being taken and anyone interested in attending or needing more information can contact Ruth Tracey at 541-942-0054.

CPR from AI

The consistency is an important live-saving measure. It takes one minute of proper chest compressions to generate blood flow to the brain. If compressions are stopped, that blood flow drops after only five seconds. Compressions interrupted for 10 seconds or more ceases all blood flow to the brain.

Performing chest compressions can be tiring work, too, and human compressors tend to lose their efficiency after about two minutes. This means a small response team will have to regularly cycle through crew members to produce consistent circulation.

Raade added that for every 10 seconds compressions are interrupted, it takes another 25 seconds to

return that blood flow.

The LUCAS device can thus diminish any loss of circulation which might occur due to switching compressors.

"We all know that machines are lot more effective and efficient than us humans," said Raade. "It's like having a third or fourth person there."

The process to acquire the devices started this spring, coming in at a total of \$80,000 for the set. Now one is installed on each ambulance and another on a command rig.

"I'm guessing by the first of the year, all Lane County agencies will be using them," said Raade.

Another advantage of the devices is the short training time required to learn to use them.

SLCFR Captain Darron Houck has found it a conve-

nient addition to the crew's inventory.

"In training, it works really well," he said. "It's easy to get a good grasp on and quickly get up to speed with."

Crew have reportedly shaved preparation time with the devices down to 30 seconds.

The investment is likely to pay off in the long run, too. Raade believes SLCFR can get a solid decade of use out of devices.

One feature aiding in their longevity is the ability to be programmed.

"It used to be that [machine compressors] just came and then when the American Heart Association changed their rates, the devices became obsolete," said Raade. "But the version we've purchased are reprogrammable — and I can actually program it from my desktop because they have Wi-Fi."

The machines also collect and report measurement data so future use can be adjusted for efficiency.

Recent studies, such as one out of the Western Journal of Emergency Medicine, have shown mechanical devices such as LUCAS to be safe, more efficient and more effective than manual CPR both in the field and during emergency medical transport, leading to better patient outcomes.

Within hours of completing training last week, SLCFR crew had an opportunity to put the new device to work, however the patient in this case was not able to be revived.

Raade pointed out that timing is key during cardiac arrest.



"With CPR, the sooner it's started — whether it's mechanical or manual by a human — the higher your chance your survival is," he said.

Still, crew like Houck are happy the machine will ride along on future calls.

"If we're short-handed on a call and having to do CPR, it can definitely make a big difference," he said.



DAMIEN SHERWOOD/COTTAGE GROVE SENTINEL
SLCFR Captain Darron Houck demonstrates the new LUCAS device on a training dummy.





David Debysingh, R.Ph. Mike Hankins, R.Ph.

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