

Take the fear out of the De-Fib!

'Just returned from the short course at the Baskerville Arms on how and when to use a Defibrillator. Stephen from the South Central Ambulance Centre explained the importance of calling the Emergency Services ('999') immediately someone collapses, does not respond and is not breathing normally (normal breathing being 2-3 breaths every 10 seconds).

On contact with the Ambulance Centre you will be told where your nearest De-Fib unit is situated and given the code to open the case. If within 300 yards give this code to some other person and ask them to collect it. In the meantime keep applying manual chest compressions to the patient.

When turned on the De-Fib unit will give clear instructions on how and where to apply the pads on the chest. The unit will automatically calculate every two minutes how much electrical shock to apply in order to restart normal rhythm.

The Ambulance should arrive within eight minutes and will take over treatment.

The next introduction session on using the De-Fib is on Thursday 29th October at 18:30hrs at the Bowls Club in Shiplake.

Do go - Stephen is an entertaining and instructive speaker and you just might make all the difference to someone.'

Janet Nash

Editor's note: The body has several minutes of oxygen supply in the blood and chest compression pumps blood, providing an oxygen supply to the brain whilst the heart is not functioning as it should. How many minutes? Apparently, the stated response time of 8 minutes for an ambulance to arrive seems to correlate closely to the expectations of minutes of oxygen supply. Regardless of any expectations, compression should be started as soon as possible and continue until an ambulance arrives.