a local nurse to save the life of was an automatic reaction," , heart attack is the most to teach executives' wives . Toronto street recently Lynn, the event. Morrey of R.R. 2, Rockwood the techniques of CPR.

arrest), they began mouth-to-

Skill in cardio-pulmonary ternal cardiac massage, the to do," Mrs. Morrey com- arrests among young execu- suffered a cardiac arrest beating, Mrs. Morrey said.

thinks wives and people who arrived the pair accompanied , within four minutes. After | to heart trouble, she said.) work in public places such as the woman to hospital, that time, there is danger of Courses apparently are avail- oxygen to vital tissues. shopping plazas should learn continuing the resuscitation brain damage. measures.

mined the elderly woman's sitting up, talking and heart had stopped (cardiac joking," Mrs. Morrey said.

"She was fortunate Seattle, which has a high inci- | sald.

case of a cardiac arrest, re- their hormonal make-up, When the ambulance suscitation must be started

Mrs. Morrey and a nurse! After treatment in the element, Mrs. Morrey said it friend. Lois Hamilton, were emergency department, the would be helpful if lay people | Morrey warned. Even when | because there is no circuladriving when they noticed the woman was transferred to the were trained in CPR. "It woman fall to the ground. 'hospital's coronary care unit, 'must be frustrating if some-They stopped the car and ran where the two nurses visited , one you know and love has to her. Having quickly deter- her the next day. "She was , suffered an arrest and there's nothing you can do." According to Mrs. Morrey.

able in Toronto as well.

attempt CPR, Mrs. the correct procedure is tion to carry the oxygen followed, the victim's ribs are where it is needed. sometimes broken. However, if the victim is successfully revived, he is not so concerned about broken ribs, she

resuscitation (CPR), enabled two components of CPR. "It mented. The first hour after a | tives, has initiated programs | when heartbeat is absent, breathing has stopped, color a woman who collapsed on a Mrs. Morrey said in recalling important, she said. In the CPR techniques. (Because of is poor and pupils are dilated, Mrs. Morrey explained. The young women are less prone | purpose of CPR is to restart the circulation of blood and Mouth-to-mouth resuscitation Because of this crucial time . An untrained person should alone is inadequate in the case of a cardiac arrest

Nevertheless, a person trained in mouth-to-mouth resuscitation should use the measure on a suspected heart victim who isn't breathing in mouth resuscitation and ex- someone going by knew what dence of heart attacks and | A person is judged to have the chance his heart is still

If a victim of collapse complains of chest, neck and arm pain, by standers should leave him where he is, the nurse said. "To avoid putting strain on the heart make the victim comfortable where he is, loosen tight clothing and discourage him from

"If he is conscious, try to prop him up a little. If he is unconscious, lie him on his side so he doesn't aspirate. and remove dentures or vomit to make sure the airway is clear," she said. Mrs. Morrey cautioned that

choking can be mistaken for a heart altack victim. Emergency measures are different in this case.

Mrs. Morrey received several letters of thanks and praise for her life-saving efforts. "For me the letters are secondary," she said. "The greatest feeling was to see her happy and well after seeing her so III."

A staff nurse in the emergency department of the East General Toronto Hospital Mrs. Morrey found the incident a different and sometimes a person who is



PUBLIC HEALTH nurse Shirley McKay hasn't been making her usual rounds lately and here's why-six-week-old Kirsten. She will be returning to work after her maternity leave.

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