

Wingfield Village Defibrillator

We are all aware recently of the 29-year-old Danish footballer Christian Erikson who suffered a cardiac arrest at a Euro 2020 competition match and was resuscitated by the prompt use of CPR and a defibrillator.

A sudden cardiac arrest can happen to anyone at any time. It occurs when there is an electrical problem with the heart which causes it to stop altogether. This results in a lack of oxygenated blood being pumped to the brain meaning victims will likely die unless CPR (CardioPulmonary Resuscitation) and a defibrillator is used straight away. How many people suffer from cardiac arrests?

Based on European data, there are around 60,000 cardiac arrests outside of hospitals every year in the UK. There were over 7.4 million people living with heart and circulatory diseases in 2019 alone. Thankfully with the increase in defibrillators in place around the country, more and more lives are being saved.

Some of you may be aware that the Wingfield Parish Council has used some of your Parish Council precept to fund the provision of a Defibrillator for the benefit of all. It is located at the entrance to the Wingfield Barns.

As you approach it can be easily identified as it is contained in a bright yellow cabinet (see picture). For security, the cabinet is locked and can only be accessed by a special code.

If a person becomes ill, call 999 as normal and ask for the ambulance. The ambulance service responder will ask questions about the symptoms e.g., is the patient responsive and breathing. If they are not put the phone on speaker mode and they will guide you through CPR. They are aware of the defibrillator's location at WINGFIELD BARNS and will tell you the access code to open the cabinet. **DO NOT**



LEAVE THE PATIENT but continue with CPR and ask someone else to go. If a second person is not available, continue with CPR. The responder will advise. (For households in outlying areas of Wingfield it may be quicker to consider Syleham Village Hall or Stradbroke telephone box in front of the church defibrillators which will have their own codes). After opening the cabinet with the code, the defibrillator can be found in a pouch hanging on a hook. An ambulance will of course have been immediately dispatched but you can maintain life until its arrival.

Remove the pouch and take it to the patient. In a zipped section at the back of the defibrillator pouch can be found items to help you prepare the patient for defibrillating (razor, scissors, gloves, CPR resuscitation face mask, etc).

You need have no fear of using the unit. It is remarkably simple to use, even by someone with no experience of using a defibrillator, as once it is turned on it completely verbally guides you through the procedure. It is important though to maintain telephone contact with the responder until the ambulance arrives or the patient responds, and the ambulance responder is happy to end the call. **DO NOT HANG UP THE PHONE UNTIL TOLD TO.**

It is recommended that you familiarise yourself as to the defibrillator location to avoid delays. At night or during periods of poor light e.g. sunset, it is recommended that you take a torch to the Barns as lighting may not be sufficient to see the keypad clearly. But let us just hope that it will never have to be used!

It is recommended that you keep this notice handy for future reference.

Dennis Murray