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## NEWS RELEASE

For Immediate Release  
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BC Ambulance Service

### **PARAMEDICS RECOGNIZE HUSBAND'S GREATEST GIFT OF LOVE**

CHILLIWACK – The BC Ambulance Service (BCAS) will present a local man with a Vital Link Award tomorrow to recognize the lifesaving actions he demonstrated that saved his spouse's life.

“Eight in 10 out-of-hospital cardiac arrests occur at home and bystander CPR is performed in only about 15 per cent of cases in British Columbia,” said BCAS Unit Chief Doug Sager. “Bystander recognition of cardiac arrest symptoms, calling 911 and performing CPR provides a patient with the best possible chance of survival.”

On November 23, 2008, Ross Hornall's wife Cindy suddenly collapsed in the middle of a conversation. Ross found that she did not have a pulse and wasn't breathing, however, he knew exactly what to do, despite the fact that the CPR course he took was over 20 years earlier. Ross gave Cindy mouth-to-mouth resuscitation and initiated chest compressions. He then reached for the phone, put it on speakerphone and called 911. Ross was connected immediately with a BCAS emergency medical dispatcher who instructed him to continue chest compressions. When BCAS paramedics arrived, they applied the Automatic External Defibrillator (AED) and Cindy regained a faint pulse and intermittent breathing.

“Having to perform CPR on a loved one was very hard,” said Hornall. “However, if it hadn't been for the calm voice of the BCAS dispatcher who instructed me on improved CPR techniques, I don't know how I would have done it. He kept me calm while the situation was unfolding.”

Cardiovascular disease is the leading cause of death in Canada and accounts for more than one fifth of all deaths in B.C. A cardiac arrest victim is four times more likely to survive if CPR is administered while awaiting further medical care.

The BCAS Vital Link Award is presented to individuals who are involved in successful CPR efforts. Aside from providing some much-deserved recognition, the award is an opportunity to promote community awareness about the benefits of learning CPR.

The Vital Link Award will be presented to Ross at the Chilliwack ambulance station at 8530 Young Road on Friday, Feb. 13, 2009 at 10:00 a.m. The award will be presented by BCAS Chilliwack station Unit Chief Doug Sager and BCAS Fraser Valley Superintendent Wilf Meyer. All attending paramedics and wife Cindy will also be present.

February is Heart and Stroke Month. Learn CPR today.

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