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## NEWS RELEASE

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BC Ambulance Service

### **PARAMEDICS RECOGNIZE WIFE'S ACTIONS**

COQUITLAM- The BC Ambulance Service (BCAS) presented a local woman with a Vital Link Award to recognize her actions in saving her husband's life.

“Most out-of-hospital cardiac arrests happen at home,” said BCAS Superintendent Buck Black. “Ellen Kittar has proven that early recognition of a cardiac arrest, calling BCAS dispatchers for assistance and immediately initiating CPR is crucial for a positive patient outcome.”

On Oct. 30, 2008, Rick Kittar had just woken up and was walking towards the kitchen to see his wife. Suddenly, Ellen heard a thud. When she called to Rick, he didn't respond so she went to investigate. She found him sitting rigidly in a chair gasping for air. She immediately called 9-1-1 but while she was on the phone, Rick stopped breathing. With the help of the BCAS dispatcher, she followed instructions to move him to the floor and initiate cardio pulmonary resuscitation (CPR) until paramedics arrived on scene.

“I hadn't taken a CPR course in 11 years but Rick had and we would talk about what he learned quite often,” said Ellen. “It came back to me very quickly and with the help of the BCAS dispatcher who provided additional CPR instructions, I was confident Rick would be okay.”

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 was presented at the Coquitlam BCAS station on Jan. 6, 2008 by BCAS Superintendent Buck Black, BCAS Unit Chief Darrell Skelton and the attending paramedics. Members of the Kittar family were also in attendance.

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