



Capel Parish Nurses: *Serving the Community of Capel St Mary*

Village Defibrillator

We had a really successful training session on basic life support and everyone that attended learnt something new. Part of the training looked at how to access and use a defibrillator or “defib” for short. We are very blessed to have one outside the co-op.

Defibs are actually very easy to use but people are often nervous or scared to use them. The quicker a “shock” is administered (when appropriate) during a cardiac arrest, the better the survival chances. To access the defib you need to ring 999 and give them the postcode of the defib box – it is written in the bottom right hand corner of the bright yellow box. They will then give you the access code needed to open the box. Once you have opened the external box, the defib itself is in a portable “go bag” so grab it and run back to your patient.

It gives you clear audible instructions on what to do next. It has pictures on both the pads so you know where to put them. It will then tell you to stop CPR while it analyses the pulse. If a “shock” is required, then the defib will tell you that and tell everyone to stand clear. Ensure no one is touching the patient and then press the button to administer the shock. The person’s body will “jump” when the shock is administered and that is normal. If no shock is required, then it will tell you that and advise you to continue CPR until the paramedics arrive.

We are going to look into cost and funding for buying a training defib so that we can attend various groups around the village and run sessions on how to use it. Our youngest attendee at the course was a 9-year-old and she has gone onto teach her siblings how to perform CPR. You are never too young to learn how to save a life!

Blessings,

Caroline, your Parish Nurse



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