



## CASE STUDY

# There's No Substitute to Help Save a Life



Adam Allie, a 37-year-old substitute teacher at Grant County High School in Dry Ridge, Kentucky, couldn't understand why he was feeling so tired during his 10 a.m. planning period one morning in November.

He just wanted to put his head down on the desk for a minute but decided instead to join Lynn White, another substitute teacher, in the art room. This decision saved his life.

Adam collapsed mid-sentence, falling off his chair as the two teachers sat chatting. "At first I thought he was joking," said Lynn. "When he started turning blue and gasping for breath, I realized Adam was in serious trouble. I quickly turned him on his side to avoid aspiration, then called the front office from the school phone and asked for the nurse."

School nurse Angie Jones raced to the art room with her emergency kit, with Associate Principal John Sanders and Sherry Lawson, RN close behind. Adam was lying on the floor. "I knew the minute I saw him he did not have a pulse," said Angie. "I could tell by his skin color and the blank expression in his eyes."

Angie felt for a pulse, shook Adam, and said his name. Nothing. She opened his shirt and tried to hear a heartbeat. Nothing. John called 911. Angie immediately began cardiopulmonary resuscitation (CPR) and asked John to retrieve the automated external defibrillator (AED) down the hall.



Angie and John hooked up the ZOLL® AED Plus® to Adam, and it advised a shock. When everyone was clear, Angie administered the shock. Adam opened his eyes, then went right back out. This scenario happened four more times, with John and both nurses taking turns performing CPR.

"I never had any idea how exhausting giving compressions could be," explained John. "When Angie was giving compressions, the AED kept saying, 'Push Harder.' She couldn't push deep enough with her compressions, so I took over the CPR. The AED would say, 'Good Compressions,' so I kept going."

Within seven minutes of the 911 call, the paramedics arrived and transported Adam to St. Elizabeth Edgewood Hospital. The doctors believe he went into sudden cardiac arrest from an arrhythmia as a result of untreated high blood pressure. He received an implantable pacemaker/defibrillator to help avoid a similar situation in the future.

**The ZOLL AED Plus, the first and only Full-Rescue AED that provides Real CPR Help® for depth and rate of chest compressions, audibly coaches rescuers with prompts such as "Push Harder" or "Good Compressions" during CPR.**



*“At first I was reluctant about AEDs because of the cost and the liability, but then I learned more about them and saw that many schools had them and how valuable they can be.”*

*Grant County School District Health Coordinator  
Rhonda Schlueter, RN, NCSN*

“I felt helpless not having all the resources of a hospital, but it ended up that we didn’t need all of them,” said Angie, who had been a hospital RN for much of her 16-year nursing career. “All we needed was our strength for compressions and the AED, which was incredibly easy to use. It even told us when we needed to push harder in our compressions. It interpreted the cardiac rhythm for us and told us when a shock was needed. I have used a hospital defibrillator many times before but never an AED. I was surprised how easy ZOLL made it.”

### **A Well-Trained, Well-Prepared District**

According to John, who is also director of career and technical education, the goal at Grant County High School is to have every student and as many staff as possible trained in CPR and on AEDs.

The Grant County district requires all high school freshmen—approximately 240 a year—to take health and physical education to graduate. The course includes a unit on emergency procedures that covers CPR and AEDs.



Survivor Adam Allie (second from left) with his rescuers, Sherry Lawson, RN; Angie Jones, RN; and Associate Principal John Sanders. They received an award for their efforts from the Dry Ridge Fire Department at a board of education meeting.

“Our district values the course and feels the more people in the community we can get certified, the more prepared and better off we will be,” said Joe Utter, who teaches the course. He estimated that in his seven years at the high school, more than 1,600 students have been trained. In fact, during his tenure, three students have performed CPR in a rescue, including one student who helped save his father and another who helped save his grandfather.

Rhonda Schlueter, RN, NCSN, the Grant County School District’s health coordinator, initiated the program to train every student in CPR and AEDs before graduation.

She also has instituted guidelines for AED placement and training in the schools. Each school and athletic director has an AED, and each school has a licensed nurse, many of whom have sought grants for AEDs because of budget constraints. In addition, the district trains more school staff than is required, with approximately half of the total 225 employees trained, from lunch room monitors to bus drivers.

“At first I was reluctant about AEDs because of the cost and the liability, but then I learned more about them and saw that many schools had them and how valuable they can be,” said Rhonda, who has served the district for more than 20 years. “We are so fortunate that Mr. Allie survived.”

Reflecting back, Angie commented: “My only sibling passed away at the age of 18 from cardiac arrest. He was in the hospital at the time, but back then, there wasn’t as much emphasis to shock immediately. It took the hospital staff nine minutes to shock him, and when they did, they obtained a faint pulse. If he had been shocked immediately, he may still be with us. Time is critical. That is why an AED is so important to have in every public place. That shock could be the difference between life and death.” It was for Adam.

Added Adam: “Those who rescued me are my angels and the AED was their wings.”

**For more information on the ZOLL AED Plus, please call 800-804-4356 or go to [www.zoll.com/aedplus](http://www.zoll.com/aedplus).**

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