ZOLL®



CASE STUDY

The Buddy System Pays Off



Mark Ethridge, age 45, had recently returned to New Hampshire after a tour as an intelligence officer with the Special Forces in Afghanistan. Since deciding to pursue a new career in law enforcement, he was spending his first few months back home training for the physical entrance exam.

On December 9, he called his friend Michelle Cooper, a Danville police officer, to see if she had time for a training run. Michelle originally said she wasn't sure she could join him because she had to be at her daughter's music recital. Then she decided she did have time for a quick run.

The two met at the Sanborn Regional High School track in Kingston and were just finishing their cool-down walk when Mark gasped, put his hand to his chest, and collapsed.

"I thought, 'What is going on? Don't die on me,'" recounts Michelle, who immediately called 911 from her cell phone and began cardiopulmonary resuscitation (CPR). "I knew 911 would walk me through CPR—it's always good to have someone there to keep you on track and keep your count."

Two minutes later, just as Michelle was beginning compressions, Officer James Champion of the Kingston Police Department arrived. Seeing Mark on the ground and Michelle over him, Officer Champion grabbed the ZOLL® AED Plus® from the trunk of his cruiser and sprinted to them.

Michelle and Officer Champion worked together to attach the automated external defibrillator (AED) to Mark. Once the AED was on, it analyzed Mark and advised a shock. The AED advised two more shocks between cycles of CPR, which Officer Champion administered. Throughout the rescue, the AED Plus with Real CPR Help® technology provided Officer Champion with real-time feedback on the correct depth and rate of his compressions. "The visual directions and audible prompts of the AED were clear and easily understood," he says.

The ambulance from the Kingston Fire Department arrived on scene and fire department personnel continued life-sustaining emergency care as Mark was transported to Exeter Hospital. There, doctors discovered a small blockage and inserted a stent.

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.



"The doctors all said that the AED absolutely saved my life. I think that schools, athletic facilities, public buildings, and police cruisers must have AEDs."

Mark Ethridge

"When I first got there, the victim was in grave condition," recalls Officer Champion. "I have done CPR on many occasions, having been an EMT/firefighter and a U.S. Army combat medic for six years and a police officer for more than 30. I did not give this victim much hope of surviving and was truly amazed at the outcome. It is very rewarding to know that we all played a key role in his survival and recovery."

After the save, Mark, his wife, Amanda, and their five-year-old son, Aidan, met with Officer Champion. Aidan presented Officer Champion with a card he had made thanking him for saving his dad. "At the time, Officer Champion relayed that he had done CPR at least 100 times and only two people survived, and I was one of them," says Mark. "It freaked me out when he said that. The AED certainly accounts for that. I can't say enough about how important AEDs are. I've never had to use one on anyone, but I was an operations manager for a security firm, and we put them in as many accounts as we could. They are hugely important."

The Importance of AEDs in Police Departments

In this past year alone, the Kingston police officers have used the department's AEDs on four different occasions. While Mark was the only victim who survived during that time, Kingston Police Chief Donald Briggs, Jr. said the department had been successful with two other victims in the previous seven years.

"AEDs are absolutely essential, not only for when they are successful but also for the surviving family to know that we've done everything possible to help save their loved one," Chief Briggs says. "We are the first unit at every emergency and give the first treatment. If there's not an AED in the cruiser, we need to wait until the ambulance arrives, and because we are a small community, our fire department is not 24 hours."

At the time of Mark's save, the Kingston Police Department had three AEDs. Luckily, one of them was in the cruiser Officer Champion was driving. Chief Briggs is hoping to obtain four additional AEDs so all station vehicles, including ones performing detail work, are equipped.

One of those AEDs was recently donated to the station by Mark's family, who fundraised to purchase an AED and additional replacement pads for the department.

"The doctors all said that the AED absolutely saved my life," says Mark, who is cleared to begin training for his law enforcement exam again. "I think that schools, athletic facilities, public buildings, and police cruisers must have AEDs. I used to be a selectman and know how critical a piece of equipment it is for public safety."

"I know the outcome would not have been as favorable without the AED that we carry in all our duty cruisers,"Officer Champion concludes. "I had not known that this man had served in Iraq and Afghanistan until after the incident. I am grateful that the AED Plus allowed us to save this hero's life."

For more information on the ZOLL AED Plus, please call 800-804-4356 or go to www.zoll.com/aedplus.



Photo Credit: Jason Schreiber, *New Hampshire Union Leader*

Police Officers Michael Prescott and James Champion of Kingston, New Hampshire, hold the ZOLL AED Plus that helped save Mark Ethridge.

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