



CASE STUDY

Double Duty: ZOLL AED Plus Saves Canadian Pat Doherty Twice



Pat Doherty of Kitchener, Ontario, created a new definition for “sudden-death overtime.” Commonplace in playoff and championship hockey games, the term is far from common when it comes to describing what happened to Pat. The 83-year-old hockey fan and minor league hockey volunteer survived two sudden cardiac arrests during hockey-related activities, both with the help of the ZOLL® AED Plus®.

Pat's Story

On November 18, 2009, Pat recalls standing up to give a report at a hockey meeting, and the next thing he remembers is waking up in the hospital. “I was a lucky person,” he said, “because when I collapsed there was a fireman beside me and a Parks Canada employee near me, both who knew what was happening and immediately started CPR.” For 23 minutes, they alternated performing cardiopulmonary resuscitation (CPR). When the ambulance arrived, the paramedics hooked Pat up to the AED Plus. The automated external defibrillator (AED) advised a shock, which was administered and started his heart pumping again.

Pat remained in the hospital for three weeks and was prescribed “a lot of pills.” Within weeks, he proudly served as an Olympic torchbearer as it passed through Kitchener en route to the Vancouver Games.

For the next few years, Pat continued to be active, but said he periodically experienced chest pains and shortness of breath. “I had to watch myself,” he commented. Then on September 5, 2011, Pat had a heart attack. “I came out of it okay, but one more and the doctors said I’d have to get an implantable defibrillator.”

On March 29, 2012, what Pat was dreading happened. He was watching his grandson’s hockey game in the Patrick J. Doherty Arena, the arena named after him because of his years of service in the minor league, when he went into sudden cardiac arrest. “I got a little excited, and the next thing I knew, I was down under the seats.” Pat had no pulse and was not breathing.

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.



"I've had someone hook me up to the AED twice, and I wouldn't be here if they didn't."

Survivor Pat Doherty

As soon as Pat slumped over, Pat's daughter, Kathy, jumped up. Calmly she asked people around her to retrieve the AED Plus and call 911.

"I didn't know who they were, but they did what I asked them to do. Word spread immediately, and those who knew what to do came quickly. What stands out for me most is that strangers worked together as if they had practiced what we were going to do," she recalls.



Kathy, who had gone through a lunch-and-learn safety training a year earlier, immediately started CPR. Brian Allison, a parent and first aid instructor, sprinted from one section over to help. Carol Dostal, an off-duty paramedic who overheard the call for the AED, ran up from the lobby. When the AED arrived, Carol

opened Pat's shirt, placed the electrodes on his chest, and administered a shock after the AED Plus prompted, "Shock Advised."

"Right after the first shock, my dad opened his eyes," said Kathy. "All he wanted to know was what was going on in the game. I told him that they had stopped the game. He said, 'What for?' And I said, 'Because they needed to stop the game.'"

A few days later, Pat underwent bypass surgery at Hamilton General Hospital. "The doctors said that if he had the procedure, he could see as many hockey games as he wanted," Kathy said. That's a lot of hockey games considering Pat's goal is to live to 100!

The Importance of AEDs

Pat Doherty has been an advocate of AEDs for many years. He sits on the health and safety committee for the City of Kitchener and actually made a presentation to the city council a few years ago about supporting AEDs "in every place around the city where groups of people are." The council was well aware of the importance of AEDs and was going to put them around the city before I made my presentation," Pat said.

"I've had someone hook me up to the AED twice, and I wouldn't be here if they didn't," said Pat. "It would be a shame if a person had sudden cardiac arrest and you didn't have an AED and the person died. You would feel really bad knowing that an AED could have brought him back. We have an AED in all our arenas in Kitchener."

Minor league hockey has been near and dear to Pat's heart for 60 years. At the start of his volunteer career, he wrote the beginner's program for kids to learn how to skate. Now he serves mostly as a resource and a fundraiser. "I keep an eye on things," he added.

Someone has surely been keeping an eye on Pat.

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

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