

Glad to be Alive

Eagle Pines owner revives golfer thanks to presence of AED

Fred Tingle won't be able to play his usual Friday game of golf for a few weeks, but he doesn't mind — he's alive. The fact that he's breathing and walking around is thanks to the fast-thinking efforts of Eagle Pines owner Clyde Scott, a golfer, Ashley Shrake, and an automated external defibrillator (AED).

Tingle, an Indianapolis resident, came back Friday to Eagle Pines after his near-death experience more than a week ago. He wanted to meet the young woman who had given him CPR and see for himself what the machine that helped save him was all about.

"For years, Fred has come and played golf with a men's league on Fridays," Scott said. "Last week, the guys finished playing and came into the pro shop to get a drink and talk. One of our employees brought Fred a cup of ice. Suddenly, he fell to the floor, still clutching his glass."

Scott said they immediately called 911, but then he remembered that he and his wife Kathy had purchased an AED. "The first or second year we owned Eagle Pines, we thought a man on the golf course had suffered a heart attack. It turned out he was just overheated and maybe dehydrated. But it scared us," Scott said. "It got us thinking that maybe we should have a defibrillator on the premises, just in case."

Clyde got out the AED when Tingle collapsed, and at about the same time, Ashley Shrake of Martinsville walked in. Shrake had never played golf, but had been practicing her putting at home. "It was my birthday, so I told Matt (her husband) and family that is what I wanted to do. And we just happened to pick Eagle Pines," Shrake said. She learned CPR (cardiopulmonary resuscitation) while taking lifeguard training in high school. Later on in college, she took a first aid course.

Shrake, a mother of three, said she was very nervous about using CPR on Tingle. But the situation was urgent. "He absolutely had no pulse," Shrake. "I guess my adrenaline and instincts kicked in." She had never used CPR to revive anyone before. By the time the ambulance arrived, Scott said, Tingle was breathing on his own.

"The AED is so easy to use, like pushing a button on a blender," Scott said. "It has voice directions, which diagnose the patient and tells you where to apply the stimulation. If there isn't a need for defibrillation, the machine won't give the shock. When I heard it say to apply the paddles, I knew Fred's heart had stopped beating."

Quick action can save lives

Dawn Wittell, RN, was the emergency nurse in the trauma room when Tingle arrived at the hospital. She said it was one of only a couple successes by average "Good Samaritans" she had seen in her 10 years of nursing.

"Mr. Tingle was awake and talking, but didn't remember what had happened to him," Wittell said. "I have seen many deaths that might have been prevented if the patient had received immediate care and an AED would have been available."

Tingle's wife Charlene said at Methodist Hospital her husband received an inserted chest defibrillator, which keeps his heart rhythm at acceptable levels. He already had some stents in place to open blocked arteries, but no major blockages were blamed for his heart event last week. Charlene Tingle thanked the staff at Eagle Pines for their quick response and the paramedics who transported him.

Wittell said people are often afraid to get involved in emergencies for fear of doing something wrong. But with the AED, it is impossible to do the wrong thing because the machine won't shock the patient unless it is necessary. "We also have the Good Samaritan law in Indiana now, which prevents an average person from being sued if he or she gratuitously renders emergency care involving the use of an AED," Wittell said.



Fred Tingle and his wife Charlene (right) show their gratitude to Clyde Scott, left, owner of Eagle Pines Golf Club, and Ashley Shrake, a 2002 Eminence graduate, for reviving his heartbeat with an AED (defibrillator device) and CPR. Tingle had a heart attack a week ago at the golf course, which threw his heart into a bad rhythm, stopping his heart from beating. Doctors inserted a heart defibrillator in his chest and said he could probably play golf again in a few weeks. Ashley's son Brayden hugs his mom.

Scott said every business, golf course, restaurant, police and fire department should have an AED. "They're just not that cost-prohibitive. We ordered ours through Cintas and paid a little more than \$1,000 for it," Scott said. "It was worth every penny last Friday."

AED, CPR certification important

Jeff Hite, sales manager for the first aid and safety division of Cintas, said their AED machines, which retail at about \$1,495, have saved 45 lives in the last five years. Some customers are offered discounts. The company distributes first aid supplies, personal protective equipment and provides training on their use.

Steve Brock, EMS coordinator for Brown Township, said if businesses, exercise or sports complexes purchase an AED, the owners need to call him. The device has been available in the county for the last four years, and Brock said it is easy to use and basically fool-proof.

"We've been working hard in the county to see that every town police department, sheriff's department, school, state police and Department of Natural Resources vehicle has an AED," Brock said. "But we've still got more work to do. We'd like to see them in every police and emergency vehicle, in all the businesses, golf courses and sports places. People should have one in their homes."

Brock said he recommends that at least one person become certified in using the AED, and the best scenario is to have someone who is also trained in CPR. "The two are like bread and butter," Brock said. "Plain bread tastes okay, but it's even better when you add the butter."

Brock said the quicker the AED is applied and CPR is begun on an unresponsive person, the better the outcome will be. He said not yet being certified on the AED shouldn't stop an individual from using it.

Business operators interested in bringing their staff up to speed can call Brock at (317) 831-6366, Ext. 1, at the Brown Township Fire Department and administrative offices.

For more information on the AEDs, go to the Web site at www.aed.com.