Bernard Gallacher Defibrillator Campaign

How the campaign was born

After suffering a sudden cardiac arrest in August 2013 during a dinner reception in Aberdeen, Bernard felt compelled to start a campaign to support the placement of public-access defibrillators at golf clubs across the UK. It is thanks to early advanced treatment with CPR and shocks from an automated external defibrillator (AED) that he regained consciousness and went on to make a full recovery.

Figures published in a recent survey identified there are more than 3,000 golf courses and a further 840 independent driving ranges across the UK and Ireland. These serve more than 4 million people. Currently just 30% of golf clubs have a defibrillator.

It is hoped that the Bernard Gallacher Defibrillator Campaign will encourage every golf club in the UK and Ireland to have at least one public-access defibrillator by the end of 2014. It is estimated 2,600 golfing venues could benefit.

How you can help

The campaign is being run in conjunction with the PGA. It is a fundraising initiative with a difference. It will fully engage with the Golf Club Managers and the PGA Professionals to encourage them to host a Play Golf Help Save Lives tournament, entry for which will be open to both members and non-members. Golf venues that already have an automated external defibrillator (AED) on site will be strongly encouraged to participate. The message to these clubs is that their members will also enjoy playing on other golf courses who may not currently have a AED.
Know the difference
Make a difference

Difference between a sudden cardiac arrest and a heart attack

Heart attack and sudden cardiac arrest are not the same. However, a person suffering a heart attack has an increased risk of suffering a sudden cardiac arrest. A recent poll conducted by Arrhythmia Alliance found 86% of the UK cannot confidently describe the difference.

HEART ATTACK
Is caused by a blockage in the artery that supplies blood to the heart. The affected heart muscle then begins to die due to lack of oxygen.

Symptoms include ‘crushing’ chest pain, which can spread to the arms and jaw. The person usually remains awake and alert.

SUDDEN CARDIAC ARREST
Sudden cardiac arrest (SCA) is a condition in which the heart stops beating suddenly and unexpectedly due to a malfunction in the heart’s electrical system. The malfunction that causes SCA is a life-threatening abnormal heart rhythm; an arrhythmia. The most common arrhythmia is ventricular fibrillation (VF).

Should someone suffer a sudden cardiac arrest they require immediate treatment with CPR and an AED to restart their heart. Without early intervention, an individual has just a 5% chance of surviving sudden cardiac arrest. This increases to 50% or more when CPR and an AED are used together.

If someone collapses, follow these simple steps...

1. DANGER: Ensure the area is safe before you approach the patient. If it is not safe or you are not sure, call 999 and wait for help to arrive.

2. RESPONSE: Confirm that the patient is unresponsive. Try to talk to the patient and shake their shoulders.

3. SHOUT: If the patient does not respond, shout for help, call 999 and send for an AED.

4. AIRWAY AND BREATHING: Look, listen and feel to see if the patient is breathing. Ensure their airway is open and clear.

5. CPR: If the patient is not breathing, begin CPR (chest compressions).

6. DEFIBRILLATION: If an AED is available, follow the voice prompts of the device until emergency services arrive.

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