



# **City of Grand Island**

**Tuesday, November 13, 2012**

**Council Session**

## **Item C4**

**Recognition of Pam Holmes and Chelsea Holmes with the Grand Island Fire Department's Citizen's Citation Award**

**Staff Contact: Cory Schmidt, Fire Chief**

# Council Agenda Memo

**From:** EMS Division Chief Russ Blackburn

**Meeting:** November 13, 2012

**Subject:** Citizen's Citation

**Item #'s:** C-1

**Presenter(s):** Fire Chief Cory Schmidt  
EMS Division Chief Russ Blackburn  
Paramedic Phil Thomas

## Background

Sudden Cardiac Arrest is a leading cause of death in the United States, claiming nearly 300,000 lives each year. During a sudden cardiac arrest, heart function ceases – abruptly and without warning. When this occurs, the heart is no longer able to pump blood to the rest of the body, and in some 95 percent of victims, death occurs.

While Sudden Cardiac Arrest (SCA) is a significant public health crisis, it is often misunderstood. SCA is not a heart attack. A heart attack occurs when a blood vessel becomes blocked and interrupts blood flow to the heart, causing heart muscle to die. Sudden cardiac arrest occurs when the heart's electrical system malfunctions and the heart stops beating. Most of these deaths occur with little or no warning, from a syndrome called sudden cardiac arrest. The most common cause of sudden cardiac arrest is a disturbance in the heart rhythm called ventricular fibrillation.

Once a cardiac arrest occurs, cardiopulmonary resuscitation (CPR) and defibrillation is required within the first several minutes to restore electrical activity to the heart and revive the heart's pumping function. Availability of Automated External Defibrillators (AEDs) is critical for rapid response to cardiac arrest.

## Discussion

On October 15, 2012 a little after 10:00 a.m. Chelsea Holmes, a student at Northwest High School, returning home from getting breakfast saw a dog on a leash with no owner. She stopped to check on the dog and then saw a man lying in front of her neighbor's house. She and a friend checked on the man and he was not breathing and had no pulse. Chelsea called for her mom's help, called 911, and started compression only CPR. Pam

Holmes, a nurse at Skilled Care, had been sleeping after a late shift the night before, woke up to her daughter's scream and pulled a wind cover over her pajama's and went out to take over CPR on the man in the neighbor's yard. Ms. Holmes did mouth to mouth ventilations during CPR. The CPR performed by Pam and Chelsea brought the man back to attempting to breath for a short period and then he stopped again. The paramedic that arrived on scene first noticed that Pam was doing very good quality CPR and had her continue chest compressions while he performed other treatments until the engine company arrived to take over CPR.

What makes this act so special is that Pam and Chelsea did not know the man, but still rendered aid, CPR and mouth to mouth ventilations.

Pam Holmes had just renewed her CPR training 2 ½ weeks before this incident, and had never had to do CPR until this day.

The Grand Island Fire Department would like to present Pam Holmes and Chelsea Holmes with the Citizen's Citation Award for their display of heroism shown on October 15, 2012.

### **Recommendation**

It is recommended that Pam Holmes and Chelsea Holmes be presented with the Grand Island Fire Department's Citizen's Citation for their life saving efforts on October 15, 2012.