

# Juhu police get a mobile device to save joggers suffering cardiac arrest

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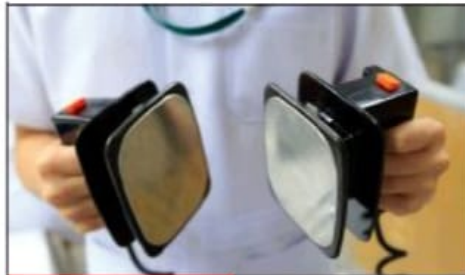
**Mumbai:** With the safety of joggers at the Juhu seafront in mind, the local police are all set to have a portable device at their beat chowky on the beach for saving those who might get a sudden cardiac arrest. The device, an automated external defibrillator (AED), delivers an electric shock through the chest to the heart and can increase survival chances. Police personnel manning the chowky have already been trained on the device.

Numerous instances of joggers suffering sudden cardiac arrests and collapsing on the beach have been reported. "There have been instances of people dying. The beach is thronged by walkers. Loss of life is easily prevented if an AED is made available and used to resuscitate a patient," said Dr Rajendra Patankar, COO, Nana-vati Super Speciality Hospital, which has tied up with the Santacruz police for the project. The

## AUTOMATED EXTERNAL DEFIBRILLATOR

An automated external defibrillator (AED) is a portable device that delivers an electric shock through the chest to the heart.

The shock can potentially stop an irregular heart beat and allow a normal rhythm to resume following sudden cardiac arrest



### WHO CAN USE IT?

> An AED is easy to use and can be operated by a person with no medical background if provided training

> Thus, non-medical personnel such as police, firemen, flight attendants and even lay rescuers who have been trained on AED can administer aid

hospital will now have multiple training sessions for regular visitors to the beach.

"The objective behind placing an AED at a beat chowky is that the police can quickly ferry it in their vehicle to the required spot. The police are present on the beach 24 hours and are best equipped to use the AED. Regu-

lar walkers can inform the police or use the device themselves to resuscitate a person in distress," said a doctor.

One can be trained in operating the AED in as less as half an hour, said Dr Patankar. "One literally has to place two lids from the machine on the chest of a patient. After that, the AED

takes over, understands the rhythm of the heart, decides the volume and quantity of shock to be given and gives it."

Regulars at Juhu beach have welcomed the move. "Around five to six months ago, we had heard of a marathoner passing out after a sudden cardiac arrest. Making an AED easily available is a great move to save lives," said Himanshu Mehta, who instructs a yoga group on the beach every weekend.

Around two million deaths are caused by sudden cardiac arrest in India every year. "Airports around the globe have AEDs. The need of the hour is to have these devices at public places," said a police officer.

Last month, businessman Samir Firasta used CPR and an AED to resuscitate renowned architect Prem Nath, 77, who had suffered a sudden cardiac arrest at Carter Road in Bandra. Firasta was aware that the AED was available at Otter's Club nearby and his actions saved Nath's life.