

Overview of the incident (limit 1 page):

At approximately 11:20 on Saturday 7 April, several lifesavers in the Bondi Patrol tent (situated in front on the Bondi Surf Club) were alerted by members of the public that an elderly gentleman appeared to be in distress and was "face down in the sand groaning". The location was approximately 50m south of the patrol tent. Several members, including Kim Dekker, Belinda Hartmann and Neil Collins ran to the patient to assist as a member of the public reached him first and began turning him on his side. Neil (who had been in the tent and had the Surfcom radio harness) called Surfcom informing them we had a collapsed patient on the beach. Another lifesaver, Kat Scevity arrived with oxygen and the first aid kit. Kim and Belinda stabilised his body in the recovery position. Belinda went through COWS, while Kim checked his airway and tried to clear out visible sand. This was difficult as he was clenching his jaw. Belinda and Kim both checked for breathing (there was some agonal gasps) and confirmed with each other that there was no normal breathing. The patient was turned onto his back and a member of the public jumped straight in to compressions as Neil was already prepping the oxy viva. Belinda then removed the radios from Neil and handed them to Phil Schacht, who requested an ambulance and provided Surfcom with additional details of the situation. SRC Alicia Vaughan was sent up to Queen Elizabeth Drive to meet the ambulance. The defib had been called for and arrived shortly after. Belinda maintained head tilt with pistol grip while Roz Green kept the oxygen tube over the patient's mouth with flowing oxygen. Roz then got into the jaw thrust position so Neil could place the mask with the BVM onto the patient. He adjusted the seal and started administering oxygen. Phil maintained communication with Surfcom for the duration of the emergency providing regular updates. By this stage, the member of the public had completed 2 rounds of compressions. Kim Dekker took over compressions on the opposite side of the patient. Roz maintained jaw thrust and Neil controlled the BVM, delivering breaths as appropriate and checking for breathing. Belinda applied the defib pads around Kim while she was doing compressions and during Kim's third round of compressions, Belinda cleared the patient for an analysis. A shock was advised and administered. Once cleared, Kat then took over compressions from Kim during breaths and Kim then rotated into the jaw thrust position to relieve Roz. After three rounds of compressions from Kat, a doctor who was passing by came in and took over compressions. Shortly after, Belinda cleared the patient again for a second analysis, at which point it said shock was not advised. Neil, Kim and the doctor checked for breathing and no breathing was detected initially, so compressions were resumed by the doctor. The doctor did one more round of compressions before the patient appeared to be breathing. Kim noted the patient was blinking and Neil could feel less resistance in the BVM when he squeezed the bag. Belinda checked the patient's pulse, which was faint, and the doctor did a pain test on the sternum. Neil and the doctor monitored the breathing. Belinda continued to check for responsiveness from the patient, while the doctor maintained jaw thrust and Neil continued to administer oxygen. The patient's breathing, responsiveness and pulse were continually checked as the ambulance arrived on Queen Elizabeth Drive. The paramedics were escorted to the beach by Alicia. The patient was breathing unassisted when the paramedics arrived on the beach. The patient was taken to POW hospital in the ambulance.

SKILL AND RESOURCES APPLICATION

40%

The incident required a full 4-person CPR and was conducted as per ART training, consistent with the ART qualifications of those first on the scene. The lifesavers progressed through DRSABCD, seeking confirmation and delivered excellent compressions, utilised oxygen with a BVM, and effectively administered a shock with the defib - all while keeping calm. For example, two lifesavers confirmed that the patient was not responsive and not breathing prior to commencing CPR (COWS and "look, listen, feel"). The lifesavers distinguished between the agonal breaths and what would be considered normal breathing (someone on the scene has exclaimed that he was breathing). The BVM and oxygen was introduced by the second round of compressions and used by a lifesaver with his ARTC, at one point even checking and adjusting the seal of the mask. The defibrillator pads were applied in the correct position and orientation and shock administered within 5 rounds of compressions. The lifesavers rotated through positions as the need arose and did so at appropriate transition times, such as when the defib was analysing or in between breaths. Even when doing compressions, the lifesavers were audibly counting. The lifesaver on the BVM was regularly assessing the patient's breathing (and even announcing "breaths") and the delivery of oxygen. The lifesaver on the radio to Surfcom was calm and clear. The intervention was an excellent example of applying the chain of survival. Moreover, as all of the lifesavers involved were the product of the same ART training at Bondi, the communication was clear and everyone understood the "cues" and "scripts" employed.

It is noteworthy that members of the public (and a passing lifesaver) later said they thought it was a training exercise because it appeared so controlled.

PROCEDURES FOLLOWED

30%

The lifesavers determined that there was no danger to themselves that would prevent them from attending to the incident. Kim had tried to clear the patient's airways initially, and found that he was clenching his teeth and did not make further attempts in order to avoid a biting incident. As the patient was on dry sand, defib was not an issue. Belinda dried down the patient as required prior to applying the defib pads and physically cleared the space around the prior to analysis and delivering the shock. When the shock was administered, Neil held the oxygen mask away from the patient.

The safety and well being of the patient and the lifesavers and the patient's friends were assessed and steps taken by, for example, Joanne Robinson, Jane Gilbert, Phil and Belinda, to a) keep bystanders at a reasonable distance, b) remove lifesavers from the scene that were not required such that the rest of the beach was still safe and less attention was attracted, c) ensure SRCs were not at the scene, d) obtain some medical history of the patient and e) determine his movements before he collapsed etc.

Belinda and Neil managed patient (with the help of the doctor at the later stages of the emergency), while Phil managed the scene and communications with SurfCom. A comprehensive handover with the paramedics took place (with the help of Duty Officer Matt Spooner), with Belinda and Phil providing detailed descriptions of what steps had been taken, for how long and the outcomes at various stages.

Phil filled out the incident report prior to the end of the patrol. We had a debriefing with two duty officers.

All equipment was used appropriately, and the oxy viva reset (oxygen tanked, mask and BVM swapped out) and new pads connected to the defib within 30 minutes of the incident.

ENVIRONMENTAL CONDITIONS

15%

There were no major environmental issues, besides it being a hot day with a very busy beach, which we had to continue to manage while the incident took place.

POTENTIAL OUTCOME

10%

The patient was having a cardiac event and would likely have died without defibrillation. Moreover, as the patient's mouth was somewhat obstructed with sand, and the patient was not breathing, the patient would likely have suffered brain damage without the early (and effective) compressions and oxygen.

MEDIA CAPTURE/ COMMUNICATION 5%

The story appeared on the internet (Ninemsn and Yahoo) that afternoon, as well as a short article in the Sydney Telegraph on Sunday the 8th of April.

<http://www.news.com.au/national/breaking-news/man-70-resuscitated-on-bondi-beach/news-story/a9fb669d1137d13b822e8342bfa19069>

<https://www.surflifesaving.com.au/news/lifesavers-successfully-resuscitate-man-bondi>

<http://www.dailymail.co.uk/wires/aap/article-5588503/Man-70-resuscitated-Bondi-Beach.html>

We do not know how the patient now is. We do know he was a former resident on Bondi who was back visiting his favourite beach for the day.