



The Port Wheel

The weekly bulletin of the Rotary Club of Port Macquarie Inc

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Automated External Defibrillator (AED) Presentation

At our meeting on Monday evening, we had the pleasure of hearing a presentation from Jamie Martin, a former Lifesaver for 20 years, Paramedic for 15 years and more recently the owner of Hastings First Aid. As well as an instructor in CPR and other first aid skills, Jamie also sells to and trains people in the use of Automated External Defibrillators or AED's or simply Defibs.

Jamie explained that a defibrillator is a device that uses electricity to restart the heart or shock it back into normal rhythm. Defibrillators are usually found in public spaces, sporting venues, the CBD and shopping centres. They can be used on any person who needs CPR, such as someone who has had a sudden cardiac arrest. The correct process to follow is first ring 000, then commence CPR and then use a defib as quickly as possible. It obviously is an advantage if there are several people at the scene and these tasks can be shared. It is essential to use the defib ASAP.

Jamie assured us that anyone can use a modern defib as it talks to the user and guides them through the process step by step. If the patient's heart is beating normally and does not need to be shocked the defib will check this and not allow that to happen. Generally, if someone is in cardiac arrest and a defib can be located and used within 2 to 7 minutes, their chances of survival are positive.

Jamie explained that most defibs come with a small kit that includes a pair of shears to cut through clothing, as the defib pads must be applied directly to the skin. One pad high on the patient's right hand side of the chest the other low on the left, below the ribs. The defib will then do its checking and if a shock is required, it will first advise all to stand clear and then the operator can press a button and the shock is delivered.

It is important not to touch the patient while the defib is in use, as this could interfere with how it reads the patient's heart. You should continue CPR after the shock is given until an ambulance arrives. Keep listening to the defib as it may instruct you to deliver more than one shock.

Jamie delivered his presentation in plain English and we were left in no doubt that any of us can use a defib. However, as is obvious, attending a training session is recommended.

Jamie answered many questions after his address and told us it is not

uncommon for ribs to be cracked whilst giving CPR, particularly the elderly.

President Ray presented Jamie with a copy of the Club's booklet that summarises our first 70 years of service to the community. Jamie instantly recognised the Towers of Strength on the cover. Jamie was too modest to let on that he was instrumental in gaining Rotary's support for the design, construction and installation of the Towers. He had seen the Towers in use on the Gold Coast and on his return to Port Macquarie spoke to all of the local Rotary Clubs and politicians to get the project rolling.

Well done Jamie!



19 August 2024

Weekly Meeting - Port Panthers Club

Special Guest Presenter - Mrs Meredith Gibson - Mental Health

5:30pm for 6pm

Dinner in Bistro following

Nepal Mother & Babies Hospital Update

Construction of the Nepal Mother & Babies Hospital is now 80% complete. The outside structure of the building is now finished and interior works began three weeks ago. Building is expected to be complete by early next year with the official hospital opening planned for March 2025.

All local Nepalese medical and nursing staff have been trained and they're ready to commence work in the hospital when it opens next year. All Rotarians should

feel proud because Rotary has been the major player in fund raising for this life-changing project.

Below are the latest photos of the project.







Latitude: 27.679856
Longitude: 86.074938
Elevation: 1750.99±94 m
Accuracy: 39.0 m
Time: 06-05-2024 15:42
Note: MCH Building

Powered by NoteCam





**SOCIAL
NIGHT**

26th August 2024

Social Night - Port City Bowling Club
4 Owen St, Port Macquarie NSW 2444
6pm

RVSP to Andrew Hinton - andrew94hinton@gmail.com - 0401
234 984

Weekly Brain Teaser

Two girls have the same parents and were born at the same hour on the same day of the same month, but they are not twins. How can this be possible?





Wedding Anniversaries August 2024

21/8 - Alastair and Joan Moss

28/8 - Robert and Josi Rutishauser

Birthdays August 2024

1/08 - Glenda Barber

*“Not being able to do everything is no excuse for not doing everything you can.”
- Ashleigh Brilliant*



Rotary Club of Port Macquarie

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