



HEALTH ON THE COURSE

Saving lives

Heart attacks on golf courses are not common, but they happen enough to be of concern. **Nicole McCracken** highlights the benefits of purchasing a defibrillator



The above sequence involves actors showing that the time it takes from a golfer suffering from a cardiac arrest on the course to him being saved by a defibrillator can be just four minutes

WE HAVE ALL seen the good looking golfer on television using the 'metal irons' shouting, "stand clear – deliver the shock!"

The reason why this is happening is because the acting patient has gone into ventricular fibrillation (sudden cardiac arrest, SCA). An electric shock is delivered across the chest to bring the heart into a 'normal' rhythm therefore miraculously saving the person from the brink of death.

A defibrillator is the clever box doing the job of bringing the victim back from the brink, and a low-cost solution is now available for UK golf clubs.

There is a company www.numed.co.uk launching a campaign to all golf clubs to provide you with the equipment and basic training required to increase your chance of survival by up to 75 per cent.

“DON'T LET ONE OF YOUR MEMBERS BE THE NEXT HEADLINE IN THE LOCAL PAPER”

Why is the firm targeting this market?

- Heart attacks occur most frequently between six and 11 am, precisely when most golfers are out on the course.

- The age of the average golfer correlates with the population most at risk.

- Golfers spend from four to six hours a day on the course, often several times a week.

- The chance of successful defibrillation declines at a rate of seven to 10 per cent with each minute. Average response time of an ambulance to a resuscitation situation is probably over five minutes longer to a person in the middle of a golf course!

- An AED will increase the chance of survival from five per cent to over 75 per cent.

It also doesn't cost a fortune to implement and does not mean new protocols.

The cost is under £1,000 and includes training. The protocol is simple to establish – the first aid team are trained by a registered resuscitation officer on the use of a device which is simple to use and is now commonly found in many public places including train stations, supermarkets and leisure centres.

The reason why this should be implemented is simple. If a member or colleague collapses in the clubhouse or at one of the holes, the chance of getting to them quicker than the ambulance is high,

therefore they will have a better chance of survival. Don't let one of your members be the next headline in the local paper. **GCM**

Sportsman dies while playing round of golf

Mr Jennings, who was 61, became unwell while playing on the tenth hole at Erlestoke Sands Golf Club.

Paramedics were unable to resuscitate him and he was certified dead at the scene.

TRIBUTES AS MAN DIES ON GOLF COURSE
CHIPPENHAM NEWS EXCLUSIVE: A MARRIED man described by friends as a sports fanatic died after collapsing in the middle of a golf tournament on Saturday.
Father-of-three John Cliff, of Willow Grove, Chippenham, suffered a suspected heart attack shortly after 3pm during a round at the town's golf course.
The catering lecturer at Wiltshire College Chippenham was playing with friends in the Commemorative Cup when he collapsed at the 11th hole.

