

# 'Dad is dying': His father's life at stake, 13-year-old remembers CPR lessons well

By David Michael Ettlin

With his hand, 13-year-old Brandon Baker felt the life of his father end. With his fist and his own breath, he brought it back.

The heart specialists who practiced their own kind of heroic medicine the last five weeks to keep 55-year-old Kenneth H. Baker alive say it was Brandon who made it possible.

Yesterday, Mr. Baker left Johns Hopkins Hospital and returned home to the frame two-story Sparrows Point cottage he has rented since 1954.

"We really didn't think he was going to make it," said Dr. Myron L. Weisfeldt,

the Hopkins chief of cardiology and an advocate of public training in the techniques of cardiopulmonary resuscitation—CPR—that Brandon used in a rudimentary way in saving his father's life.

The youngster learned a little about CPR early last spring from Terrence J. Ward, his seventh-grade gym teacher at Sparrows Point High School. "I didn't think it would be necessary to ever really use it," Brandon said. "Most of the kids didn't."

He thought then that the three-week first aid training, with a week on the topic of CPR, was a little boring, and Mr. Ward noted yesterday that many students react unfavorably when they

learn about the required course that is part of Baltimore county's physical education curriculum.

Mr. Ward, who is also the Sparrows Point football coach, said Brandon was the first student he had heard of there who had the chance to save a life by using what he learned. He said he spent a little more time teaching CPR than other first aid measures because "I thought it was more important than poison ivy."

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The Baker family's story begins just after World War II, when the former Patsy Cannon was 15, and living in Sa-

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Sun photo—Clarence B. Garrett

**Kenneth Baker, accompanied by his wife, Pat, and son, Brandon, says good-bye to nursing graduate Lisa Lupica as he leaves Johns Hopkins Hospital.**

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## On The Scene In Aberdeen

by Pearl Finnissey

272-1203

### Could You Save A Loved One's Life?

If you were with a loved one who had cardiac arrest would you be able to recognize it and apply appropriate basic life support skills, or would you, because of lack of knowledge, let your loved one die?

Every year 600,000 persons die of heart attacks in the United States. Half of them die before they get to the hospital. Many died because the person standing next to them stood there helplessly when they collapsed, not able to save their lives.

If your husband, wife, mother, father, co-worker or a stranger on the street suddenly dropped to the ground, stopped breathing and had no pulse, what would you do? Scream HELP? Beg him to talk to you? Get hysterical, giving him up for dead?

By the time an ambulance gets there, one out of two times, it may be too late. In four minutes after the heart stops breathing and oxygen stops getting to the brain, brain damage begins, doctors say.

**CPR TRAINING REQUIREMENT FOR GRADUATION.** Since 1976, ninth graders in Harford County Public Schools have been learning a different type of ABC's - AIRWAY, BREATHING AND CIRCULATION - that are part of the cardiopulmonary resuscitation training (CPR) Program. This CPR Training is provided as part of a local course offering in ninth grade health education, a half-credit requirement for high school graduation. As part of units in prevention and control of chronic disease of First Aid, this program provides students with opportunities to develop knowledge and skills necessary to recognize cardiac arrest and apply appropriate basic life support skills.

Eighteen Maryland School Systems (out of a total of 24) are currently including CPR training in the high school curriculums. This program resulted from the cooperative efforts of the Division of Emergency Medical Services, the American Heart Association - Maryland Affiliate, and individual school systems. Through federal funds provided by the Department of Health, Education and Welfare, the Harford County Public School System was provided with CPR training equipment and materials (Resusci-Anne and Resusci-Baby manikins, instructor's manuals, films, CPR flyers and cards). Initially, seventeen physical and health education teachers participated in a one-day instructors training workshop sponsored by the Central Maryland Heart Association.

Originally, CPR was taught only to doctors, nurses, and paramedical personnel. Now, in addition to special need groups such as policemen and lifeguards, the General Public is encouraged to undergo this training.

In our schools, CPR training includes increasing ones awareness of early warning signs, risk factors, and symptoms of cardiac arrest. After recognition of arrest, the dual technique of artificial circulation and artificial respiration is applied.

When the program first began in Harford, thirty Bel Air High School ninth graders, selected student leaders and teachers were televised while learning CPR skills. These students were featured as part of a special half hour program on WMAR-TV, public service health education series - "Metropolitan Baltimore Health Test: Heart Attack. Through interviews with Mrs. Helen Stemler, Supervisor of Health and Physical Education, and seven leading Maryland cardiologists, Mr.

George Rogers from WMAR-TV, all citizens were urged to learn CPR.

This program has received much support from students, school personnel and parents. The enthusiasm of teachers combined with innovative teaching methods, the use of volunteer nurses and paramedical personnel, appropriate equipment and materials contribute to the success of this program. A student trained in CPR is equipped with appropriate knowledge in his mind skills in his hands and the feelings in his heart which when combined together can make him, truly, a good samaritan. We can thank Harford County's Board of Education for leading the state in starting this CPR Course for the students in our County. There is no doubt many lives were saved because of their knowledge.



### Learning To Save Lives

Daniel Kluge, CPR Chairman of Harford County is showing Wendy Wenham, the techniques of saving a victim of a Heart Attack on Resusci-Annie. Twenty-one attended the six-hour CPR Course at Harford Memorial Hospital, Saturday, February 24, 1979, where this photo was taken. According to Helen Stemler, Supervisor of Health and Physical Education of Harford County Public School System, since 1976, CPR has been offered to 8,724 students in the ninth grade health education, 82% successfully passed the Course. Now this program is being offered to the Public. Call 838-7200 (Heart Association) for more information.

### CPR Training For The Public

A massive citizen training campaign is getting under way in Harford County. The Heart Association hopes to train one out of every three citizens on how to perform the simple, life-saving technique known as CPR (Cardiopulmonary Resuscitation). The local Fire Departments and the Red Cross are cooperating in this training program.

Mr. Daniel Kluge is the CPR Chairman of Harford County. He had just finished a six hour CPR Course for twenty-one at Harford Memorial Hospital, Saturday, February 24, 1979, when I interviewed him about the Program.

Harford County is very fortunate to have been willed a large amount of money to purchase the latest equipment for the

increased program heart attack.

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## *Curriculum Developed For Teaching CPR In Secondary Schools*

Teaching CPR in schools is seen by some as an excellent method of informing the public about EMS, and at the same time, training young citizens in the essentials of basic life support.

Milford, Conn., the scene of a 1975 film about the development of an EMS council (*Choose Life*) has become the birthplace of a new curriculum for teaching CPR in secondary schools. Under the direction of Dr. Alan A. Brandt, chairman of the Milford EMS council and chairman of the American Heart Association's committee on advanced cardiac life support in Connecticut, a curriculum based on the AHA's "Heart Saver" course was prepared and has already been used to train 1,000 Milford students.

Both the Connecticut affiliate of the American Heart Association and the Milford Chapter of the American Red Cross worked together with the Milford EMS Council and the Milford Board of Education in the development of the program. In addition, a 20-foot exhibit titled "Four Minutes to Save a Life," and financed by Laerdal Corp., was prepared to help promote the program publicly. The exhibit was also used in Cincinnati at the Science Educators of America's national convention earlier this year.

The goal of the mini-course is to provide young people with the model and the practice to intervene effectively in a medical emergency. Students are taught the nature of sudden death, the elements of an EMS system, and the important role of CPR in a total emergency program. Students completing the course are given recognition but are not certified in CPR due to the basic nature of the course. The course is not intended as a substitute for the certifiable 10-12 hour Basic Rescuer courses taught by the Red Cross and American Heart Association.

Persons interested in learning more about the program, or obtaining a copy of the curriculum, may contact Dr. Brandt at the Milford EMS Council, 2047 Bridgeport Ave., Milford, Conn. 06460.