

Course can be life saver

Last week I spent two evenings at Sinai Hospital taking a course and acquiring skills I hope I will never need.

For a few days afterwards, my knees were slightly sore. I also felt my dormant triceps muscle which no doubt has atrophied from the "heavy" pencil that I lift each day at work.

What course did I take? A course in basic cardiopulmonary resuscitation (CPR) — including lectures, demonstrations, practice sessions and testing. Basic CPR involves recognizing sudden death and reacting appropriately — opening the airway and applying artificial ventilations and external cardiac compressions to the victim. Essentially, it is sustaining life until trained professionals are available to carry on.

ALTHOUGH I HAD taken the course on several prior occasions, I found my skills were rusty.

"Your compressions are too hard," noted one instructor. "Watch your hand position," said another.

"Tilt the mannequin's head back and pinch the nostrils," whispered a fellow participant.

Indeed, it took me six tries on the Resus-Anne mannequin before I could satisfy the instructor that my technique for one-man CPR was appropriate.

Later in the evening, another person



fitness
Barry Franklin

and I were tested on two-man CPR, involving a coordinated effort where two people work together at providing artificial breathing and circulation.

Still later, I was asked to demonstrate the emergency procedures that I would initiate if someone had an obstructed airway due to lodged food or other foreign matter. Finally, I completed a 100-question written test.

Throughout the course it became increasingly apparent why learning CPR is so important, not just for me, but for everyone.

UNFORTUNATELY sudden death occurs as frequently as 1,000 times a day in the United States.

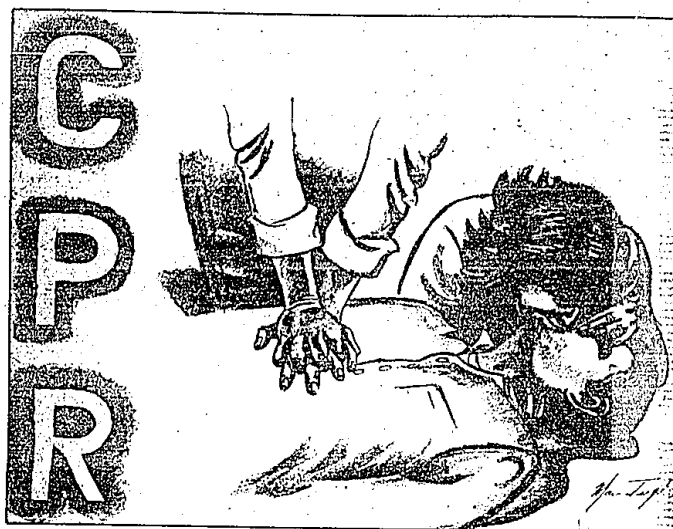
Causes include heart attack, drowning, suffocation, electrocution, drug overdose and automobile accidents. Many victims, both children and adults, could be saved if CPR was promptly administered.

The efforts of the American Heart Association have resulted in millions of people being trained in CPR. However, despite this success, most individuals are still not familiar with these basic lifesaving techniques.

As the course concluded last Thursday evening I felt particularly good while driving home, knowing that I was proficient in doing CPR. Perhaps one day a friend or for that matter a loved one may require lifesaving measures. Will you be prepared to help?

For information on where to obtain a free CPR course, contact the American Heart Association of Michigan at 557-9500.

A Farmington Hills resident, Barry Franklin, PhD, is co-director of cardiac rehabilitation at Sinai Hospital and teaches medical students at Wayne State University and nursing students at Marygrove College.



Education offered Vietnam-era vets

Veterans serving between August 1964 and May 1975 who did not use up their original education benefits have another chance to attend college.

Under the Delimiting Date Extension Program, the federal government has allocated \$20 million nationwide for qualifying veterans who are unemployed, hold low-paying jobs, or lack training. Funds will be awarded on a first-come, first-served basis.

The program is designed to provide marketable skills to individuals who wish to earn an associate degree in a vocational area.

Interested veterans should contact the Regional Veterans Administration Office at 1-800-482-0740.

Veterans who want to enroll in any of over 80 vocational programs at Oakland Community College should contact Auburn Hills campus counselor Randy Stone at 855-4251 or 853-4269.

Course explores visual arts

Louisa Ngote, a curator of slides, will teach a new Oakland University course, "The Visual Arts."

The four-credit course offered in Pontiac Art Center will teach how to look at paintings, sculpture and architecture. The functions, meaning and so-

cial contexts of these works of art will also help students enjoy and appreciate art more fully.

For information and a complete schedule of spring and summer extension courses, call the OU extension program at 577-4010.

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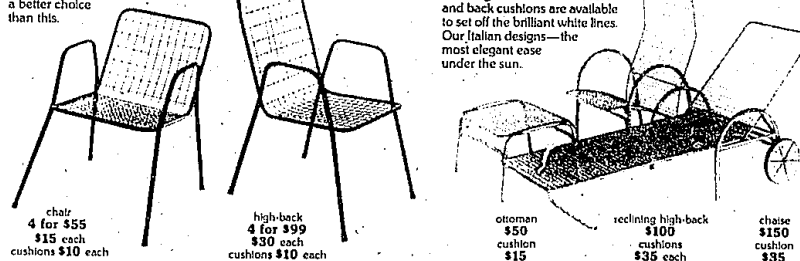
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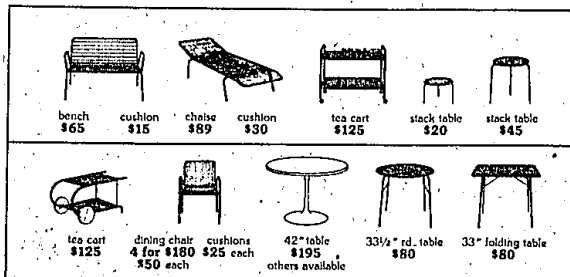
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