On June 14, Truck 10’s A-Shift shook hands with Greg Tudor, a resident of their FMA, who visited the station with his wife Gail Bruner. A station visit isn’t that unusual, but this wasn’t your average stop: when the crew last saw Greg in March, he was dead.

At 2 am on March 14, Greg got up and went to the kitchen and collapsed. Gail, a light sleeper, heard noise and responded. She called 9-1-1 and was instructed to start performing CPR, something she had previously studied.

When the crew arrived, they quickly went to work. As they entered the room, FF Medic Chris Singleton remembers thinking that the odds were against Greg. "When someone collapses at 2 am, they are often not found for a while, which lessens their chance for survival," Chris says. "But when I discovered that his wife had found him so quickly and that she was doing CPR like gangbusters, his odds got better."

Crew members FF Shannon Ellison and FF Josh Clemmer took turns performing CPR. Lt. Mike Mash was in charge of documenting and charting all lifesaving procedures. When the team from AMR arrived, a LUCAS electronic compression system took over CPR duties.

The team worked on Greg for 21 minutes; he was defibrillated five times and five rounds of epinephrine were delivered. He was intubated and Josh manually provided ventilations for Greg using a bag valve mask. In the ambulance, the team put ice packs around Greg to lower his body temperature; at the hospital he was put into a state of artificial hypothermia to reduce the oxygen requirements of his brain. In the operating room, a stent opened his blocked artery and regular heart function was established.

When Greg met the crew that saved his life, there were few lasting effects of his ordeal save some cracked ribs and memory loss. When he greeted the crew, he didn’t remember meeting them before, but his wife did. She pointed at Shannon and said, "You were the first one in and last one out." And as a reminder of how much an FMA is like a small community, Gail noted: "When you walked through the door I recognized you from shopping at Fred Meyer."

The Continuous Quality Improvement team at PF&R participates in a regional STEMI Accelerator program that increases collaboration between first responders and hospitals on cardiac arrest calls. Because the electrocardiogram conclusively showed that Greg had a blockage, the hospital opened its catheter lab and was ready to operate on Greg as soon as he arrived. "Prior to participating in the Accelerator Program, the hospital would have had to take the time to figure out what was going on once the patient arrived, slowing down treatment time. The 12 Lead program gives you an important head start," says Chris.

"When we provide feedback to companies, we see a difference in outcomes," says Chief Kevin Shanders. PF&R’s Janet Woodside adds: "When we share results, our crews take more ownership of these patients."

During their visit, Greg and Gail got to see some of the tools used to save Greg. "I am celebrating a new lease on life," he says. "It’s a true miracle of modern science. Thank you."