

## Are you suitable?

- at least 18 years old;
- able to demonstrate and maintain a level of fitness to meet the role;
- an effective communicator with good interpersonal skills;
- able to demonstrate logical approach;
- work under pressure, yet stay calm;
- have a desire to learn;
- reside in the area
- able to respond without delay to incidents;
- complete a criminal records check (Enhanced Disclosure Scotland check);
- have some first aid knowledge (not essential);
- long term commitment to the role.

## What to do next

If you have some free time and want to participate in providing a valuable service to your community please contact:

Jim Young  
01651 843021

Alternatively, come along to one of our training nights. We meet in the Seton Suite in the **Linsmohr Hotel** on the **first Monday of every month** at 7pm.

Once you have decided to join us, Jim will help you fill out an application form and complete the disclosure check. Then training will be arranged.

# Pitmedden First Responder Scheme



Helping our  
community  
to help itself

## Why do we need you

The Scottish Ambulance service performs well in reaching set performance standards to most 999 calls.

However, we live in a rural area, with the nearest ambulance station 6½ miles away in Ellon. This means that it is not always possible to achieve arrival within the critical 8 minute period.

Having a community First Responder scheme based in Pitmedden means that we can reach friends, neighbours or even a member of our own family within a few minutes of a call being received at the Ambulance Operations Centre.

They will despatch the nearest ambulance and contact the local First Responder. We can be on the scene in just a few minutes, thereby providing a better chance of recovery for the patient and reassurance for the relatives.

## Timing is Crucial

In 1990 Dr Richard Cummins from Seattle, US, discovered that if a series of events took place in a set of sequence, a heart attack victim has a greater chance of survival. These events are known as the **Chain of Survival**.

## Chain of Survival



**Early Access to Emergency Care** must be provided by calling 999.

**Early CPR** should be started and maintained until the early arrival of the ambulance.

**Early Defibrillation** can restart the heart function of a person with ventricular fibrillation (VF).

**Early Advance Care**, the final link can then be administered as required by Paramedics.

When each link in the chain works successfully, the chance of surviving sudden onset cardiac arrest increases greatly.

Since more than 70% of sudden cardiac arrest cases occur out of hospital it is unlikely that paramedics will be at the scene at onset.

Therefore Community First Responders with quick access to defibrillators can be a vital asset when sudden cardiac arrest strikes.

People who survive sudden cardiac arrest have an excellent prognosis: 83% survive for at least one year, and 57% survive for five years or longer. Clearly this shows early defibrillation is a key intervention in the chain of survival.

## Pitmedden First Responder scheme

- We are self funded
- We receive 2 days training by the Scottish Ambulance Service including how to operate an AED (Automatic External Defibrillator) and oxygen delivery.
- Pitmedden First Responder scheme has been running since April 2005
- Up to the end of 2012 we had attended nearly 500 incidents – 127 of those in Pitmedden itself.
- Average 6 incidents per month, 75 per year
- We fill in the 8+ minute gap that it will take an ambulance to reach the locality
- Currently have 12 volunteers (2 are based in Udny Green, 1 in Tarves, 2 work offshore).
- Only volunteer when and as often as it suits you
- Regular local training
- Costs you nothing but your time