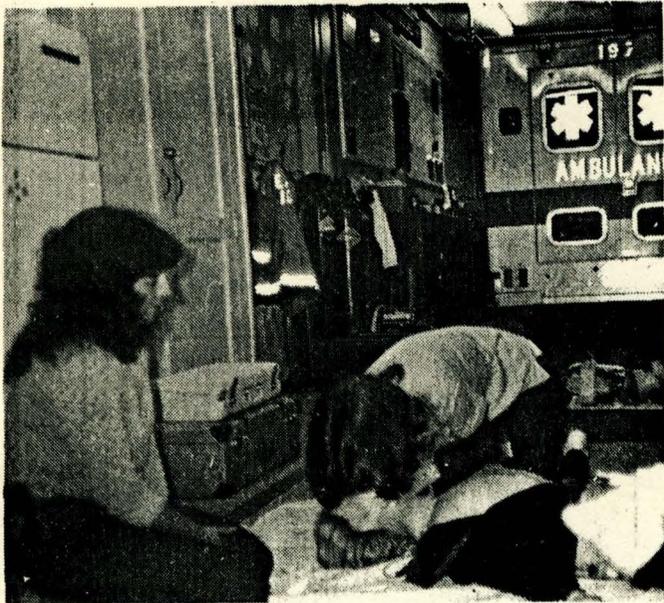


C.P.R.



Linda Trovato with Deb Shaw

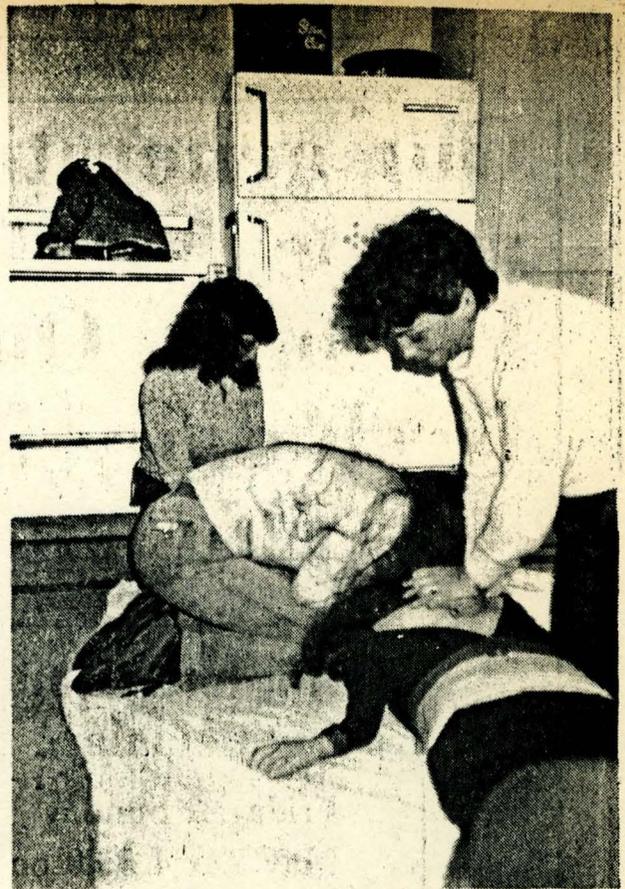
by Jan Kelly

When is the last time you renewed your CPR? Don't ask me what CPR is. Cardiopulmonary resuscitation, a practice you can use to revive a victim from death by heart attack. It is a simple breathing and pumping method performed by one or two people. The object of the exercise is to insure a flow of oxygen to the victim until professional help arrives. Many lives have been saved by this method which takes no special skills as prerequisites. Almost anybody can learn the theory and practice and perform it to the satisfaction of an examiner in three sessions of training.

The Red Cross has promoted and taught this course since 1976 and on the Cape since 1978. Phil Monahan of the Red Cross Headquarters in Hyannis is overseer of 300 Cape instructors. His star instructor is Linda Trovato of Provincetown. Phil is so proud of Linda's expertise and record that his voice goes up an octave and you wonder if he will be in need of resuscitation. Philbert Roderick and Joel Macara assisted Linda at my first training session. Their style of teaching and deliverance of information and action is so sure, you gain confidence swiftly and do not fear the possibility of putting into practice the CPR methods learned.

There are approximately 4,000 card holders on the Cape and Monahan says the count is up every year. For the annual renewal the return is excellent and at this return for recertification, there is almost always a tale of drama, heroism, and success of the use of CPR.

For years, 10 out of 12 in a class were there because



Linda Trovato, Candy Cabral, and Bette White performing 2-person CPR

they "had to" for their jobs. Lifeguards, police, and ambulance drivers must take it. But, today, Monahan says it is 7 out of 12 and the shift is almost even. Employees of health clubs, aerobic instructors, and gym operators should know CPR. If you are a member of any such group or plan to be, Monahan urges you to check the standing of the instructor's CPR knowledge. CPR is taught in Barnstable, Falmouth, and Dennis-Yarmouth High Schools as part of the curriculum. Channel 8 has done a program on the subject where Phil Monahan explained the importance and simplicity of the course. Phil also expressed his wish that more and more people would take the course. "We all have a tendency to think we will live forever, that no one in our family will be effected, but we would feel much more confident if we knew the procedure for CPR." He's right.

The course teaches CPR on an adult, on an infant and also on an adult with a stoma. It teaches the Heimlich Manouever for choking victims. Because this happens in the animated surroundings of a restaurant and is mistaken for a heart attack, it is called "Cafe Coronary." The course also teaches resuscitation to drowning victims or electric shock victims, both one man and two man methods are thoroughly taught. The course is open to all, it's free, and is taught at the Johnson Fire House—convenient to all! The booklet costs \$3.50. Linda Trovato, Phil Monahan and myself urge you to take this training. You may save someone one day and be very glad of it.