**Star of Life**

**Region V**

The World Series is on. Trey Naron, like many other people are sitting on

their couches that night watching the Cubs and Indians play. His wife, Valerie,

has just returned home from a work out at the gym and was headed to the

shower. For some reason she changed her mind and decided to go talk to

Trey for a few minutes. They were sitting together on the couch at about 9 PM

when she heard Trey sneeze or what she thought was a sneeze. She turned

toward him and saw Trey slump over. Valerie could not get Trey to

respond or awaken and he appeared to not be breathing. Frantically, she

called 911, pulled Trey off the couch onto the floor, and started chest

compressions.

Fire and EMS dispatchers Jena De Luca and Dani Hudson at Williamson

County Emergency Operations Center took the call. Seven minutes later

Williamson Medical Center EMS with Critical Care Paramedic and Field

Training Officer Michael Powers and Paramedic Daniel White arrived and

entered the house to find Valerie doing chest compressions. To Valerie’s relief

Powers and White take over the resuscitation. Jena and Dani at the

 Emergency Operations Center have also dispatched the Williamson County

Rescue Squad with First Responders Captains Steve Homrich and Chris

Phelps, engineers Joey Almon and Adam Spencer, and fire fighter John

Sympson to the Naron’s home. With the additional personnel, bag-valve mask

ventilations with 100% oxygen and chest compressions continue as Powers is

freed to take command of the resuscitation. As the cardiac monitor electrodes

are applied, a SAMPLE history is taken. That stands for **S**igns and Symptoms,

**A**llergies, **M**edications, **P**ast illnesses, **L**ast oral intake, and **E**vents leading up

to the injury or illness. Valerie tells the EMS crew that Trey has a medical

history of untreated hypertension and that he has been having palpitations for

the past week.

The initial cardiac rhythm is ventricular fibrillation and the team defibrillates

Trey with 200 joules. His heart rhythm converts to a sinus bradycardia with a

rate of 40 **and** a pulse! An IV has been placed in his right arm, and as it’s

being secured, Trey wakes up combative and scared and struggles with his

rescuers to get to his knees. Later, Danny White will say, “He was combative

because he woke up with grown men standing over him in his own home.” In

the course of the struggle, Trey has pulled off the cardiac leads and dislodged

his IV. The team is able to calm him down enough to have him sit down and

lean against the couch.

At this point, EMS Supervisor and Critical Care Paramedic David Morphis

arrives to find Trey arousable, though lethargic. IV access is re-established

as Trey’s cardiac rhythm is being re-assessed. He is now in a third new but

chaotic rhythm with a wide complex, irregular tachycardia. Morphis draws up

and gives first 6 milligrams of Adenosine and subsequently 150 milligrams of

Amiodarone is infused. There is no change in the rhythm. Trey’s heart is still

too fast and dangerously irregular, but incredibly he is awake.

Trey is transferred with assistance onto the stretcher and then into the

ambulance. Vanderbilt University Medical Center Emergency Department has

been alerted that they are en route. 20 milligrams of Cardizem is given and

the rhythm changes to a sinus rhythm with a rate of 78 with frequent PVCs

and depressed ST segments. An additional 150 milligrams of Amiodarone is

infused. By this point, Trey is still awake and alert and tells Michael that he

feels claustrophobic wearing the non-rebreather mask that was delivering his

oxygen, so the mask is swapped for a nasal cannula.

Trey now begins complaining of chest pain and is becoming more anxious.

Trey, what took you so long? I’m having chest pain just reading this. Fentanyl

Is given for the pain and Ativan for the anxiety. 324 milligrams of Aspirin is

given because of the cardiac event. Trey becomes more talkative and says he’s

feeling better. His skin color is improving and he is more relaxed, even

smiling during conversation with Powers.

While Powers radios in his report to the hospital, Trey complains of the

sudden onset of “not feeling well.” The cardiac monitor shows ventricular

tachycardia now at a rate of 190, though again Trey is still conscious. The

crew delivers synchronized cardioversion at 100 joules and the rhythm goes

 into ventricular fibrillation and Trey becomes unresponsive. CPR is started

again and Trey is defibrillated twice at 300 and 360 joules with no response.

1 mg of Epinephrine 1:10,000 is given as well as 2 grams of Magnesium.

Powers intubates Trey on the first attempt, but still unconscious Trey begins

biting down on the tube. At that moment, White is pulling into the ambulance

bay at Vanderbilt ER, so they rapidly move Trey into the emergency

department. As the transfer of care is made at the bedside, Trey’s heart

converts to a sinus rhythm with a return of spontaneous circulation.

By the time Trey had reached the hospital, his heart had changed rhythm

an incredible seven (7) times. Critical Care Paramedic Mike Powers later says,

“I gave more different drugs on this call than I have on any other call in over

20 years.”

On January 30, 2017, Trey and his family met the EMS crew and first

responders that provided his care. To paraphrase Trey at the reunion,

“Because of the care that you guys provided I’m alive and I can hold my baby

today.” Pre-hospital providers are everyday heroes, but in true EMS fashion,

they shy away from praise. When asked about the call, Danny White gave the

credit to Valerie, Trey’s wife. According to Daniel, Valerie doing compressions

until the first EMS unit arrived is “what made the difference.” For this, and

many other reasons, Trey *is* able to hold his daughter. Please join me in

honoring Williamson Medical Center EMS, Williamson County Rescue Squad,

Williamson Fire and Rescue, and Williamson County Emergency

Communications as the recipients of the 2017 Star of Life Award for Region 5.

Director Tidwell will now present to Nobel Houston Naron III his “Certificate

of Life” that reads: “It is hereby certified and solemnly attested that Trey

Naron survived a life-threatening event on November 1st, 2016. This

certificate commemorates the first day of the rest of your life.”