

## **Case study – Joe Sievier, 69, Warwickshire**



**Joe Sievier was at a public meeting in June 2011 when he collapsed with sudden cardiac arrest without any warning.**

**Thanks to the quick actions of several police officers who performed immediate CPR on him and the use of an AED Joe survived.**

**After major surgery he was fitted with an implantable cardioverter defibrillator (ICD) and has gone on to make a full recovery.**

Joe Sievier reflects on his sudden cardiac arrest with the knowledge he beat the odds.

“Quite simply, I am incredibly lucky to be here,” Joe says.

“I owe a huge debt of gratitude to the people who saved me that day, to the AED used on me to restart my heart and to the doctors

and nurses who treated and cared for me after. It really was my lucky day.”

Joe had just spoken at a public meeting on June 7th 2011 when he collapsed without warning.

“I don’t remember anything, all I have is what people have told me about what happened,” Joe says.

“The last thing I remember is watering a garden, which was actually about a week before it happened. When I woke up about seven days later I had no idea where I was or what had happened to me.”

Two retired nurses and a retired doctor who happened to be at the meeting, along with a team of local police officers who were trained in CPR, quickly got to work on Joe, whose heart was stopped for a total of 15 minutes.

The police sent a squad car out to search for an AED but one wasn’t available and it wasn’t until the ambulance crew arrived that one could be used to restart Joe’s heart.

Thankfully, he made it and an air ambulance which happened to be in the area flew him to the Queen Elizabeth Hospital in Birmingham.

“Thank God I was in the right place at the right time,” continues Joe.

“The right people were there and they saved my life. There is no question if they hadn’t been there I would not be alive today.

“I was one of the lucky ones. Particularly as there was no AED in the area and it wasn’t until the ambulance arrived that one was used on me. Many others aren’t so lucky and that has got to change. We do need these devices in public places – there when they are needed.”

Joe's family, including his wife Andrea and two daughters, Alexandra and Alice, rushed from the family home to his hospital bedside.

Surgery was performed on his heart and on the recommendation of his surgeon and consultant he had an implantable cardioverter defibrillator (ICD) fitted in July 2011.

Joe has since gone to make a full recovery.

"My heart is still monitored but other than that life is pretty much back to normal," says Joe.

"At first you are a little cautious and of course concerned that something could happen again.

"It is also a bit of a novelty knowing there is this piece of machinery inside you and you are aware of it. But that quickly wears off and you just get on with your life.

"It is incredible and reassuring to know that it is there if your heart does go out of rhythm again to kick start it back into action.

"An experience like this certainly gives you a different outlook. You don't think it will happen to you and when it does you realise how lucky you have been.

"My family were incredible throughout and the medical treatment I received from the outset at the Queen Elizabeth Hospital, in Birmingham, and right through the entire process was absolutely outstanding. I have an awful lot to be grateful for and I'm going to enjoy it now."