



Verdugo Hills
HOSPITAL

News

For Immediate Release

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**Verdugo Hills Hospital, an AHA Training Center,
Builds Confidence in Saving Lives**

(GLENDALE, CA – April 2, 2008) – According to the American Heart Association (AHA), an estimated 310,000 Americans die each year of cardiac arrest outside hospitals or in emergency rooms. As an American Heart Association Training Center, Verdugo Hills Hospital (VHH) has played an active role in helping save lives by offering cardiopulmonary resuscitation (CPR) training classes to community members and healthcare providers for more than two decades.

“We build confidence at VHH,” said Rebecca Fletcher, Coordinator of the AHA Training Center at VHH and AHA CPR instructor at the Hospital since 1990. “One of the most fascinating aspects for me is that we are teaching someone a skill that can save a life. Another satisfaction for me is the positive evaluations we get from course participants, even the nursing staff, who repeat this class every two years, say that the class is enjoyable.”

“We have students who come here from other hospitals to take our classes, and they come back because they like our classes,” said Fletcher, who is also a Regional Faculty for the AHA.

One of the biggest advantages of VHH’s Training Center is the fact that classes are held in a hospital setting. “When students come to a hospital to learn CPR, there is credibility, and our classes are user-friendly,” said Fletcher. In addition, VHH issues AHA CPR completion cards immediately upon successfully completing the training. VHH staff can also take advantage of these classes being held at no cost, on site and better insuring universal training throughout the Hospital. Healthcare Providers Completion cards must be renewed every two years.

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Since today people are living longer, there is a greater chance that individuals will experience life-and-death situations where CPR training can help save another person's life.

“When someone's heart stops beating, you have four to six minutes before brain damage can occur,” said Teri Rice, Family and Community Education Coordinator for VHH. “It is important to us that it is not just about issuing a card. They have to be comfortable in doing CPR.”

“Students leave the class with a confidence that they can perform this; this is the biggest pleasure for me,” said Fletcher. “They leave with this feeling of ‘I can do this.’”

VHH also offers Heartsaver – Automated External Defibrillator (AED) classes. These classes provide instruction for CPR skills, including adult/child one-person rescue, adult/child choking maneuvers and adult/child AED. Both Healthcare Provider New and Renewal classes are also offered, as well as Infant CPR and CPR Instructor training.

For more information about VHH's CPR courses or to register for a class, please call 818-952-2272 to make a reservation.

About the Hospital:

VHH is a 158-bed nonprofit primary care facility nestled in the foothills between Glendale and La Cañada Flintridge. The hospital features all private rooms, 24-hour emergency services, comprehensive inpatient and outpatient diagnostic and treatment facilities, and a family birthing center. It is the only independent, free-standing hospital in the greater Foothills community and was voted “Foothill's Best Hospital” for 2007 by readers of the *Glendale News-Press*. Several physicians on staff also received recognition as the best in the community, including: Dr. Scott W. Beeve, Foothills Best Ophthalmologist; Dr. Allan W. Perry, Jr., Foothills Best Plastic Surgeon; Dr. Richard L. Rupp, Foothills Best Podiatrist; Dr. William F. Schubert, Foothills Best Family Physician; Dr. Jane S. Wada, Foothills Best Dermatologist; and Dr. Ronald D. Woodard, Foothills Best Obstetrician/Gynecologist. For more information, please visit www.vhhospital.org.

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