

Kristian Keyte

Kristian Keyte, one of our adult nursing students at the Trust received a standing ovation at the Bristol Hippodrome following his successful resuscitation of a woman in the audience who went into cardiac arrest.

Kristian was a few rows behind Judith Mansfield (71) as the audience awaited the start of *The Bodyguard* starring X Factor winner Alexandra Burke when he noticed Judith's daughter looking distressed. Leaping out of his seat to come to her aid, Kristian realised Judith was not breathing and so he helped lift her on to the auditorium floor and began CPR. Kristian shares his story below.

Can you tell us what happened?

I don't really know why I noticed Mrs Mansfield; we were just waiting for the show to start but there was something that didn't seem quite right and then everything happened so quickly. I rushed over to her, could see that she was unresponsive and not breathing.

What did you do when you noticed Mrs Mansfield in distress?

With the help of others I lifted Mrs Mansfield out of her seat and on to the floor so that I could reassess her breathing. I would estimate that the time of arrest to start of resuscitation was less than a minute.

I had to perform CPR for about two to three minutes before the paramedic from St John Ambulance arrived and applied the Hippodrome defibrillator. Mrs Mansfield was shocked once, and needed a further two minutes of CPR before she regained a pulse. Her breathing was still very slow so I used the ventilation bag and mask to get her breathing again.

The ambulance crew arrived within seven to eight minutes and by that time she was awake but disorientated. I stayed with her whilst the ambulance continued to assess and monitor her condition.

How does it feel to be a hero?

This is just part of what we do as nurses. I just happened to be in the right place at the right time. I have been in touch with Mrs Mansfield's family since the show and I'm really pleased to say that she is doing well.

Should nurses get more recognition for their effort and dedication?

Obviously, my story is an extreme example, but nursing staff make a real difference every day. International Nurses' Day and the trust are doing some great work shining a spotlight on nurses and celebrating the care they provide to people's families.

Kristian Keyte is a student nurses at Weston Area Health NHS Trust.

Judith's daughter Beverley Bishop said, "The entire family - my dad, sister, three grandchildren and sons-in-law - are eternally grateful to Kristian and everyone else who helped, including St John Ambulance, who were on hand, and the ambulance crew. It could have been a very different story."

"Everyone at the Trust very proud of Kristian who obviously knew exactly what needed to be done at a critical moment. He has saved Judith's life" – Helen Richardson, Director of Nursing at Weston Area Health NHS Trust