



in the news

13/12/07

Too many energy drinks cause arrest

It's not often that paramedics present a fit looking healthy 28 year old male with a Zoll watch following a cardiac arrest but paramedics involved in the care of Matthew Penboss recently reunited to present him with a watch and remind him how lucky he is to be alive.

Matthew's survival involved a significant team effort involving Wauchope, Port Macquarie and Kempsey paramedics Peter Baker, Grey Lye, Terry Moore, Christian Gibbs and Lisa Mackay.

Matthew collapsed at the motorcycle grounds in Port Macquarie after riding in a motor cross event at the Hasting Valley Raceway. Off duty Paramedic Lisa Mackay from Kempsey Station was on scene within minutes and found him in cardiac arrest.

Paramedics Peter Baker and Greg Lye were the first on duty officers to arrive on scene and were closely followed by Terry Moore and Christian Gibbs.

The quick thinking and on scene treatment meant that the on duty officers were able to immediately administer two DC shocks and, when combined with further drug therapy, a viable output was reached and the patient began spontaneous respirations.



Photo: Paramedics Greg Lye (left) and Peter Baker presented Matthew Penboss with a Zoll watch after surviving a cardiac arrest.

He was transported to Port Macquarie Hospital in a critical condition and then flown by Ambulance Emergency Medical Helicopter to John Hunter Hospital in Newcastle.

The patient has since made a full recovery and doctors have contributed his arrest to the over consumption of energy drinks. Matthew had apparently consumed eight energy drinks during the previous five hours of the competition.

His story appeared in several newspapers to educate the public about the dangers of drinking excessive amounts of energy drinks containing stimulants.

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