So, my husband and I were out shopping in our local town, and I saw a man lying on the ground. He was just a stranger, not someone I knew, and his wife was there, standing by him. And I used to be a nurse in the ER, so I went straight up to him to see if I could help. He was a little blue, I felt his pulse and he didn't have a pulse, so I thought he was probably having a heart attack. I felt calm because I knew what to do - um, I started doing cardiac massage, you know, putting your hand on the chest and pressing down fast and at regular intervals, and my husband talked to the man's wife, he took her to one side to calm her down, because obviously she was in shock. I kept going until the ambulance turned up and the man was still alive then, and they took him to the hospital. I was really happy that I could do something.

*Então, meu marido e eu estávamos fazendo compras na nossa cidade quando vi um homem deitado no chão. Ele era apenas um estranho, alguém que eu não conhecia, e sua esposa estava ali, ao lado dele. Eu costumava ser enfermeira na emergência, então fui direto até ele para ver se podia ajudar. Ele estava um pouco azul, senti seu pulso e ele não tinha pulso, então achei que provavelmente estava tendo um ataque cardíaco. Eu me senti calma porque sabia o que fazer – comecei a fazer massagem cardíaca, sabe, colocando as mãos no peito e pressionando rapidamente e em intervalos regulares. Meu marido conversou com a esposa do homem, levou-a para o lado para acalmá-la, porque obviamente ela estava em choque. Continuei até a ambulância chegar, e o homem ainda estava vivo naquele momento. Eles o levaram para o hospital. Fiquei muito feliz por poder fazer algo.*