



**ACT**  
Government



## Media Release

# Daddy home for Christmas after heart attack

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A Nicholls father-of-two has met the intensive care paramedics who resuscitated him after his heart had stopped.

On Monday, November 4, 2013, Jo Fountain called Emergency Triple Zero (000) when her husband Kurt complained of sore shoulders following golf practise.

“I knew something wasn’t right, however, never in my wildest dreams would I have ever though Kurt was having a heart attack because I didn’t really understand the signs,” Mrs Fountain said.

Two ACT Ambulance Service crews responded and minutes after they arrived, Mr Fountain suffered a full cardiac arrest – he became unconscious, stopped breathing and his heart stopped.

The intensive care paramedics successfully resuscitated the forty-one-year-old at the scene and transported him to the Canberra Hospital in a critical condition. Weeks later, Mr Fountain is recovering at home with his family.

“If it wasn’t for the most amazing job that the four ambulance officers did, Kurt would not be here to share a life with us and the girls are so happy that Daddy is home,” Mrs Fountain said.

ACT Ambulance Service Chief Officer David Foot said Kurt’s experience provides a timely reminder for everyone to learn to understand the warning signs of a potential heart attack.

“In this case, early action by Jo in ringing Emergency Triple Zero (000) proved to be a life saving decision,” he said.

“It is always important to remember that the symptoms of heart attack can vary from person to person. Some people may not experience any chest pain at all however they may experience pain or discomfort in other areas of their upper body.

“The clear message to our community remains that if you are worried, don’t hesitate, and ring Emergency Triple Zero (000) without delay.”