



CPO Saves Her Nephew

By Loren Barnes,
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When MSC(SW) Jennifer Littles learned cardiopulmonary resuscitation aboard USS *Yosemite* (AD 19) back in 1987, she never dreamed she one day would use it to save the life of a nephew. That's what hap-

gathered for the festivities, including a barbecue, volleyball and other games. Everyone was having a great time, especially several youngsters who were engaged in some horseplay in the pool. As Chief Littles was walking by them with a tray of food, however, someone noticed that her 20-year-old nephew, Walter, was floating facedown under the surface and wasn't moving. At first, everyone thought he just was playing dead, but when he didn't react to prodding, they realized the situation was serious.

They quickly pulled Walter out of the pool, and Chief Littles rushed over to learn he wasn't breathing and didn't have a pulse. She had one cousin call 911, while two others joined her in administering CPR. She did the breathing part, and the cousins gave chest compressions. "I was praying the whole time I did CPR," she said. "After a couple of cycles, he coughed up water and came around, then went into shock. We wrapped him

in a blanket, and I kept talking softly to him, saying, 'Breathe, please breathe, Walter.'"

When the paramedics arrived, they quickly tested to see if Walter was coherent. Then they stabilized and took him to a hospital for further tests, including an EKG, blood gases, and X-rays. He still had some water in his lungs, so the doctors kept him overnight for observation.

Walter later said he was very thankful to all of his rescuers and to God for letting him live. He said he had been playing so long in the deep end of the pool and had gotten so tired he just couldn't keep himself afloat or reach the side before he went under. "This case demonstrates the importance of someone keeping an eye on swimmers, even if they're adults and are capable swimmers," said Chief Littles. "The incident also drives home the value of CPR training."

Chief Littles worked as a respiratory therapist before she and her husband, James, entered the Navy together 15 years ago. In that role, she had medical training and even had faced life-and-death situations before. This, however, was the first time she ever had pressed her skills into action outside the workplace.

Having a caring heart is nothing new for Chief Littles. She has volunteered for many activities, both on and off the job. Her nephew is fortunate she not only has a caring heart but also has the practical knowledge to put her caring into action. ■

Chief Littles is assigned to NAS Jacksonville.



Navy photo by Loren Barnes

MSC(SW) Jennifer Littles

pened, though, one Fourth of July weekend, during a family reunion in Waldo, Fla.

About 100 relatives had