

## Life-Saving Experience

In this essay, I would like to narrate a story that occurred with me and my friend when we were visiting a large shopping mall. It was the weekends, and our meeting in the café was planned in advance, but my friend suggested that we can go to the mall as she needed a new dress. I agreed with her and arrived a little earlier than it was arranged. I took a seat on the bench near the mall, sipping my cappuccino and looking around while waiting for my friend. The next 20 minutes were one of the most stressful and important in my life as I significantly contributed to saving a human life.

I noticed that a woman sitting on another bench looked strange, her movements were inhibited, and it seemed like she was about to fall. I came to her and asked if I could help, but the woman could not answer as her speech was slurred. Nevertheless, she was looking at me and trying to say something. Her face looked asymmetrical, and she apparently felt difficulties with focusing her sight. At this moment, I remembered that her state contained the symptoms of a stroke. I knew that this condition is an acute disorder of cerebral circulation. It occurs when the blood vessels in the brain are blocked or ruptured.

There are certain symptoms by which one can assume the pathology of stroke. When they appear, one needs to immediately call an ambulance as there are only 3-4 hours to save a person. First of all, I asked the woman to try to close her eyes tightly, but her facial muscles were not contracting, and significant asymmetry of the face remained. After that, I asked her to repeat a simple phrase and noted the problems in understanding what she tried to pronounce. My friend came at this point and said that another stroke symptom is the decreased strength in the limbs. When we examined the woman to raise her hands above and try to keep them in this position within one or a few seconds, her right hand began to lower rapidly. All of the symptoms were

present, and we immediately called an ambulance team! The earlier you seek medical help, the sooner treatment of acute stroke will begin, which can significantly reduce the severity of neurological deficits and help avoid significant disability after a stroke.

I asked an ambulance member about the hospital they were to bring her for further assistance. Therefore, we were able to know about her further health. Several hours after this event, I called the hospital's reception and learned that this woman had a stroke, but her condition was stabilized due to timely help. I know that I did not do something great, and there were other people, who also tried to help. However, I consider that the attentiveness and responsiveness to people around us fundamental to achieving a healthy society.

By telling this story, I would like to emphasize that we all need help sometimes, and we never know where and how it would happen. Therefore, it is important to share basic information about stroke symptoms, while the awareness of heart attack or epilepsy symptoms can also be necessary. As a future nurse, I strongly believe that my mission is to share knowledge and save human lives.