

#### Va. Democrats Prevail In Wild Opening Session

Speaker Reelected Amid GOP Catcalls

toon omeans to speed up their wote-verification process, the new delegates won't officially be seated until Friday. That didn't stop Republicans from trying to seat the new dele-See VERGINIA, A16, Col. 1



Sen. Larry Young, center, with Elaine Simon and the R

#### Move to Expel Young Tops Maryland Senate Agenda

### Internal R.J. Reynolds Documents Detail Cigarette Marketing Aimed at Children

RS Reynolds

OUR TWO MAJOR BRANDS, WINSTON AND SALEM, SHOW COMPARATIVE WEAKNESS AGAINST MARLBORD AND KOOL AMONG THESE YOUNGER SMOKERS. WINSTON IS AT 141 IN THE 14-24 AGE GROUP VERSUS MARLBORD AT 33%. SALEM IS AT 9% VERSUS KDOL AT 17%, AGAIN, OUR BRANCS SHOW COMPETITIVE STRENGTH IN THE 25 AND OLDER AGE GROUPS,

THIS SUGGESTS SLOW MARKET SHARE EROSION FOR US IN THE YEARS TO COME UNLESS THE STITUATION IS CORRECTED.

See TOBACCO, A18, Col. 1

#### Labor Secretary Is Probed by Justice Dept.

Businessman Alleges Herman Sold Clout

Visa Fraud Ring

- Hundreds of foreign to
write brought into the



#### Cardiac Arrest in the Air —Without the Tools to Cope

Emergencies Raise Issue of Airline Preparedness

"Is there a doctor on board?"
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#### Suharto Acts To Restore Confidence

Indonesian Leader, IMF Agree on Reform Plan

#### INSIDE From Austin, Regards for D.C. Administrator

Admirers Praise Manager's Texas Legacy, but Others Raise Flags



## Airline Medical Kits Called Inadequate as In-Flight Emergencies Rise

EMERGENCIES, From A1

yesterday that its planes are equipped with the medical emergency equipment required by the Federal Aviation Administration and that its crew followed all procedures correctly.

Reported medical emergencies aboard U.S. airliners have increased almost tenfold in less than a decade, from about three per day during the late 1980s to 29 per day in 1996, according to new data collected by the Air Transport Association.

Yet federal rules for medical equipment on large passenger airplanes have not been revised since 1986. Flight attendants are not required to be trained in basic rescue procedures such as CPR. Airlines are not even required to report medical emergencies to the FAA.

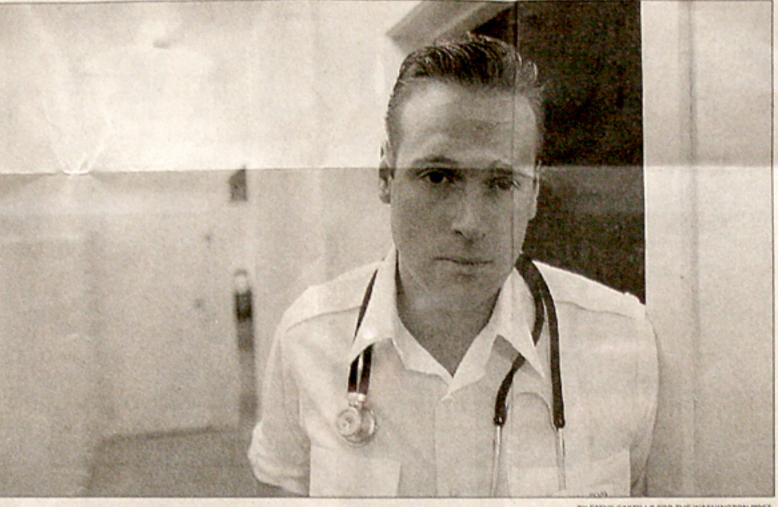
"I would say that the majority of airlines do not train their people," said James M. Atkins, a professor of internal medicine at the University of Texas Southwestern.

At a congressional hearing last May, representatives of medical organizations, a flight attendants group and members of the public urged the FAA to revise the list of standard medical equipment, to require more extensive medical training for flight attendants and to consider requiring that airliners making long or over-water flights carry defibrillators-devices that can automatically administer an electric shock to a person whose heart has stopped. Some have also asked Congress to enact a "good Samaritan" law that would protect doctors and others from being sued after trying to treat a sick or injured person during a flight.

American Airlines began carrying defibrillators on its over-water flights last July. On Tuesday, three weeks after Royal's death, Delta announced plans to put defibrillators and an expanded medical kit on all flights starting this summer. American has said it will provide defibrillators and expanded medical kits on all flights by next

The medical kit on Knight's flight last month contained the standard items specified by the 1986 rule. They include a stethoscope, an instrument for measuring blood pressure, needles and syringes, and plastic tubes that can be placed in the mouth to keep the tongue down, as well as a handful of drugs to treat chest pain, low blood sugar, asthma and allergic reactions.

But the plane had no defibrillator, which offers the best chance of saving someone whose heart has stopped. In the absence of one, Knight looked for



BY STEVE CASTILLO FOR THE WASHINGTON POST

Douglas Novak, a San Francisco paramedic, assisted surgeon John Knight in efforts to resuscitate a fellow passenger.

a breathing tube to administer oxygen. "The problem is, if you're going to give mouth-to-mouth [resuscitation] too long, they're going to regurgitate," he explained. A breathing tube would prevent the patient from choking.

"If they're going to call a doctor to come forward but not equip him with the right stuff," Knight said, "why call the doctor?"

Many foreign airlines provide more extensive medical kits than U.S. carriers, and several—including Qantas, Virgin Atlantic and Air Zimbabwe—carry defibrillators. Earlier this month, a Virgin Atlantic passenger became the first person to be successfully defibrillated in U.S. airspace.

The medical kit now required by the FAA "is pretty minimal," said David K. McKenas, American Airlines' corporate medical director, explaining why the company decided to add small, portable defibrillators on over-water flights. "For American Airlines, we saw that we just did not carry the medical equipment we needed for what we were seeing."

The new report by the Air Transport Association indicates that medical emergencies on airliners have become much more common in recent years. Some experts have suggested the trend may be caused by a general increase in air travel, the aging of the population, and more frequent travel by people with chronic

illnesses and disabilities. The new information comes from nine member airlines—representing 90 percent of the U.S. passenger market—that collected data on in-flight medical emergencies during 1996.

There were 10,471 emergencies reported, an average of 29 per day. Heart disease accounted for 1,020 of those. And while fainting, injuries and breathing problems were more prevalent, heart disease was the most frequent category of emergency severe enough to divert a flight.

The report contains no information on how many people die during medical emergencies on U.S. airline flights. "Nobody really knows that," said Jon L. Jordan, the FAA's federal air surgeon. A passenger who dies during a flight is not officially pronounced dead until arrival at a hospital or a coroner's office, and airlines are not required to obtain follow-up information on medical emergencies or report them to the FAA, he said.

Lashann Royal had been feeling tired for several weeks before the Delta flight, her family later told the medical examiner investigating her death. Six feet tall and lanky, Royal was a former high school basketball player who worked as a secretary. A fellow passenger told the medical examiner that shortly after boarding the plane in Atlanta, she went to sleep.

It wasn't until the woman sitting beside Royal tried to awaken her, about a half-hour before the plane was scheduled to land, that anyone realized something was wrong and called for a physician.

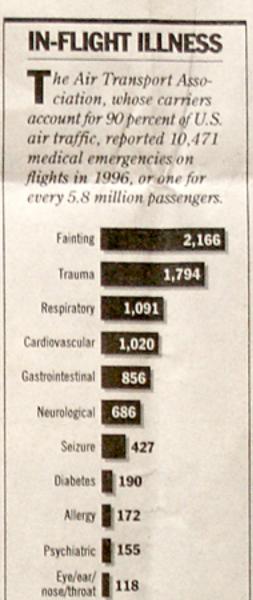
Knight said he waited for about five minutes, then got up and asked some flight attendants standing at the front of the first-class cabin whether they had found a doctor. They had not, and only then did they lead him to Royal, who was lying in the aisle attended only by a fellow passenger. No one was administering CPR.

Delta Air Lines said in its statement that its flight attendants are routinely taught CPR as part of their initial training but that annual recurrent training only addresses basic first aid.

Douglas Novak, a San Francisco man who had just completed a training course as a paramedic, saw Knight hurry into the economy-class cabin. Peering down the aisle, he saw another passenger about to press on the unconscious woman's chest—but from the wrong position.

"It looked like he was going to start compressing the liver," Novak recalled. "It scared the hell out of me, so I ran over there and got him out of the way."

As the two men's families and other passengers watched in fascinated horror, Novak knelt at Royal's side and pumped on her chest while Knight blew air into her lungs after every five chest compressions. Between



THE WASHINGTON PO

breaths, Knight called for the plane's medical kit.

Unspecified

A flight attendant brought out a box bearing a notice that said "To be opened only by a doctor." Knight tore off the seal with his teeth but didn't find what he was looking for.

"What she really needed . . . [was] a tube down her airway" to administer oxygen and protect her from choking, Knight said.

Sure enough, after a few more breaths, vomit filled the woman's mouth and partially obstructed her airway. Knight tried to clear her throat, spat the vomit from his own mouth and kept giving her breaths. "It was just fighting an endless battle," he recalled.

Knight and Novak kept up their efforts until the plane landed and Miami paramedics took over. But Royal was declared dead on arrival at a Miami hospital. Her family declined to be interviewed for this article, saying they were still in shock over her death.

Initially, Knight was worried that Royal might have been infected with hepatitis or the human immunodeficiency virus, which causes AIDS.

"I'm thinking, did she die of a drug

overdose?" he said. "I was fearing the worst."

Royal tested negative for HIV and hepatitis viruses. Other tests found no evidence of alcohol or drugs—no cocaine, no amphetamines, no chemical reason for her heart to have stopped.

The only explanation for her death that doctors have identified so far is a relatively minor heart abnormality: mitral valve prolapse. In this condition—common in young women—the delicate flaps of the mitral valve, which separates the upper and lower chambers on the left side of the heart, are somewhat more mobile and "floppy" than usual. Most people with mitral valve prolapse have no symptoms. Some have episodes of chest pain or irregular heartbeat. On rare occasions, the condition causes sudden death.

Roger Mittleman, the chief medical examiner for Miami and Dade County, said Royal apparently died from natural causes. Pathologists are studying the conduction system of her heart, the specialized cells that carry electrical signals that coordinate the heartbeat. If no further abnormalities are found, he added, the medical examiner's office will probably ascribe the death to cardiac arrest associated with mitral valve prolapse.

Jordan, the federal air surgeon for the FAA, said that when the current rules for the in-flight medical kit were drawn up more than a decade ago, the agency proposed including more drugs and medical equipment. But he said some medical groups "cautioned us against putting a lot of sophisticated equipment or medications on board aircraft" and warned that some drugs and devices, in inexperienced hands, "could do more damage than good."

Jordan said the FAA is analyzing a new set of data on in-flight medical emergencies and has not yet decided whether to propose new rules on medical equipment.

Knight said he is encouraged by Delta's decision this week to provide defibrillators and expand its medical kit, but he thinks the FAA ought to require CPR training for all flight attendants and better medical kits on all airlines.

"This has changed my life," Knight said. "Every night since then, I have relived this. I'm not the sort of person to have nightmares, normally. You go through your training, you see people die all the time. But in a hospital, you slept at the end of the day because you knew that you had done everything you could have done. In this case, it's not that way."



BY JOE STEFANCHIK FOR THE WASHINGTON POST

John Knight, a surgeon from Shreveport, La., says he lacked the proper emergency medical equipment to aid fellow passenger Lashann Royal.

# Cardiac Arrest in the Air —Without the Tools to Cope

## Emergencies Raise Issue of Airline Preparedness

By Susan Okie Washington Post Staff Writer

"Is there a doctor on board?"

John Knight, a surgeon from

Shreveport, La., was on the first

leg of a vacation with his family on Dec. 22 when the plane's intercom delivered that terse question. Thus began the worst

medical experience of his life.

For the next 25 minutes, as the plane descended to Miami, Knight and a fellow passenger—a newly trained paramedic who had never before treated a patient—knelt in the aisle and tried desperately to resuscitate a 25-year-old woman, Lashann Royal of Deerfield Beach, Fla., who had suffered cardiac arrest.

But when Knight tore open the

medical kit that the Delta flight attendants handed him, he found a stethoscope and syringes but not the equipment he needed most: a breathing tube and a device to pump oxygen into the lungs. Despite continuous cardiopulmonary resuscitation, the two men failed to revive the young woman. She was declared dead when the plane landed.

"The thing that's been so hard about this for me—I watched a 25-year-old girl die, essentially drown, with what I think is the ability to have made a difference," said Knight. "And I did not

have the equipment."

Delta Air Lines, which carries more passengers than any other U.S. airline, said in a statement

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