

MIKE STEINBORN St. Mary's Hospice Services

As a respiratory therapist, cardiac rehabilitation coordinator, and hospice nurse, Mike Steinborn has dedicated his career to caring for others and improving their quality of life. But on a flight from Dallas to Atlanta, Steinborn did more than just improve a patient's life – he saved his life. About 45 minutes before Steinborn and his family were to land in Atlanta, an elderly man seated a row ahead of them suddenly stiffened and turned blue. Rushing to his aid, Steinborn found that the man had no pulse. In the cramped quarters of the cabin galley, he knelt beside the man, making several attempts to jump-start the man's heart with the aircraft's Automatic External Defibrillator (AED). The AED showed the patient was in ventricular fibrillation, a condition that is nearly always fatal if not converted to a normal rhythm. After four attempts, Steinborn stabilized the man's heart functions and worked to calm the other passengers. Even though his selfless act contributed to a serious medical condition of his own – a retinal detachment and emergency eye surgery – Steinborn would not hesitate to assist in another emergency.



Mike Steinborn saved the life of a man on an airplane.