

## A Soul “in arrest”

Cardio-pulmonary resuscitation (CPR) is important to save lives in critical conditions both inside and outside the hospitals. Physicians world over are being trained for better care at the time of cardiac arrest. From airway-breathing-circulation (A-B-C) to compression-airway-breathing (C-A-B), CPR has come a long way, strengthened by modern technology and pharmacology. At least all medical undergraduates should be given Basic life support (BLS) and Advanced cardiac life support (ACLS) training before internship completion. After attending BLS and ACLS training, I penned the following poem imagining what might be going through inside (at the soul level) a person who is being provided CPR. I for a moment thought, what if I was being provided CPR one day. The following will be perhaps the words of a soul “in arrest.”

*O lord,  
Bless them with the power,  
To push hard and to push fast,  
Give them thy wisdom,  
To provide “just enough” air into me,*

*O lord,  
Bless them with the eyes to see,  
The obstacles that blocked my path,  
Bless them with the ability to recognize  
the heart rhythm that toppled me,*

*O Lord,  
I can't wait to see them,  
who help me this day,  
Bless them with the love for each other,  
'Cause together, they work today upon me*

*O Lord,  
give them thy strength  
To accept their weaknesses,  
Give them the light, to remove the darkness  
From the facts still unknown to them,*

*My lord,  
If I go to heaven, let it be  
But tell my family, they tried their best,  
To the best of their ability and availability,  
Wisely, confidently and passionately.*

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### Editor's Note

Readers are welcome to submit to *Indian Pediatrics* their experiences – related to Pediatrics or Pediatric Fraternity – under this section. The write-up (maximum 1000 words) should have a touch of humor; its academic correlation and educational value is desirable. Please submit at our online manuscript submission website [www.editorialmanager.com/inpe](http://www.editorialmanager.com/inpe).