

Home Sweet Home: **Home Health Aide's Quick Thinking Saves Client's Life**



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[Home Sweet Home](#) is a feature appearing Mondays in McKnight's Home Care Daily Pulse. The story focuses on a heartwarming, entertaining or quirky happening affecting the world of home care.

When he arrived in the United States, Desmond Asare knew he wanted to work in healthcare. After migrating from Ghana about a year ago, he found entry into the field in the form of a home health aide job with [VNS Health](#) in New York City. Given the break from his background in sociology and economics, he sensed his new career path would provide fulfillment.

"I have this passion for the health industry and helping people so when I moved here I told myself, 'How do I get into this field?'" Asare told *McKnight's Home Care Daily Pulse*. "I have hopes and dreams of becoming a nurse one day."

Little did he know he would put his training to the test almost immediately. When his client had a cardiac episode last December in the shower, Asare's swift actions assured his survival.

"If I'm being honest, I didn't know what's happening. I told myself do what you have to do. He can't just lose his life," Asare said. "I thought it was a heart attack so I tried to lower him down. After chest compressions, I realized his eyes opened again and he started breathing slowly. I continued until he regained full consciousness."

Asare revived his client via CPR and paramedics safely transported him to the hospital within the span of 10 minutes.

Asare's heroism was an example of preparation meeting opportunity. His VNS Health training and after-hours education gave him the tools he needed for that crucial moment. Asare tries to soak up as much knowledge as he can wherever he can find it.



"I watch videos from YouTube after work trying to educate myself," said Asare. "I watched how to perform CPR before [the incident] happened. I want to create this career path for myself and hopefully I can enroll in school and start nursing training."

The incident solidified Asare's already-strong bond with his client as well as the client's family. What started as a traumatic experience evolved into a beautiful friendship.

"We've gotten so close, the whole family too. [His] wife recently told me with the other aides, he doesn't really respond to services as much compared to me," said Asare. "I'm the only aide he [fully] trusts; he doesn't make it difficult for me. He goes with the flow."

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