

# The premiere of a special MV: *The Embrace of Heimlich*

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Received: 27 June 2016; Accepted: 17 July 2016; Published: 06 January 2017.

doi: 10.21037/jphe.2016.12.05

View this article at: <http://dx.doi.org/10.21037/jphe.2016.12.05>

In June 22, 2016, the premiere of a special MV was held in the meeting room of the clinic building in Jiangsu Province Hospital, China. The MV was for the new emergency science song *The Embrace of Heimlich*, which was created by the science talent group of the hospital—Dr. Yan Chen and Dr. Chao Qin (*Figure 1*).

The song presented the great academic friendship between two medical experts from different counties: Prof. Yitang Wang (China) and Prof. Henry Heimlich (USA). Prof. Wang is one of the founders of the Emergency Department in Jiangsu Province Hospital. He has made tremendous contributions to the development of the emergency medicine of China. Prof. Heimlich is a famous doctor who first described Heimlich Maneuver, a first aid procedure used to treat upper airway obstructions (or choking) by foreign objects. He once came to help China during the Anti-Japanese War Period. When they two met in America in 1980s, they became good friends of each other. During their further talk, Prof. Heimlich shared with Prof. Wang the stories during his creation process. After Prof. Wang returned to China, he devoted himself to China's emergency medicine, making Heimlich Maneuver spreading broadly.

Dr. Chen and Dr. Qin have been dedicated to popularising science for years. After their first popular song about first-ten-minute aid after accidents *Platinum Ten Minutes* (*Figure 2*), they are thinking about doing another song to promote Heimlich Maneuver, which is very important for treating upper airway obstructions by foreign objects. Inspired by the two Professors' moving story, they then created the song *The Embrace of Heimlich*. By making the song and the MV, they hope not the doctors but also the patients could learn and do this procedure in urgent occasions. Let the embrace help!



**Figure 1** The MV of *The Embrace of Heimlich* (1). Available online: <http://www.asvide.com/articles/1054>



**Figure 2** MV for *Platinum Ten Minutes* (2). Available online: <http://www.asvide.com/articles/1055>

Dr. Chen is now serving on the Editorial Board of the journal *Journal of Public Health and Emergency (JPHE)*, which is a newly-launched, open access, peer review online journal. We also hope to have more important contributions

from Dr. Chen to the journal *JPHHE*, together to make it a robust platform for investigators/practitioners worldwide.

## Acknowledgments

*Funding:* None.

## Footnote

*Provenance and Peer Review:* This article was commissioned by the editorial office, *Journal of Public Health and Emergency*. The article did not undergo external peer review.

*Conflicts of Interest:* The author has completed the ICMJE uniform disclosure form (available at <http://dx.doi.org/10.21037/jphe.2016.12.05>). Molly J. Wang reports that she is a full-time employee of AME publishing company (publisher of the journal).

doi: 10.21037/jphe.2016.12.05

**Cite this article as:** Wang MJ. The premiere of a special MV: *The Embrace of Heimlich*. *J Public Health Emerg* 2017;1:10.

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## The Embrace of Heimlich

Many years ago you came to China no matter the danger, difficulties and fire.

You saved lives with your first-aid knowledge and have become our good friends.

You went back to your hometown after the war and continued to engage in emergency.

Your heart ached for too many lives dying from FBAO (Foreign Body Airway Obstruction).

You designed the emergency procedure through deliberation and relentless efforts.

And then tried your best to tell everyone: only in this way can we save the patients.

At that time I came to the United States and met you in the emergency room.

You took me to save patients and taught this maneuver to me.

Please don't slap back, don't dig with finger, which will make the airway foreign body become deeper.

Make a fist and place it against two centimetre above the navel (upper abdomen), grasp the fist with the other hand, and quickly press into five times.

If it is an infant, do not panic.

Roll the victim over, so that the head is face down. Prop one hand on the back of the head and the other wedged on the chin.

Place the head at a forty-five degree angle with respect to your leg, and slap the back with the bottom of your palm until the foreign object is coughed out.

After I returned to China, I not only saved many children from food aspiration, but also taught this technique to save more and more emergency patients.

People named this maneuver after your name afterwards.

This is the Heimlich maneuver.

Follow me to do it again.

Please don't slap back, don't dig with finger, which will make the airway foreign body become deeper.

Make a fist and place it against two centimetre above the navel (upper abdomen), grasp the fist with the other hand, and quickly press into five times.

If it is an infant, do not panic.

Roll the victim over, so that the head is face down. Prop one hand on the back of the head, and the other wedged on the chin.

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Place the head at a forty-five degree angle with respect to your leg, and slap the back with the bottom of your palm until the foreign object is coughed out.

Many years later, Heimlich maneuver have helped us save more than 100 thousand lives.

Many years later, we will still keep on spreading it.

The embrace of Heimlich will be inherited continuously.

The embrace of Heimlich will be inherited continuously!