



Pictured L-R: NCOA President Paul Kingsbury, Mrs. Susan Fisher, David Fisher, IT1 Justin Osborne, Sarah Osborne, Mrs. Brooke Villano from Veterans Lending Group, and NCOA Chairman of the Board Terry Haines.

The 2022 NCOA Navy Vanguard Award, sponsored by Veterans Lending Group, was presented to Petty Officer First Class Justin S. Osborne in honor and memory of Medal of Honor recipient Machinist Mate First Class Robert R. Scott.

Petty Officer First Class Justin Osborne, an information systems technician assigned to U.S. Fleet Cyber Command/U.S. 10th Fleet, and a native of Mountain View, California, saved the life of a friend who suffered cardiac arrest while playing in a basketball game at a local elementary school on October 27th.

Osborne's team took the floor and started playing basketball at Candlewood Elementary School, as they did every week. Shortly after the game began, Osborne knocked a pass out of bounds and that's when a member of the team sitting on the sideline pointed out Osborne's friend David Fisher was uncharacteristically snoring.

The whole group looked at Fisher when he did not respond to any of his teammates' jests. "He was staring into the distance with his eyes wide open and wasn't responding to our comments," said Osborne.

Osborne immediately rushed over and checked for vitals. He determined that his friend wasn't breathing and also couldn't detect a pulse. "I directed someone to call 911," said Osborne. "I asked the guys around me to help me move him away from the wall. I screamed out, 'Does anyone else know CPR?' Out of the 17 people present in the building, I was the only one trained to administer CPR."

Osborne started chest compressions at 7:21 p.m. Under Osborne's instruction a member of the team retrieved a CPR mask from his bag and provided lifesaving breathing while Osborne performed chest compressions.

"I could tell my group of friends surrounding me were all in shock, panicked, and confused," said Osborne. "Since I was the only one who knew how to deliver chest compressions, I knew that I couldn't stop."

Osborne did not stop and each member of the team chipped in. Osborne instructed the group to open the gym doors and to post someone in front of the school to direct the paramedics when they arrived. He sent volunteers to look for an Automated External Defibrillator (AED). Another person retrieved the friend's Identification and called his wife to obtain important medical information for the paramedics.

"I was doing all of this while performing chest compressions and relaying information to dispatch," said Osborne. Osborne said it was a team effort to save their friend's life.

Gaithersburg Washington Grove Volunteer Fire Department Station 28 came on scene at approximately 7:33 p.m. The paramedics were able to restart the patient's heart using a defibrillator. Osborne's friend was then transported to Adventist HealthCare Shady Grove Medical Center in Gaithersburg, MD, where therapeutic hypothermia, a type of treatment used to lower the core body temperature after a cardiac arrest to reduce brain damage resulting from inadequate oxygen levels, was initiated.

Fisher's core temperature was slowly raised back to normal 48 hours later and he was awakened. A cardiac stress test was performed and clogged arteries were discovered. A triple bypass was performed a week later.

Today, Fisher is expected to make a full recovery. Osborne credits his military training, "As sailors, we rely on each other while we are out to sea or out in the field," said Osborne. "We owe it to our shipmates and our community to continue to receive continuous training until it becomes muscle memory since you never know when you could be in a position to save a life."

The quick reaction and determination to save his friend's life reflected credit upon himself and upheld the highest traditions of the United State Naval Service.



Pictured L-R: NCOA President Paul Kingsbury, IT1 Justin Osborne, representing the 15th Master Chief Petty Officer of the Navy Russell L. Smith, Fleet Master Chief Delbert Terrell, Jr., and NCOA Chairman of the Board Terry Haines.