

Healers 2024 - Mackenzie Kelso

Audio	Video
<p>[Music]</p>	<p>An Evening for Healers logo over purplish moving starfield. Text: celebrating heroes, healers, and hope</p>
<p>[Mackenzie] So I was born in Boise, Idaho.</p>	<p>Photo of smiling teenager with long brown hair with blond highlights</p>
<p>I was raised there for a couple of years, and then we moved down to the Western slopes of Colorado.</p>	<p>Young woman with shoulder length, dark curly hair with blond highlights, wearing a square necked blouse with vertical stripes of dark and light blues. Text: Mackenzie Kelso Patient</p>
<p>[Julie] Mackenzie played baseball, basketball, soccer.</p>	<p>Woman with white blonde, shoulder length hair wearing a sleeveless black blouse Text: Julie Kelso Mackenzie's Mother</p>
<p>Soccer was her passion.</p> <p>[Music]</p>	<p>Photo montage: pre-teen Mackenzie stopping a shot in goal, teenage Mackenzie kicking ball out of goal, College age Mackenzie posing in Louisiana Tech locker room in full Louisiana Tech kit</p>
<p>[Mackenzie] I am a competitive soccer player on the Louisiana Tech Division one soccer team, so soccer is a really big part of my life. This just felt like home. I love the coaches. I love the girls that I stayed with. That just felt like a good community.</p>	<p>Montage of Mackenzie in goal during practice, team stretching, arial shot of Ruston Louisiana, Louisiana Tech campus, soccer team on practicing on the pitch</p>
<p>[Brian] Mackenzie is the nicest, kindest, most loving person you've ever met.</p>	<p>Mackenzie practicing in goal</p>
<p>Until there's any type of competition to be had and she's playing to win every day, all day.</p>	<p>Man with a high forehead and close cropped dark hair wearing a maroon polo shirt Text: Brian Kelso Mackenzie's father</p>

Audio	Video
<p>[Julie] Typically with NCAA schools, they have a start date. Well, a lot of the schools have their girls come down early and start training with captains and captains led training just so they can get a jump on the season.</p>	<p>Montage of soccer team practicing, featuring Mackenzie in the group</p>
<p>[Christopher] If you can get here early and you can start training in the climate that we're going to be playing in consistently, it is certainly a very helpful exercise.</p>	<p>Man with long, dark wavy hair and full beard and mustache wearing a gray, pinstripe polo shirt Text: Christopher Harwick Assistant Coach Louisiana Tech Women's Soccer</p>
<p>[Julie] She went down on July 19th, stayed with the captain in her house, on her couch and just was going to do captains led trainings before they officially started on August 1st.</p>	<p>Soccer team stretching on a wall with Robert Mack Caruthers Field in text and a Louisiana Tech logo Montage of team listening to a coach on the field</p>
<p>[Ominous Music]</p>	<p>Purplish moving starfield Text: July 25, 2023</p>
<p>[Mackenzie] I don't remember anything on that day. From what I heard on July 25th, it was kind of just a normal day.</p>	<p>Montage of empty training field, lights, and netting</p>
<p>We went to training off campus on a soccer field because we wanted a goal, and I collapsed during warmup and went into a cardiac arrest.</p>	<p>Mackenzie on camera</p>
<p>[Christopher] I got a call from one of our upperclassmen at the time, very distressed.</p>	<p>Montage of grass and empty soccer pitch</p>
<p>You could tell in her voice that something was wrong.</p>	<p>Christopher on camera</p>
<p>[Dillon] When that call came in. We were less than a mile from where Mackenzie fell out,</p>	<p>Ambulance lights, ambulance driver, Ruston fire department EMS unit</p>
<p>and then we had an engine that was within a mile's range that they're usually not there.</p>	<p>Fit, muscular man wearing a blue shirt with a firefighter badge and fire department patch. Text: Dillon Lockwood Medic, Captain Ruston Fire Department</p>

Audio	Video
<p>[James] We were going to put fuel in our truck,</p>	<p>Fire truck driver and fire truck</p>
<p>which is about a half a mile from the ballpark where she was.</p>	<p>Man wearing black cap with Ruston Fire Department and blue shirt with a firefighter badge Text: James Speller Medic, Captain Ruston Fire Department</p>
<p>Our response time from the time of dispatch was two 3, 4 minutes, something like that. Went straight to her and</p>	<p>EMT pushing gurney, EMT walking across a field</p>
<p>saw that she was, in a bad way.</p>	<p>James on Camera</p>
<p>[Music]</p>	<p>Purplish moving starfield Text: During practice, Mackenzie suffered a cardiac arrest Text: Estimates vary about how long her heart wasn't beating</p>
<p>[Dillon] When we showed up, she was dead. I mean, she had no heartbeat, so she was dead.</p>	<p>CPR being performed on Mackenzie</p>
<p>[James] Felt for a pulse. No pulse. Immediately went into CPR. [Dillon] Got her loaded up on the stretcher. [James] Doing CPR, bagging and getting her back in the ambulance. We can see that our chest compressions are effective on the cardiac monitor right away. [Dillon] We had been doing compressions for two minutes, so we went ahead and did a rhythm check. And her rhythm check was ventricular fibrillation. That's a shockable rhythm. So we ended up shocking her.</p>	<p>EMTs loading Mackenzie on gurney and then into the ambulance, continuing CPR and bagging Mackenzie in ambulance then shocking her with the defibulator</p>
<p>[Dillon] On our next pulse check. No pulse but still ventricular fibrillation.</p>	<p>Dillon on camera</p>
<p>And then we shocked her again. And our next rhythm check, she did have a pulse.</p>	<p>CPR continues on Mackenzie in ambulance</p>

Audio	Video
<p>[James] You always get that, initial relief. But in the back of your mind, you're knowing that it could go south quick again.</p>	<p>James on camera cut to black</p>
<p>[Music]</p>	<p>Purplish moving starfield Text: Mackenzie was taken to North Louisiana Medical Center in Ruston, Louisiana Text: Her teammates called her parents who live in Colorado.</p>
<p>[Julie] I got a phone call at 5:15, and I was like, why she calling me? She should be training. And then that's when it was her teammates saying she had collapsed. You know, first you hear collapse</p>	<p>Julie on camera</p>
<p>so you don't know details. And the teammate was saying we'll call you when we get to the hospital.</p>	<p>Exterior views of Ruston Medical Center</p>
<p>[Brian] Julie met me at the door, said, everything's okay, but your daughter had a training accident.</p>	<p>Brian on camera</p>
<p>She goes, well, she collapsed, but I've talked to the doctors and she's okay.</p>	<p>Emergency sign on hospital</p>
<p>And so we started looking at flights because I was like, well, maybe we'll fly her down all the way today. I'll pack up her car, I'll move her stuff so she's ready to move into the dorm, because again, what's being relayed to us is minor incident. Everything's fine. Well, as we started looking at flights and we started timing it out, it was actually going to be quicker if we just drove through the night.</p>	<p>Brian on camera</p>

Audio	Video
<p>[Julie] Got a phone call a little after 2 a.m. saying she coded three times, and she was put on a helicopter to LifeFlight to Ochsner LSU.</p> <p>[Brian] They're going to admit her, so you're not going to hear anything for a couple of hours. After a couple hours, you can call the hospital and get an update if they haven't called you. And so for them, about 2 to 430 in the morning and somewhere in northern Texas, where I couldn't tell you,</p>	<p>Mackenzie being loaded on helicopter, Helicopter taking off, montage of monitors, equipment, and flight nurse in helicopter</p>
<p>we didn't know if our daughter was alive. And it was probably the longest two hours of our life.</p>	<p>Brian on camera</p>
<p>[Julie] One of the doctors talked to me, and he kind of told me everything that was going on. And at that point we hung up the phone and I said, well, she was at a trauma center. She had the people, the team, the support around her. She's where she needs to be.</p>	<p>Montage of hospital helicopter pad, helicopter landing, gurney being rolled into hospital</p>
<p>[Stephanie] My first thought was, there's no way she's going to make it.</p>	<p>Montage of I C U equipment</p>
<p>She was pale, no response to anything. She was breathing very irregular, eyes half open, just no life to her at all.</p>	<p>Woman with long blonde hair wearing blue scrubs with Ochsner L S U Health Shreveport logo Text: Stephanie Hebron, R N Trauma Pediatric I C U</p>
<p>[Dr. Jones] This was a life or death situation. My first thought was, I hope we're able to keep her alive long enough for her parents to make it to Shreveport to say goodbye to her.</p>	<p>Man with high forehead and crew cut wearing a purple long sleeve shirt Text: Ryan Jones, M D Professor and Chief of Pediatric Cardiology</p>

Audio	Video
<p>Out of hospital cardiac arrest have a significant increased risk of morbidity and mortality. Roughly 50% don't even make it into the hospital. And of those who do, they have lots of long term complications. It does depend on how long their body goes without the heart pumping. I basically came to her bedside shortly after she arrived here to be able to evaluate her heart. We did a bedside echocardiogram to look and see the function of her heart.</p>	<p>Montage of shots from I C U room – various equipment, patient on bed hooked up to breathing tube and other equipment, Doctor at bedside listening to her heart</p>
<p>[Music]</p>	<p>Purplish moving starfield Text: Mackenzie had a known congenital heart defect and received a pacemaker as a child.</p>
<p>[Dr. Jones] We checked her pacemaker out to make sure that it was functioning appropriately,</p>	<p>Patient on I C U bed hooked to equipment</p>
<p>and we're able to see that she did have the ventricular fibrillatory arrest and</p>	<p>Dr. Jones on camera</p>
<p>then worked throughout that initial day with Doctor Keith Bay, who was the ICU doctor, to help adjust medications to keep her heart pumping as best as possible.</p>	<p>Montage of doctor at bedside listening to patient's heart</p>
<p>[Julie] We showed up to Ochsner LSU at about 1:00 in the afternoon.</p>	<p>Arial shot of Ochsner LSU Health Shreveport</p>
<p>[Brian] There was on the line of nurses that were standing in front of the door, trying to prepare us for what we were going to see.</p>	<p>Monitor with screens lit up beside patient in I C U bed</p>
<p>One- can't prepare any parent for that, and two- there was no stopping us. Yeah, we wanted to see our daughter.</p>	<p>Brian on camera</p>
<p>[Julie] We walked in and saw her and you know, it was obviously a complete shock. But, it was great to see her, you know, alive.</p>	<p>Julie on camera</p>

Audio	Video
<p>[Stephanie] I've seen a lot of kids with anoxic brain injuries. That's when you go without oxygen for a period of time. And she definitely exhibited some of those symptoms.</p>	<p>Darkened I C U room with patient on bed surrounded by equipment and monitors</p>
<p>And I was not encouraged that she would have a good outcome.</p>	<p>Stephanie on camera</p>
<p>[Olivia] They decided to prone her, which means flip her over on her belly and see if we could oxygenate her better that way.</p>	<p>Montage of nurses turning Mackenzie and Mackenzie on stomach in hospital bed</p>
<p>While Pedes Cardiology was extremely involved, Doctor Jones was trying to figure out what else she needed education wise.</p>	<p>Woman with reddish, long blonde hair wearing a black blouse Text: Olivia Jones, R N Trauma Pediatric I C U</p>
<p>[Dr. Jones] I did initially think that she may not survive the first 24 hours.</p>	<p>Dr. Jones on camera</p>
<p>So we were able to keep her alive from that time frame and slowly began to adjust medicines, be able to take medicines off and be able to start different medicines to help her heart and the rest of her body recover over time.</p> <p>[Stephanie] At this point, it was more, we need to wait and see what her neurological status was going to be.</p>	<p>Montage of Mackenzie in I C U bed, Dr. Jones and nurses at nurses station, and nurses tending to Mackenzie</p>
<p>Brian What they didn't know at that time was her cognitive ability. In that moment in time, the report back was McKenzie was down from anywhere from 5 to 15 minutes. They later kind of figured that out. There was probably more like 5 to 8. But even that type of time frame can have some serious impact on you cognitively.</p>	<p>Brian on camera</p>
<p>So they didn't know how she would wake up.</p>	<p>I C U bed in center of room with nurses on either side</p>

Audio	Video
<p>[Dr. Jones] When you have a cardiac arrest, your heart is not pumping blood to the rest of the body. You're not getting oxygen. Oxygen is necessary to have functioning cells everywhere.</p>	<p>Montage of nurses working at bedside and patient on bed</p>
<p>The longer you go without oxygen, the more cells die. And it's estimated around five minutes is where you're going to have major loss of brain cells. I honestly would have expected her to be in a vegetative state.</p>	<p>Dr. Jones on camera</p>
<p>Olivia But once I saw how she was, I kind of felt a little sad because I was worried that what I did see would be what we saw for the rest of her life.</p>	<p>Montage of Mackenzie in bed with doctors and nurses working around her</p>
<p>Brian I remember distinctly all she would do is look up into the right, and 1% of time she'd look at you. I swear you could see her, and I would just continuously,</p>	<p>Nurses and Doctors adjusting monitors and equipment</p>
<p>And I know Julie would continuously just say, keep coming. We see you. Keep coming. But she she couldn't cognitively do anything to anybody.</p>	<p>Brian on camera</p>
<p>[Brian] And so we're talking with the medical staff around what's the next steps?</p> <p>[Dr. Jones] One of the things when her parents made it in that I talked to them about is we're going to talk about baby steps.</p>	<p>Exterior shots of Ochsner LSU Health Shreveport</p>
<p>When she wasn't responsive, when she started to be able to open her eyes,</p>	<p>Dr. Jones on camera</p>
<p>that was a huge step. But when she started to be able to follow commands just by squeezing fingers, that was a huge step.</p>	<p>Mackenzie blinking in hospital bed, then squeezing the doctor's hand</p>
<p>Julie She slowly kind of started waking up. I think the first thing she was doing was she was blinking yes and no. And then I think the next day it was shaking her head, yes or no? And then the next day she was mouthing words.</p>	<p>I C U room Nurse speaking, Mackenzie nodding her head</p>

Audio	Video
At that point, we also felt not that we were out of the woods in terms of everything, but that we were getting our daughter back.	Julie on camera
Ultimately, when she was able to get out of bed was a giant step.	Photo of Mackenzie standing in I C U
<p>[Nurse] You're going fast girl. Yes, she is.</p> <p>[Dr. Jones] She was in the hospital for quite a long time with physical therapy, evaluating her, occupational therapy, evaluating her.</p>	Mackenzie walking with nurses in hallway
Our nurses did a tremendous job of, you know, trying to to keep her improving every single day.	Dr. Jones on camera
<p>[Nurse] That's almost the whole length of the hallway.</p>	Mackenzie walking with nurses in hallway
<p>[Olivia] Once we got Mackenzie a tracheostomy and got her peg, she was able to wean off the men fairly quickly, way quicker than what we thought. Get in the train. She can get out of the hospital quicker. We can get her out of the bed easier. She can work with physical therapy.</p>	Olivia on Camera
<p>(Stephanie) Getting the trach, she can get out of the hospital quicker. We can get her out of the bed easier. She can work with physical therapy. And then the feeding to we can give her her medicines without having to have something in a tube in her nose taped to her face.</p>	Stephanie on camera
<p>[Olivia] We could start seeing some of the neurological deficits that we kind of thought were there in the beginning.</p>	Olivia on camera
<p>[Dr. Jones] After she regained consciousness, we slowly started to work on her long term recovery, and with the physical therapist and occupational therapist.</p>	Dr. Jones on camera

Audio	Video
Our initial goal after, you know, she survived was to get her to a long term rehabilitation facility and we were able to get her to Teer in Houston, which is one of the top ranked rehabilitation facilities in the United States.	Montage of progress from smiling in bed with tracheostomy in neck, to smiling with no trach tube, to standing outside rehab with no support
[Brian] McKenzie was in Houston about a month when Mack first arrived at Teer. She still couldn't move her right side of her body very well.	Mackenzie working with therapist to go down stairs
She was quasi walking with a little bit of assistance, moving the leg, the right arm absolutely wasn't moving.	Brian on camera
You could see the fight in her that she just wanted to keep going. She just took everything in stride and just worked hard.	Julie on camera
[Brian] Of course, McKenzie, being McKenzie, who's completely driven as the day is long, was telling everybody from the hospital bed	Mackenzie marching around track in rehab with therapists on both sides
the moment she got there that she would be back playing soccer next year.	Brian on camera
[Mackenzie] I worked my whole life to become a college athlete, so like I wanted to keep trying to do that.	Mackenzie on camera
I had to learn how to walk again. And once I started walking, I could do some more strength exercises and do some, like, balance stuff.	Mackenzie kicking a soccer ball during therapy
Brian It's incredible to be around somebody that never says, why me now? I will say, I said it for her probably a thousand times. Why her? Why? Why did this happen?	Brian on camera
And she just said, you know, it's okay, I'll get through this. And she's continuously doing that.	Photos of Mackenzie smiling while site seeing and shopping

Audio	Video
<p>[Music]</p>	<p>Purplish moving starfield Text: Mackenzie left rehab after one month Text: She is back at Louisiana Tech, taking classes and pursuing her dreams</p>
<p>[Brian] McKenzie has battled since day one. McKenzie was born with a heart defect. From that moment, hasn't been, you know. Has it been stopped? She's had multiple surgeries. And it's just another thing that she comes over.</p>	<p>Montage of Mackenzie at soccer practice in goal defending shots and a photo of her with Brian smiling on a plane</p>
<p>It's sometimes unfair to think of somebody that's 18 will be 19 shortly having to constantly fight that. But I couldn't think of somebody better.</p>	<p>Brian on camera</p>
<p>[Dr. Jones] McKenzie's a rock star. She is just a good overall person. She is a fighter. She is driven to be the best person she can be.</p>	<p>Montage of photos of Mackenzies smiling while living life and prepping her gloves on the soccer pitch</p>
<p>I believe that's what led to her outcome was the fact that she has this. This in a drive to to be the best, to do the most, to be everything.</p>	<p>Dr. Jones on camera</p>
<p>[Stephanie] I just think that it's an absolute miracle that she is still with us for one. But back</p>	<p>Montage of Mackenzie at practice in goal</p>
<p>to her lifestyle and able to play soccer again. Never in a million years would I have ever thought from that first day seeing her, that she would be playing soccer again.</p>	<p>Stephanie on camera</p>
<p>[Brian] Thank you. We love you. Thanks for getting our daughter back.</p>	<p>Brian on camera</p>
<p>[Mackenzie] I definitely changed my outlook on my life. Like I went through a serious traumatic event. So I just don't take life like, jokingly anymore.</p>	<p>Mackenzie in goal during soccer practice</p>
<p>Like at the end of the day, like your life is your life. So do it to the fullest. I know it's going to be like a hard journey, but like, I'm still here. I'm going to do this.</p>	<p>Mackenzie on camera</p>

Audio	Video
[Music]	Mackenzie in goal at practice Dissolve to An Evening for Healers logo over purplish moving starfield. Text: celebrating heroes, healers, and hope