

CMH EMS NEWSLETTER

I enjoy the 4th of July. It brings me joy getting together with friends and family around the Fireworks. We celebrate our country's birthday. We are very fortunate in the USA. We are free and enjoy many liberties. I am proud to be an American and live in the USA. Regardless of your political views, nationality, we must respect one another. Treat others with respect and courtesy. Our families that came before us made this country what it is. They fought and they worked for what we have. They worked to build a great country and what we have is amazing. We need to give thanks for our country. Democracy can be messy but if we respect each other and try to understand each other, we can agree to disagree, but make decisions that will carry our country forward.

PRIDE: Positive, Respectful, Innovative, Dedicated and Empowered.

These five words are a great way to move through life. Add to this focus and determination and you become strong and have a rock solid foundation for anything you do. At CMH, these are our core values; it is one of the reasons I choose to work for CMH.

Our Department Mission: *Provide safe, exceptional, compassionate care to our communities with an emphasis on highly trained and empowered staff.* This mission ties in with CMH's overall mission. As we move ahead, let us all focus on exceptional, compassionate care.

Aaron Weaver has taken on the being our Dispatch Liaison. He has started working with Polk County. He will work with all counties to improve our dispatching. Dispatching is a big weakness for us. However, it is also the weak link in many EMS systems across the nation. Be patient please.

Polk County Station: I am in the process of meeting with **Robbie Bryant** working on expansion plans for the Polk County Station. We need more space in all areas. It is too early in the process to share the drawing, but as soon as we get firm plans, I will post them on the Communications Board. I do not have a timeline of the project yet. I am excited as we move forward and improve our space in Polk County.

I am thankful for our country, but I am also thankful for you and the job we all do. You all do strong work. July will be busy! Remember to cool off every chance you get and drink plenty of water and Gatorade.

Be Safe,
Neal T.

July 2018 Volume 4 Issue 11

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Polk County News—Aaron Weaver

We have outgrown our Polk County station. We have more crews on shift than we ever have in the history of our building. We are constantly around each other without much room to move or get away when we need some alone time or time to reflect. What makes it even worse is when people take up several areas **with their stuff. We need to be courteous of each other's space and areas. Cluttered work areas are hard** enough to work around but when we have several areas cluttered, it gets frustrating. I ask each one of you to be courteous to each other. **It is not one person's domain; we all have to share.**

I have been noticing trash and linens left lying around. I know I have talked about this several times prior, but we are adults! Pick up after yourself. I personally tire of coming in and having to pour out drink cups and throw them away. Believe me; it is just as easy for you all to do it too. Please police yourselves and, honestly, some peer policing would not be out of line.

Thank you to everyone that filled out the employee satisfaction surveys. I really do appreciate the input from everyone. I will continue to improve the type of manager I am if you all keep letting me know what needs to be done. The scores were a big improvement this year. I am proud to have accomplished that much in everyone's eye.

There are many open shifts in Polk County. So far, we have not had to shut a truck or shift down, which is very important to me. However, I still need help from some of you all that do not pick up any extra shifts, or pick up very few. It is the same people over and over who help in getting these shifts filled.

PRN folks: If you have not picked up any truck shifts, this will be **your notice that you guys need to get on the truck**. We have asked our newer PRN staff to pick up at least three shifts per schedule. So far, I have had every new PRN person do that. I need hours from you all.

Alice: Thank you for coming down and picking up some over night shifts in Polk County. Your help was definitely noticed. John Frazer: As always, thank you for getting several Polk shifts. Steve: Thank you for helping get me off the truck by working extra shifts. Brice: Thank you as well for doing the same.

BLS trucks: Thank you for working your behinds off so we can keep ALS trucks in service. You guys are used often and for long distances.

Aaron Weaver, Paramedic
Operations Manager - Polk County



Hickory/St. Clair County News—Alice Roberts

On July 4th 1776, there were 13 colonies that laid claim to their independence from England. These events eventually lead to the formation of the United States. On July 8th 1776, the first public reading of the Declaration of Independence was read at the Philadelphia square, followed by a large celebration of food, music, and fellowship.

242 years later, we are still celebrating our independence. As most know, because I tell you every year, the 4th of July is one of my favorite holidays. I love to watch fireworks in the night's dark sky that also reflect off the lake water. It is very beautiful and in many ways peaceful. Pomme de Terre Lake seems to have a week long fireworks war and no matter where you are on the lake, you see fireworks. The mosquitos are another story.

I have recently been focusing on improving documentation on our PRC's. Please! When you get your QA reviews in your email, read through them and see where you need to improve your documentation. Everyone is lacking in some area of the ePCR. We will either have or will have had a mandatory documentation staff meeting scheduled in the Osceola station by the time this comes out. Hickory will not be far behind. If you have questions, please contact me and we will discuss your trip tickets that I have QA'd.

I personally have been struggling with time to do and get everything done that I have on my plate. So please bear with me, as it may take me a few days or even weeks to get to it. I will be glad to get back to the 24 hour truck this schedule, but have also enjoyed working in Polk helping to fill the Q shifts while **Comorgan** has been gone. It has actually been nice just to be able to come in and be a staff crew member with no pressure. Thank you **Ryan, Missi, and James** for including me as part of your overnight team for 2 weeks.

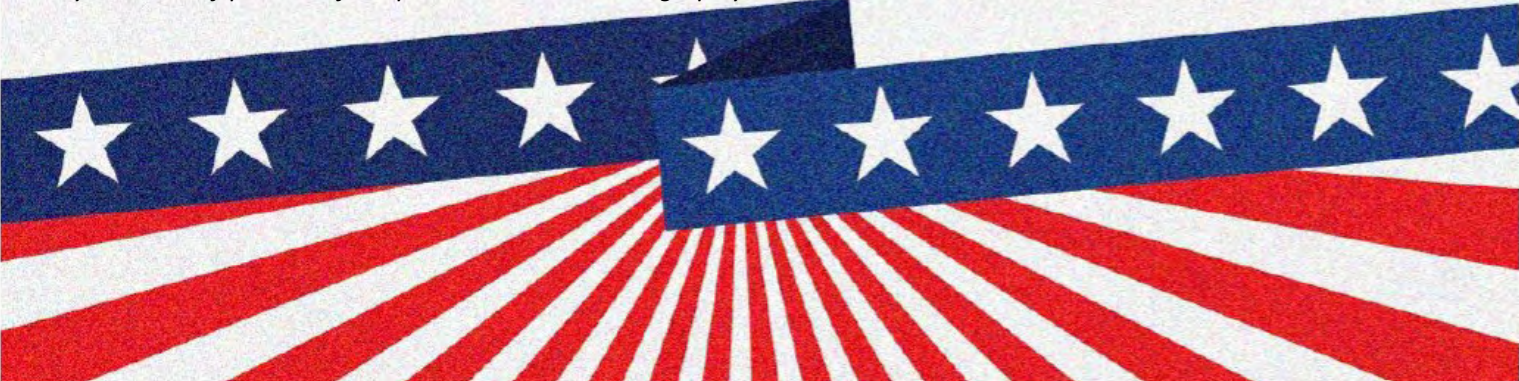
Bolivar Speedway has changed their race schedule and starting times again. July and August races will be on Friday nights now and crews will need to be at the track by 1745. I believe there is still one Sunday in the mix during these 2 months.

Requests off are being taken now for August 5th to September 15th. Currently, we are only allowing one medic off at a time and up to 2 EMT's. There isn't much open for Paramedics during this time frame, so please check first before buying any tickets, etc.

I hope you get to enjoy your 4th of July celebration. I know we will have crews on at different events that week. Be safe and have a HAPPY 4TH OF JULY!

Alice Roberts B.S., EMT-P
Hickory-Osceola Ops. Manger

"Every Job is a self-portrait of the person who did it..autograph your work with excellence." - Jessica Guidobono



Hello from Beautiful Sunny (HOT) Cedar County - Tom Ryan

I would like to start with saying why, why is summer here already? Where did spring go? Seems just like yesterday we were enjoying the nice 60-70 degree weather. Well, since summer came in like a lion, maybe it will go out like a lamb? Ha! I hope so.

Please remember to hydrate yourself and your partner. Drink lots of WATER - not soda. If you are out at the hospital, grab a bottle of water or two. You or your partner just might need it. Remember to check your stock of ice packs in your trucks since it is not a good time to be running out. In addition, do not forget to check your IV warmer. Do you really need it when its 105 degrees outside? If working a scene outside and it is a prolonged time packaging and loading your patient, do not forget to have first responders take a disposable blanket and make a sun shield with it, and please get them off the HOT pavement ASAP! Just try laying on cement or pavement on a day its 95 degrees outside. I can guarantee you will not lay there very long. Ok. Enough about the weather. Keep Cool!

Cedar County:

Board update: Well, at the last board meeting, they talked about purchasing another Stryker Cot for 714 and maybe the load system to go with it. They decided to table this purchase until next month to see a review of the budget first. They are still doing some updating and repairing on the new station with the AC unit and a couple other items. We are still getting the kinks out, but it will come together.

Personnel:

I would like to say Thanks for the thank you and cards we received on several of our crewmembers this last month. Keep up the good work. Thanks for showing the CMH Mission and Vision and Core Values.

Events:

Cedar County has several events coming up this next month including the Light the Lake 3 day Christian Concert and the Eldorado Picnic. The next month, we will be busy. If you want to come over and help out, check out the Google Calendar for openings. There are still a few spots left so it is not too late.

Thanks for all you do in making CMH #1.

Tom Ryan
Ops Mgr Cedar County

NATIONAL WEATHER SERVICE
NATIONAL OCEANIC AND ATMOSPHERIC ADMINISTRATION

HOME FORECAST PAST WEATHER WEATHER SAFETY INFORMATION CENTER NEWS SEARCH ABOUT

Heat Safety Heat Watch vs. Warning Heat Index During a Heat Wave Common Heat Related Illnesses

Heat Related Deaths ARE Preventable LOOK BEFORE YOU LOCK

The temperature in your car can quickly become deadly!

Outside Temperature 80°

Inside Temperature	Time Elapsed
98°	10 Minutes
105°	20 Minutes
114°	30 Minutes
123°	60 Minutes

weather.gov/heat nhtsa.gov

Heat Safety Resources

- Heat Safety
- Maximum Heat Index Forecast
- Children, Pets and Vehicles
- Heat Awareness Campaign
- Ultraviolet (UV) Safety
- Games and Activities for Kids
- Survivor Stories
- Education and Outreach
- Links, Partners

North American summers are hot; most summers see heat waves in one or more parts of the United States. Heat is one of the leading weather-related killers in the United States, resulting in hundreds of fatalities each year and even more heat-related illnesses.

This website is designed to inform you about the health dangers of heat, prepare you for excessive heat events, and tell you what to do during an excessive heat wave. This site includes vital information about the dangers of leaving children, pets or anyone with limited mobility alone in a car even for a few minutes in what might seem like mild weather. Here you will find information about protecting yourself from the heat, educational materials and resources on how the National Weather Service keeps you aware of potentially dangerous situations. You will also find games and activities to help educate your children about the dangers of heat and links for more information. Read about real life heat victims. You can also see our heat safety videos. If you, or someone you know, have been a victim of excessive heat, please share your story so we can prevent others from becoming a heat victim. When you write, please note that NWS has permission to use your story and, if possible, let us know the town and state you were in and the year the event took place.



Health & Safety News—Brice Flynn

Well, happy July to all of you. I have enjoyed the month of June. Even though it has been hot, I have been able to do quite a bit of work outside. The first weekend in June, I was roofing a house. Hydration was the name of the game that weekend. I drank several gallons those two days. The heat of summer will continue, so keep hydrated. You need to drink water the day before you work so you will be hydrated for work, and drink throughout your shift. Slow down on the sugary drinks this summer. Being dehydrated will really put a stop to your work effort. Some of us have ran a few people this summer that experienced dehydration and being overheated. Be smart when working in the heat.

July is the beginning of the second half of the year. Here are some reminders for you to take action on your health and safety and the health and safety of others;

1. Wear your seatbelt - I have seen far to many people not wearing their seatbelt and driving down the road, either with a patient on board or to a call.
2. Not using your phone while driving - It's pretty obvious what you are doing when you are looking down at your lap while driving. Stop checking your phone or using your phone while driving, unless it is for critical patient care issues.
3. Using all the cot straps on a patient - We have been talking about this for almost a year now. Use all the cot straps, and particularly the shoulder straps, on every adult patient. Use the PediMate on children. If you don't know how to attach straps properly when they are soiled, refer to previous emails I've sent out with information from the Stryker manuals. I have seen several cots that I had to change straps because they were not installed correctly.
4. Clean your ambulance - I know that it is hot outside, but take 15 minutes with you and your partner and you can get a lot done. Do a little each day and you can keep your ambulance really clean.
5. Take responsibility for your health and safety. Health and safety is a mindset that you have to put into practice. Do you believe your health and safety matters? Take steps and use resources to make your health and safety a priority. Challenge others that need to make different choices. Let's all help one another stay healthy and safe this summer.

Enjoy the Fourth of July!

Brice Flynn
NRP, I/C, AAS, BA
Health and Safety Chief
Citizens Memorial Hospital



JULY BIRTHDAYS

Alice Roberts	5th
Bruce Fugate	11th
Cheryl Andrew	12th
Levi Crews	13th
Eric Childress	15th
Lyman Taylor	16th
Taylor McKlantic	30th
Tom Liberty	31st

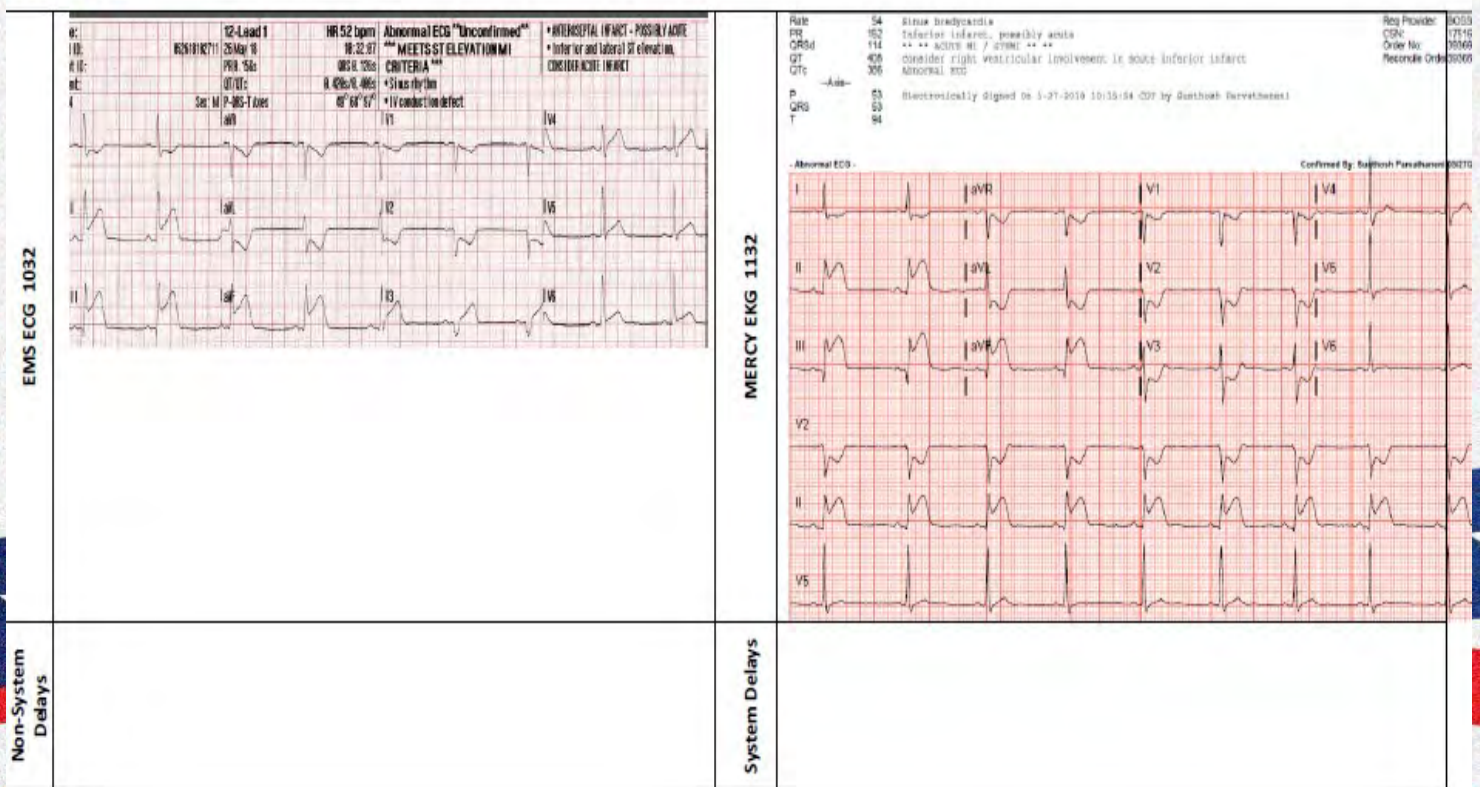
JULY SERVICE ANNIVERSARIES

James Carroll	6 Yrs
Mike D'Agostino	3 Yrs
Rob Hutson	3 Yrs
Bobby O'Keefe	2 Yrs
Lyman Taylor	2 Yrs
Kevin Schoen	2 Yrs
Katie Claxton	1 Yr

Mercy

Mercy Hospital Springfield Confidential Patient Information – for internal use only.

Rev. 1/18

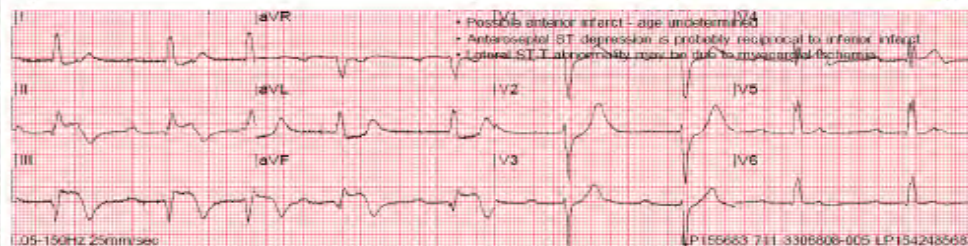


STEMI Case Report – H1164153

6/11/18

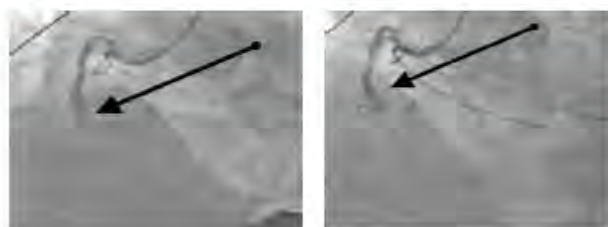
Patient	Symptom Onset	911	FMC 2ECG	Scene Time	CMH Arrival	D2MD	D2ECG	D2Activ	ED DIDO	CCL Time	D2B	FMC2B	Symptom Onset to PCI	Dr.
79 y/o	>14 hrs	0:51	4 min	18 min	2:00	9 min	-56 min	-49 min	16 min	15 min	31 min	91 min	>14 hrs	Katrapati
M	El Dorado Springs	CMH EMS	Goal <10 min	Goal <20 min		Goal <10 min	Goal <10 min	Goal PRE-Activ	Goal <30 min	Goal <20 min	Goal <90	Goal <120	Goal <4 hr	Jones

Narrative	Chief Complaint	Diagnosis	Outcome
Patient called 911 after syncopal episode. Upon EMS arrival, patient disclosed chest pain & nausea/vomiting all day long. EMS ECG transmission & STEMI pre-activation performed per protocol. Serial ECGs obtained en route to LZ for rendezvous with Cox Air Care.	Chest pain radiating into left arm, associated with nausea, diaphoresis, & weakness	Large Inferior STEMI, delayed presentation, cardiogenic shock, complete heart block	100% mid-RCA → Salvage PCI, thrombectomy, DES x2, no-reflow phenomenon, temporary pacemaker, IABP insertion. Despite aggressive resuscitation efforts, patient continued to deteriorate. After discussion with family regarding patient's critical condition, CPR was discontinued per family request & patient expired shortly thereafter.



Quality Cardiac Care Recommendations		
ASA within 24 Hrs of Arrival	MET	324mg by EMS
D2B < 90 min	MET	31 min
Antiplatelet Post-PCI	MET	Plavix 600mg in CCL

CMH EMS – William Walker, Eric Childress | Cox Air Care | ED – Dr. Jones, Richard Dunlap, Evan Crowder | CCL = Dr. Katrapati, Bryan Inman, Joel Thompson, Breanna Barnett | Social Services = Jo Swan | ICU = (Admit) Jessica Rice



STEMI Case Report – H1165298

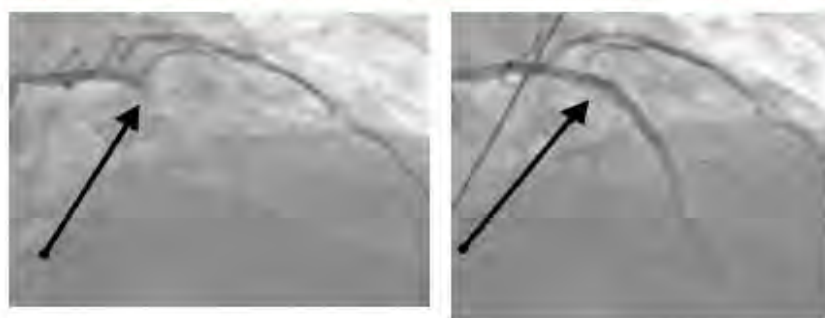
6/14/18

Patient	Symptom Onset	911	FMC 2ECG	Scene Time	CMH Arrival	D2MD	D2ECG	D2Activ	ED DIDO	CCL Time	D2B	FMC2B	Dr.	Quality Measures
77 y/o	16:15	16:35	7 min	10 min	17:30	2 min	-32 min	-26 min	2 min	19 min	21 min	60 min	Best	100%
M	Pittsburg	CMH EMS	Goal <10 min	Goal <20 min		Goal <10 min	Goal <10 min	Goal PRE-Activ	Goal <30 min	Goal <20 min	Goal <90	Goal <120	Jones	ACC Guidelines Met

Narrative	Chief Complaint	Diagnosis	Outcome	Symptom Onset to PCI
Patient called 911 20 min after symptom onset while at the bank. EMS ECG transmission & STEMI pre-activation performed per protocol.	Acute onset of 10/10 chest pain associated with dyspnea	Anteroseptal STEMI	100% prox-LAD → DES x2. Very difficult intervention due to flush occlusion at origin of diagonal & severe calcification resulting in the rupture of 4 balloons intra-PCI. EF = 45%. Discharged home two days later.	1 hour, 36 min Goal < 4 hrs



Quality Cardiac Care Recommendations		
ASA within 24 Hrs of Arrival	MET	324mg by EMS
D2B < 90 min	MET	21 min
Antiplatelet Post-PCI	MET	Plavix 600mg by CCL
ASA @ D/C	MET	325 mg ASA
Antiplatelet @ D/C	MET	Plavix
Beta Blocker @ D/C	MET	Carvedilol
Statin @ D/C	MET	Simvastatin 20mg
ACE-I / ARB for LVSD @ D/C	N/A	Losartan, EF = 45%
LV Evaluation @ D/C	MET	LV Gram
Smoking Cessation Advice	N/A	Former Smoker >1 year
Cardiac Rehab Referral	MET	Phase I



EMS – Peter Holm, Tom Liberty | ED – Dr. Jones, Yolanda Rogers | CCL = Dr. Best, Rob Richardson, Breanna Barnett, Dylan Mayhew, Jason Hopkins | Social Services = Sarah Lake | ICU = (Admit) Oana Mogovan, (D/C) Katelyn Loftin | CR = Ronda Hardt



Save the Date!



3rd Annual

Child Abuse Mini-Conference

Tuesday, July 17, 2018 7AM - 12:15 PM

REGISTER:

www.onlineregistrationcenter.com/ChildAbuse

Cost

Mercy Healthcare Providers – Physician - Free
Mercy Healthcare Providers - Non-physician - Free
Non-Mercy Healthcare Providers – Physician - \$30.00
Non-Mercy Healthcare Providers – Non-Physician - \$10.00

Location

Mercy Hospital Springfield – Hammons Heart Institute Auditorium
1235 E. Cherokee
Springfield, MO 65804

Available via WebEx to moderated locations

Questions?

Contact SPRG_TDO@Mercy.net



2018 EMS Instructor Course

August 3rd through August 6th

This course contains both a lecture portion and a skills demonstration, allowing all students an opportunity to present a lesson from start to finish. **Upon successful completion of this course, students can teach EMS classes up to and including their current certification level.**

This course fulfills all the training requirements set forth by the 2002 National Highway Traffic Safety Administration (NHTSA) Guidelines for EMS Educators. Additionally, this course meets the minimum requirements set forth by the Missouri Bureau of Emergency Medical Services (BEMS) (13 CSR 30-40.331(8)) for an instructor training program.

Dates and times:

- Four days starting **Friday, August 3rd through Monday, August 6th, 2018.**
- All days are 8 a.m. to 8 p.m.
- Total of 48 classroom hours.

Application deadline:

- Applications and application fees must be submitted by **8 a.m. on Monday, July 9th.**
- To apply, follow the link at the bottom of this form and follow the instructions there.

Prerequisites:

- Currently possess an EMT or higher state (any state) EMS license.
- Have been practicing EMT (or higher) for a minimum of two years. Waiving this requirement may be reviewed on a case-by-case basis if a letter of recommendation has been provided.
- Have a reliable internet connection and either a smartphone or computer.

Course fees:

- **Application fee of \$20** due before the application deadline.
- **Tuition of \$160** is due by the first day of class.
- Discounts are available to the following:
 - Tuition is \$110 if you are a member of a community agency within CMH district.
 - Tuition is \$60 if you are a volunteer with a first response agency within CMH district.
 - Tuition is \$60 if you are a CMH, Cox, or Ellett employee.
- Application fee and tuition can be paid by check, credit card, or CMH employee payroll deduct. Instructions for each can be found on the application form.

All course locations are CMH EMS Headquarters (1525 N Oakland, Bolivar, MO) unless otherwise specified.



For more information: theron.becker@citizensmemorial.com
To register: www.ozarksems.com/education-application.php



CMH EDUCATION OPPORTUNITIES

ACLS Initial (2d)

(0830-1700) (CPR & 103)

██████████
██████████

Sept 13 & 14

Nov 7 & 8

PEARS (CPR)

(0830—1700)

██████████
██████████

Oct 4

PALS Initial (2d)

(0830-1700) (CPR & 103)

████████████████████

July 12 & 13

Nov 1 & 2

ACLS Renewal

(0830—1700) (CPR)

██████████	Aug 1
██████████	Aug 30
██████████	Sept 27
██████████	Oct 11
██████████	Oct 24
██████████	Nov 28
██████████	Dec 6
July 19	Dec 21

12-Lead

(0830—1230) (CPR)

██████████ Dec 12
Aug 15

ECG & Pharma

(0830—1230) (CPR)

██████████ Nov 14
July 25

PALS Renewal

(0830—1700) (CPR)

██████████	Aug 9
██████████	Aug 24
██████████	Sept 21
██████████	Oct 18
██████████	Nov 16
July 26	Dec 13

ECG Rhythm Interpretation

(0830—1230) (CPR)

██████████ Sept 18
██████████

CMH EMS Mandatory Competency Schedule

- 📅 July 11th 1000—1400 @ CMH EMS HQ
- 📅 July 11th 1500—1900 @ CMH ES HQ
- 📅 July 12th 1800—2200 @ Cedar County
- 📅 July 21st 1000—1400 @ CMH EMS HQ
- 📅 July 21st 1500—1900 @ CMH EMS HQ

FIRE EXTINGUISHER

CMH CAMPUS, SECURITY OFFICE:

██████████	██████████
██████████	██████████
██████████	██████████
██████████	██████████
July 18	0700-0800
Aug 08	0700-0800
Sept 05	0700-0900
Nov 14	0700-0800
Dec 12	0700-0800
Dec 27	0700-0800



Effective: 12/2015
 Approved: 12/2015
 Last Revised: 12/2015
 Review Due: 12/2018

Owner: Cathie Williams: HR COORD-CMH
 SHA HR

Policy Area: Human Resources

References: Clinics, Home Care Services,
 Hospital, Long Term Care

Prehospital, HR03-05Att 6

PREHOSPITAL DRESS CODE

A. Ambulance Crew Uniform

1. Navy Blue Short Sleeve Performance Polo
2. Navy Long Sleeve Performance Polo
3. Polo shirts will be embroidered EMS logo over left breast of shirts and name and certification over right breast.
4. Navy blue undershirts will be worn.
5. Long sleeve sweat shirts or under shirts should not be worn with short sleeve shirts, unless used to cover tattoos. .
6. TacLite EMS pants, navy blue in color
7. Black boots will be worn. They shall be polished and good repair. Soles should have adequate traction.
8. Shirts will be tucked into pants and a black uniform style belt will be worn. Uniforms will be clean, free of holes or tears and in good repair, non-faded.
9. Navy blue tactical ¼ zip pullover
10. Coat: Valiant Responder: inner coat can be worn separately.
11. Navy Blue Flag Bearer Cap with CMH patch designated for cap.
12. Fleece Watch Cap (Navy blue watch hat/stocking hat during cold weather)

B. Operations and Supervisor Staff Office attire.

1. Navy Blue Short Sleeve Performance Polo
2. Navy Long Sleeve Performance Polo
3. Polo shirts will be embroidered EMS logo over left breast of shirts and name and certification over right breast.
4. Navy blue undershirts will be worn.
5. Long sleeve sweat shirts or under shirts should not be worn with short sleeve shirts.
6. TacLite EMS or Stryker pants, Coyote in color
7. Black boots will be worn. They shall be polished and good repair. Soles should have adequate

traction.

8. Shirts will be tucked into pants and a belt will be worn. Uniforms will be clean, free of holes or tears and in good repair, non-faded.

C. When attending meeting representing CMH

1. White long or short sleeve Patrol duty shirt will be worn:
 - a. Service patch will be centered on the left sleeve, one inch down from shoulder seam.
 - b. Certification patch will be centered on the right sleeve, one inch down from shoulder seam.
2. TacLite EMS pants, navy blue in color or Navy Dress Slacks.
3. Black uniform belt.
4. Black Polished boots or Black dress shoes should be worn

D. See main policy- [Dress Code, HR03-05](#)

Attachments:

No Attachments

Approval Signatures

Approver	Date
Kristy Owens	12/2015