



August 2019

Schools Back in
Session!!

CMH PreHospital Newsletter



Labor Day Monday Sept 2

Bolivar Country Days! Sept 7th

Humansville Fall Festival Sept 19-21st

Stockton Walnut Festival Sept 26-28

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DID YOU KNOW...?

**YOU CAN SPEED UP THE
RIPENING PROCESS OF A
PINEAPPLE BY STANDING IT
UPSIDE DOWN!!**

**BROCCOLI IS A MANMADE
VEGETABLE! IT WAS
CAREFULLY BRED BY ITALIAN
FARMERS MORE THEN 2,000
YEARS AGO FROM BREEDING
DIFFERENT TYPES OF WILD
CABBAGE!!**



Neal's Words of Wisdom

Summer has begun to wind down! School started in Bolivar on August 15 with most area schools not be far behind. This, of course means those kids that were running around the neighborhoods on their bikes and scooters are now busses on the roads and kids standing at bus stops. Wow school summer break is over, but not the heat!

In around the last 12 months we have had several ambulance insurance damage claims, close to 100K. We have to be careful and aware while driving and this is not just the driver. Team work while operating an ambulance is necessary. Staying alert, keeping situational awareness, and watching down the road has to be done by the entire crew! Be careful and keep your head in the game while you are driving. We have to get our claim numbers down or our insurance will go up drastically.

I attended the state MEMSA conference where I attended several very good seminars. I also found myself in a several hour discussion with well-seasoned EMS providers and the topic was health in EMS both mental and physical. Our thesis: We have seen and see younger EMS professionals in bad health and mental states. There needs to be a change, not only in EMS but in the country. We need to address not only how employees care for themselves, but how employers care for the employee. It needs to be a mutual effort on both parts. The group at the table involved in the discussion have **all** known someone that has burned out and left EMS, suffered with PTSD, and/or committed suicide. You need to take care of yourself, not just physically, but mentally as well. A healthy life style is important. Good nutrition is needed. A rounded diet, nothing fancy, will help you improve your health. A fist size portion of protein, carbohydrate and vegetable and eat to a comfortable fullness level. Drinks with sugar and

alcohol need to be limited. Be active: It can be a walk or it can be the gym on different aerobic equipment. Your goal to hit the magic 20 minutes. It could be both aerobic activity and weights. Take some time and begin to take care of your body just one small step at the time. It will be good for your mental and physical health. You will feel better. I do take exercise to an excess but it keeps me where I need to be.

Take time away from work to relax. We know what each other experiences on the job and it is difficult for people outside EMS to understand our experiences. It is OK to talk about that call that is bothering you. I hope you can find a friend at work you can talk to when you need a shoulder. I hope you know you can call me, Aaron, Tom R. Alice, or John if you need a shoulder or outside perspective to run a call by. There is nothing wrong having a rough time dealing with a call or a situation. What is important is that you work through it. As you move through your career your cup can get mighty full at times. It is OK to ask for help or ask someone how to get help. It is OK to call the Employee assistance line **1-800-624-5544**.

Take care of yourself.

Rumors and gossip drive me nuts:

If you did not hear it with your own ears, see it with your eyes, and do not know that it is a fact think twice about sharing it. Think about it. What is the context? Does it really make sense? Don't spread rumor and don't gossip. It is not constructive.

Remember when it is hot to drink plenty of water. When you can take a cooling break, be careful.

I appreciate all that you do,

Neal T.

Deep Thoughts from Hickory County

“Sometimes you have to ask yourself... Am I the tornado or am I the one picking up from the devastation? Life is not easy at all. Your actions sometimes flair up like a tornado out of nowhere and rip through everything and everybody in its path... and then as quick as it hits and devastates, it's gone. Who is left to clean up the damage and restore? Are you the tornado or are you the First Responder and clean up? Embarrassingly enough... I've been both. All actions have consequences. And not all actions will be in your favor.” -Jeff Inmon

Jeff was just an overall typical high school guy. We had some classes together but ran with different clicks in school. After high school he joined the Navy. He is retired veteran now and recently posted this as his Facebook status. I found it profound and with his permission have been granted the use of it for our newsletter.

With social media we have a class Facebook page that almost all of our class is now a part of. We have had several that have died and most of us have not seen each other since we graduated. Our class went through some hardships with tragic losses and we learned at an early age what death and funerals were all about. Our class really is no different than any other person's graduating class, we may have had a few more hardships and learning how to deal with them, but we also learned regardless we still have each other to fall back on even to this day.

Just this past week a classmate had brought to our attention that our senior photos are no longer hanging on the wall at what was then “our high-school.” When she inquired about it, the answer given was that the photos are in the museum. Many of us have found it humorous to think we are old enough to make it into the museum in the first place. Two decades of graduating class photo's removed and gone and the classes behind us no longer being able to see where the non- traditional senior photos started off at. Our legacy for others to see is no longer there. Of course there is always that one that has prayed and is extremely grateful their picture is no longer hanging, that has brought on a few humorous laughs among the group.

Our EMS family is no different than my graduating high-school class. We all have our own struggles, trials and tribulations that are currently going on. How we deal with it, whether it is opening up and talking about it to someone, asking for help, or blowing throw like a tornado leaving behind a wake of destruction or leaving scars is the choice each of us makes.

(Continue to the next page)

Words of Wisdom from Hickory County (Continued)

During a conversation I had recently with an employee I was reminded of words of wisdom shared with me by Kimberlyn, a flight nurse with Mercy Lifeline 3 when I was a newer medic and struggling. In a personal conversation I had stated I didn't feel like I would ever be as good of a medic as "so and so." What she said changed my whole outlook of how I viewed myself as a medic. **Stop comparing yourself to other Medics and only compare yourself to the self you were 6 months ago, 1 year ago and so forth.** When only comparing to you, are you improving and becoming a better medic? Time and experience are everything in this field and THAT is what makes you better. You will get to where those medics are, you just need to be patient, put in the time to develop the same type of experiences under your belt that they have. Not exact words but close enough to get the gist. I still struggled for some time, but once I stopped comparing myself to other medics, I found a way of running calls and caring for my patients that was more fitting and beneficial to my patient care overall.

As we are welcoming new EMT's and Medics please keep in mind that their calls may not run as smoothly, and they are going to make mistakes. We have to ask ourselves, are we building a culture of welcoming them and encouraging these new providers to reach out and ask for help or a listening ear? You may see them get frustrated and storm through like a small tornado leaving behind some destruction. Are you willing to help clean up the destruction and make things right and run more smoothly? Are you able to realize that they could be struggling in their new positions? Let's try and remind each other that our new EMT's and Medics will not run calls or function like those that are seasoned. Their time and experience hasn't happened yet and they should not be compared to anyone other than to themselves. Our culture should help them through some of their experiences, by being open about our own mistakes, provide education, support, and encouragement and work on making each other better. That is the one thing can help define us as a department. As a family.

Our legacy, when we leave EMS, will not be the picture that hangs on the wall, or the number of patients we have saved, but the advice, culture and experiences that we leave behind for those that follow us to carry on.

Alice Roberts Paramedic

Hello From Sunny, Flooded, HOT Cedar County

So, you are asking yourself “Self, I wonder what is going on in Cedar County these days?” Well, let me tell you!

Summer is almost gone (YEA) and fall is just around the corner (Yippy) so start planning now for those cooler days and evenings. Look at your uniform – coat, sweater, boots ect

I would also like to say **Thanks to everyone** that helped out with the Eldorado Picnic and or covered the stations while this and other events were going on in our county. These events went on without a hitch this year and everyone had a great time at these events and yes thanks **Bobby and John** you made the Agape Rodeo and memorable one this year to say the least. As we now look 4th of July and El Dorado Picnic in the rear view mirror, we look forward to the **Stockton Walnut Festival coming up Sept 26 – 28**. And it goes without saying football season will also start soon.

Remember

School is back in session! Don’t forget to watch out for those little kiddos out running around, anxious to get to class and friends, while waiting on the corner for that “Big Yellow Bus.” And, talking about those yellow busses, watch out for their stop signs during loading and unloading. We do not pass a bus, loading or unloading, even if we are running Priority 1/Code 3. I would rather do CPR on a patient for an extra minute or two then take a chance going around a bus with their stop sign out and striking a child. Folks it’s just not worth it - slow down and wait.

Local Events: **Kellie (Burns) Wilson** and **Allen Werner** are two new staff members in Cedar County now, Kellie will be doing the float medic at both stations to help curve OT in PHS, and Allen will be filling Stormy Mixon position in Eldorado Springs, I want to take a moment and say thanks and welcome aboard the Cedar County ship hope it is some sailing for you in these waters.

Cedar County Board Meeting Update: The CCAD Board voted this last month to put the CCAD District contract out of bids again, they will be **accepting bids till Sept 09th** when they will hold a special meeting to hear everyone’s bid proposal and will have 15 minutes to talk about it, then the Board will then have time to think about it and on their regular schedule Board meeting on **Sept 16th will vote on who gets the contract for the next 5 years**.

Tom Ryan
Operations Manager, CMH EMS Cedar Co.

St. Clair County News

IF....

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

EQUALS....

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26

THEN....

K-N-O-W-L-E-D-G-E

$11+14+15+23+12+5+4+7+5= 96\%$

H-A-R-D-W-O-R-K

$8+1+18+4+23+15+18+11= 98\%$

Both knowledge and hard work are important, but fall just short of 100%

BUT....

A-T-T-I-T-U-D-E

$1+20+20+9+20+21+4+5= 100\%$

How true this is. Just want to remind everyone of our core values here at CMH.

Positive, Respectful, Innovative, Dedicated and Empowered

If we apply these core values to not only work but to our everyday lives and top it off with a good attitude. We would be unstoppable.

Not a lot of local news to report this month, so I'll just use my space to say Thanks to everyone for what you do. EMS is an unforgiving profession that requires a lot of personal sacrifice. Doing what we do day in and day out can take a toll on a person's physical and mental wellbeing. Attitude goes a long ways! Stay sharp, stay focused and stay educated. If you are struggling, find someone to talk to.

Thanks again and be SAFE out there.

John Frazer, Paramedic

St. Clair County Manager

CMH Core Values

I am Positive, Respectful, Innovative, Dedicated, Empowered. Together we are CMH PRIDE. (This is how we achieve our mission)

Health & Safety Updates from Brice

Good August to you all. I hope your July was a great one!

One class I attended in July was on the safe transport of pediatric patients in ambulances. It was an excellent class and I wanted to go over a few reminders on transporting children in ambulances.

First of all there will be situations where the pediatric patient simply will not be able to be secured safely, such as a newborn. However, there are most of our patients that can be safely transported with the PediMate Plus device, if they don't need spinal motion restriction precautions. Please take out your PediMate Plus and put it in on your cot once a month so that is familiar to you. You may need to use a rolled blanket or towel under the device between it and the cot mattress to keep the pediatric patient from slumping. Each size of child will take some adjusting to the PediMate Plus. When using the PediMate Plus or the child's own car seat, make sure the cot back is in the fully upright position. When using an infant car seat you will only be able to use one belt over the car seat through the pass through location over the patient. The airway seats in our ambulances, that I have checked, with child seats in them do not have lockable retractors; so putting a car seat, of any kind, in the airway seat is not safe because it can't be installed correctly. If you do need to put a convertible (rear facing to front facing) seat on the cot be sure to the seat faces rear and that the lap belt is used as well as a leg strap to pull in opposition so that seat is secured well to the cot.

The second thing I have for this month is to be vigilant of our back safety and health. There are several helpful exercises (seen on your station's body weight workout poster) to do that can help keep your back safe such as the plank, hip raise, donkey kick, and alternating arm/leg plank. Everything you do is dependent on your back, take care of it.

Lastly please review the new protocols and give Neal, Theron, and the managers all the support you can as they navigate the new medical director situation.

Thank you for all you do.

Brice Flynn

NRP, I/C, AAS, BA

Health & Safety Chief

Citizens Memorial Hospital

Emergency Service, Polk County



The More You Know

Let's talk about PERSONAL SAFETY!!!

In July a Boston EMT was stabbed 7 times by a patient while in the back of her ambulance. There have also been nearly 100 accidents involving ambulances, one being a Cox ambulance, in 2019!! According to the National Institute for Occupational Safety and Health (NIOSH), which is part of the Centers for Disease Control and Prevention, **8 out of 100** EMTs and Paramedics are treated in the hospital for occupational injuries. That is compared to 2 out of every 100 workers in all other occupations—that is, on average, 22,000 career and volunteer providers a year that sustain some form of injury!!

The top 5 leading injury events of EMS workers seen in the ED are body motion, exposure to harmful substances, slips, trips & falls, MVAs, and Violence/assaults.

So, let's talk about how to reduce the risk of violence against us and our partners!!

Here are 5 safety tips offered by ems1.com (Nov 2017 issue)

1. Violence can happen at any time. No matter the situation, no matter the crew. You should **remain quietly alert on ALL calls!**
2. Slow down. It's easy to become complacent about safety issues when nothing happens call after call. After a while we forget about **SITUATIONAL AWARENESS** and simply focus on the issues directly in front of us. If you slow down and take in the entire scene you are more likely to notice that semi-hidden weapon, the defensive position of the patient, or the silently upset family member standing not so far away from you or your partner. **It's ok to retreat to your ambulance and wait for PD to arrive on scene!**
3. Take stock of yourself. What are you doing that could aggravate a violent response? Though we need to be assertive in order to create calm and control the scene, bystanders may interpret this for aggression. Check your voice and body language to make sure you're not part of the problem.
4. Don't unnecessarily put yourself in harm's way.
5. Train like we practice. Be prepared to defend yourself and your partner. Wear safety vests when working calls on our roadways. Wear your safety belts. Use proper lift techniques. Always don PPE. And, most importantly

SITUATIONAL AWARENESS!!

BE SAFE OUT THERE FRIENDS!!!



Celebrations!!!

Birthdays!

Neal Taylor Aug 3rd

AJ Sherrer Aug 19th

Cody Moore Aug 24th

John Frazer Aug 25th

Happy Birthday everyone!!

Employment Anniversaries!!

Cindy Bailey 1 year

Matt Lee 2 years

Josiah Lentz 3 years

Robert Frye 4 years

Theron Becker 8 years

Thank you for your years of service!!

Congrats Bob!!



PhotoGrid

Education!!

Upcoming classes and recertifications available!

Hazmat: Sept 6th @ 0630 & 1300 ER Bay
Sept 23rd @ 10 & 1300 ER Bay

PALS: Sept. 12th (recert class)

ACLS: Sept. 6th & Sept. 25th (recert class)

EVOS (driver training): Sept. 10th & 11th

Please refer to the email sent by Theron to see if you need to take this class!!

EMS EDUCATION

Fall Trimester 2019

Date(s)	Weekday	Times	Course Name
Every week	Mon & Thu	8a-5p	Paramedic Academy (CEUs available) Contact Theron for details
Every week	Mon, Tue, Wed, & Thu	6p-10	EMT Academy (CEUs available) Contact Theron for details
Sept 6, 11, 23, 25, or 30	Varies	Varies	EMS Competencies (Sepsis) Refer to separate announcement for details
Sep 2	Mon		Labor Day (No Classes)
Sep 7	Sat	8a-5p	AHA Basic Life Support (EMT students only)
Sep 11	Wed	7a-8p	CMH EMS Education Advisory Board Meeting
Oct 2	Wed	8a-9a	FTO Meeting
Oct 5	Sat	8a-5p	NAEMT Psychological Trauma (EMT students only)
Oct 17 & 24	Thu & Thu	8a-5p	AHA Pediatric Advanced Life Support
Oct 31 & Nov 7	Thu & Thu	8a-5p	NAEMT Geriatric Education for EMS
Nov 2 & 3	Sat & Sun	8a-5p	NAEMT Pre-Hospital Trauma Life Support (EMT students only)
Nov 11	Mon		Veteran's Day (No Classes)
Nov 16	Sat	8a-5p	Cox Air Care Landing Zone Class (EMT students only)
Nov 21	Thu	8a-5p	NAEMT All Hazard Disaster Response
Nov 25 & Dec 5	Mon & Thu	8a-5p	NAEMT Tactical Emergency Casualty Care
Nov 28	Mon		Thanksgiving (No Classes)
Nov 30 & Dec 1	Sat & Sun	8a-5p	NAEMT EMS Safety, Traffic Incident Management, & NAEMT Emergency Vehicle Operator Safety (EMT students only)
Dec 12	Thu	8a-5p	Paramedic Academy Applied Research Projects Presentations
Dec 14	Sat	8a-5p	EMT Academy Practical Exam (need volunteers)
Dec 19	Thu	8a-5p	Paramedic Academy Practical Exam (need volunteers)
Dec 20	Fri	6p-7p	Academy Graduation Ceremony
Dec 25	Wed		Christmas (No Classes)
Dec 29 - Jan 4			Fall Break (No Classes)

All courses require completion of a registration application.

Application deadline is **two weeks** prior to the start date of the course unless otherwise specified.

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

For more information: theron.becker@citizensmemorial.com

Full training calendar and registration form can be found here:

www.ozarksems.com/education.php



SEPSIS

IDENTIFICATION AND TREATMENT

These courses are a joint venture between several departments at CMH and serve as the EMS Competencies for the Fall Trimester. In this seminar, you will learn about:

- Pathophysiology of sepsis.
- Early recognition of sepsis.
- Early treatment of sepsis.
- CMH data and organizational goals.

WHEN: (There are other dates/times available, but they do not have all the content required to meet the requirements for EMS competencies)

- Friday, September 6th at 8 am.
- Wednesday, September 11th at 1 pm.
- Monday, September 23rd at 8 am.
- Wednesday, September 25th at 1 pm.
- Monday, September 30th at 8 am.

WHERE: BTC/Education Services

- Conference Room LL-4 (BTC lower level to the right of the elevator)

REGISTRATION IS REQUIRED:

- Sign up for a class by going to HealthStream Catalog and searching for "Sepsis."
- Choose the class you wish to attend.

Contact hours: 2.0 contact hours available to those who meet the successful completion requirements.



For more information: theron.becker@citizensmemorial.com

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