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Notes from the Director's Desk

We are moving into fall. Everyone needs to get their flu shots. They are available in the Infection Prevention Office if Nancy is there. The managers will be getting the shots to each base (except Polk County.) Polk County crews: You can get your shot at the IP Office. You will also be able to get your flu shot at our Polk County November Staff meeting on November 18th at 1400 in CR#2. All staff is invited to the meeting.

With the change of season come more respiratory cases and flu. Review you protocols. Also, with the cooler weather, remember compromised patients are very susceptible to the cold. Keep your patients warm and covered, keep the heater on in the back. You may not be comfortable, but the patient needs to be kept warm. When it really gets cold, patients involved in MVA's are usually hypothermic when we arrive.

We had our 3rd quarter STEMI Review meeting a couple of weeks ago. We have made big improvements in all areas. Over the last year, EMS has gone from 40% field activations to 100%. GOOD JOB! Our goals need to be 12 Lead in 10 minutes and 100% field activation. We have reached one and the other is in sight. Freeman Joplin is our STEMI mentor hospital and we meet with them to review our program. We will maintain this mentorship until our volume increases. CMH is actively looking for a 3rd Interventional Cardiologist. That will help us a lot as we move forward with our STEMI program. Jenna Hicks, STEMI Coordinator, has done a tremendous job with our program. You are invited to the STEMI review meetings. They are very informative and you can see the progress we have made. I will pass along meeting dates.

We need to continue to improve our time acquiring a 12lead on chest pain. This measure is on our Performance Center and LEMS. Our average is well below 80% with all counties included. We will review the QA charts during staff meetings. Be sure to make getting a 12 lead a priority when running the Chest Pain Protocol. Make sure you always have the equipment you need with you to do the job. Be prepared for any circumstance that you may face. Be a patient advocate. Exceptional care begins when the tones go off.

We are getting ready to start preparing budgets for FY 2017 after the first of the year. We will look at capital from last year and reassess our needs. We will also evaluate our operational budgets. I hope to increase our minor equipment line to allow us to replace worn out equipment.

With the change in available ambulance chassis and new ambulance standards, we need to look at the type of truck as well as the rear compartment designs. This will take a lot of work. I would like to have a staff member from each county. If you are interested in working with me on this, let me know.

We continue to actively recruit Paramedics. By the time you read this, we will have interviewed 1 Paramedic and have another interview sometime in the first two weeks of November. Thank you to all that have helped fill shifts. Staffing has been a challenge and this will continue into the future. We are hiring EMTs and hope to have all positions filled very soon. Please make the new EMT's feel welcome. It's not only the FTO's job to help teach new staff; it is everyone's responsibility to welcome and teach new staff the ropes.

Until next month, be safe.

St. Clair County - Osceola: Don Stockton

The standby season is almost over and Halloween is just a memory; two sure signs that Fall is truly upon us.

With the first colder temperatures we have seen in several months, this is a good time to refresh your memory on the harmful effects hypothermia can have on our patients as well as the steps we can take to counteract or avoid it altogether.

For those of us in the 24 hour stations, it is time to think about paying close attention to the weather forecast and having the correct outerwear with us.

It is also time to start thinking about the upcoming deer firearm season and the prospect of wilderness rescue operations when Johnny Hunter falls out of his tree stand in a drunken stupor and breaks a leg. As always, our first thoughts in any of these scenarios, is **personal safety** and going home to your family in one piece. Wear a hi- viz vest, watch your back as well as your partners back and be alert behind the wheel when Bambi (or his Dad or Mom) decide to cross the road when you have the right of way.

If you haven't already: Get your flu shot!

Be safe out there!

Don S.

Hickory County Chatter: Alice Roberts

Fall is here and it is time to prepare the station and equipment for this cooler weather. Rain jackets may be needed more often and I hear snow is in the air.

It has been a busy year and we have survived! Call volume seems to be dropping as the weekend lake people go back to the city for fall and winter. I have greatly appreciated everything that you have done by keeping things going.

We had a good turn out from Hickory County for the FTO class. There were lots of good ideas brought up and hopefully will see some great implementation from all of you.

Many classes are finishing up for the year and class dates for ACLS/PALS/ITLS for 2016 should be coming out soon. I will be contacting you as to when I need you to schedule your required classes. Everyone has been doing a good job getting this done and have only had a few hiccups with the new hires.

As I am working on the new schedule that will start on November 29th, there are plenty of open medic shifts and I am currently asking **every medic** in our service to pick up at least one P shift to spread the heavy load out among all of us. Standbys will have ended and we get a 5 to 6 month break. Yea!!!!

All availability for the next schedule needs to be turned in by **November 13th** and no later. The sooner you get yours turned in, the easier it is for me to get the schedule finished up in a timely manner.

Mandatory PTO: There are still several that need to get their mandatory PTO used up for the year 2015. I still have not received a request off from all of you. Please do not lose what you have earned and not used.

I hope everyone enjoys their Thanksgiving! Thank you to those who are working on the holiday.

"Everything we hear is an opinion, not a fact. Everything we see is a perspective, not the truth."

THE LIFE AND TIMES OF CEDAR COUNTY IN THE HEART OF BEAUTIFUL STOCKTON LAKE:

Well, summer is almost gone and winter is on its way. I just wanted to take to a moment to remind everyone to take time now and prepare for the cold weather that is quickly moving into our area.

- IV warmers – don't forget to plug them in and cover the fluids with a towel to be ready not if, but when you need the warm fluids.
- Heavy warm blankets-stock up now! Does everyone remember last winter you couldn't find one if you needed one? Yes, we needed them,
- Pre-make a winter bundle for your cot with a heavy blanket; lay it out on your cot and roll it up then place it on your bench. Consider making two of these, so if you need one you have it ready to deploy on the cot.
- Review our Hypothermia Protocol now, before you need it. Just remember to quickly get those patients up who are laying on the ground and place a blanket under them, even if you have to place a blanket on the backboard, to start the warming procedure.
- Don't forget to protect yourself! Dress for the weather and bring additional clothes in case you get wet. You can always take off extra layers so dress warm and don't forget to cover your head.
- Snow chains: Review this with your partner before you need to deploy them.
- Place a jug or two of kitty litter in your ambulance. Sometimes that's all you need to get out of a slippery spot.
- Remember wind chill KILLS! Even the little things like pocket hand warmers can save you or your digits.
- Keep the heat up in the back. You might be dressed for the weather but when you put that patient in the back and you start removing clothes, they will get cold very quickly.
- Linen (blankets, sheets, pillows: Folks, these cost CMH mega bucks each year due to staff leaving them at patients' homes, at receiving hospitals, ect. Do your part and **Bring them home for the holidays!** (the linen that is)

What is going on in Cedar County?

We are looking like we are finally 100% staff starting this next schedule! We will be working with new staff Sheila Day, Medic and Stephen Harpin, EMT-B as our float staff in addition to our 6 total crews at the two stations. Thanks to one and all that helped make this happen by conducting all of the interviews .

Cedar County new ambulances are in and have been on the road now for a few weeks getting the bugs worked out of them. Check them out when you see one or stop by next time your pass our way, and play with the new Stryker cot loading system. They are an enormous help to our crews. We all hope and pray to see them in all units someday soon.

In the last Cedar County Board meeting, Theron talked to them about the new repeater upgrades and presented them with a quote proposal that they can put out for bids. Hopefully, in November, we will be much closer to upgrading our radio system. The Board also decided they were going forward in upgrading the Stockton Base with new living quarters and turn the old base into offices / supply room and training rooms. They are meeting with Stockton City officials to get the legal works out of the way and then will proceed from there.

Thanks to everyone for your hard work and dedication in getting our new trucks stocked and on the road.

Tom Ryan
Ops Mgr Cedar Co

Education/Clinical News: Theron Becker

Clinical update:

- New hires

We've hired a few new EMTs and they are starting the orientation process in the next few weeks. Jay Fry is a paramedic that started orienting with us in September and is still making his way to each station.

- Upcoming training

We are finishing up our annual FTO planning meeting / class. We're excited for some new opportunities for FTOs in 2016 in the areas of quality improvement, protocol development, education delivery, and new hire orientation.

Other than CMH education department classes, we have no EMS classes planned for November. However, Lifeline will be providing Capnography and Sepsis education in December (on the 1st and again on the 16th).

Check your email about registering for the refresher class offered in January. We are working out the details of 2016 competencies. Our rough draft schedule is Neurology in Feb, Wilderness medicine in Apr, RSI in May, Sports medicine in Aug, and CHF in Oct. Each competency will be delivered twice for CMH (Bolivar and Eldorado) and once for Ellett (Appleton City). We are still working out instructors and details, so those topics might change.

- Protocols

The most recent protocol updates (RSI and TXA) are still waiting for an opportunity for me to meet with Dr. Merk. These are important updates but there has just not been enough time to make it happen, yet due to paramedic shortage and other requirements. Protocol updates are number five on my priority list and I just haven't made it that far down the list, but it will happen.

The new AHA guidelines have been published. The summary PDF is 36 pages long. My first look through them only generated two notes to investigate changes to our protocols. Feel free to click the link below and do your own reading. <https://eccguidelines.heart.org/index.php/circulation/cpr-ecc-guidelines-2/>

The two changes I'm going to look further into are:

1) In witnessed, adult arrest with a shock-able rhythm, they recommend 3 cycles of 200 continuous compressions with passive oxygenation and an airway adjunct. That is a pretty small sub-set of cardiac arrests we see, so to reduce confusion, we may just stick with current CPR protocols of 30:2 until an advanced airway is in place.

2) Routine administration of atropine as pre-medication for pediatric intubation is no longer recommended. This is a pretty easy change but we will see what Dr. Merk and Dr. Kramer think.



Brian Whalen	Nov 1 st
Matt Tucker	Nov 1 st
Bryan Albright	Nov 22 nd
Emma Igo	Nov 27 th
Matt Lee	Nov 29 th



Chris Nickos	30 years!!!!
Amanda Dickover	4 yrs
John Shaver	4 yrs
Josh Ward	4 yrs
Greg Beydler	4 yrs
Victor Nail	4 yrs
Brice Flynn	3 yrs
Linda Kanzenbach	3 yrs
Tom Ryan	2 yrs
Mike Minter	2 yrs

HealthEMS: Morgan Young

Hello CMH EMS,

As we rolled out the new questions for ICD-10, the question came up "We only have a limited number of charges, why do we need to be more detailed?" The answer to that question is that when we are more detailed in our charting, it provides back up reasons as to why we charge what we charged. This also decreases the chances of audit or rejection of the charges. The coders are putting those reasons into the language that billing departments easily understand, which is now ICD--10.

I also wanted to reiterate that you **must make sure all of your charts are sync'ed and exported** prior to leaving work at the end of your shift. All ePCR's are due by the end of your shift. You are only allowed to hold an ePCR for up to 24 hours if you do not know the critical information needed to complete the documentation. This should be a rare situation.

Do you have suggestions to change HealthEMS? Please let me know your questions and suggestions. If I can, I will make changes to the system for the better.

Thank you, have a safe shift.

Polk County News: Aaron Weaver

Theron and I have been doing 24 hour shifts in Polk County. So far, they are going fairly well. We are getting help and support from the crews we work around. Thank you for the help.

I know we have been working a lot of overtime but we need to follow the chore schedule and make sure the trucks are being deep cleaned and the quarters being cleaned as well. Everyone's help will be appreciated.

There are several charts in mobile every month. We have 24 hours to complete and export charts. This affects our billing; the more we can bill the more revenue we get, the bigger our budget will become. Get the charts done in a timely manner.

We will be ordering two new hand held radios. We also have CMH EMS ball caps that just arrived.

I would like to finish by thanking each and everyone for the many hours and the extra tasks. We all have been working a lot and I still see everyone in a good mood and smiling 95% of the time. Thank you

Upcoming Events For November

Nov 4 th 8a-5p	PEARS	Classroom A CMH Education
Nov 9 th 630p-930p	Mercy EMS Education Advanced Airways	Mercy EMS Education Center
Nov 11th	Veteran's Day	(Buy a Veteran Lunch!)
Nov 13 th 830a-5p	ACLS Renewal	CMH Education
Nov 18 th 2pm	Polk County Staff Meeting	Community Room #2
Nov 19 th 8:30am	Cedar County Staff Meeting	Stockton Ambulance Base
Nov 20 th 8a-5p	NRP	CMH Education
Nov 20 th 830a-5p	PALS Renewal	CMH Education
Nov 25 th 8a-12p	Basic Arrhythmia Class	CMH Education
Nov 25 th 1p- 4p	ECG & Pharmacology	CMH Education

Find additional training info at: <http://www.citizensmemorial.com/1calendar/index.html>