

# CMH EMS Newsletter

## SPECIAL POINTS OF INTEREST:

- Schedule Update
- Birthdays
- Competency Schedule
- Education Opportunities
- "Spring Forward"
- Easter April 1st

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## NEAL'S NOTES

In watching the Olympics, it is amazing to see the athlete go out and perform when they are at the top of their sport. These types of performances do not happen by accident. There are years of preparation to get to that point. There are a small percentage of people that have the head on their shoulder, genes, talent, and skill set, that it takes to be the absolute best in a particular sport. Besides the mental and physical attributes, it takes dedication, discipline, hard work, and attention to details. I absolutely enjoy watching people at the top of their sport perform.

CMH EMS/Pre Hospital Service wants to be the best. We are well on the way. It takes of us to get better. How good are you?

When we take care of patient do you watch the details? Can you spot subtle changes in a patient? In a pediatric trauma patient, the BP does not change but the HR raises 10 points. In an adult trauma patient and the HR has been high, do you watch for pulse pressure narrowing? These are both calls for action. Do you look at a patient's medication and think about how they may affect the patient? Do you think this is a routine transfer and set about it in that frame of mind and you miss subtle indications the patient is getting sicker? Do you think "Oh, it just another transfer" or "We have transported this patient a 100 times and they are always OK."

Being good at what you do means that there is no easy day. You must be disciplined, dedicated, do the hard work, and pay attention to details. Oh, and did I miss train. Read about EMS. Read articles and studies. If the study is hard to read, you can read the summary and conclusion. Remember to keep the study in context. You must attend training and competencies. I have attended hundreds of training and competencies in my career. I have used that information while taking care of a patient and it made me a better care giver. If you are going to be good, you have to train or you will go backwards.

Are you physically prepared? We must be ready both physically, mentally, and skills wise. You need to be active. Pick an activity you like and be active. Walk, hike, ride a bike, go to the gym, be active. Activity helps relieve stress. EMS is stressful and we need to take care of ourselves. We work all hours and we eat what we can grab in a hurry. Food in EMS is a social activity. We need to take better care of ourselves. We need to care for the care giver. Please take care of yourself.

I am really looking forward to Spring. I am tired of the cold and the wintery weather. It is just around the corner.

Take it easy. Be safer!

Neal T.

## HICKORY COUNTY NEWS – ALICE ROBERTS

It will be another 4 years before we get to watch the Winter Olympics. 2018 showed some really GREAT team work and also heartbreak to our US competitors. Many years of hard work, training, and dedication that each of these athletes gave their heart and soul. Many competed as individuals, but overall they were a team.

EMS is not much different. We are just a different type of athlete compared to our US Olympic team. We initially spend our first few years being educated and trained so we can function as either a first responder, EMT or Paramedic. Then, the hard part sets in where we continue to train and practice to remain sharp in our knowledge and skills. We may also give our heart and soul to this job and will see failures and heart ache along the way.

Both types of athletics MUST be willing to dedicate the time to become the best at what they do. Our training is more class room than outdoors, but every class

you take you should walk away with learning at least one new thing, no matter how small it maybe. If not, then it's time to take on a new project. We have several just in our department that you could take on. Just ask.

There are a lot of folks that are needing to take PHTLS, TIMS, EVOS, CPR, ACLS, PALS classes. Please check your email. If you are needing one of these, class dates and sign up links have been sent to you. I cannot sign you up for these classes - YOU must do that. Also, please remember to do your HealthStreams. You will also see there Hazmat, Safe Approach, Fire Extinguisher, etc. that you will need to register to participate. If your class dates fall on one of your truck work days, you will need to let me know so we can open your shift. Otherwise, once the schedule is out, you will need to find your own coverage.

We have several standby's that are starting to spring up, with Docu-Drama's in all our counties. Dates are slowly being turned in. Lucas Oil starts the weekend of April 7<sup>th</sup> and will go until October. There are very few weekends that there are not any races and several day long standbys. I have currently added Lucas Oil to the Google Calendar. If you see a date that you would like to work, just let one of the managers know so they can add you to the calendar.

As always, any and all help keeping Lucas Oil covered is greatly appreciated by your Management Team.

If you have any questions please don't hesitate to ask,

Alice Roberts B.S.  
Paramedic  
Hickory-Osceola Ops.  
Manager

### Schedule Update

New Schedule:  
April 1 to May 12

Request Off Due by:  
March 16<sup>th</sup>

Availability Due:  
March 16<sup>th</sup>

New Schedule Out:  
March 23rd

(Two of each licensure will be approved off during the same time period.)



HEALTH & SAFETY – BRICE FLYNN

Happy March to you all!

February is behind us, the short month that it was, and we look to longer daylight hours and more time outside. I'm excited to be moving to day shift and I want to give a special thanks and welcome to **Lucky** and **Comorgan** for coming over to the night shift. I know they will both do great work.

Marching right into what's going on in March (March your clocks forward on the 11th.) is Patient Safety Awareness Week, March 11-17 from the National Patient Safety Foundation. That's right, Patient Safety Awareness Week starts when daylight savings time ends and finishes on St. Patrick's Day, cheers to patients! Why does this matter? It's a great time to reflect and consider your patient care. You can look into the week on your own at <http://www.unitedforpatientsafety.org> and find out more, but essentially the week is meant to remind us that all people; you, me, your loved ones, my loved ones, and the frequent 4am flyer are all patients. We have a great focus at CMH EMS and are doing great things to put patients first. I ask that throughout the week of March 11-17 you take time each shift you work that week to work

on one way you can improve the safety of your patients. This could be knowing your protocols better, making sure your "office" is clean, teaching a skill to a younger provider so they can provide better care, refreshing your skills through hands on or video learning, or touching and using equipment you haven't used in over a month.

Speaking of Marching, get outside and have a step or two, maybe a few, they are good for you.

That's all I have for this month.

Remember, the job you do matters because people matter and that's why we do what we do, "To provide safe, exceptional, and compassionate care to our communities with an emphasis on highly trained and empowered staff."

Thank you for the job you do.

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



*March your  
clocks forward  
on the 11th!*



MARCH BIRTHDAYS

Cassandra Keller	7th	Amanda Dickover	8th
Tim Shaw	10th	Katie Claxton	11th
Adam Stoddard	12th	Mandy Flynn	14th
Josiah Lentz	17th	Comorgan Jones	18th
Bobby O'Keefe	19th	Lucas Weaver	28th
Theron Becker	28th	Ryan McDonald	30th

## GREETINGS FROM CEDAR COUNTY – TOM RYAN

Well, I bet everyone is saying the same thing - **"Is Winter almost over?"** March 20<sup>th</sup> is the official Spring Equinox and yes, it is just **around the corner and yep, that's right**, it will be SPRING! We are **counting down the days; don't forget to change your clocks March 11<sup>th</sup>! That's correct-** Spring **Forward! I can't wait to get our time back.**

There was no Board meeting in January due to the weather, but they did hold a meeting in **February. If you are you're** curious what they did in this meeting, well let me enlighten your life. 2018 Budget was **presented and approved! It's** going to be tight for a while after making a down payment on the new Stockton station. They are still looking at approximately April 1<sup>st</sup>, but they are now running two weeks behind so we are not 100% on the day yet. Things are coming along quickly; the roof is

on, the building has been wired, and plumbing is complete. They have started blowing in the insulation on the outer walls, the brick work is coming along slowly but getting there. The pull through garage is almost completed, and they are now looking at cleaning the floors in preparation to stain them. They will then cover them prior to the hanging of the sheetrock. The Board did go ahead and approve buying furniture for the new station **and it's on order as well as an** ice machine for the garage. Remember folks, this is NOT our building yet. The contractor has asked EVERYONE to stay off property until he is done and keys are turned over to CCAD due to liability issues with insurance. You can drive by and look from the road, but stay off the property.

I would like to thank Lyman Taylor for spear heading the Agape Volleyball event as well as the staff that played volleyball on the 22<sup>nd</sup> of February at Stockton High School. Our team actually scored a point (Way to go Mike!) and the other team only **had ONE player! Yep, that's right!** One player against an entire team! What a game and great TEAM effort.

Well, since Winter is almost over, that means standbys will be quickly approaching. So between standbys, medic class, **and vacations it's going to be a** busy Spring.

Again, Thanks for all you do out there and be SAFE! Remember think SPRING!!!

Tom Ryan  
Ops Mgr  
Cedar Co



Allen Brotherton (l), Mike Moore, & Steve Keller at the celebration of Allen's retirement from CMH EMS.

P O L K C O U N T Y – A A R O N W E A V E R

Some of you guys have heard me talking about completing tasks. What I mean by this is finishing your job and responsibilities. We have people leaving charts in mobile for an excess of 24 hours. The 24 hour time frame is a just for the run tickets that you are having trouble with (i.e. unable to get a patient's name after flying the patient, going to a new destination and needing the information put in the system.) You must export your charts by the end of your shift. To many times, I see people that have charts they need to complete but they are working on home work or napping. My point is that we have a job to finish! EMS is so much more than running a call. The ambulance needs to be clean and ready to go. The trucks need to restocked, cleaned, and mopped at the end of the shift and this includes tagging. These things need to get done. Your job responsibilities are first and then when those are finished, there is time for classwork, socializing, or safety naps.

I also include Healthstreams in this task. We are CMH employees. We are expected to keep up with our Healthstreams. Our scores are some of the lowest with the CMH system. I am not ok with this. You need to get your Healthstream assignments completed and keep them caught up. We have another desktop computer for the department to help everyone keep up with your Healthstreams. You guys asked for it, now take advantage of it. You can also use the laptops in the truck. Idle time riding back from a call or transfer is a great time to catch up on your Healthstreams!

Just to let everyone know we will be having monthly staff meetings. They will be the 3rd Wednesday of the month at 830 am. Staff meetings are mandatory, so plan on attending.

Again, I want to thank everyone for the extra shifts they are picking up. I appreciate everyone pitching in and picking up shifts to help out.

Aaron Weaver, Paramedic  
Operations Manager - Polk County  
CMH EMS

MARCH ANNIVERSARIES

22 Years!!

**Aaron Weaver Tom Liberty**

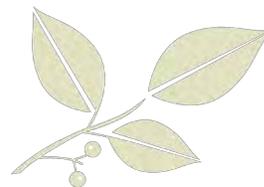
6 Years

**Cassandra Keller**

4 Years

**Emma Igo Levi Crews Eric Childress**

*Your job responsibilities are first and then when those are finished, there is time for classwork, socializing, or safety naps.*



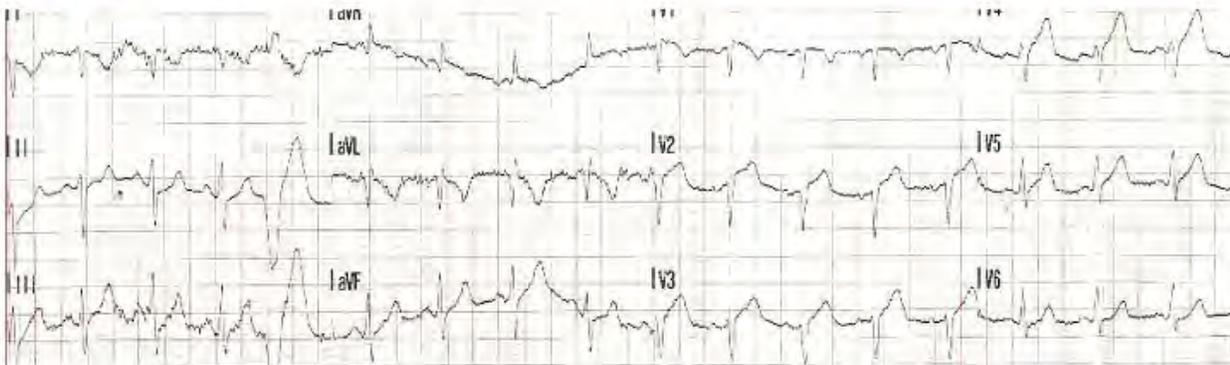
## PRE-HOSPITAL STEMI

I am pleased to provide feedback related to the care of this patient as follow-up for continued improvements in STEMI care. It is through collaborative efforts in the management of the STEMI patient that our outcomes are enhanced. Please feel free to contact me with any questions at [jill.clary@coxhealth.com](mailto:jill.clary@coxhealth.com)

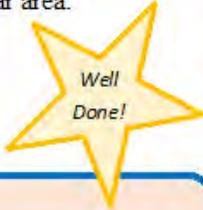
### 1/23/2018 Event Details for Patient

<b>Symptom Onset</b>	1900	<b>STEMI Activation</b>	2028	<b>Cardiologist</b>	Pitta
<b>FMC</b>	1936	<b>Cox S Arrival</b>	2027	<b>FMC2B</b>	105 min
<b>EKG (EMS)</b>	19:38	<b>First Device time</b>	2121	<b>D2B</b>	54 min

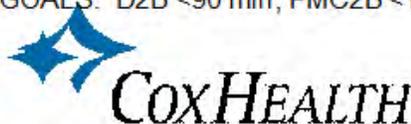
### Diagnostic ECG



**Disposition:** 45 years old female with history of recent cardiac catheterization and stent week ago at Bolivar Medical Center. She has chronic anemia endometriosis and was transfused post cardiac cath. She does smoke. She was initially taking Plavix however she forgot her Plavix in friend's car and missed few doses Plavix. Started having chest pressure today central squeezing excruciating acute distress at the time of evaluation in the Cath Lab. Zipit was activated for anterior ST elevation and patient was seen in in the Cath Lab. She was in excruciating chest pain 10 out of 10 in significant distress. Shortness of breath diaphoresis. Pain started 1-2 hours prior to presentation. Pain radiating to the left arm into the interscapular area. Cardiac Cath was performed urgently and pt did show 100 % occluded mLAD stent. Drug eluting stent placed. Pt did well after cath, no complications and discharged home on 1/27/2018.



GOALS: D2B <90 min, FMC2B <120 min Crew:



J. Frazer & C. Ream

## TRAINING IN THE REGION



Sheila Hagen and Life Flight Eagle will be doing a difficult airway class at EMH on March 14, 2018 at 0830. The difficult airway/medi-man will be here for our use.

This is for EMT's, Paramedics, RN's, Doctors, and anyone who is involved in airway control. This will be a good chance for us to practice our intubation skills and to practice with the King airways and other adjuncts.

CEU's will be provided and hopefully everyone will be able to attend and be involved.

Bruce Goddard  
573-286-6986



March 23 0730am – 500 pm

Tucker Redfern Pediatric Trauma Symposium @ Hammons Heart Institute

Register at: <http://www.mercy.net/SpringfieldTDO>

April 27 TBA

Tom Steele Emergency Care Symposium @ Hammons Heart Institute

Register at: <http://www.mercy.net/SpringfieldTDO>

May 4 TBA

Pediatric Grand Rounds @ Catherine McAuley Conference Center

Register at: <https://www.onlineregistrationcenter.com/MercyPediatrics>

July 17 TBA

Child Abuse Mini-Conference @ Hammons Heart Institute

Register at: <http://www.mercy.net/SpringfieldTDO>

Aug 3 TBA

Pediatric Grand Rounds @ Catherine McAuley Conference Center

Register at: <https://www.onlineregistrationcenter.com/MercyPediatrics>



### Mandatory Haz-Mat Training

March 21st @ 0800

March 26th @ 1300

April 5th @ 0800

April 5th @ 1300

Sept 14th @ 0800

Sept 14th @ 1300

Oct 2nd @ 0800

Oct 2nd @ 1300

### Mandatory Fire Extinguisher Training

#### Security Office

March 14 @ 0700

May 16 @ 0700

June 6 @ 0700

July 18 @ 0700

Aug 8 @ 0700

Sept 5 @ 0700

Nov 14 @ 0700

Dec 12 @ 0700

Dec 27 @ 0700

#### Clinics

Ash Grove April 4 @ 0800

Dade Co April 4 @ 1000

Lake Stockton April 4 @ 1200

El Dorado Clinic April 4 @ 1400

Pleasant Hope April 18 @ 0800

Dallas Co April 18 @ 1000

Hermitage Clinic April 18 @ 1200

Humansville Clinic April 18 @ 1600

Be Prepared! Know PASS and RACE acronyms.

# CMH Education Department Classes

*Contact CMH Education Services by email or phone for registration information.*

### ACLS Initial (2d)

(0830-1700)

(CPR & 103)

May 23 & 24

Sept 13 & 14

Nov 7 & 8

### ACLS Renewal

(0830—1700) (CPR)

March 15    April 27

May 11      June 22

July 19     Aug 1

Aug 30     Sept 27

Oct 11     Oct 24

Nov 28     Dec 6

Dec 21

### PALS Initial (2d)

(0830-1700)

(CPR & 103)

March 22 & 23

July 12 & 13

Nov 1 & 2

### PALS Renewal

(0830—1700) (CPR)

March 8    April 19

May 15    June 28

July 26    Aug 9

Aug 24    Sept 21

Oct 18    Nov 16

Dec 13

### PEARS (CPR)

(0830—1700)

Jun 7

Oct 4

## CMH EMS EDUCATION

**We will be having mandatory EMTALA training on Friday, March 2, 2018 at 0900 in EMS CR B. The only staff that are not required to attend in person are the on duty crews. We will WebEx for on duty crews only!**

## Competencies

### STROKE ASSESSMENT AND TPA TRANSFERS

PRESENTED BY THE POLK COUNTY FTO'S

MAR 5 9A-1P CMH COMMUNITY ROOMS

MAR 5 3P-7P CMH COMMUNITY ROOMS

MAR 8 6P-10P

AT ELDORADO AMBULANCE STATION

MAR 12 9A-1P

AT OSCEOLA AMBULANCE STATION

MAR 21 9A-1P

AT HERMITAGE AMBULANCE STATION

MAR 24 9A-1P CMH EMS HEADQUARTERS

MAR 24 3P-7P CMH EMS HEADQUARTERS

Registration is REQUIRED. Go to [www.ozarksems.com/education-application.php](http://www.ozarksems.com/education-application.php)

## PHTLS

Mar 10 & 11 0800-1700



EMS ALL STAFF  
MEETINGS

Wed May 23 9am – 11am  
Wed Sept 26 9am – 11am