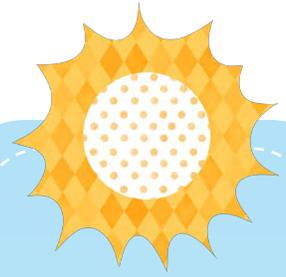


CMH EMS Newsletter

April 2018 Volume 4 Issue 8



Neal's Notes

We are on the way to Spring. As I write this, I am not so sure we had wintry precipitation yesterday and it is darn cold today. I am looking forward to Spring and outdoor activities. I enjoy the new flowers, trees leafing out, and the baby farm animals. It is fun to watch the calves and baby sheep play and run. I watched a calf play with a bull the other day play by butting heads. The bull was good natured and butted back. Remember to keep an eye on the weather! It is the time of year a severe thunderstorm or tornado can sneak up on you.

Please be careful and communicate with one another and your Base Manager. We have had a series of ambulance accidents that have led to damaged ambulances. Maintain your situational awareness. Work as a team and be careful please.

Do you keep your patient warm? If a sick or injured patient becomes hypothermic, they get sicker. In trauma, a patient must be kept warm. In the Middle East, when it is 130 degrees soldiers that are wounded are brought into the hospital covered with 1 or 2 blankets. WHY? Coagulopathy-Acidosis and hypothermia is what kills trauma patients and hypothermia leads to coagulopathy and acidosis. Don't be the patient care team that lets their patient become hypothermic.

Think about horizontal patient management vs vertical patient management. Instead of one person directing what is going on all members of the team need to know what to do and work together to take care of the patient. That means communicating in a calm voice with everyone knowing protocols and working as a team to take care of the patient. This is our goal. As a team, we need to teach and coach each other. Senior EMS staffs need to teach and coach the new staff and help them become a part of the team. Take time after and between calls to review calls and teach one another.

We can now weigh their patients as we come into the ER. The cot scale is currently located between the doors that lead from the ambulance bay into the ER. Patients can be weighed while on the cot. Then weigh the cot when the patient is off of it and the difference is the patient's weight. Don't forget that if you weigh a patient with blankets, equipment, or oxygen tanks, these need to be part of the weighing of the cot without the patient as well. Patients that should be weighed upon arriving at the ER are **Stroke, Trauma, and Pediatrics.**

Enjoy the beginning of Spring. Remember to take some time for yourself. It is important. EMS week is in May. Keep an eye out for what we are planning.

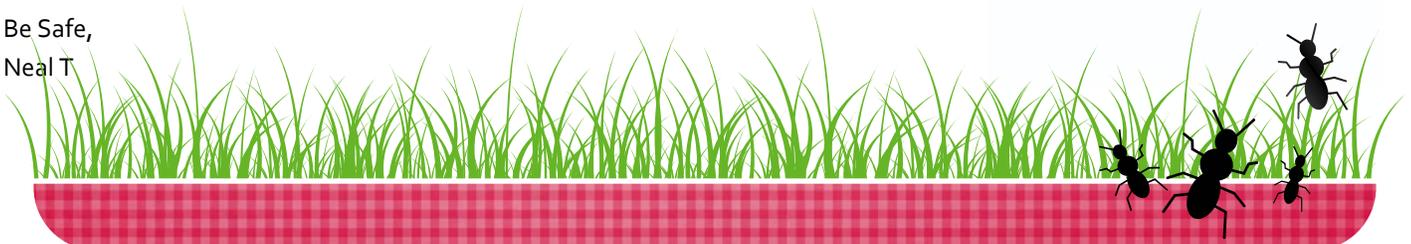
Be Safe,
Neal T

Inside this issue

Neal's Notes	1
Polk Co News.....	2
Hickory/St. Clair News.....	3
Health & Safety.....	4
Cedar County News	5
Cedar Co News.....	6
STEMI.....	7
Training	8
CMH Education Classes	9

Important Dates

04/12	Hickory Co Staff Meeting
04/18	Polk Co Staff Meeting
04/19	Cedar Co Staff Meeting



Polk County News—Aaron Weaver

I would like to thank everyone who attended staff meeting in March. I know we had a lot going on that day. This month I would like to see more people at the staff meetings they are mandatory. The next Polk County Staff meeting will be on April 18th.

To recap the staff meeting, I asked that everyone clean up after themselves and so far it has been going on. The dishes have been done for the most part. The garage has been looking good. Thank you everyone for keeping things in order.

The number of charts in mobile have been down as well. Remember when you log in to check to see if you have any sent back. Per Jeff, that is pretty much the only charts that have been hanging out in mobile for long periods of time.

Everyone is still doing a great job picking up shifts. I really do appreciate the help. The crews that are on shift and running calls appreciates the effort of someone picking up a shift instead of shutting down a car.

We are going to attempt to get at least one BLS truck on shift the days that we currently have none running, except Sunday, which is pretty much a light day and most of the BLS calls are local stuff leaving the hospital. We will still keep watching that day however and assess if we need a BLS car on those days.

I really appreciate the level of EMT's and Paramedics we have on staff here. We have got a lot of experience in this department and I believe we have the best staff, hands down.

Thank you everyone for the sacrifices that you all make to keep our trucks up and running.

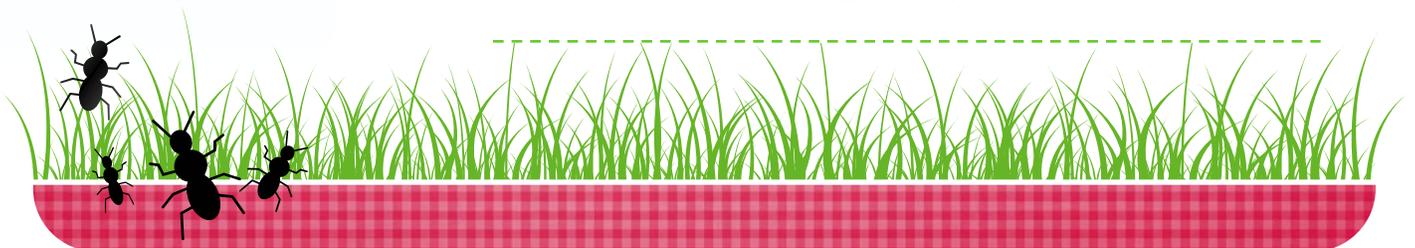
Aaron Weaver, Paramedic
Operations Manager - Polk County
CMH EMS

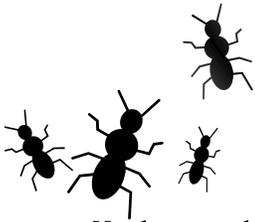


April Birthdays

Mike Minter 2nd
Brice Flynn 17th
Chris Mumm 26th
James Clarke 29th

The next Polk County Staff Meeting will be held on April 18th.





Hickory/St. Clair Co News—Alice Roberts

Neal wanted me to go back over request off for personal or vacation time since we have so many new employees and a few who have accumulated PTO who are now wanting to take some time off.

Request off are on a first come, first serve basis. Currently, we are approving 2 of the same licensure off at the same time during the same date range.

When you submit your request off, **it must be done through Kronos.**

- * Log into your Kronos account. You will see over on the right hand side of your screen it says “My Calendar.”
- * Click on the “My Calendar” tab and it will open a calendar.
- * In the top right hand side, you will see a tab that says “Request Time Off.”
 - * Click on it and it will bring up a pop up window.
- * The first thing you will need to enter information into is “Type.” You will want to choose PTO or OFF.
 - * PTO if you have PTO to use or OFF if you do not. (You may only take a maximum of 40 hours off during the year without using PTO).
- * The next box is the “Start Date.” This is the very first day that you do not want to be scheduled.
- * Next, will be the “End Date.” This will be the very last day that you do not want to be scheduled.
 - * Please do not submit individual dates if you need a RANGE OF DATES OFF. Please submit the whole range of dates from start to finish.
- * Your next box will be “Time Unit” and you will want to choose “**FULL DAY.**”
- * Next, hit submit.

If you have filled out your request off properly, you will receive a notice in your email that states you have submitted a request off.

Another thing is that you may only submit a maximum of 2 weeks off in one date range.

Please check for open vacation spots prior to purchasing any plane tickets, vacation hot spots, etc. As we may not be able to accommodate your request off if we already have 2 of your licensure already off work.

If you have any questions, shoot me an email or call and I will do my best to answer them.

Alice Roberts EMT-P
Hickory-Osceola Ops. Manager



Hickory County 705 has received an upgraded emergency light bar!



Health & Safety—Brice Flynn

April Service Anniversaries

22 Years

Kellie Burns

4 Years

Cody Liccardi

2 Years

Cheyenne Stone

1 Year

Daniel Zacher

I don't know about you, but I'm glad Spring is here. Getting outside more often will be easier with longer days and higher temperatures. Move more, you will feel better.

There is not much report in the Health and Safety world. Just a few reminders.

- 🔊 Check your ambulance for supplies at the beginning of each shift.
- 🔊 Clean your ambulance and equipment regularly.
- 🔊 Wear your traffic vest when working on or around a roadway at an accident scene.
- 🔊 Lift smarter not harder (I am looking into some lift assist devices) ask for help.
- 🔊 Read your protocols and other articles to keep your mind sharp.
- 🔊 Engage with the paramedic students so that you both may learn something.
- 🔊 Use all cot straps when transporting a patient.
- 🔊 Use a backer when backing the ambulance and maintain visual of your backer.
- 🔊 Wear your seatbelt whenever possible while working on a patient.

I had several varying comments about the TechniMount monitor mount for the cot. We are working to have our monitors secured with brackets, but until we arrive at that point, you need to secure your monitor with a seatbelt.

I hope you have enjoyed the Easter weekend.

Brice Flynn

NRP, I/C, AAS, BA



Cedar County Ambulance District Stockton CMH EMS Station is almost ready for us to move in!

"Read your protocols and other articles to keep your mind sharp."



Greetings from Beautiful Cedar County—Tom Ryan

We hope and pray everyone had a great March and you are looking forward to Summer, which is approaching.

Don't forget to leave some blankets on your truck since it still gets cool at night and possibilities of snow continue to plague our forecast.

Personnel: I would like to welcome Taylor McKlinteric to CMH and to the Cedar County family. We look forward to the contributions and dedication we know he will bring to better the growth of CMH & Cedar County EMS. Taylor comes to us with many years for experience with Fire and EMS.

Ambulance Operations: Please take an extra moment and be safe. If you get tired, let your partner **know and/or advise the manager on duty. Folks, it's** just not worth the chance of an accident if you have been running a lot of calls and have had no down time to recuperate. BE SAFE!

Operations: Here are some tips for better patient care documentation:

1. Write it down. We document so we can record, in near real time, the condition of the patient as we found him, the treatments we provided, and the patient's response to those treatments. We also record for research purposes, quality improvement, and reimbursement. In another words, there are real-world reasons why documentation is important. Oh, and one more reason - **'cause we have to! All states require** documentation of health care, including interventions by first responders.
2. Be consistent. There are a variety of mnemonics for documentation — CHART and SOAP are just two of them. There isn't just one way to document. However, the "best" way is to use whatever technique consistently. Don't change it just because you don't transport a patient, or if it's a BLS versus ALS patient. The more consistent you are, the less likely that you will forget to chart something.

3. Record your uh-ohs. Don't let unusual circumstances or events drop off your memory radar.

You may have had an extended ETA. The "On Scene" time may have been much longer than normal. The patient was unruly, making it difficult to record your first set of vital signs. You may have experienced equipment failure. The patient may have declined transport. Record that information somewhere. It might not go on the patient care report, but most, if not all organizations have additional forms to record these unusual occurrences.

4. Document the unthinkable. These are the cases that you're pretty certain will involve regulatory or law enforcement, such as abuse, neglect, rape, and violent crime. Take care to document what you saw, and heard during these incidents. Police and social case workers will be very appreciative of your efforts.

5. Write it down right away. Most EMS systems have transitioned from paper to electronic documentation. While great for data recording, they can be a challenge to use when trying to document care. While you may not be happy with this type of "progress," it makes sense that you become fully aware of what it produces for documentation after you enter in the information. Remember that it can become quickly difficult to remember information after a call if you have to return to the station to document, rather than doing it right after the call. Jot down your times and other small bits of information to help jog your memory.

6. Double check your work. Before you submit the paperwork, [review it](#). Does your story make sense? After all, remember who is going to read your PCR — physicians, nurses, and lawyers whose intent is to find out if you did anything wrong. Nothing sends up a red flag more quickly than to have a written form that is contradictory with itself. Good documentation is good patient care.

Con't to pg 6

Greetings from Beautiful Cedar County—Tom Ryan

Cedar County Board: Well, the board has meet twice within the last few weeks and the new building is coming along quite well. We are looking at April 15 to do the final walk through and turning over the keys. Then, we will look at moving into the building the last week of April. There will be a lot going on this month.

Docudrama Stockton School. Morgan and Alicia Zacher are working with Stockton school and emergency responders to put on a docudrama this month. Tentative date is April 17th. We hope all goes well and if we reach one student it was worth it. They are still looking for help if anyone wants to join in.

Well, that's it for this month. Everyone be safe and if you need anything, just let me know! I appreciate the work everyone does to make CMH EMS the best service we can be!

Tom Ryan, Paramedic

Operations Manager Cedar County

CMH EMS



MaMa Jean's Natural Market
29 mins · 🌐

All first responders who show a valid photo ID will receive a FREE drip coffee, a FREE cookie and 50% OFF ANY deli menu item on the First Day of EVERY month. If the first of the month happens to fall on a day when we're closed we will honor this offer on the day before.

It's just our way of saying thank you to our First Responders for the difficult job they do every day by putting their lives on the line to protect and enhance our community and way of life.

Please spread the ... [See More](#)

**FIRST OF THE MONTH
FIRST RESPONDERS**

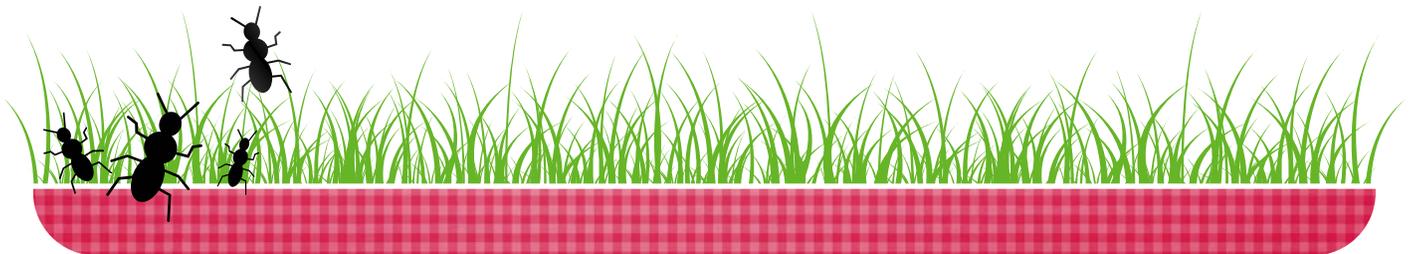


POLICE • FIRE FIGHTERS • EMTs

— THANK YOU —

for your service and protection

On the FIRST of EVERY month all first responders will receive a FREE regular drip coffee, cookie and 50% OFF one deli menu item.

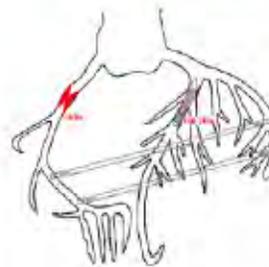
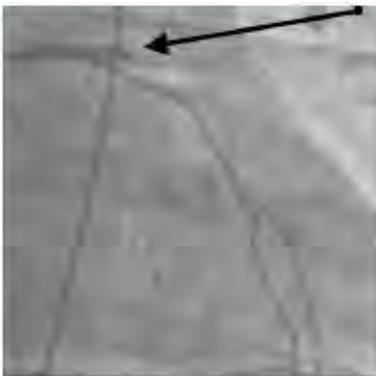


STEMI Case Report – H1139050

2/17/18

Patient	911	FMC 2ECG	Scene Time	CMH Arrival	D2MD	D2ECG	D2Actv	ED DIDO	CCL Time	D2B	EMC2E	Dr.	Quality Measures
41 y/o	14:13	3 min	15 min	14:43	0 min	-16 min	-10 min	14 min	21 min	35 min	55 min	Katrapati	91%
M	CMH EMS	Goal <10 min	Goal <20 min		Goal <10 min	Goal <10 min	Goal PRE-ACTV	Goal <30 min		Goal <90	Goal <120	Riley	ACC Recommendations Met

Narrative	Chief Complaint	Diagnosis	Outcome
Patient called 911 immediately upon onset of severe chest pain while walking back inside after smoking a cigarette. EMS ECG transmission performed & STEMI pre-activation performed per protocol.	Acute 10/10 chest pain associated with diaphoresis, nausea/vomiting, dyspnea, & pallor	Anterolateral STEMI with cardiogenic shock	100% prox-LAD → Aspiration Thrombectomy & BMS. Cardiogenic shock. Vfib arrest & intubated in CCL. EF = 25-30% by Echo. High fevers likely due to post-MI Dressler's syndrome. Extubated two days later. Discharged home with Life Vest & home health 5 days later. Returned with recurrent STEMI <24 post-discharge.



Quality Cardiac Care Recommendations		
ASA within 24 Hrs of Arrival	MET	324mg by EMS
D2B < 90 min	MET	35 min
Antiplatelet Post-PCI	MET	180mg Brilinta by ICU
ASA @ D/C	NOT MET	Not prescribed until post-D/C
Antiplatelet @ D/C	MET	Plavix
Beta Blocker @ D/C	MET	Coreg
Statin @ D/C	MET	Atorvastatin 40mg
ACE-I / ARB for LVSD @ D/C	MET	Lisinopril
LV Evaluation @ D/C	MET	Echo, EF = 25-30%
Smoking Cessation Advice	MET	Discharge Education
Cardiac Rehab Referral	MET	Phase I

EMS – Paul D’Agostino, John Smith
 | ED – Dr. Riley, Peggy Smith,
 Matthew Pulley | CCL = Dr.
 Katrapati, Rob Richardson, Kelly
 Ornelas, Dylan Mayhew, Breanna
 Ledford | Social Services = Sarah
 Lake | ICU = (Admit) Kaylee
 Christian, (D/C) Jennifer Stevens |
 CR = Ronda Hardt



2018 Lucas Oil Speedway Schedule (Tentative)



Date	Event	Classes
March 14th	Rich Nichols Memorial Media Luncheon	
March 31st	Open Test & Tune	
April 7th	Weekly Show #1-Weekly Championship Series Spring Opener Presented by Fox 5 KRBK	LM, Mod, SS, B-Mods \$1,000 to Win Late Models
April 13th – 14th	5th Annual MLRA Spring Nationals Presented by RacingJunk.com	MLRA, Mod, SS
April 21st	Weekly Show #2- Super Saver Special Night Presented by OnMedia/DISH/DirecTV	LM, Mod, SS, B-Mods \$750 to Win B-Mods
April 27th-28th (Off Road Track)	Level 5 Off Road UTV/Side by Side Racing	Level 5 Off Road UTV Racing
April 28th	Weekly Show #3- \$5 Dollar Night Presented by KY3	LM, Mod, SS, B-Mods \$750 to Win Street Stocks
May 5th	7th Annual Impact Signs, Awnings & Wraps Open Wheel Showdown	ASCS Warrior/Red River Region Sprints, POWRI Midgts, WAR Sprints
May 12th	Weekly Show #4-NMI Night at the Races Presented by Wild Animal Safari. FREE Admission for all Mom's courtesy of NMI/VMG Marketing.	LM, Mod, SS, B-Mods \$1,000 to Win Modifieds
May 19th (Off Road Track)	Kansas City Off Road Racing Association Sportsman Off Road Racing	KCORRA
May 19th	Weekly Show #5- Ozarks Coca-Cola/Dr. Pepper Night at the Races Presented by OnMedia/DISH/DirecTV	LM, Mod, SS, B-Mods \$1,000 to Win Late Models
May 24th – 26th	26th Annual Lucas Oil Show-Me 100 Presented by ProtectTheHarvest.com	LOLMDS, MLRA, Mod
June 2nd	NO RACING UNLESS OTHERWISE SCHEDULED	



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

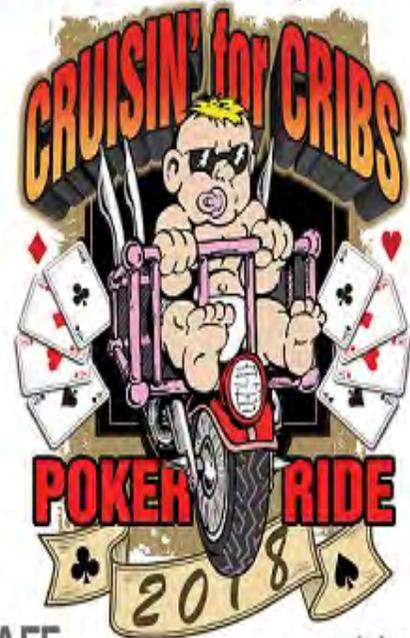
Register at: <http://www.mercy.net/SpringfieldTDO>

Aug 3 TBA

Pediatric Grand Rounds @ Catherine McAuley Conference Center

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

Motorcycle Poker Run Benefitting Cribs for Kids Project



- 100-MILE SCENIC RIDE
- FREE SHIRTS FOR FIRST 100
- PRIZES FOR BEST/WORST HAND
- FOOD TRUCK
- LOCAL BAND & LIVE AUCTION
- RAFFLES & GIVEAWAYS



SATURDAY, JUNE 9, 2018

RIDE BEGINS AT: PITBULL POWERSPORTS (1114 W. SUNSHINE ST., SPRINGFIELD, MO 65807)

RIDE ENDS AT: THE ROCK, PITBULL POWERSPORTS (1130 MO-13, BOLIVAR, MO 65013)

\$25 / BIKER - \$10 / PASSENGER

KICKSTANDS UP, 10:00 AM, LAST RIDER IN, 3:00 PM

REGISTER AT WWW.SAFEKIDSSPRINGFIELD.ORG

EMS EDUCATION Spring Semester 2018

Date(s)	Times	Course Name	Instructor(s)
Apr 28	8a-12p	Traffic Incident Management (TIMS)	Brice Flynn
Apr 28 & 29	8a-5p	Emergency Vehicle Operator Safety (EVOS)	Theron Becker

All courses require completion of a registration application. The link is at the bottom of this announcement. Application deadline is two weeks prior to the start date of the course.

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 Department Classes

ACLS Initial (2d)
(0830-1700)
(CPR & 103)
May 23 & 24
Sept 13 & 14
Nov 7 & 8

ACLS Renewal
(0830—1700) (CPR)

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)
July 12 & 13
Nov 1 & 2

PALS Renewal
(0830—1700) (CPR)

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

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

CMH EMS Education

Mandatory Fire Extinguisher Training

Security Office

May 16 @ 0700

June 6 @ 0700

July 18 @ 0700

Aug 8 @ 0700

Sept 5 @ 0700

Nov 14 @ 0700

Dec 12 @ 0700

Be Prepared! Know PASS and RACE acronyms.

Mandatory Haz-Mat Training

Sept 14th @ 0800

Sept 14th @ 1300

Oct 2nd @ 0800

Oct 2nd @ 1300

cmh

EMS ALL STAFF
MEETINGS

Wed May 23 9am – 11am

Wed Sept 26 9am – 11am

