



## CMH Prehospital Newsletter

February 2019

### Neal's Comments

As I am writing this we are about to be hit smack in the face by the "Polar Vortex" It is going to get dangerously cold. Way before it arrived I was ready for warmer weather, and this is what we got. Well we are getting closer to spring and each day without snow is a day closer to springs.

We had 703 and 704 both assessed for remount cost. When looking at the interior of both ambulances Daryn from Pinnacle Vehicles was impressed with the condition of our ambulances. He said they were in excellent condition. He does not see ambulances kept up this good very often. Daryn is a Paramedic that works for the University of Missouri EMS and sells ambulances so he has seen quite a few ambulances and knows how they are used and can be treated.

I want to thank each one of you for this compliment. This demonstrates the strong work and pride you exhibit in caring for our ambulances. It was a very proud moment for me when he gave us that compliment. Pretty Cool!

**Food for thought:** amateurs believe that the world should work the way they want it to. Professionals realize that they have to work with the world as they find it. As professionals we need to work to increase our circle of influence. As we increase our circle of influence we can take bigger steps to make changes that improve our system. We face many challenges. In the next couple of month the Leaders will meet with Jeff to review PHS strategic plan. After we update our plan we will share it with everyone and move forward to accomplish our goals.

In the PHS Folder there is a FOUO Folder. "For Official Use Only" Morgan and I are both Intelligence Liaison Officers to the Missouri Analysis and Information Center. We receive information, bulletins, and help sheets related to Terrorism, Home Land Security, Missouri Security, Cyber Security and sensitive Missouri law enforcement issues that might affect EMS and much more. Please take a look and review it. Some of the information is useful other is very interesting on a world level. All of the information has been analyzed and vetted on many different levels for reliability. The information is intended for official use only and should not be posted in a public area.

Thank you for all you do!

Be Safer Neal T.



## Polk County Updates

Some house keeping things discussed in staff meeting. The fridge will be emptied every Friday and cleaned out as well. We have 37 Polk county employees that use the fridge as well, we need to be thoughtful enough to clean out our own things, this includes picking up after ourselves.

Again, we have several employees in Polk and several crews at the station at once. Space is limited, we need to share our space. If things are left past your shift find some cabinet space or take it home. We all need to work together.

Also covered, we are looking at moving the u shift to Tuesday's instead of Monday, reason we are considering this is due to not being able to get u shifts filled on Mondays. Let me know what you all think your opinions are welcome.

I would like to give a shout out to **Ryam McDonald** for keeping everyone informed of students doing ride time. He has been communicating well.

Please keep your personals in the cabinet next to the refrigerator!

**Kevin Schoen** continues to do a good job with the truck maintenance rotations, John is back which should make it easier to report problems to the trucks. John and Kevin will both continue to do the fleet task together, until Kevin needs to take a break to get his paramedic class completed.

Reminder there is a full time u shift position open, if you are interested email me before 2/8.

Thank you for all that you do, i think we have top notch people at CMH EMS. You all make my job easy.

Aaron Weaver, Paramedic Operations manager - Polk County





# St. Clair County

By: John Frazer, St Claire Manager

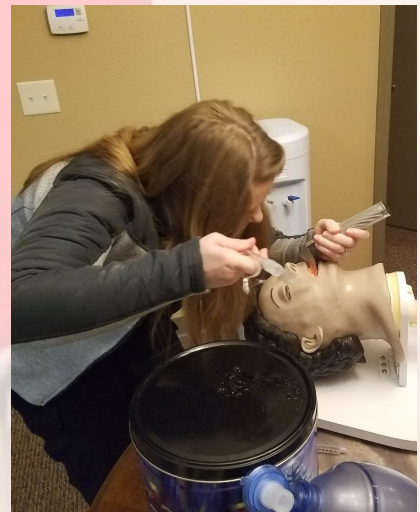
Being a preceptor for students has been a learning experience for me over the past few months. I only hope that the students I work with come out with some greater knowledge than when they began. It has certainly given me the opportunity to share my past experiences and knowledge as well as stay up on some of the latest education. I think I am learning as much from the students, maybe more, than what they are learning from me. It is a great feeling when just a few weeks ago we were practicing intubations at the station to kill time, and just a few days later get to see that student do her first field intubation. Great job Emma!!!! Congratulations also to Sandra Browman for passing her NREMT exam.

EMR class is winding down, again I want to express my thanks to all that have taken the time to help teach this course. **Mike D'Agostino, Cheyenne Stone, James Clarke and Tim Shaw.** Janet Taylor is also sharing her expertise on OB/Gyn. The students in this class span across several counties and are defiantly going to have an impact on providing better patient care when they have completed this class.

I think whole heartedly that the best things about being in the medical field is the occasional "Thank You" we get from a patient or the patient's family. From the 4 year old that ran up to me in a restaurant, mouth full of french fries, thanking me for saving his life, to the mother who even a year later, gave me a hug and thanked me for saving her daughter when she had drowned in a bath tub. We all know how few and far between the "Thank You's" can be, but also how they can remind us that what we do makes a real difference in people's lives. Probably just as humbling is when I am asked by a colleague to be a part of their families care, even when all you can offer sometimes is compassion and comfort, it is very rewarding to me that I can be a part of that care.

Compassionate patient care does not always require IV's or medication, sometimes just the compassion and a warm smile is all that is needed to make the greatest impact.

Emma McIntire  
practicing  
intubations during  
Paramedic clinical  
ride times.



# Hickory County Updates

We have had a break the past couple of months with our call volume and hopefully everyone has gotten some much needed rest. Runs were down almost 40%. The station looks great as we were able to catch up on some finer details that had to be put on the back burner. **There has been some reorganizing in our big red bags thanks to Carolyn and Christina** and making it easier to find our loose needles and syringes easier to find in the top inside pouch. Good job, and why did we not think of that before??? Try and remember to replace the rubber bands if they break in the future. Let's keep this going moving forward.

**Scott, Travis, Tom and I** walked through the station with the list of things that need to be fixed. **Travis only works during the week, banker hours** so please be courteous as he works through our list. I am not sure how soon he will get started so take heed as he will be in and out of our living quarters, kitchen area, bathrooms and bedrooms and the garage bay. Please make sure that your face sheets etc. are not left lying out on the desk in the office as the living quarters WILL NOT be secured during this time. Please take that extra few seconds to secure your face sheets or any other patient information that you have during your shift. I doubt they will fix everything all at once, so this maybe ongoing over the next several months. I expect to see the major items fixed to start with followed by other things at a later date.

**I will be going on vacation starting February 21<sup>st</sup> to March 7<sup>th</sup>.** If I have it tracked out right, I will not be here for the end of that pay period to make timecard fixes. If you are needing clock in's or outs, floated etc. Please contact one of the other manager's for some assistance. Tom Liberty will be taking over day to day operations at the station while I am gone. (SURPRISE) Tom will only be handling things that he can, that do not need a manager for approval or assistance with. For those types of items please call the On Duty Manager to help you.

**Mark your calendars for our regular staff meeting on February 14<sup>th</sup> at 8:30 am.** If you need a special reason to be there, it is also Valentine's Day!!!!

**The new schedule will be released a few days early this time and the plan is having it out to all employees' on February 20<sup>th</sup>.** If you have any request off to turn in please have them turned in by February 13<sup>th</sup>. Double check and make sure your request off that were already submitted are showing on the availability schedule when it comes out, as with the EXPANSE upgrade not all request off made it to the place where they could be approved.

Thank you to each and every one of you for all the hard work you have put in. It isn't always easy and not always fun, but as a team we got it done!

Alice Roberts - Paramedic



# Welcome From the Great Stockton Lake (Cedar County)

As another month has come and gone, we are still trying to remember to write 2019 and not 2018. Ha Ha! We are thinking: "What does 2019 have in store for me and you?" "What type of calls can we expect during 2019?" We are already seeing the stomach virus's in schools, nursing homes, friends & family and maybe ourselves (Oh, lucky us!) Just remember to WASH, WASH, WASH your hands, and keep those gloves on! This bug can hang around on people's skin, bedding, clothing, just to name a few, and it spreads like wild fire. The other types of calls we are seeing an increase in Cedar County are respiratory (Asthma) in kids and adults calls.

## *What is asthma and what can I do for a patient with it?*

Intermittent functional lower airway obstruction and frequent symptom exacerbations. The disease causes constriction of the bronchial tree and small airway inflammatory changes that prevents full exhalation.

Asthma affects all ages but most often begins during childhood and is more prevalent in females. Most children under the age of 18 with respiratory issues have been diagnosed with asthma at some point in their lifetime.

Common triggers for an asthma attack may include irritants such as aerosol sprays, perfumes, and **smoke**. In addition, allergens such as animal dander, mold, mildew, and pollens can trigger an attack. Environmental and physical conditions such as weather changes, emotional events, and viral infections can also promote asthma symptom exacerbations.

The classic findings in patients with an asthma exacerbation are diffuse expiratory wheezing, a prolonged expiratory phase and an increased respiratory rate.

However, other signs that may be noticed in pediatric patients include intercostal retractions and nasal flaring. In severe cases, exam of the lungs may show a "quiet" chest, resulting from such profound constriction of the bronchial tree that the wheezing sound cannot be produced. The key to the pediatric lung exam is to not only listen to the lungs, but look at the chest wall and work of breathing.

Treatment includes the use of short-acting bronchodilators such as Albuterol and/or Ipratropium which offers the patient a more sustained period of adequate air exchange. Young children often resist a mask or any type of equipment near their face, therefore, keeping the child calm with distraction from a toy and allowing the parent to hold the child can make our assessments and treatment easier. In other words, if you keep them happy and distracted it will be much easier to put the mask near their face. Creativity is the key!

Continuous nebulization of bronchodilator medication is often utilized. Intubation of these patients should be avoided at all costs unless signs of impending respiratory failure are present. These signs include inability to speak, decreased mental status, and worsening fatigue.

The goals for treating asthma exacerbations include correction of hypoxemia and increased airflow. Interventions include the administration of oxygen (O<sub>2</sub>) to keep O<sub>2</sub> saturations greater than or equal to 94%, administration of Albuterol, Ipratropium or Xopenex by nebulizer along with oral administration of corticosteroids for mild to moderate management of acute asthma.

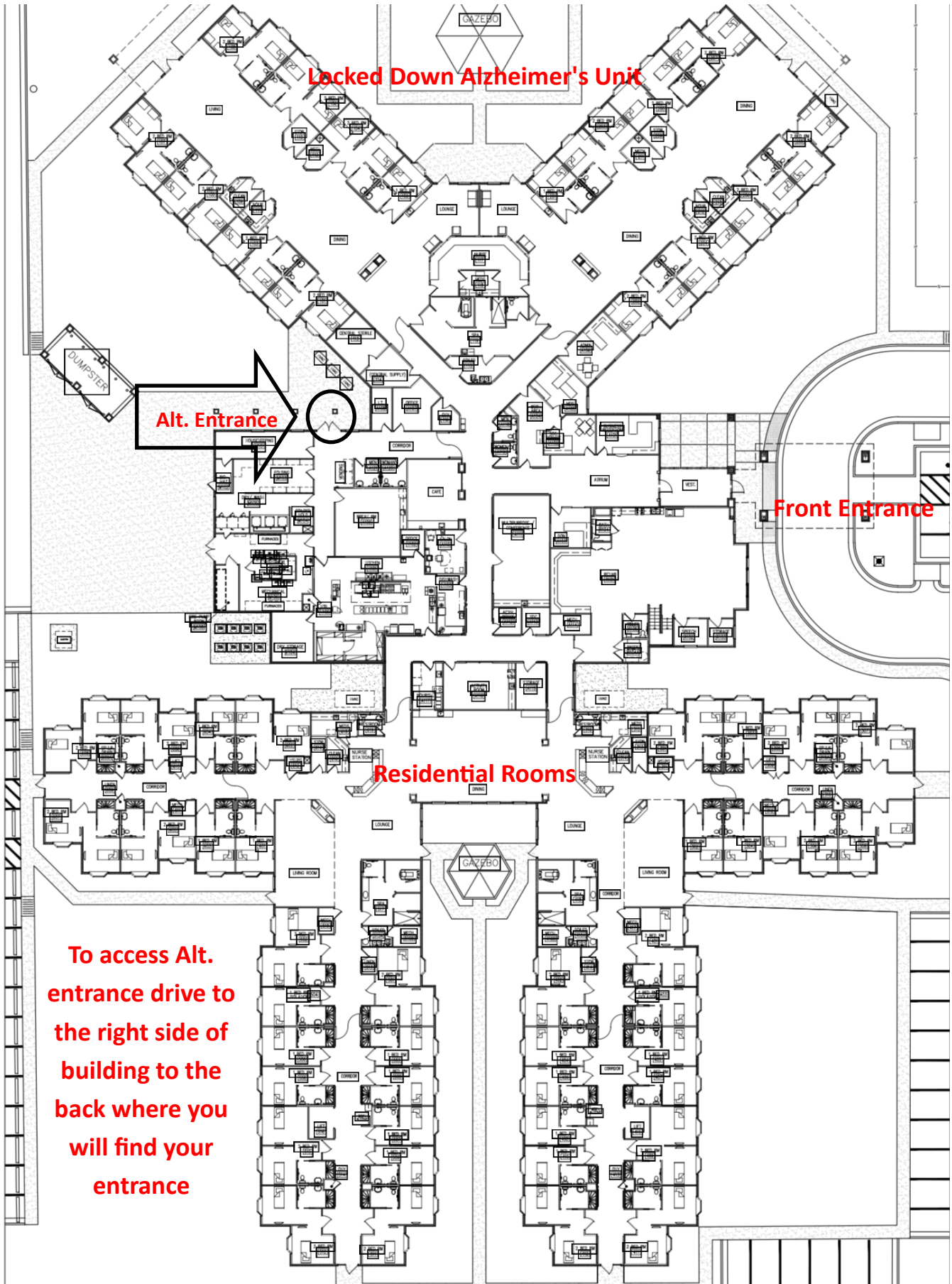
## **From the Board:**

Not much happened this month's meeting, they did vote to have the Stryker load system installed in Stockton, instead of having it taken to Columbia. And they did Ok the purchase of 4 new pulse ox units.

**THANK YOU!** I want to personally thank those that came in, as well as those that tried, during the Major Snow Storm we almost got in January! Great Job to the crews that ran call after call or were stuck in the snow, on snowy roadways and still managed to respond. Also, thanks to those who stayed over to cover the next shift due to their relief not being able to make it in. ok just kidding, but really Thanks for all those that came in and helped when we were planning for this major event, just thank God it didn't happen.

Thanks again Tom Ryan Ops Mgr Cedar County.

# Lake Stockton Healthcare Facility



To access Alt. entrance drive to the right side of building to the back where you will find your entrance



## Education and FTO Chatter

**Field Training and Evaluation Program (FTEP).** First class to be held on February 8, 2019. The second-class will be held on the 26<sup>th</sup> of February, with the possibility of a third class before the April 20<sup>th</sup> class. Both classes start at 0900. For those attending please bring a thumb drive, as I'll have new material for you. Stay tuned for further dates as I work them out. The class that is scheduled for the 20<sup>th</sup> of April will remain on the docket as a final class.

**Competencies:** The first Competency class of the year is in March, so don't forget to look at the Spring Education schedule for dates and times. The topic is Trauma and MCI, thanks to Brice and Aaron for the topic and kicking us off for the year. Remember, if you are a certified EMS Educator, teaching competencies solves two vital functions, CEU's for the topic taught, plus CEU's for your Educator status. I encourage ALL of our EMS Educators, FTO or not to get involved in the process.

**New Hire/On-Boarding process.** As the new FTO classes finish and the policies and procedures are approved we will be starting the new On-Boarding process. As this is a whole new process for bringing our new staff up to speed on how we do things at CMH, it will be under scrutiny to fine tune it. Managers and FTO's, will be the driving force behind those improvements.

**HealthStreams:** There will be a forthcoming HealthStream Roll-Out of the new equipment add-on by the Equipment Committee. The Roll-Out will consist of information on the ARS Decompression Needle, the HyFin Chest Seal, Decadron, and the variable adapter for CPAP. Stay tuned!

Just a quick question for all the staff. Content for HealthStreams is mostly based on what is required by JACHO for the hospital, with a small offering for EMS dedicated classes. Would it be feasible to develop our own HealthStream classes based on CMH-EMS policies, guidelines, and procedures?

Lastly, either during the second or third quarter of the education cycle, the **ALS Assist Class** and a **Basic Dysrhythmia Class** will be taught. These two classes are geared for BLS providers, but Medics, the more the merrier! I'll be working with Theron to get them on the training calendar, keep an eye out.

If you have ideas or thoughts on system improvements, or classes for development in HealthStream let me know.

Thanks!

Mike Minter, MSed, Paramedic, I/C

CMH-EMS/Cedar County

*"Train Like You Plan to Treat"*

# Safety Tips from Brice

As I write this it is the coldest day so far this year. This February is not a leap year, that will come next year. Without being too cheesy about a Leap year or jumping to conclusions...I want to remind us of our core values and the **Just Fix It principle**. Most of what I talk about, or any manager talks about relates back to PRIDE and Just Fix It.

How does PRIDE and JFI apply to safety? Essentially you are given the freedom and responsibility to keep yourself, your partner, and your patient safe. If you see something unsafe then fix it, after the call talk to your partner about it. A lot of our job has on-the-job training built into, when doing that be gentle. Take time after the call to go over the safety concern you might have had. If you are Positive and Respectful in addressing a safety issue with your partner or someone else they will probably take it well, if they don't, that's ok, keep doing your best to make safe choices. We want you to be Innovative in your approach to your job. If you see a better and safer way to move a patient then say something. Bring your requests for equipment changes to myself or your supervisor, we want everyone going home safe at the end of their shift. Being Dedicated means looking at the Longview of the changes we are going through in EMS, as an industry. Being dedicated means you are working to support and find the best practices of the industry so our patients and us go home safe. Empowered means that you matter. Speak up and make your scene safer, while driving to the call, moving and loading the patient, patient care choices done with the patient's best interests in mind are usually the right choice.

With Just Fix It I just want to bring up what I mentioned last month to hear three clicks in the back of the ambulance; the cot into the mount, the monitor into a seatbelt, and your seatbelt going on. Bottom line; if you can keep yourself, your partner, or your patient safer, then make that choice and know that is what we want for your patients.

Our EMS mission statement reads as follows, "To provide safe, exceptional, and compassionate care to our communities with an emphasis on highly trained and empowered staff."

May our values and our Mission power you to make safety personal, and powerful. Thanks for all you do.

Brice Flynn

NRP, I/C, AAS, BA

Health & Safety Chief

Citizens Memorial Hospital EMS

573-220-8126

## CMH EMS Mission Statement

To provide safe, exceptional and compassionate care to our communities  
with an emphasis on highly trained and empowered EMS staff.



Please keep Amanda Dickover and her family in your thoughts and prayers. Her Grandmother, **Mrs. Joann Durst** went home, surrounded by her loved ones, on January 16th. Many of us knew Mrs Durst as she was the Remedial Math Teacher at Humansville R-IV for 22 years. Mrs. Durst was an amazing soul and is greatly missed. May she Rest Peacefully.

### *Obituary*

JoAnn Darlene Green Durst of Dunnegan, passed away surrounded by family on Wednesday, January 16, 2019 at the age of 80 years old. She was born September 18, 1938 in Iowa City, Iowa to Robert Green and Denise Wolford Green. She graduated from Nichols High School in 1957 before continuing her education at the Iowa State Teaching College, where she received her teaching certificate in liberal arts. JoAnn married her high school sweetheart, Gerald Durst, on April 14, 1960 at the Nichols Christian Church in Nichols, Iowa. She returned to college at the University of Iowa where she completed her Bachelors Degree in liberal arts for teaching. JoAnn spent 15 years teaching within the Iowa Public Schools before relocating to Dunnegan, Missouri with her husband and children, Suzanne and Robert. She retired from teaching in 2004, after teaching 22 years at the Humansville Public School. After retirement, JoAnn enjoyed spending time with her Grandchildren, Great-Grandchildren, gardening, farming and making quilts. JoAnn was a long time member of the Dunnegan Bible Baptist Church where she was an active Bible school teacher and was dedicated to supporting missions. Her deep Christian faith was well known by those who loved her and she considered her fellow church members as her extended family. She is preceded in death by her parents, Robert and Denise Green, a brother Donald Green and sister-in-law Becky Green. JoAnn is survived by her husband of 58 years, Gerald Durst; a daughter, Suzanne (Mark) Nash of Osceola, MO; a son, Robert (Marsha) Durst of Fairplay, MO; two brothers, Larry (Bonnie) Green of Muscatine, Iowa and John (Patty) Green of Nichols, Iowa; 7 Grandchildren, Amanda (Ryan) Dickover, Jordan Nash, Daniel (Alicha) Durst, Ryan (Laurel) Durst, Alyssa Nash, Rachel Orrell and Colby Durst; 2 Great-Grandchildren, Leighton Durst and Lincoln Durst; and an adopted son, Gary (Lynn) Reimier of Durant, Iowa. Visitation for JoAnn will be from 2:00 to 4:00 pm. Sunday, January 20, 2019 at Butler Funeral Home, Humansville, Missouri. Services for JoAnn will be 10:00 am. on Monday, January 21, 2019, at Dunnegan Bible Baptist Church, Dunnegan, Mo.

### *Services In Care Of*

**BUTLER FUNERAL HOME**

### *In Memory Of*



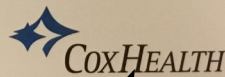
**Joann Durst**

*September 18, 1938 ~ January 16, 2019*



## COX AIR CARE CONFERENCE

This conference is designed to enhance the multidisciplinary team approach and continue professional development to effectively manage the critically ill or injured patient from impact to recovery.



Cox AirCare Conference is an EXCELLENT learning opportunity!! Ken Bouvier is the Deputy Chief of Operations for the City of New Orleans and has been involved with EMS for 22 years! He will be retiring this year! This man is a deep well of information and VERY entertaining!!

## COX AIR CARE CONFERENCE

Join us for CoxHealth Education Center's annual Cox Air Care Conference. This conference is designed for nurses, prehospital, hospital chaplains and other professionals working with the prehospital and critically ill or injured patient.

### SPEAKERS AND TOPICS INCLUDE:

Ken Bouvier	School Shootings: Is your department ready? Hot car deaths
Kris Thompson	Ketamine: Friend or foe Special topics in cardiac arrest
Theresa Matoushek	Snakes and spider bites
Timothy Pohlman, MD	Hemorrhagic Shock: Diagnosis and management

For more information, contact Lisa Boyer at 417-269-4124 or [lisa.boyer@coxhealth.com](mailto:lisa.boyer@coxhealth.com)

For continuing education, registration and other details, visit [coxcollege.edu](http://coxcollege.edu), click on continuing education and life support, followed by conference.

We reserve the right to substitute topics and speakers, if needed.

**Have you done your HEALTHSTREAMS!?**

February Birthdays!

Greg Wood Feb 13

Ryan Carroll Feb 18th

Peter Holm Feb 19th

Dawn Sloan Feb 28th

Congrats Matt D'Amore!!

He has been with CMH

EMS for 19 YEARS!!!