

July 29th

Leadership Notes

Have you finished your July protocol quiz yet?

<http://ozarksems.com/education-quizzes.php>

Ketamine and Morphine on back order.

ESO Alerting, check your emails for updates.
Goes live on Monday.

Coolers are on the ambulances in Polk County with small water bottles. Fill them up with ice at the cafeteria as needed.

Lots of open shifts, sign up anywhere you can help.

New bonus rates for picking up shifts. More coming regarding base wage increases but still waiting on approvals.

Bonus checks will be deposited on Monday.

Please consider steroids carefully. They suppress the immune system and should be used cautiously (or not at all) in patients with a suspected infection and pediatrics. Review the medical director's comment about refraining from using it with COVID and review protocols (<https://www.emsprotocols.online/cmhems/7-540.php> and <https://www.emsprotocols.online/cmhems/7-140.php>).

Shout Outs

Thank you Megan and Logan for coming in and doing a transfer! –Alice

Thank you Robert Frye for coming in to do a transfer! Thank you Peter for offering! –Aaron

Thank you Ryan, AJ, Amanda D., Jerry, Colby for getting the 5 transfers out of CMH! –Alice and Emma

Thank you Ryan for covering Hickory on the 23rd! –Alice

Thank you Goldie and Lucky for covering Hickory on the 27th, and Robert Frye for covering A shift! –Alice

Thank you Ryan and Morgan for figuring out the simulators on short notice! –Theron

Thank you Neal, Aaron, and Theron for improving our bonus pay! –Crews

Thank you Allison and Lucas for covering Osceola on the 31st! –Morgan

Thank you Aaron for getting the water from Osceola down to Bolivar! –Comorgan

Thank you Tom Ryan for coordinating all the strike team transfers! –Comorgan



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Safety Tips

Everyone's N95 fit tests will expire in October; don't wait until then to get retested. Get with Brice and retest all of your respiratory PPE. With COVID cases on the rise, now is a good time to make sure you keep clean shaven and your N95 and or respirator still fits.

<https://www.uclahealth.org/sleepcenter/coping-with-shift-work>

<https://www.sleepfoundation.org/shift-work-disorder/tips>

<https://www.healthline.com/health/how-to-sleep-8-hours-in-4-hours>

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep/art-20048379>



Being awake for at least 24 hours is equal to having a blood alcohol content of 0.10%. This is higher than the legal limit in all states. *CDC

Educational Resources

Have you tried to learn anything new lately?

<https://memsa.org/>

<https://www.ems1.com/>

<https://www.jems.com/>

<https://www.emsworld.com/>

<https://nemsis.org/>

<https://www.ems.gov/>

<https://www.emsstrong.org/>

<https://www.medscape.com/>

Upcoming Classes through our Education Department

July 29th-Hazmat Medic

Aug 5th-Face and Neck Trauma

Aug 9th-Burns

Aug 12th-Bleeding, Soft Tissue Trauma

Aug 17th-Life Support Competency

Aug 19th-Final Exam Psychomotor Exam

Sept 21st-Life Support Competency

Sept 27th-Oct 1st EMS Instructor Course
Deadline to sign up Sept 13th

