

What's Happening

April 2008



NORTHWEST REGION EMERGENCY MEDICAL SERVICES AND TRAUMA  
CARE COUNCIL

# What's Happening

## Spring Safety—The Basics

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It's Spring (finally) so now is the time to get ready for a safe and happy summer. Here's what to do:

- Make sure your child's bicycle helmet and life jacket still fit correctly. Kids can grow a lot over the winter months so it is important that their safety equipment still fits in order to keep them safe. Also make sure their sports equipment (rollerblades, bicycle) are still in perfect working order.
  - Consider taking your kids to upcoming safety fairs (CK Kids Day and the South Kitsap Safety Fair). These events teach kids about a variety of safety topics in a fun way that really makes the message "stick" with kids.
  - Consider getting your chimney cleaned and furnace serviced. After a long winter of use, it's important to clean and service these vital areas of the home in order to prevent fires.
  - Check your fire alarm/smoke detector. Check to make sure it still works and that the battery is fresh so that it can continue to keep your family safe should there be a fire.
  - Spring break, prom, and graduation are coming up. These are particularly dangerous times for teens as they often copy what their friends do or what they see on TV and get involved with binge drinking, drunk driving, and other unsafe activities. Set clear rules for your teens and consider putting together alternative activities (such as a family vacation during spring break) to keep them safe.
  - Adults aren't immune from danger in the spring and summer. If you will be riding your bike to work or riding your motorcycle, remember to drive defensively, light yourself up like a Christmas tree (include lights, reflectors, and a screaming neon jacket), and definitely wear a helmet to keep yourself safe.
  - Add cleaning up your property to your spring list of "to do's". Although wildfires are a summer hazard, now is an excellent time to clean out areas around your home and property before they get overgrown with the brush that is so easy to catch fire during dry weather.
  - Make fixing up safety hazards another priority this spring. Cracked sidewalk? Moss on the deck or driveway? Loose stairs or handrails inside or outside your house? Lose door jams or broken windows? All of these are safety hazards that can cause falls or allow easier access for break-ins. Fix up anything that could be a safety concern now that the weather is getting better.
  - Keep a watchful eye on your kids no matter their age. With spring comes many outdoor activities. Kids need to be supervised so that they are safe when they are playing outside, playing in organized sports, swimming in lakes or rivers, riding their bikes or skateboards, or any other activity that could put them in danger.
  - Make sure your home is safe. Keep doors and windows locked at all times—this is a favorite time of year for burglars as people often leave their doors open and forget to lock their windows at night.
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# Mark Your Calendar!

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## DUI Panels

April 1; 7pm Pierce County—Gig Harbor Civic Center; Gig Harbor, WA 253-884-0715

April 8; 7pm Kitsap Youth—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139

April 10; 6:30pm Clallam County—Pt Angeles City Council Office; Pt Angeles, WA 360-417-2385

April 12; 8:30am Jefferson County—Pt Townsend Rec Center; Pt Townsend, WA 360-385-9193

April 22; 7pm Kitsap Adult—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139



## Base Station Meetings

Jefferson County EMS  
April 3rd at 7pm  
'Psychosis/Violent Patients'  
Chimacum, WA  
crodrigues@jgh.org

Kitsap County EMS  
April 3rd at 9am  
'TBA'  
Bremerton, WA  
360-447-2066

Mason County EMS  
April 19th  
'Trauma Assessment and Shock'  
Shelton, WA  
360-426-1611

## Council Meetings

Jefferson County EMS Council  
*No meeting scheduled this month*

Northwest Region EMS Council Meeting  
*No meeting scheduled this month*

West Olympic Peninsula EMS Council  
*April 17th, 7pm at Clallam Bay*

Mason County EMS Council  
*April 17th, 6pm at Mason General Hospital*

Clallam County EMS Council  
*April 17th, noon at Olympic Medical Center*

Kitsap County EMS Council  
*February 27th; 9am at the Readiness Center*

## EMS Live@Nite

When: April 8th; 6:45pm

Where: Via video conference

Topic: 'HazMat'

More Info: 888-258-9632

**Post Your Event Here!**  
Email info to  
[aprilborbon@yahoo.com](mailto:aprilborbon@yahoo.com)

## More Upcoming Events

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### April Is...

- National Child Abuse Prevention Month
- Alcohol Awareness Month
- Autism Awareness Month
- TV Turn Off Week (3rd Week)
- National SafeKids Week (April 27-May 3)
- World Health Day (April 7)
- Earth Day (April 22)
- Administrative Professional's Day (April 23)

### Workshop on School Bullying, Youth Suicide & Self Harm

April 30th

Kiana Lodge

Poulsbo, WA

800-503-7615



### Training Alerts

- April 7-June 4—EMT Course; Kitsap County EMS Bremerton, WA 360-447-2066
- April 8—ACLS Course; Kitsap County EMS Bremerton, WA 360-447-2066

### Meetings in the Northwest Region

April 2—Mason County Inter-Agency Meeting; Noon in Shelton. 360-427-1686

April 9—Mesa Redonda de Kitsap; 8:30am at the Silverdale Center. 360-337-5260

April 11—Northwest Region Executive/Funding Meeting; 12pm in Sequim. 360-479-5631

April 16—Kitsap Child Death Review; 8:30am in Bremerton. 360-337-5250

April 18—West Olympic Peninsula Healthcare Coalition meeting; 10am in Forks. 360-479-5631

April 25—Region 2 Hospital Preparedness meeting; 10am at OMC. 360-479-5631

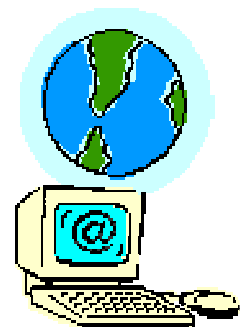
April 30—Kitsap Suicide Prevention Task Force; 3:30pm in Bremerton. 360-337-5250

# Online Info for Medical Providers

It is about time that I clean out my internet 'favorites' file. Here is a wide range of interesting, useful, or down right unusual info for docs, medics, and other emergency service providers.

- One of my favorite new resources on the net is Erik McLaughlin's 'Adventure Doc' website ([www.adventuredoc.org](http://www.adventuredoc.org)) and blog (<http://adventuredoc.wordpress.com/>). Erik is a former firefighter who decided to become a doctor who now specializes in travel/expedition medicine and global health issues.
- The CDC has a new online Alcohol-Related Disease Impact software application which generates estimates of alcohol-related deaths and years of potential life lost due to alcohol consumption. This is an excellent source of data for grants and prevention programs. Check it out at [www.cdc.gov/alcohol/](http://www.cdc.gov/alcohol/)
- You've heard about Popurls (<http://popurls.com>), now check out Alltop (<http://alltop.com>) which provides a quick overview of all of the top headlines from around the web. In particular, check out their health section (<http://health.alltop.com/>) which will give you the top daily headlines from over 100 medical-related websites and blogs such as the Mayo Clinic and Web MD.
- Another similar site which offers a variety of health news links can be found at Health Matters ([www.healthline.com/blogs](http://www.healthline.com/blogs)).
- For docs: find information about how doctors are putting the new iPhone to use at [www.wired.com/gadgets/mac/news/2008/03/iphone\\_doctors](http://www.wired.com/gadgets/mac/news/2008/03/iphone_doctors),
- For patients: check out the new online 'Symptom Checker' at [www.mayoclinic.com/health/symptom-checker/DS00671](http://www.mayoclinic.com/health/symptom-checker/DS00671) and also a new networking site for patients at Patients Like Me [www.patientslikeme.com/](http://www.patientslikeme.com/).
- Here's an interesting use for Google ([www.google.com](http://www.google.com)). Did you know that you can type the imprint code from any medication into Google and it will link you to the information about the medication? I tried it and it works!
- For a bit of tech info, check out 30+ Useful Websites You Probably Didn't Know About at <http://www.dumblittleman.com/2008/03/30-useful-websites-you-probably-didnt.html>
- Did you know that suicide rates are highest in the spring? This means that emergency service providers could be seeing more of these kinds of cases over the next few months. Here's where to find info on this topic: [www.save.org](http://www.save.org), [www.yspp.org](http://www.yspp.org), and [www.afsp.org](http://www.afsp.org).
- Need to learn a foreign language? Many providers are running into situations where the only people on scene or in the ER with a patient don't speak English. Of course having the language line available or an interpreter is ideal, however more and more providers are picking up the basics of the most common foreign languages they encounter to help the situation along until a translator can arrive. Here are some excellent language learning resources: [www.language-learning-advisor.com](http://www.language-learning-advisor.com), <http://babelfish.altavista.com/> [www.oculture.com/2006/10/foreign\\_language.html](http://www.oculture.com/2006/10/foreign_language.html), [www.rollingrs.com](http://www.rollingrs.com), <http://a4esl.org/> [www.ilovelanguages.com/index.php?category=Languages|Dictionaries](http://www.ilovelanguages.com/index.php?category=Languages|Dictionaries), and [www.word2word.com/course.html](http://www.word2word.com/course.html).
- Have you checked out Healthfinder ([www.healthfinder.gov](http://www.healthfinder.gov))? This is a government-sponsored website that provides health information on a variety of topics for both medical personnel and the public alike.
- Another couple of site with interesting medical information can be found at [www.healthcentral.com](http://www.healthcentral.com), and [www.healthsquare.com](http://www.healthsquare.com).

*Note: All of the links referenced in this newsletter can be found on our website at [www.nwrems.org](http://www.nwrems.org) under the heading 'What's Happening' links so you don't have to type in these exceedingly long web addresses.*



# Projects That Work: Kitsap County Smoke Detector Project

A year ago in March, eight year old Arianna Hathaway died needlessly in a house fire in Bremerton. The smoke detector in her home did not work and the fire spread so quickly that neighbors and firefighters who responded immediately to the blaze were unable to save her.

In response to this incident, South Kitsap Fire and Rescue put together a multi-agency smoke detector project in Ariana's neighborhood. In addition to SKFR, Bremerton Fire Department, Central Kitsap Fire and Rescue, and North Kitsap Fire and Rescue participated in this effort. The group targeted Ariana's neighborhood as a way to honor Airana and because the neighborhood fit many of the criteria that have been shown to have the highest rates of smoke detectors that don't work or aren't available (many rental properties, lower socio-economic area, many older homes that weren't required to have smoke detectors when they were built, etc).

According to South Kitsap Fire and Rescue BC Mike Wernet, the group of volunteers mapped out the neighborhood, conducted a pre-project survey to find out how many residents would be interested in participating in the project, put together a request to the Kitsap County Fire Chiefs Association in order to receive funding for the project, then pulled additional volunteers together to conduct the actual project in the neighborhood. Of the 296 homes originally targeted, 261 homes were visited by the group.

On March 15th, 35 volunteers fanned out across the neighborhood and made contact with residents of 133 homes in one day. In 80 homes, the smoke alarms worked, however 53 homes had smoke alarms that did not work. The group installed a total of 68 new smoke alarms which featured 10-year lithium batteries. The great thing about these new smoke alarms is that they had a reset button (many people completely disable their older smoke alarms if they went off when they are cooking and often forget to put them back together) and the batteries in the smoke alarms will not fit into other devices (many kids—adults too—will take the battery out of a smoke detector if they need it for another device thus leaving the smoke alarm useless should a fire occur).

As a part of these visits, families not only got their smoke alarms tested or replaced by the volunteers, but at the same time, other volunteers provided the families with fire safety tips and help to develop a fire escape plan.

This is an excellent example of an organization seeing a fixable problem in their community and taking action to prevent needless deaths and injuries. Not only did this project make the citizens in their fire district safer, it also increased the likelihood that should there be a fire in this neighborhood, the damage done to both the home and the family would be significantly less thus impacting the fire district (both the amount of personnel and equipment necessary to fight the fire as well as the emotional impact on the crew). Kudos to all of the fire districts that participated in this effort and the large group of dedicated volunteers who helped make this project a success!

## Simple Steps to Survive a Fire

- **Have working smoke detectors!**
- **Have an escape plan so that every family member knows two ways to escape from each room in the house.**
- **Make a quick fire check before you leave the house or go to bed (turn off space heaters, make sure all smoking materials are extinguished, check the stove, blow out candles, and put out the fire in the fireplace.**
- **Drill your escape plan with the whole family.**
- **Have a meeting place outside your home where everyone can be quickly accounted for.**

# Did You Know?

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- The WSDOT Safe Routes to Schools grant program is now accepting proposals. This grant provides funding for bicycle and pedestrian safety projects near schools. Go to [www.wsdot.wa.gov/bike/Safe\\_Routes\\_Program.htm](http://www.wsdot.wa.gov/bike/Safe_Routes_Program.htm) for more information or to apply. Proposals are due by May 2.
- The Lifesavers 2008 Conference—National Conference on Highway Safety Priorities will take place in Portland, OR on April 13-15. This conference features workshops and discussions on ways to reduce the number of injuries and fatalities on our nation's roadways. Go to [www.lifesaversconference.org](http://www.lifesaversconference.org) for more information.
- The King 5 Healthy Living Expo will take place at the Qwest Field Events Center in Seattle on April 19 and 20. This event will feature health screenings, cooking demonstrations, and wellness exhibits. Go to [www.king5.com/expo](http://www.king5.com/expo) for more information.
- The 8th Annual Conference on Immunization and Health Coalitions will be held in San Francisco, CA on May 21-23. This conference will feature proven techniques and skills to build sustainable coalitions and public/private partnerships across health issues in order to achieve public health goals. Go to [www.sfimmunize.org/page2.html](http://www.sfimmunize.org/page2.html) for more information.
- National Center for Victims of Crime will hold its annual conference in Portland, OR on June 2-4. The Conference will focus on responses, rights and resources for crime victims. Go to [www.ncvc.org](http://www.ncvc.org) for more information.
- The Port Angeles Fire Department will host a 'Public Information Officer Training and Survival Skills' course on April 11th. All facets of the PIO job will be covered and students will also have the chance to do a live interview which will be taped then critiqued by instructor and class members. The Cost is \$50. Call 360-452-7725 for more information or to sign up.
- The Kitsap Safe Schools Network will host a Workshop on School Bullying, Youth Suicide, and Self Harm on April 30th at the Kiana Lodge in Poulsbo. This event is open to educators, medical personnel, and others who are interested in this very important topic. Call 800-503-7615 for more information or to register.
- Safe Steps—A Fall and Fire Prevention Campaign Targeting Older Adults will hold a "train the trainer" workshop on May 7th (in Renton) and 8th (in Bellevue). Participants will learn how to help older adults live safe and independent lives, approaches to use in their own training, and best practices. For more information, call 206-263-8544 or go to [www.4elders.com](http://www.4elders.com).
- On April 22, a free Regional WCPPA (Washington Coalition for Promoting Physical Activity) Workshop will be held at the Norm Dicks Government Center in Bremerton. This workshop will feature information on local efforts to increase physical activity in the community and in schools. Call Pat Degracia at 360-337-5234 for more information or to register.
- The Kitsap County Department of Emergency Management will host ATC-20 and ATC-21 classes on April 18th at their office in Bremerton. These courses will teach participants how to conduct a post-earthquake safety evaluation of buildings and how to conduct a rapid visual screening of buildings for potential seismic hazards. Go to [www.kitsapdem.org](http://www.kitsapdem.org) for more information or to register.
- The 4th Annual Active Living Leadership Forum will take place on May 13th in Tacoma, WA. This forum is designed for community leaders and policy makers and will focus on ways to get people moving and create strategies to improve the health of our community members. Call Jane Moore at 253-307-9873 for more information.
- Start training now for the American Foundation for Suicide Prevention's 'Out of the Darkness Overnight' which will be a nighttime 20 mile walk to increase suicide awareness on June

## Did You Know? continued

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21-22 in Seattle. For more information, go to [www.theovernight.org](http://www.theovernight.org).

- Registration is now open for the Washington State Tribal Healing and Wellness Conference which will be held on May 5 and 6 at the Kiana Lodge in Poulsbo, WA. This conference will focus on a wide range of healing and wellness issues specifically targeting Native Americans. Go to <http://adai.washington.edu/TribalConference/> to register or for more information.
- For parents who want to learn more about how to keep their kids safe online (and to find out all of the tips and tricks that kids learn online that they would never tell their parents about) check out bNetS@vvy at <http://bnetsavvy.com>.
- The Washington State Department of Health lab will be offering a 'Specimen Collection for Chemical Terrorism or Exposure Events' class on May 14th at Harrison Hospital in Bremerton and Olympic Medical Center in Pt Angeles. This course is designed for doctors, nurses, ER personnel, lab personnel and others who would be responsible for packaging and shipping specimens to the state lab. Call 206-418-5403 for more information.
- The Washington Healthy Schools Summit will take place on May 29th at the University of Puget Sound in Tacoma. This conference will focus on best practices for creating healthy children and a healthy learning environment. Go to [www.centerforhealthtraining.org](http://www.centerforhealthtraining.org) for more information.

**Do you have news,  
information, or an  
event to share? Let us  
post it here! Email  
details to  
[aprilborbon@yahoo.com](mailto:aprilborbon@yahoo.com)**

## *Safe Kids Kitsap County's County-wide Life Jacket and Helmet Sale*

**Thursday, May 1st  
3pm-6pm**

***Bike Helmets \$7***

***Life Jackets \$14***

### **At the following locations:**

- **South Kitsap Fire & Rescue Station #31**
- **Kitsap County Health District Office in Bremerton**
- **Central Kitsap Fire & Rescue Station #51**
- **Poulsbo Fire Department**
- **North Kitsap Fire & Rescue**
- **NBK Bangor Child Development Center (base access required)**



**NORTHWEST REGION  
EMERGENCY MEDICAL  
SERVICES AND TRAUMA**

5610 Kitsap Way #240  
Bremerton, WA 98312

PO Box 5179  
Bremerton, WA 98312

Phone: 360-479-5631

Fax: 360-479-5772

Email: [admin@nwrems.org](mailto:admin@nwrems.org)

Edited by April Borbon

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**We're On The Web!**

**[www.nwrems.org](http://www.nwrems.org)**

*The Northwest Region Emergency Medical Services and Trauma Care Council is a non-profit umbrella organization which oversees EMS training, prevention activities, and program funding in Clallam, Jefferson, Kitsap and Mason Counties.*

*The mission of the NWREMS & TCC is to promote and support a coordinated system for local Emergency Medical Services/Trauma Care Councils by:*

- *Providing resources/funding*
- *Enhancing education/training*
- *Promoting data collection/analysis*
- *Facilitating communication*
- *Promoting standardization*
- *Promoting public education and prevention*

## News from the NWREMS Office

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Here's what's happening in April at the NWREMS office:

- We are gearing up for our Annual QI Conference which will be held on May 9 from 1pm to 8pm at the Clubhouse at McCormick Woods. This is always an interesting, informative event which draws a wide range of participants. Watch our website or contact the office for more details.
- The Protocols are finished and have been distributed! And they look beautiful! If you need additional copies of the Protocols, contact Anice or Rene at the office.
- Our Annual Executive/Funding meeting will be held on April 11th at 9am at The Lodge in Sequim.
- We have exactly one year and one month before the Hood Canal Bridge closes for six weeks to complete the rebuild project. We will be hosting meetings around the region to discuss mitigation efforts for this closure. Stay tuned for more details.
- The TED Committee is now in the process of reviewing the Region's OTEP program. Details of how the committee recommends that this program be changed will be discussed at the next Regional Council meeting.
- The DUI grant bracelets have been distributed. All high school seniors in the Region were given "Stay Safe, Stay Sober Class of 2008" bracelets to remind them to make good choices when it comes to drugs and alcohol, especially now as we head into the spring break, prom, and graduation season.