

What's Happening

August 2008



NORTHWEST REGION EMERGENCY MEDICAL SERVICES AND TRAUMA
CARE COUNCIL

What's Happening

It's Back to School Time Already!

It seems like school just let out yet the back-to-school sales have already started and by the end of the month, kids will be getting ready to go back to school. Here's how to make this a safe, successful experience:

- Get your kids immunized. Current immunizations are required before kids are allowed to attend school so getting these done now will avoid the rush in the fall.
 - Encourage your kids to participate in sports. With PE classes being short to non-existent and child obesity rates skyrocketing, after school sports are an excellent way for kids to get the exercise they need.
 - Speaking of sports, if your kids will be participating, now is an excellent time for them to get their sports physicals before the doctor's offices are overwhelmed the week before school starts. Also, check with your child's school for sports physical clinics that are often held before school starts in order to provide low cost physicals to student athletes.
 - Along with your kid's back to school supplies, don't forget to get them a new bicycle helmet if they will be riding their bikes to school. Make it a bright color so that it will be easy to see as the days get shorter and greyer. The same goes for jackets and backpacks, especially if they will be walking to school or waiting by the road for a bus—the brighter the better.
 - Whether your child is new to a school or has been there for a few years, walk the route to school with them before school starts and look for any dangers. Since the past year, a new neighbor may have moved in with a vicious dog, visibility along the side of the road may have been compromised by new trees that were planted, or there may be other dangers that need to be noted and mitigated.
 - Be sure to make your kids aware of how the changing weather can impact their safety whether they walk, ride a bus, or drive to school. When it is dark in the morning, grey all day, and dark earlier in the evenings, it is much more difficult to see kids walking home or to and from the bus—this is a danger for kids whether they are the walker or the driver.
 - Find out what services are available to students and take full advantage of them: free school lunch programs, academic counseling for college bound students of any age, the Running Start program available to many high school juniors, opportunities for scholarships and overseas learning programs, English as a Second Language classes or tutoring programs for those who need a bit of extra help, etc.
 - The week before school starts, get your kids back on their "early to bed, early to rise" schedule so they don't spend the first week of school adjusting to their new, earlier schedule.
 - As soon as school starts, meet your children's teachers, coaches, and friends so you aren't totally out of the loop with what is happening in their lives. You may also want to check out their MySpace page which will have more info about their changing lives than they may want to share with you.
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Mark Your Calendar!

DUI Panels

Aug 9; 8:30am Jefferson County—Pt Townsend Rec Center; Pt Townsend, WA 360-385-9193

Aug 12; 7pm Kitsap Youth—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139

Aug 14; 6:30pm Clallam County—Pt Angeles City Council Office; Pt Angeles, WA 360-417-2385

Aug 26; 7pm Kitsap Adult—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139



Base Station Meetings

Jefferson County EMS
August 7th at 6pm
'Anaphylaxis'
Chimacum, WA
crodrigues@jgh.org

Kitsap County EMS
August 7th at 9am
'Sepsis'
Bremerton, WA
360-447-2066

Mason County EMS
August 16th at 2pm
Annual EMS Picnic
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
August 20th, 7pm at Clallam Bay

Mason County EMS Council
No meeting scheduled for this month.

Clallam County EMS Council
No meeting scheduled for this month.

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

EMS Live@Nite

When: No program in August

Where: Via video conference

Topic: 'n/a

More Info: 888-258-9632

Post Your Event Here!

Email info to aprilborbon@yahoo.com

More Upcoming Events

August Is...

- National Immunization Awareness Month
- Eye Exam Month
- National Parks Month
- Smile Week (second week)
- National Minority Donor Awareness Day (Aug 1)
- American Coast Guard Day (Aug 4)
- National Night Out Against Crime (Aug 5)
- International Youth Day (Aug 12)


SmileMobile

July 28-August 8 in
Sequim

August 11-22 in Forks

206-517-6303

*Free dental care for
children!*



Training Alerts

- August 4 & 5—Applied Suicide Intervention Skills Training (ASIST) for Juvenile Justice and At-Risk Youth Community Service Providers Renton, WA
206-297-5922

Meetings in the Northwest Region

August 6—Mason County Inter-Agency Meeting; Noon in Shelton. 360-427-1686

August 13—Mesa Redonda de Kitsap; 8:30am at the Silverdale Center. 360-337-5260

August 15—Forks Healthcare Coalition meeting; 10am in Forks. 360-479-5631

August 20—Kitsap Child Death Review; 8:30am in Bremerton. 360-337-5250

August 21—Jefferson Healthcare Coalition meeting; 9am at Jefferson Hospital. 360-479-5631

August 27—Kitsap Suicide Prevention Task Force; 3:30pm in Bremerton. 360-337-5250

August 28—Kitsap Healthcare Coalition meeting; 9am at HMC Silverdale. 360-479-5631

10 Classes to Make You Healthier and Safer

When it comes to learning new things, there isn't a "finish line". Everything you learn will help make you healthier, happier, safer, and more knowledgeable about your world. Here are ten classes everyone should take:

1. CPR/AED class. Everyone should know how to do CPR, use an AED, and perform the Heimlich Maneuver. In the public arena, knowing these three skills will make it much more likely that you will be able to save a life when an everyday-type of emergency happens such as someone having a heart attack or choking. To find local classes, contact your fire district office or local medical center.
2. HAM Radio class. When your cell phone doesn't work, your sat phone can't find its satellite, and you need help NOW, having a HAM radio on hand and knowing how to use it can save a life. To find information about local HAM radio classes and testing, go to www.arrl.org.
3. How to Swim class. We live in an area with a *lot* of water so it only make sense that everyone know how to swim. Surprisingly, more than 50% of the minorities in our communities haven't learned this valuable skill. To find a class for both the children and adults in your family, if you want to improve your swimming skills, or if you want to take a life guarding class—not necessarily to become a life guard but to be able to safely rescue someone from the water—contact your local pool.
4. A Motorcycle Safety Course. As gas prices rise and more people turn to scooters and motorcycles to save both gas and money, the incidence of motorcycle crashes are increasing. One of the best ways to lessen these statistics, according to the data, is to take a motorcycle safety course to learn both how to ride more safely on the roads and how to protect yourself during a crash. Go to www.dol.wa.gov/driverslicense/motosafety.html to find a class near you.
5. Safe Boating Course. As I said before, we have a lot of water in our area—lakes, rivers, streams, the sound, and the ocean all draw people to boating. Aside from a few exceptions, all boaters in Washington State need to have completed a mandatory boater education course and received a card. Go to www.parks.wa.gov/boating/default.asp for more information.
6. Hunter's Ed Course. Mandatory Hunter's Education Safety Courses are also in affect in our state for anyone born after 1972. Besides being a good refresher for current hunters of all ages, this is an excellent way for new hunters to learn how to be safe while hunting. You will find more information about this program at <http://wdfw.wa.gov/enf/huntered/>.
7. A Wilderness Survival Course. If you live, work, or vacation in or near a wilderness area, it just makes sense to learn how to survive in the wild should you become lost or otherwise waylaid in the wilderness. The basics such as finding food and water, making shelter, and getting yourself rescued are usually covered in these courses. Check with your local college or outdoor outfitter for these classes.
8. Basic First Aid class. Learning the basics of how to treat minor wounds, when to seek professional care, and injury prevention

10 Classes

continued

strategies, are useful for everyone to know. The American Red Cross has a comprehensive first aid course that provides lay people with all of the first aid basics. Go to www.redcross.org/services/hss/courses/workplace.html for more information.

9. **Driver's Safety Class.** AARP offers a highly regarded driver's safety course for people who are aged 55 and over. While we think we can drive just fine (many of us have been doing this for decades) this informative class teaches people how to drive safely as they age. These classes focus on driving with age-related physical changes, brushing up on the latest rules of the road, and can even get you a discount on your car insurance after completion. Go to www.aarp.org/families/driver_safety/ to find a class close to you.
10. **NIMS (National Incident Management System) training.** FEMA offers online NIMS training for anyone who is interested. While these courses are required for many providers, this is valuable knowledge for all as it gives structure to an emergency response and if you ever find yourself volunteering to help out during a local disaster, you will have a better understanding of how the operation is being run. Go to www.fema.gov/emergency/nims/nims_training.shtm to sign up and take a class.

The best thing about almost all of these courses is that the entire family can, and should, participate together. Not only will your family learn skills that will make them safer, it will also build a stronger bond among family members and you will have people that you can depend on during an emergency, with the skills to help, in your own home.

From the Web...

Each day there are new, interesting, informative, even controversial things on the internet. Here's what's come up recently:

- ✓ *Are Child Car Seat Necessary?*
www.ted.com/index.php/talks/steven_levitt_on_child_carseats.html
- ✓ *50 Facts That Should Change the World*
www.christiantoday.com/article/50.facts.that.should.change.the.world./1125.htm
- ✓ *Interesting Child Safety Tips* <http://home.netcom.com/~rpvnw/childsaf.htm>
- ✓ *10 Extraordinary Burial Ceremonies from Around the World*
www.bravenewtraveler.com/2008/06/25/10-extraordinary-burial-ceremonies-from-around-the-world/
- ✓ *Paul Auerbach's Outdoor Medicine Blog*
www.healthline.com/blogs/outdoor_health/
- ✓ *Public Health Preparedness Modeling Blog from the University of Maryland*
<http://blog.umd.edu/phpm/>
- ✓ *TED Ideas Worth Spreading*
www.ted.com
- ✓ *38 Tips to Keep Your Kids Entertained and Stress Free When Seeing the Doctor*
www.ondd.org/38-tips-to-keep-your-kids-entertained-and-stress-free-when-seeing-a-doctor/

Note that all of these links can be found on our website at www.nwrems.org/whlinks so you don't have to type out these exceedingly long web addresses.

Preparedness Tips for the Medically Frail

Getting prepared for a disaster is hard enough for average, healthy people who can (relatively) easily get themselves out of a second story room during a fire or evacuate on a moment's notice when there has been a chemical spill in their neighborhood. For people with medical conditions, however, the process of preparedness takes on a whole new meaning. Here are some tips to help those with medical problems become prepared for an emergency:

- Try to have a three-months supply of necessary medications on hand. Some insurance programs allow this while others may not. Having additional medications is critical if you are not able to access your local pharmacy during a disaster.
- Everyone should have an evacuation bag on hand in case you need to leave your home at a moment's notice. This bag usually contains a change of clothing, toiletries, a couple of bottles of water, and food (granola bars and other pre-packaged food that don't require cooking). For people with medical issues, their bag should also include information about their doctor, medical insurance, current health problems, and a current list of medications. They should also have a week's supply of medications in this bag, Depends if necessary, and any other items that they rely on for medical purposes (catheters, colostomy bags, syringes and needles, etc).
- Any time a patient is evacuated, they should take their medications with them as there is no guarantee medications will be available at the evacuation shelter.
- For people who rely on devices that must have electricity such as a respirator, make sure that there is a generator available that is easy to hook up for times when the power goes out. Also make sure that there is plenty of gas for the generator.
- People who would need extra help evacuating their home during a fire or other incident should have their room on the ground floor. This makes it much easier for bystanders to help evacuate the person if necessary.
- All pertinent medical information should be kept in a visible place such as stuck to the refrigerator or on the wall behind the person's bed. This information should include a list of current medical conditions, their doctor's name and contact information, a list of current medications, and DNR orders.
- If a medically frail person lives alone, it's a good idea to have neighbors, friends, or relatives check on them regularly even if by phone. It is also a good idea if a trusted neighbor has a key to the person's home for quick entry if needed. It is especially important to check on the person when there is a heat wave, flood, storm, or other event where the ill person may not ask for help.
- Take time on occasion to check the medically frail person's home for basic safety precautions such as: putting fresh batteries in the smoke alarm, making sure the fire extinguisher is charged, checking for fall/trip hazards, making simple repairs such as fixing wobbly stairs or hand rails, etc.
- Encourage the person to use devices so that they can help themselves during an emergency such as grab bars by the bed, chairs that will help lift them up from a sitting position, medic alert devices to signal for help, having a cell phone near by in case they can't get to the phone, etc.
- Put AC/DC nightlights around the home to light up the place in case the power goes out.
- Keep eyeglasses, hearing aids, spare batteries for hearing aids, canes, and other devices in an easily accessible location such as by the bed.
- Keep an "earthquake kit" next to the bed that includes a whistle, flashlight, bottle of water, and pair of shoes. An "I NEED HELP" banner that can be put in the window is another item to keep on hand.

With a little pre-planning, the medically frail person can be ready for any disaster.

Did You Know?

- The SmileMobile will be in Sequim from July 28 to August 8 and in Forks from August 11 to 22. This is an excellent opportunity for low-income children to receive free dental care. To make an appointment, call 800-572-7835. Volunteers are always welcome to help out with this program and dentists who volunteer their services will receive continuing education credit.
- The Youth Suicide Prevention Program will be hosting ASIST (Applied Suicide Intervention and Skills Training) tailored to a variety of providers over the coming months. Training includes identifying those at risk for suicide, intervention skills, and information on resources available for follow-up and care of the individual contemplating suicide. Training will be held on August 4 and 5 for foster and adoptive parents and relatives and caregivers of foster care or adoptive children, and on September 10 and 11 for those who work with youth in Native American communities. Call 206-297-5922 for more information or to register.
- Mason County EMS will host their annual 'All EMS County-Wide Picnic' on August 16th beginning at 2pm at Mason Lake. This is always a great event. See the flyer on the NWREMS website for details.
- Anyone who has ever served on active duty in the military may be eligible for benefits they don't know about. Both county and state Veteran's Assistance Programs can provide help with things such as rental and mortgage assistance, energy and utility assistance, food assistance, auto repair, medical, transportation, and even burial assistance. If a vet needs help, they can find further resources at www.dva.wa.gov or contact their county Veteran's Assistance Program.
- If you're a gadget buff, check out www.medgadget.com. This website features new and emerging medical technologies for just about every purpose. From microchip medical scopes to new uses in medicine for nanotechnology, you will find it on this site.
- The Kitsap DEM has recently added seven new emergency preparedness streaming videos to their website. If you go to www.kitsapdem.org/news.asp?ID=180 you will find short, two-minute videos on everything from 'downed power line safety' to 'using water from your hot water heater during a disaster'.
- A Washington State Falls Prevention Grant application is now available. Four grants in the amount of \$35,000 each will be awarded for falls prevention initiatives. Applications are due by September 5th. For an application, contact Ilene Silver at Ilene.silver@doh.wa.gov
- Did you know that Washington State has a medical insurance program that covers aliens (such as travelers from other countries) who have no insurance? Go to <https://fortress.wa.gov/dshs/f2ws03esaapps/onlinecso/alienemergencymedical.asp> to find out more about the Alien Emergency Medical Program.
- Sadly, Chief Dan Packer of East Pierce Fire and Rescue was killed while fighting a wildfire in California. His memorial service will be held on August 7th at 2pm at the Christian Faith Center in Federal Way. New firefighter Andrew Palmer from Olympic National Park in Pt Angeles was also killed while fighting a wildfire in California. His memorial service will be held on August 4th at 10am at Fort Worden Park in Port Townsend.

Upcoming Events

- September 21-27 Child Passenger Safety Week
- September 23 North Region EMS Falls Prevention Summit
- September 24 State healthcare Coalition Workshop
- October 17 & 18 Washington State Injury Prevention Summit
- January 24 & 25 Northwest Region Pediatric Conference

**NORTHWEST REGION
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We're On The Web!

www.nwrems.org

News from the NWREMS Office

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

- Our Training Coordinator René Williams has a new cell phone number. Please note that her new number is 360-431-7311.
- We are now in the planning stages for a big Pediatric Conference which will be held on January 24th and 25th at the Suquamish Clearwater Casino near Poulsbo. This promises to be an interesting, informative, enlightening event. Also, on January 22nd and 23rd, we will be offering a PALS Course in conjunction with the conference.
- Please note that the Hood Canal Bridge Closure Mitigation meeting which was scheduled for August 7th at the North Kitsap Fire and Rescue headquarters in Kingston has been cancelled. Please check our website for information on when this meeting will be rescheduled.
- Congratulation to Dan Olson who was recently hired as the new Chief at Poulsbo Fire. Congratulation are also in order for Richard Kirton who is the new CenCom Director.
- We are writing a region-wide falls prevention grant. If you have ideas for programs or interventions that are needed in your area to reduce the number of falls suffered by the elderly, please email April (aprilborbon@yahoo.com) with your input.

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*