



What's Happening

Northwest Region Emergency Medical Services
and Trauma Care Council

December 2009

Online Learning...The 411

These days everything is available online. Shopping, the latest television shows, communicating with friends via email, chat programs, or FaceBook...if we didn't have to get out and go to work, we could pretty much live self-contained in our homes with an internet connection.

While we may not want to totally live via online, one area where online services are making inroads into what used to be traditional brick and mortar establishments is online education. This has been a boon not only to time-strapped individuals with busy or unusual schedules, but also to those who live in rural areas that would otherwise have a lengthy drive to reach a community college or other education program. Here's how online learning is being used in our area:

- EMS Online. The King County OTEP (Ongoing Training and Education Program) is now used throughout the Northwest Region and nearly throughout the entire state of Washington as a way to provide ALS and BLS OTEP programs to EMS responders. Instead of EMTs and Paramedics having to sit in a classroom on a monthly basis to receive their ongoing education which they need to recertify, providers can now learn via their computer no matter where they are—at home, at the fire station, or even on vacation. This is a comprehensive way to ensure standardized training, management oversight, and maximum convenience for EMS providers at a very low cost per person. For more information on the program, go to www.emsonline.net.
- The Northwest Regional Telehealth Resource Center which brings us the EMS Live@Night telehealth training program also provides technical assistance for new programs and applications, increases exposure to tele-health as a healthcare delivery tool, improves access to specialty care through regional collaboration, develops

information on best practices and tele-health tool-kits, and addresses regional regulatory, policy, and reimbursement issues. Find out more about these and other tele-health/tele-medicine services at www.nrtrc.org.

- Kitsap County EMS will be rolling out their new ALS Base Stations via web conferencing beginning in January. This will allow members to participate in the monthly base station meetings hosted by the KCEMS Council via online conferencing. For more information on this program, call 360-447-2066.
- The Washington State Department of Health offers both tele-health and tele-stroke program information and links on their website at www.doh.wa.gov/cfh/NWR-Stroke-Network/telehealth-stroke.htm.

With all of the advances in telecommunications, there is no reason not to take advantage of the many online and tele-conferencing opportunities now available. These types of educational programs save not only time and gas, but they also offer added convenience and save money that can be spent on other needs.

The only necessary tools for many of these programs are a computer and a phone line and/or internet connection. Tele-conferencing equipment for larger classes is often available at hospitals and some county/community offices.

On a side note, both refurbished computers and top of the line software (MS Office, Adobe Suite, Dreamweaver, etc) can be had for a fraction of the price by most non-profits and some government and NGO agencies at Tech Soup (www.techsoup.com).

Mark Your Calendar!

Northwest Region ALS OTEP

- December 3rd—Jefferson County Base Station Meeting in Pt Townsend. Topic: Nervous system. Info: 360-385-5589
- December 3rd—Kitsap County Base Station Meeting in Bremerton. Topic: TBA. Info: 360-447-2066
- December 8th—EMS Live@Night: Topic: Winter Emergencies Info: 509-232-8155
- December 17th—Mason County Base Station Meeting in Shelton. Topic: PHTLS II. Info: 360-426-1611

Training Course Calendar

- January 23rd & 24th—Northwest Region EMS Geriatrics Conference at Suquamish Clearwater Resort in Poulsbo, WA 360-479-5631
- February 26th-28th—West Region EMS Conference at Ocean Shores, WA www.wrems.com/EMSConference.htm
- For out of region courses, check out: www.airliftnw.org/education/offerings.asp

Northwest Region DUI Panels

- December 8th—Kitsap Youth Panel in Bremerton at 7pm. 360-731-5139
- December 10th—Clallam County Panel in Pt Angeles at 6:30pm. 360-417-2385
- December 12th—Jefferson County Panel in Pt Townsend at 8:30am. 360-385-9153
- December 22nd—Kitsap Adult Panel in Bremerton at 7pm. 360-731-5139

Region 2 Hospital Prep and Healthcare Coalition Meetings Scheduled for December

- The bi-monthly Region 2 Hospital Preparedness meeting will take place on December 3rd at 9am at Harrison Medical Center in Silverdale. All hospital reps are invited to attend this meeting during which we will discuss how federal grant funds will be spent to purchase disaster medical supplies and equipment for hospitals.
- The quarterly Region 2 Healthcare Coalition meeting will be held on December 3rd at noon at Harrison Medical Center in Silverdale. All who participate in the local Clallam, Jefferson, Kitsap, and West Olympic Peninsula Healthcare Coalitions are invited to attend. At this meeting we will discuss planning efforts that are taking place at the local and regional level. We will also have an education component that will feature a guest speaker.

For more information on these regional as well as local healthcare coalition meetings and activities, contact April Borbon at 360-990-3270.



Mark Your Calendar!

Injury Prevention Meetings in the Northwest Region

- December 9th—Mesa Redonda de Kitsap meeting; 8:30am at the Norm Dicks Government Center. 360-440-2376.
- December 16th—Mason County Inter-Agency meeting; Noon in Shelton. 360-427-1686
- December 16th—Kitsap Child Death Review meeting. 8:30am at the Norm Dicks Center in Bremerton. 360-337-5250 ~~this meeting has been cancelled~~
- December 30th—Kitsap Suicide Prevention Task Force; 3:30pm in Bremerton. 360-337-5250

Other Meetings in the Northwest Region

- December 2nd—Kitsap DEM Vulnerable Populations planning committee meeting at the Kitsap DEM office in Bremerton, WA 360-307-5870
- December 12th—CPR/First Aid Review class for KCDEM volunteers at the Kitsap County DEM office in Bremerton, WA 360-307-5870
- December 17th—Clallam Prep meeting in Pt Angeles, WA 360-417-2483

Injury Prevention Meetings

- December 4th—Washington State Falls Prevention Coalition. At the Puget Sound Skills Center in Burien. Info: llene.silver@doh.wa.gov

Healthcare Coalition Calendar

- TBA in December—Kitsap County Healthcare Coalition Conference Call meeting. To be invited to the conference call, contact Laura Jull at 360-377-3911.
- December 18th—Clallam County Healthcare Coalition meeting. 10am at Olympic Medical Center in Pt Angeles. Info: 360-990-3270

Council Meetings in the Northwest Region

- December 1st—Jefferson County EMS Council meeting in Chimacum at 7pm
- December 11th—Northwest Region Council Executive Board meeting at 8:30am at the Lodge at Sherwood Village in Sequim
- December 17th—Mason County EMS Council meeting in Shelton at 6pm
- December 17th—Clallam County EMS Council meeting in Pt Angeles at noon
- December 17th—West Olympic Peninsula in Clallam Bay at 7pm
- December 23rd—Kitsap County EMS Council meeting in Bremerton at 9am

Infant Deaths Related to Bed Sharing

The Child Death Review (CDR) process is a tool by which multidisciplinary teams in local communities identify circumstances leading to children's deaths; collect and report accurate, uniform information; and improve interagency communication and collaboration around children's health and safety issues. From the review process, local teams identify, review, and recommend preventive measures to reduce the number of preventable deaths among children and improve child health and safety

From 1999-2003, there were CDR teams across Washington state reviewing unexpected deaths of children under age 18. After July 2003, state funding was discontinued and the number of teams decreased. In 2009, about 17 of the original 34 teams across the state are reviewing deaths.

Infant Death Certificate Data:

- Statewide: In 2007 (the latest year death certificate data are available), there were 427 infant deaths in Washington. Of those, 102 were unexpected deaths that CDR teams would be likely to review (deaths due to injury, violence, SIDS deaths or undetermined cause).
- Counties with CDR teams: In 2007, 327 infant deaths were residents of the counties that had a child death review team. Of those, 81 infant deaths were unexpected deaths that teams would likely review. For the 2007 deaths, some teams continued to use the old database and some were using the new one, so the data described below include only those that were entered into the new database.

CDR Database: In 2008, local CDR teams started using a new data collection tool and web-based, multi-state database. This database collects information about deaths that occur in a sleeping environment.

As of October 2009, 153 **infant** deaths have been reviewed in the Washington CDR database (1 from 2006, 52 from 2007, 75 from 2008 and 25 from 2009).

- 109 of those deaths (71%) occurred in a sleeping environment. Of those, 55% were males and 45% female. Of the 109 deaths in a sleeping environment, there was an

open CPS case in 12 (11%) %.

- Of 109 infant deaths that occurred in sleeping environment, the child was **bed-sharing** with another person in 56 of the deaths (61%). Of those 56 deaths, 68% were male and 32% female.
- The primary causes of death for those 109 infant deaths in a sleeping environment were SIDS, undetermined medical cause, and asphyxia. The infant was bed-sharing in 46% of the SIDS deaths, 52% of the undetermined medical cause deaths, and 68% of the suffocation deaths.

Cause of death- infant sleep related deaths/ Number/% Bed-sharing

Asphyxia/ suffocation	19	68%
SIDS	50	46%
Undetermined medical cause	29	52%
Other Injury	2	0%
Cardiac/Respiratory/other medical	4	0%
Undetermined if injury or medical cause	5	60%
TOTAL	109	51%

Who was the infant bed-sharing with? Of those bed-sharing:

- 21% were bed-sharing with another child.
- 98% were bed-sharing with an adult.
- 20% were sharing with both an adult and a child.

Was a crib available?

Of the 56 infant deaths where bed-sharing occurred:

- For 19 infants (34%) a crib/bassinette/port-a-crib was available in the child's home.
- There was no crib for 12 infants (21%).
- It was unknown for 25 (45%) infants if there was a crib.

Information provided by Diane Pilkey from the Washington State Department of Health, Office of Maternal and Child Health.

5 Tips for Newbies

1. Follow your protocols! Protocols are in place to keep you from learning from the school of hard knocks, they aren't just a list of good ideas. Protocols have been developed over time because in the past something not good happened and someone decided to write down 'to prevent x from happening, do y...' So do y. It will be in your protocols.
2. Wear your PPEs! Not only is this required, but it is in your own best interest if you want to keep coming back to work. Years ago, no one wore gloves, now people wouldn't even think of touching a patient without gloves—not only for the patient's health but because of all of the pathogens that can be passed from patient to provider, some that can kill you. Masks are also good, particularly during flu season.
3. Document, document, document! And write legibly. Memory is nice but when you are being cross examined on the witness stand, you will be glad that you took meticulous notes and have something tangible to refer back to. The clearer you document your cases, the more helpful it will be to all involved—the insurance company, the receiving facility, the person doing data entry for billing. Everyone is happy when your documentation is clear and complete.
4. Act like you could be on candid camera. Because you might be. With the proliferation of camera phones, YouTube, FaceBook, and Twitter, everything you do can be scrutinized, even when you aren't aware of it. An exciting scene with lights and sirens often draws onlookers who want to be the first to post their pictures and videos online. The pictures and videos may be staring YOU. If you are properly attired for the scene, have the proper attitude, and are undertaking proper procedures, then you won't have to worry. If not, your video/photos/comments may go viral.
5. Learn continually. There is something to be said for learning something new every day, preferably about your chosen profession. Thinking that you only need to study before an upcoming test is short term, and sometimes short career, thinking.

Correction! When to Go to the Emergency Room

In last month's 'What's Happening' newsletter, we printed an article about when to go to the emergency room. We want to clarify that if you have ANY of the following symptoms, you should call 911 immediately and let EMS take you to the emergency room. Trying to drive yourself to the ER with the following conditions is not recommended!

- Chest pain, especially if it worsens with exercise/exertion.
- Numbness or paralysis, confusion, dizziness, or abnormal walking/talking.
- Trauma, falls, or accidents involving serious injury or loss of consciousness.
- Suspected bone fractures.
- Eye injuries, loss of vision, or double vision.
- Fever above 104 degrees.
- Severe respiratory distress.
- Deep burns or wounds, electric shock.
- Bleeding that won't stop, especially blood in urine, vomit, or stools.
- Drug or other poisoning.
- New onset or worsening of mental health concerns.

**Merry Christmas and Happy
New year from the
Northwest Region EMS
Staff and Executive Board!**

Social Service News You Can Use

While most people who read this newsletter work in the health and emergency services field, the people you run into can often use additional help besides the services you are there to provide. Here's a run down on the latest social service news that you can use to provide additional help to your clients/patients/people you come in contact with:

- Did you know that the Washington State Basic Food program now has income requirements which allow many more people to qualify to receive food benefits? A family of four with a gross income of \$3,534 or less can qualify for this program which provides a monthly stipend for basic food and also qualifies them for additional programs such as WIC, the state's low-cost telephone program, and automatically enrolls school aged children in the free lunch program. With many people struggling with reduced pay, reduced hours, or job loss, this is a program that is not to be missed! For more information, call 877-514-FOOD.
- The Washington State Department of Social and Health Services has made it easier than ever for people to access state benefits such as medical coupons, food stamps, and cash benefits. To apply for these programs, simply call 800-871-1844 or apply online at www.onlinecso.dshs.wa.gov. For those who already receive benefits, questions, changes, and reviews can be done over the phone by calling 866-875-4682.
- Energy assistance is provided on a county-by-county basis. Kitsap Community Resources offers energy assistance for those struggling to pay their energy and utility bills. Complete information about the program can be found online at www.kcr.org/energy_assistance.htm. For a list of energy assistance programs around the state of Washington, go to <http://liheap.ncat.org/profiles/WA.htm>. There are also special programs for low income veterans who need help paying for their utilities and energy bills through a separate program. Go to <http://www.dva.wa.gov/> or contact your local VFW hall for more information on this program.
- The fourth Thursday in January has been designated as the annual day to count the homeless across the country. Knowing how many homeless are in a community is the first step to receiving funds and providing the services they need so the count is an important activity to ensure that an accurate count is made. The Kitsap County Homeless Count will take place on January 28th at the Kitsap County Fairgrounds from 2pm to 7pm. The event will provide access to a number of community service providers all in one location, free hair cuts, free clothing and supplies, and a free meal. Contact Terry Schroeder at 360-473-2028 for more information. The Pt Angeles Homeless Count will take place on January 28th at the Vern Burton Center from 9:30am to 4pm. Contact Jill Dole at 360-565-2608 for more information about this event. The Forks Homeless Count will take place at the Olympic Community Action Building. Contact Ruth King for information on this event at 360-374-6177. For information on homeless count events happening in other communities, contact your local social service agency.
- The Washington Telephone Assistance Program provides discounted telephone service to low income adults. The program will waive deposits, reduce connection fees, and discount monthly service fees for a home phone. Go to <http://www.dshs.wa.gov/wtap.shtml>.
- Food banks in our community have been overwhelmed with people in need since the recession began. Food banks can always use donations, especially around the holidays. For those in need, a complete listing of food banks around Washington state can be found online at www.northwestharvest.org/Our_Partners/Partner_Programs.htm.
- For information on ALL of the social service programs available in a particular area, simply call 211. This is a national number much like 911 which can help people in need of social services. Shelters, food banks, educational assistance, and information on a number of other programs is available by calling 211.

Did You Know...?

- The Northwest Region EMS Council will host a two-day Geriatrics Conference on January 23rd and 24th at the Suquamish Clearwater Resort. We have a great line up of speakers planned, interesting skills labs, and a wonderful location for this annual event. On Sunday afternoon following the conference, there will be an SEI Workshop offered. For more information, go to the NWREMS website at www.nwrems.org.
- Save the Date! The West Region EMS Council will host their 25th Annual Conference on February 26-28 at Ocean Shores. This is always a very popular and informative conference! For more information go to www.wrems.com/EMSConference.htm.
- The Kitsap County Health District has instituted a 'flu hotline' to answer the most common questions about the H1N1 flu. The number for the hotline is 360-337-5240.
- The Kitsap County Department of Emergency Management will be hosting their second Vulnerable Populations workshop on December 2nd at their office in Bremerton. This group will meet to discuss ways to help vulnerable populations (ie: homeless, mentally ill, people with limited English abilities, and others who need additional assistance) during a disaster. Call 360-307-5870 for more information.
- The US Census will be taken in 2010. Many people have questions about the census, answers to which can be found online at <http://2010.census.gov/2010census/>. As a side note, the US Census is also hiring census takers for temporary, part time positions. For more information on this interesting, temporary job, go to <http://2010.census.gov/2010censusjobs/>.
- The Washington State Falls Prevention Coalition will meet on December 4th from 9:30am to 3pm at the Puget Sound Skills Center in Burien. Topics include: introduction to area agencies on aging, falls challenges from a clinical perspective, prescription pad for primary care physicians, and social marketing plan development. For more information, contact Ilene Silver at Ilene.silver@doh.wa.gov.
- Save the Date! The 12th Annual Communications Academy will take place on April 10th and 11th at South Seattle Community College in Seattle, WA. This is a popular annual event which is open to anyone with an interest in emergency communications—volunteer or professional. The presentations are designed to promote the development of knowledgeable, skilled emergency communicators who will support their local communities during a disaster or emergency response. Go to www.commacademy.org for more information or to register.
- Airlift Northwest offers an annual "Air Care" membership for the entire family for only \$79 a year. This program covers the cost of air transport service which often times is not covered by Medicare or private insurance. In an urban area this may not seem very important but for many of the rural areas around our state, having this type of insurance "just in case" can be a life saver. Go to www.airliftnw.org/aircare/aircare.htm for more information.
- News of the tragic shooting of four Lakewood police officers has spread around the country. The officers who were killed left behind a total of nine children and many other loved ones. For information on how to donate to the families of these officers and for updated information on memorials that will take place in early December, go to <http://police.cityoflakewood.us>.
- The University of Washington is now offering a Bachelor's Degree in Paramedicine. A question and answer session about this new program will take place on December 8th at Kent Fire Station #73 in Kent, WA between 10am and noon.
- The Resuscitation Academy program offers a comprehensive program to teach EMS providers, MPDS, dispatchers and other how to improve survival from cardiac arrest. Go to <http://www.resuscitationacademy.org>.

**NORTHWEST REGION
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SERVICES AND TRAUMA**

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We're On The Web!
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*

NWREMS Office News

- Our office will be closed on December 24th and 25th in honor of Christmas.
- Our office will be closed on December 31st in honor of New Year's Eve.
- Did you know that it is always a good idea to call ahead before coming to our office? Our staff attends regular meetings all over the region so it is possible that when you stop by, we all may all be out at a meeting. Simply call 360-479-5631 before you stop by to ensure we will be in the office!
- Now is the time to plan for your spring events. If you will need handouts, helmets, or other items which we usually provide as handouts for your community events, let us know now so we will be sure to have the items on hand when you need them.
- Offering a class? Need a class? All of your EMS training needs can be handled by our Training Coordinator René Williams. Be sure René knows about your upcoming classes so we can publicize them in this newsletter and on our website. Also, if you are in need of a particular class—ACLS, PALS, EMT, etc—René can help you find the class you need.
- Our staff is busily preparing for our second annual conference which will take place on January 23rd and 24th at the Clearwater Suquamish Resort in Poulsbo, WA. The focus of this conference will be Geriatrics and we have a wonderful line up of speakers on this topic. Be sure to register and reserve your room ASAP! For more information, go to our website at www.nwrems.org.