

What's Happening

February 2008



NORTHWEST REGION EMERGENCY MEDICAL SERVICES AND TRAUMA
CARE COUNCIL

What's Happening

How You Can Help Your Emergency Responder

You never know when an emergency is going to strike (thus the word “emergency”), however there are many things you can do to help responders help you during an emergency. Here’s how:

- Have your address and phone number written down by every phone in your house. It may be a babysitter, relative, or child calling for help and they may not know or remember this crucial information during an emergency.
 - Keep a written list for each household member in an easily accessible location that includes: name, birth date, allergies, pertinent medical history, and list of medications they are currently taking. Also good to have on the list is an emergency contact person, their doctor’s name/ phone number, and their clergy person’s name and phone number.
 - When calling 911 for assistance, speak clearly and concisely, answer any questions asked of you by the dispatcher, and provide any additional information that may be helpful.
 - Always call for help first then take action. For example, if someone has a heart attack or falls off a ladder, call 911 first, then provide care—it’s difficult to stop in the middle of doing CPR in order to call 911. The exception to this is in the case of a fire or other disaster where staying where you are at would cause injury or death. Leave first, then call 911 when it is safe to do so.
 - Have your home clearly marked—make sure the address and/or numbers are easily visible from the street.
 - During an emergency, if possible, have someone wait for the emergency responders outside so they can direct them to the incident.
 - Use safety devices such as smoke alarms, seatbelts, and bicycle helmets—all of these devices increase the chances that injuries will be less severe and that the patient will have a more favorable outcome.
 - Make sure everyone in the household knows CPR, the Heimlich maneuver, and basic first aid.
 - During an emergency, restrain animals prior to responders arriving on the scene as animals can impede the ability of responders to provide care.
 - Also during an emergency, try to stay out of the responder’s way. The scene may look chaotic and of course your natural reaction will be to jump in and help, however emergency responders have a system that they use to work as quickly and efficiently as possible. By allowing them to do their job first, it is best for everyone involved. Of course, depending on the situation, the responder may ask for help, ask questions, or may give instructions which you should follow.
 - After an emergency, it is a nice idea to send a letter thanking your rescuers or, if you have questions or concerns about how your incident was handled, send those in as well. Feedback, both positive and negative, is critical to the quality improvement process.
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Mark Your Calendar!

DUI Panels

February 6; 7pm Pierce County—Gig Harbor Civic Center; Gig Harbor, WA 253-884-0715

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

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

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

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



Base Station Meetings

Jefferson County EMS

February 7th at 7pm

'Gynecologic Problems/OB/Neonates'

Chimacum, WA

crodrigues@jgh.org

Kitsap County EMS

February 7th at 9am

'TBA'

Bremerton, WA

360-447-2066

Mason County EMS

February 21st

'Environmental Emergencies/
Toxicology'

Shelton, WA

360-426-1611

EMS Live@Nite

When: February 12th; 6:45pm

Where: Via video conference

Topic: 'Spinal Immobilization'

More Info: 888-258-9632

Council Meetings

Jefferson County EMS Council

February 5th at 7pm in Quilcene.

Northwest Region EMS Council Meeting

No meeting scheduled this month.

West Olympic Peninsula EMS Council

February 21st at 7pm in Forks.

Mason County EMS Council

February 21st, 6pm at Mason General Hospital

Clallam County EMS Council

February 21st, noon at Olympic Medical Center

Kitsap County EMS Council

February 27th; 9am at the Readiness Center

Post Your Event Here!

**Email info to
aprilborbon@yahoo.com**

More Upcoming Events

February Is...

- Black History Month
- Dental Health Month
- American Heart Month
- Burn Awareness Week (first week)
- National Patient Recognition Week (first week)
- World Marriage Day (February 9)
- Valentine's Day (February 14)
- President's Day (February 20)

West Region EMS Conference

February 22-24

Ocean Shores Convention Center

Ocean Shores, WA

[Www.wrems.com](http://www.wrems.com)



Training Alerts

- February 6—Region 2 Healthcare Coalition meeting (fatality management focus); Silverdale, WA 360-479-5631

Meetings in the Northwest Region

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

February 8—Northwest Region Executive Board meeting; 9am in Bremerton. 360-479-5631

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

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

February 21—Kitsap Healthcare Coalition meeting; 9am in Silverdale. 360-475-6426

February 21—Forks Healthcare Coalition meeting; 2pm in Forks. 360-479-5631

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

Parents Cautioned: It Doesn't Take a Fire to Burn a Child

As the president proclaims National Burn Awareness Week (February 3-9), Safe Kids Kitsap County reminds parents and caregivers that fire is just one cause of burn injuries — children can also be seriously injured by hot liquids, heating appliances, hot pots and pans, electrical currents and chemicals.

Among all accidental injuries, fire and burns are the number five cause of death in children ages 14 and under — in part because young children cannot recognize heat-related hazards quickly enough to react appropriately. A child will suffer a full-thickness burn (third-degree burn) after just three seconds of exposure to 140-degree water, and will need surgery and skin grafts.

Each year, in the United States, more than 116,000 children are treated in emergency rooms for burns and fire-related injuries. “Hot liquids can be very dangerous, and kids are also at risk around steam irons, curling irons and space heaters,” says Michele Jennings, Safe Kids Kitsap County coordinator. “There are many things you can do around the home to minimize the risk of burn injuries in everyday life.”

Safe Kids Kitsap County urges caregivers to:

- *Set water heaters to 120 degrees Fahrenheit or lower.* Consider putting an anti-scald device (about \$30) on each water tap and shower head, and check the temperature of a baby's bathwater before putting the baby in.
- *Prevent spills.* If possible, cook on a back burner. Don't let pot handles stick out where they can snag loose clothing, and avoid wearing long sleeves or baggy clothes in the kitchen. Don't place containers of hot food or liquid near the edge of a counter, and don't pick up anything hot while holding a baby.
- *Keep electrical cords out of reach* — especially extension cords and cords connected to heating appliances. Make sure electrical cords can't be pulled or snagged into a bathtub or sink. Don't leave a hot iron sitting on an ironing board unattended.
- *Childproof your home.* Cover unused electrical

outlets. Lock matches, lighters and flammable materials out of a child's reach. The basics go a long way toward preventing burns and other injuries.

- *Actively supervise.* Simply being in the same room with a child is not necessarily supervising. A young child in the same room as hot surfaces, hot liquids or open flames should be under constant, close supervision of an adult paying undivided attention.
- *Don't let kids play with fireworks.* Fireworks injure more than 4,000 children a year. Fireworks are intended for use by professionals.

It is still important to take precautions against fire, too. “You need a smoke alarm on each level and in every sleeping area, and make sure each one actually works,” says Jennings. Test your smoke alarms once a month and replace the batteries every six months (except for lithium batteries that last for 10 years according to manufacturer's instructions). A working smoke alarm reduces the risk of dying in a fire by about 50 percent.

Thank you to Michele Jennings, Safe Kids Coordinator at Mary Bridge Center for Childhood Safety in Silverdale, for this article.



10 Tips for Medication Safety

According to the Department of Health and Human Services, Americans may be the most medicated people on the planet. At least half of all Americans take at least one prescription medication and one in six Americans take three or more prescribed medications (!).

With all of that medication floating around, it is important to know how to keep yourself and others safe when it comes to prescription meds:

1. Only take medication that is prescribed for you. Taking medication prescribed for someone else, even if you have the same or similar condition, can cause a wide range of problems since each patient's unique situation (age, weight, health history, etc) is taken into consideration when a medication is prescribed.
2. Keep your medications locked up. Of course you want to keep your medications out of the reach of children but these days, leaving prescriptions such as Oxycontin in a visible location can make you the target of a burglary or robbery.
3. Follow all instructions that come with your prescription. Some medication must be taken until it is gone, as stopping the medication when you feel better can lead to adverse affects (such as the development of resistant bacteria). Other medications need to be slowly decreased, you can't just stop taking some types of medications without adverse affects.
4. Know what you are taking and be sure your doctor knows as well. Some medications are not meant to be used with other medications (and even some types of foods). Make sure your doctor knows what other medications you are taking (both prescription and over the counter) each time you receive a new prescription.
5. Watch for signs of an allergic reaction. Some medications can cause an allergic reaction either immediately or as the medication builds up in your system. If you develop a rash, swelling, hives, or difficulty breathing after starting a medication, call your doctor immediately.
6. Don't over medicate. Many doctors are getting away from issuing prescription just because a patient requests one. Often, simple illnesses such as a cold are better cured by chicken soup than a heavy duty prescription which can lead to the development of resistant strains of various bugs. Even many types of children's over the counter medications have been pulled because they were found to do more harm than good.
7. Carry a list of anything that you are allergic to in your wallet. This is especially important for people who haven't had an allergic reaction to meds in many years. If the name of the medication is not written down and your doctor doesn't look back through your chart, you may forget what it is that you are allergic to and receive a prescription that could cause an adverse reaction.
8. Don't provide prescription medications to your friends. As our society becomes more litigious and punitive, the risk of handing over, for example, a prescription pain killer to a friend who has a headache, can have far reaching—and negative—consequences.
9. Consider alternatives. With the help of your practitioner, consider ways to reduce your need for prescription medications. For example, acupuncture instead of pain killers may help with headaches and good hygiene can reduce the occurrence—and corresponding need to medicate for—everything from colds to yeast infections.
10. Toss expired prescriptions. Saving a leftover prescription for use the next time you have a similar problem is a bad idea. Medications deteriorate over time and in relation to how they are stored (heat and humidity often speed up the deterioration process). Be sure to ask your pharmacist or doctor about the best way to destroy any of your unused prescription medication as flushing it down the toilet is often not the best way to dispose of it.

A Quick Update on: The Region 2 Healthcare Coalition

What is it: The Regional Healthcare Coalition is tasked with planning for surge capacity and capability by developing a region-wide management system for the sharing of medical and health resources during large-scale emergencies.

How it is organized: Meetings are held at both the county level (led by the local hospitals) and the regional level. These meetings focus on planning and preparation for surge (sharing of patients) and sharing of resources among local entities at the local level as well as on the regional level (our region is composed of Clallam, Jefferson, and Kitsap counties).

Who is involved: The coalition meetings include representatives from local hospitals, clinics, DEMs, schools, tribes, mental health services, pharmacies, long term care facilities, and individual practitioners.

What are we working on now: The local and regional coalitions are just now completing a survey of each hospital and clinical facility in the region. This information will be put into a database for use in planning for surge capability and resource sharing. Emergency 24/7 contact lists are also being put together for each county.

How can I get more information: Information on coalition planning resources is available at www.nwrems.org/healthcarecoalition.htm.

Local coalition coordinators include: Laura Jull (Harrison Medical Center) ljull@harrisonmedical.org; Rena Sleight (Jefferson Healthcare) rsleight@jgh.org; Tomi Gingell (Forks Hospital) tmansfield@msn.com; and Karen Blore (Olympic Medical Center) kblore@olympicmedical.org.

The Region 2 Healthcare Coalition Coordinator is April Borbon (aprilborbon@yahoo.com).

The Region 2 Leads are Hilary Metcalf (metcah@health.co.kitsap.wa.us) and Anice Grant (admin@nwrems.org).

The Region 2 Community Liaisons are Ellen Arthur (arthue@health.co.kitsap.wa.us) and Ruth Westergaard (wester@health.co.kitsap.wa.us)

Tech News You Can Use

- Best place to get up-to-the-minute links from all of the news and social networking sites all on the same page: <http://popurls.com>
- Quickest way to update friends and colleagues on what you are doing at any given moment (as well as receive breaking news, and real time updates from a variety of organizations and services): www.twitter.com
- How to Prepare for Your Death Online (everything from downloadable will templates to an email service that will send your pre-written emails to loved ones after you die): <http://mashable.com/2008/01/29/prepare-for-your-death-online-20-helpful-tools/>.
- The place on the web to ask any kind of question from 'what should I make for dinner' to complex mathematical questions and receive responses from people all over the world: <http://ask.metafilter.com>.
- The online source for: Videos <http://youtube.com>, MP3/podcasts <http://odeo.com>, and Photos <http://flickr.com>.
- Community bulletin boards for local and international cities: www.craigslist.org.
- Online site to get free stuff or give away things you no longer need: www.freecycle.org.
- Continually updated list of the most popular blogs on the web <http://technorati.com/pop/blogs/>.
- Huge list of the most popular software available to download (most of it free): <http://www.download.com>.
- If you think you are having a bad day...all of the oddest news collected in one spot and updated continually: www.fark.com.

Did You Know?

- The West Region EMS Conference at Ocean Shores, WA will take place on February 22-24. This conference features ALS, BLS, and prevention sessions, and this year will also feature a moulage workshop. Go to www.wrems.com for more information or to register.
 - 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 for more information or to apply. Proposals are due by May 2.
 - The Visible Body website (www.visiblebody.com) offers a fully interactive, 3D human anatomy model with detailed models of all of the body systems. Check it out!
 - The Hesperian Foundation offers a wonderful selection of free, downloadable books on a variety of medical topics including the classics “Where There is No Doctor” and “Where There is No Dentist” guides that have been used all over the world. Go to www.hesperian.org/publications_download.php#wtnd to see their offerings.
 - WSU’s Kitsap Family Living website offers a variety of information on family support topics including information on the Strengthening Families program and healthy families resources. For more information, go to <http://kitsap.wsu.edu/family/index.htm>
 - The Washington Health Foundation is now accepting grant requests for up to \$15,000 to fund health and nutrition-oriented projects. Grant applications are due by March 7th. Go to www.whf.org and click on “grants” for more information or to apply.
 - Applications will be accepted until March 1st for the Purpose Prize which awards \$100,000 each to five people over the age of 60 who are taking on society’s biggest challenges and addressing social problems on the local, regional or national level. Know someone you would like to nominate for this prestigious prize? Go to www.purposeprize.org for more information.
- !Save the Date!** There are a number of events coming up this spring including:
- The North Region EMS Council will host a Regional Prevention Symposium on Motor Vehicle Crashes on March 11th in Mount Vernon, WA. Featured topics will include fatal crash data, injury mechanisms and restraint technologies, and teen driving. Call 360-428-0404 for more information.
 - The 2008 Partners in Emergency Preparedness Conference will be held on April 1 and 2 in Tacoma. This conference will cover a wide range of disaster planning and general preparedness topics. Online registration for this conference can be found at www.capps.wsu.edu/conferences/emergencyprep/.
 - 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 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 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 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 for more information.

**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

Edited by April Borbon

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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*

News from the NWREMS Office

It's going to be a busy February at the NWREMS office:

- Local and regional Healthcare Coalition meetings will take place throughout the month of February (barring cancellations due to snow!). The Regional Coalition meeting will be on February 6th, and both the Kitsap Coalition meeting and the Forks Coalition meeting will be held on February 21st.
- Regional funding packets were delayed a bit and will be out at the beginning of February. Funding requests from the local councils will be due back to the office by the beginning of March.
- Our DUI Victim's Impact Panels continue to draw not only many court-ordered participants but community members and youth groups who want to take this free opportunity to learn more about the impact of drinking and driving. Anyone who is interested is welcome to attend these Panels free of charge—just show up!
- We want to thank everyone who participated in our January retreat—your input was very much appreciated!