

What's Happening

January 2008



NORTHWEST REGION EMERGENCY MEDICAL SERVICES AND TRAUMA
CARE COUNCIL

What's Happening

Tech Resolutions for the New Year

We all make plenty of resolutions for the new year that pertain to health, home and finances. Here are some resolutions you may want to make in order to keep your tech toys running as efficiently and effectively as possible.

- Back up your computer files as least monthly (or more often depending on how many documents/files you add to your computer). Use a thumb drive to back up your files and store this device at a different location than where the computer is located.
 - Change your passwords (email accounts, online bank, and bill pay accounts, etc) at least every six months.
 - Purge, organize, repeat. Purge your computer of programs and files that are no longer needed and are just taking up space. Next organize your files so the items you do keep are easy to find. Repeat this process as needed.
 - Give your computer a tune up. Most computers will help you do this by offering a 'Windows Update', disk defragmenter, and an option to delete temporary files/history/recycle bin/cookies. Other software can be downloaded, usually for free, to scan for viruses and get rid of adware and malware. You may also want to update software that you usually use such as Adobe reader and IM programs to the newest version.
 - Organize your RSS reader. On many blogs and websites you have the option to add that site to your feed reader so you will continually receive updated content from these sites. After about your one hundredth add however, things can get disorganized (and take you all day to sort through the new material). Consider paring down your feeds or, just browse <http://popurls.com> and get the latest news from the web all on one page.
 - Resolve to not become a slave to your cell phone, email, Blackberry, Twitter, YouTube, and/or laptop. If you are continually connected to your tech—to the point that you are 100% reliant on instant access much like you rely on your lungs or heart—you need to let go, even just a little.
 - Learn how to use new technology. If you got a GPS device for Christmas, read the instruction booklet and find out all of the wonderful things the little device can do. Want to let the world know about your hobby? Open a Flickr account, start a blog, or make a podcast. Simply Googling any of these words will give you access to thousands of 'how to' tutorials on these topics.
 - EBay or donate all of your old tech products that are just taking up space. Computers, cell phone, 1 gig music players—many of these items may be useless to you but very valuable to someone else.
 - Learn something new online. Among our more interesting finds...Medline Plus has hundreds on online surgery videos at <http://www.nlm.nih.gov/medlineplus/surgeryvideos.html>, a complete list of 236 free online educational opportunities can be found at <http://oedb.org/library/features/236-open-courseware-collections>, and you can always find something interesting on Technorati's list of most popular blogs at <http://technorati.com/pop/blogs/>.
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Mark Your Calendar!

DUI Panels

- January 2; 7pm Pierce County—Gig Harbor Civic Center; Gig Harbor, WA 253-884-0715
January 8; 7pm Kitsap Youth—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139
January 9; 7pm Mason County—Oakland Bay Jr Hi School; Shelton, WA 360-427-1686
January 10; 6:30pm Clallam County—Pt Angeles City Council Office; Pt Angeles, WA 360-417-2385
January 12; 8:30am Jefferson County—Pt Townsend Rec Center; Pt Townsend, WA 360-385-9193
January 15; 7pm Kitsap Spanish—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139
January 22; 7pm Kitsap Adult—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139



Base Station Meetings

Jefferson County EMS
January 3rd at 9am
'Nervous System'
Chimacum, WA
crodrigues@jgh.org

Kitsap County EMS
January 3rd at 9am
'Pre-hospital Burn Management'
Bremerton, WA
360-447-2066

Mason County EMS
January 17th
'Trauma Life Practical'
Shelton, WA
360-426-1611

EMS Live@Nite

When: January 8th; 6:45pm
Where: Via video conference
Topic: 'Stroke—Brain Attack'
More Info: 888-258-9632

Council Meetings

Jefferson County EMS Council
No meeting scheduled this month.

Northwest Region EMS Council Meeting
January 10th; 10am in Sequim

West Olympic Peninsula EMS Council
No meeting scheduled this month.

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

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

Kitsap County EMS Council
January 23rd; 9am at the Readiness Center

Post Your Event Here!

Email info to aprilborbon@yahoo.com

More Upcoming Events

January Is...

- Crime Stoppers Month
- National Blood Donor Month
- National Birth Defects Prevention Month
- Health Awareness Week (fourth week)
- New Years Day (January 1)
- Martin Luther King Jr Day (January 21)
- Chinese New Year (January 29)

Applied Suicide Intervention Skills Training (ASIST)

January 22 & 23

Providence Medical Center

Everett, WA

206-297-5922

www.yspp.org

Training Alerts

- January 25-February 3—48-Hour Paramedic Refresher Course; Shelton, WA 360-479-5631
- February 22-24—West Region EMS Conference; Ocean Shores, WA www.wrems.com

Meetings in the Northwest Region

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

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

January 10—Regional Training and Education Committee; 9am in Sequim. 360-479-5631

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

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

Gear Up Properly for Safe Winter Sports

More than a quarter million children each year are injured while participating in winter sports in the United States. Safe Kids Kitsap offers a few simple precautions to keep kids safe this winter: kids need to be dressed appropriately, take lessons, be actively supervised and stick to safe terrain. For many winter activities, protective headgear is also recommended.

“Kids should wear helmets when they ski,” says Michele Jennings, Safe Kids Kitsap coordinator. “Buy or rent a ski helmet that’s certified by the Snell Memorial Foundation or ASTM International, and have an expert make sure it fits correctly so it won’t come loose at a critical moment.” According to the U.S. Consumer Product Safety Commission, ski helmets could prevent or reduce the effects of 53 percent of the head injuries suffered by children under 15 while skiing or snowboarding.

“Caregivers should wear ski helmets too — remember, your children learn safety habits by watching you,” says Jennings. Mary Bridge Children’s Hospital has a clinic located in Harrison Hospital, Silverdale where you can purchase a low-cost ski/snowboard helmet. The wearer must be present for a custom fit and sales are every Wednesday from 2-5pm. Helmets are available to anyone—adult, teen or child.

Roughly 3,000 kids a year suffer serious head injuries (brain injuries) from sledding. “Kids under 12 should wear a helmet while sledding,” says Jennings, citing a position statement by the American Academy of Orthopedic Surgeons. “Don’t go down a hill headfirst — sit up and face forward. Make sure there’s adult supervision and a clear, safe path.” A good sledding hill does not lead to a street, a body of water or a crowded gathering place. In addition, the CPSC reminds parents and kids to inspect sleds regularly for worn, damaged or loose parts that could break or snag at high speed.

“Children under 6 should not be riding a snowmobile, period, and nobody under 16 should be driving one,” says Jennings. “All snowmobile drivers and passengers should be wearing helmets designed for high-speed motor sports —

a bike helmet isn’t sufficient for a four-wheeled motorcycle that can go up to 90 miles per hour.”

There is no consensus among experts about the need for helmets while ice skating, but parents should keep in mind that beginners are likely to fall down a lot. Helmets are a must for ice hockey, along with mouth guards, knee pads and elbow, shoulder and shin protection.

“Basic health and comfort precautions can go a long way in preventing injury,” says Jennings. “Dress in layers. Wear sunscreen. Stay hydrated. Kids — or caregivers — who become distracted or irritable, or begin to hyperventilate, may be suffering from hypothermia or altitude sickness, or they may be too tired to participate safely in winter sports. They need to go indoors, rest and warm up.”

In 2004, more than 56,000 children ages 5 to 14 were taken to emergency rooms for injuries resulting from winter sports, including approximately 21,000 from snowboarding, 12,000 from sledding, 11,000 from skiing, 11,000 from ice skating and 1,500 from snowmobile accidents.

For more information about sports safety, visit www.usa.safekids.org. Safe Kids Kitsap works to prevent accidental childhood injury, the leading killer of children 14 and under. Safe Kids Kitsap is led by Mary Bridge Children’s Hospital and Health Center.

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



What You Need to Know About...

Rape and Sexual Assault

First some statistics:

- Every hour in the United States, 28 acts of rape are committed.
- Research shows that those between the ages of 12 and 34 are at the greatest risk of being raped or sexually assaulted.
- Females aged 16-19 are four times more likely than the general population to be victims of rape, attempted rape, or sexual assault.
- Most research suggests that 10-15% of all males will be sexually violated at some point in their lifetimes.
- Over the course of an average five-year college career, between 20% and 25% of women students are raped. Larger numbers are stalked and sexually harassed every academic year. Fewer than five out of 100 of these rapes are reported.
- 73% of sexual assaults are perpetrated by someone known to the victim.*

The statistics are sobering...even more so with data that suggests that up to half of the rapes and sexual assaults committed in our country go unreported. However, data does suggest that the actual number of rapes and sexual assaults are declining as awareness, education and reporting are increasing.

To combat this problem and help protect those you love, it is important to know how to prevent this from happening and what to do if, even after all of the precautions have been taken, someone is raped or sexually assaulted.

Education: Education is key to combating this problem. Everyone, both males and females of all ages need to know what rape and sexual assault is. Forcing or coercing someone into having sex is rape. That's pretty basic. However many times this line gets blurry when the perpetrator is someone who is in a position of trust, when alcohol is involved, or when the aggressor thinks "no" doesn't really mean no. The bottom line is that any unwanted sexual contact is a sexual

assault.

Prevention: Even though people may be educated about sexual assault and rape, there is a large prevention component that needs to be taught and reinforced. Trusting your feelings and being assertive are the basics of rape prevention. If a situation starts to feel "creepy", by all means get out of the situation if at all possible. Likewise, if a person, even someone you know, is acting in a way that makes you feel uncomfortable, you are well within your rights to assertively ask them to stop. Many women tend to not trust their instincts or not want to "hurt someone's feelings" by acting assertively towards someone who is threatening them, however hurt feelings is much better than the alternative. In addition, avoiding situations where a rape or sexual assault is likely to happen and planning ahead if the situation can't be avoided, are also ways to possibly prevent a sexual assault.

For many people, a carefree, fun activity such as attending a party, going on a date, or running through the park can quickly degenerate into a sexual assault which leaves the victim feeling violated, confused, and oftentimes responsible for the assault. If possible, go to parties with friends who will "watch your back", go jogging with a friend or find a more populated place to jog instead of heading out on wooded trails where there are few people or houses. Be aware that "date rape" drugs can be slipped into your drink so never leave your drink unattended, let people know who you will be with, where you plan to be and about when you will be back, know (and practice) basic physical self defense skills, and never meet someone you have chatted with online at a secluded place. Also, while Mace and weapons have been used successfully to prevent attacks, these should be used as a last resort as there is no guarantee that they won't be taken away and used on *you*. Also, the obvious rules apply—never accept a ride from a stranger, don't walk down a dark street at night alone, always lock your doors and windows, and don't open your door to a stranger.

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Rape and Sexual Assault continued

If You Are Sexually Assaulted: During the attack, there are no hard and fast rules. Many victims have managed to fight off their attacker while others have been killed for trying to fight back. Since each situation is different, there is no “right” way to respond. Try to remember as many details as possible, and if the attacker is a stranger, making note of anything that can identify them (scars, tattoos, birthmarks, jewelry, what they say, what they smell like...basically any detail that could be used to identify them) is imperative.

Reporting: Should, despite your best efforts, a sexual assault occur, report it to the police immediately. Never change clothes, shower or clean up the scene until after the incident has been reported and you have gone to the emergency room to have a medical exam and rape kit completed. Even though it may be embarrassing, complete details should be given to both the police and the doctor about what happened. The physician will also provide details on tests for sexually transmitted diseases and pregnancy that may be needed. Whether the perpetrator was a stranger, a new acquaintance or an intimate partner, it is important to report this type of crime. Often, people are hesitant to report a sexual assault because they feel responsible for the situation, they are embarrassed, or they don't want to get the other person in trouble. However, consider how much “trouble” will be caused by allowing such a person to continue their behavior and rack up other victims.

Afterwards: A sexual assault doesn't end with the reporting of the event. It is important for victims of a rape or sexual assault receive the emotional care that is needed to heal from such an event. There are a number of resources (see box) that can provide information on what to do after an assault. You may also want to call your local crisis line for information on resources such as counseling and support groups available in your area. It is important to take advantage of these resources as the trauma of an assault can last for years.

Rape and sexual assault are problems that affect not just the victims but the entire community, therefore a community response is required. From education, to the EMS and law enforcement response, through the medical response and crisis follow up.


Rape and Sexual Assault Resources

- National Sexual Assault Hotline
800-656-HOPE (4673)
- National Domestic Violence Hotline
800-799-SAFE (7233)
- Rape, Abuse and Incest National Network www.rainn.org
- 211 A national social service hotline number which will link you to appropriate services
- www.211.org An online version of the hotline which allows you to search a database for assistance.
- National Sexual Violence Resource Center www.nsvrc.org
- National Coalition Against Domestic Violence www.ncadv.org
- www.ncf.ca/ip/sigs/life/feminism/safety/rape.prev
- Women's Health www.4woman.gov/faq/sexualassault.htm
- Safe Horizons www.safehorizon.org
- www.aardvarc.org/
- <http://www.aardvarc.org/rape/states/warp.shtml>

** Statistics and information courtesy of the Nassau County Coalition Against Domestic Violence and www.rainn.org.*

Did You Know?

- The Youth Suicide Prevention Program (YSPP) is offering an ASIST (Applied Suicide Intervention Skills Training) course on January 22 and 23 at the Providence Everett Medical Center in Everett. The cost is only \$50 for both days and participants will learn how to integrate suicide interventions skills into everyday practice. Go to www.yspp.org for more information or to register.
- 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.
- National Center for Victims of Crime will hold its annual conference in Portland, OR on June 2-4. Go to www.ncvc.org for more information.
- Speaking of conferences, one of our favorites—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 Purpose Prize 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 and check out the info. Hurry, nominations close on March 1st.
- Did you know that you shed 100 pounds of skin in a lifetime? Or that if you unfold and flatten a set of human lungs they would cover a tennis court? These and many more interesting facts about the human body can be found on a short video at www.break.com/index/did-you-know-the-human-body.html
- 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.
- Do you really need to drink eight glasses of water a day? Are cell phones really dangerous in hospitals? Find out about these and five other "Medical Myths that Even Doctors Believe" at http://news.yahoo.com/s/livescience/20071221/sc_livescience/7medicalmythseven-doctors-believe
- From the "coming to an ER near you" file: Have you heard about Parkour? Imported from Europe, this sport features jumping off of buildings, climbing up walls, and running through various urban obstacle courses. For an explanation of this new sport go to <http://jscms.jrn.columbia.edu/cns/2006-02-28/brumback-parkour/>, for a video go to www.youtube.com/watch?v=jquXcwooV6A and for a report on the medical side of this issue go to www.jortho.org/2005/2/3/e4/index.htm.



Have news, an event, or other information to share? Post it here! Email aprilborbon@yahoo.com with the details.

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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

We are hitting the ground running in January...here's what's going on at the office:

- Protocols are scheduled to be printed and distributed in January! Contact René for more information.
- We will have a planning retreat during our regularly scheduled January Regional Council Meeting on January 10th at The Lodge at Sherwood Village in Sequim. Unlike our regular meetings, this meeting will start at 10am instead of noon.
- We are ramping up work on our Regional Healthcare Coalition this month. More information on upcoming meetings and events will be added to the website as soon as it is available.
- Our next project, now that the Protocols are finished, is a revision of our OTEP program. If you would like to participate or would like more information, contact René.
- Our Annual Funding Meeting will take place, as usual, in April. Look for funding request packages to be sent out by the end of the month.
- We have lots of new injury prevention handouts available at our office. Everything from coloring books to car trash bags, bracelets to key chains are available free to agencies in our Region.