

What's Happening

January 2009



NORTHWEST REGION EMERGENCY MEDICAL SERVICES AND TRAUMA  
CARE COUNCIL

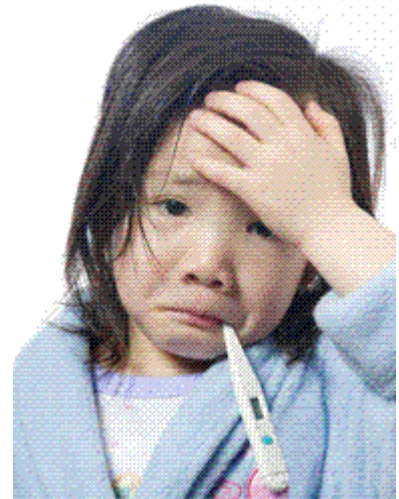
# What's Happening

## Northwest Region EMS Pediatrics Conference is Coming Up!

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Attend the Northwest Region's First Annual Pediatrics Conference which will be held on January 24th and 25th at the beautiful Clearwater Resort in Poulsbo! Here's the details:

- **What:** A two-day conference that focuses on a range of pediatric trauma care topics.
- **Who is invited:** Everyone! This conference is perfect for EMTs, paramedics, nurses, and doctors—basically anyone who treats or cares for pediatric trauma patients.
- **Featured speakers:** Dr Jerry Jurkovich of Harborview Medical Center will speak on pediatric trauma. Mike Smith, author of 'ACLS for EMT-Bs' will speak on the psychology of trauma care. Mike Helbock from King County Medic One will discuss Sick/Not Sick. John Payne, a paramedic and instructor at Tacoma Community College will talk about Adolescent Suicide. Carolyn Blayney from Harborview Medical Center will discuss care of the burn-injured pediatric patient. Deborah Robinson of the SIDS Foundation of Washington will explain Sudden Infant Death investigations. Overall, a wonderful line up of speakers! *Note that the workshop includes both lectures and skills stations.*
- **Other offerings:** Along with the conference, we are offering a Pediatric Advanced Life Support (PALS) Refresher Course on Friday, January 23rd, and our post-conference workshop on Sunday, January 25th will be an SEI Roundtable/Workshop for all senior EMS instructors.
- **A bonus:** Due to the weather, holidays, and end of the year budgets, the early registration discount for the conference has been extended until January 9th!
- **Cost:** The pre-conference PALS Refresher Course will cost \$175 and includes breakfast and lunch. The two-day workshop registration fee is \$75 if you register by January 9th (\$100 after the 9th) and lunch is included for both days. The SEI Workshop costs just \$25. Discounted room rates start at only \$99 a night plus tax.
- **Registration:** Sign up is simple, just go to our website at [www.nwrems.org](http://www.nwrems.org) and click on "register for the conference".
- **Questions:** Contact our Training Coordinator, René Williams at 360-479-5631.
- **Special Thanks:** A special thanks goes to the EMS for Children (EMSC) organization which provided a grant to fund most of the cost of this event.



# Mark Your Calendar!

## DUI Panels

January 8; 6:30pm Clallam County—Pt Angeles City Council Office; Pt Angeles, WA 360-417-2385  
January 10; 8:30am Jefferson County—Pt Townsend Rec Center; Pt Townsend, WA 360-385-9193  
January 13; 7pm Kitsap Youth—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139  
January 14; 7pm Mason County—Oakland Bay Junior High School; Shelton, WA 360-427-1686  
January 20; 7pm Kitsap Spanish—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139  
January 27; 7pm Kitsap Adult—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139



## Base Station Meetings

Jefferson County EMS  
January 8th at 9am  
'Endocrinology or Peds'  
Chimacum, WA  
crodrigues@jgh.org

Kitsap County EMS  
January 8th at 9am  
'Respiratory Emergencies'  
Bremerton, WA  
360-447-2066

Mason County EMS  
January 15th  
'Respiratory System'  
Shelton, WA  
360-426-1611

## Council Meetings

Jefferson County EMS Council  
*January 6th; 7pm in Quilcene*

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

West Olympic Peninsula EMS Council  
*No meeting scheduled this month*

Mason County EMS Council  
*January 15th; 6pm in Shelton*

Clallam County EMS Council  
*January 15th; noon at Olympic Medical Center*

Kitsap County EMS Council  
*January 28th; 9am at the Readiness Center*

## EMS Live@Nite

When: January 13th; 6:45pm  
Where: Via video conference  
Topic: 'Mental Illness'  
More Info: 888-258-9632

**Post Your Event Here!**

**Email info to [aprilborbon@yahoo.com](mailto:aprilborbon@yahoo.com)**

## More Upcoming Events

### January Is...

- National Blood Donor Month
- Poison Prevention Awareness Month
- Crime Stoppers Month
- Birth Defects Prevention Month
- National Non-Smoking Week (January 12-18)
- New Year's Day (January 1)
- Martin Luther King Jr Day (January 19)
- Chinese New Year (January 26)

### NWREMS Pediatrics Conference

January 23-25

Clearwater Resort  
Poulsbo, WA

360-479-5631

### Meetings/Training in the Northwest Region

January 9—NWREMS Executive Board meeting; 9am at the Lodge in Sequim. 360-479-5631

January 14—Hood Canal Bridge Closure meeting; 10am at the North Kitsap Fire and Rescue Headquarters in Kingston. 360-479-5631.

January 14—Mesa Redonda de Kitsap; 8:30am at the Silverdale Center. 360-337-5260

January 14—Kitsap County Traffic Safety Task Force meeting; 10am in Silverdale.  
360-337-7101

January 16—WOP Healthcare Coalition meeting; 10am in Forks. 360-479-5631

January 20—Clallam County Healthcare Coalition meeting; 10am at OMC in Pt Angeles. 360-479-5631

January 21—Mason County Inter-Agency meeting; Noon in Shelton. 360-427-1686

January 21—Kitsap Child Death Review; 8:30am in Bremerton. 360-337-5250

January 22—Kitsap County Healthcare Coalition meeting; 9:30am at HMC in Silverdale. 360-475-6426

January 23—PALS Recertification Course; Clearwater Resort in Poulsbo. 360-479-5631

January 28—Kitsap Suicide Prevention Task Force; 3:30pm in Bremerton. 360-337-5250

January 29—Jefferson County Healthcare Coalition meeting; 10am at Jefferson Healthcare in Pt Townsend. 360-479-5631.

# New Years Resolutions...That Work!

It's that time of year again...make a list of all of the things you want to accomplish in the coming year, strive to make progress on your list every day for the first week of the year, crumple up the list and round-file it sometime before the second week is up. Sound like past New Year's Resolutions? This year, try something different. Here's how:

- Set short term goals. Saying you will exercise for an hour every day for an entire year can be overwhelming. You fall off the wagon one day and never get back on. End of resolution. If your goal is to be more active, sign up for an eight week dance class or short season bowling league. Something that will help you stay active and hold you accountable to participate but also something that has an end date so it doesn't seem so overwhelming.
- Saying "I will only eat nutritious food for the rest of my life" is again, unreasonable. How about resolving to pack a healthy lunch to take with you to work each day? This allows you to add more nutritious food to your diet but also allows some time to slide on your days off and at dinner.
- A resolution to save money is really too general to be effective. A better idea is to make this goal both finite and quickly accomplished. A goal such as 'I will save \$2,000 for my emergency fund in one month' can be done, especially if you make this a family goal and get everyone involved. You can then make a plan to cut out all restaurants, movies, and shopping for the month and save the money that would otherwise be spent on these items. You can also have a garage sale, sell stuff on eBay, take a temporary job for one month, mow yards...basically anything that will help you earn money for your emergency fund but with the added bonus that you don't have to live that way forever. After one month of intense effort, you will have a small emergency fund in place and then you can move on to other goals.
- Goals to quit smoking or quit drinking are both harder and easier than other resolutions. The

hard part is that these are generally addictions which are hard to break. The easier part is that unlike food or spending goals in which you still need to eat and spend money just for survival, you do not need to smoke or drink alcohol at all in order to survive. There are many treatment programs available to help you reach these goals and these are definitely worthy goals that will both help you with your spending resolution (by saving money that you would otherwise spend on these items—a pack of cigarettes is now upwards of \$5!) and it will also improve your health.

- Self-improvement resolutions are also usually high on people's list. Again, saying things such as "I will be more organized" or "I will improve my job skills" are too general to be effective. How will you know when you are more organized or have improved your job skills? Instead, how about setting goals that aren't so overwhelmingly general and easy to accomplish such as goals to attend one work-related conference or take one course that will improve your work skills this year? Goals to get a higher degree or advanced certification also have an easily definable path towards accomplishment. As for getting organized, what would help you get more organized? Cleaning out your briefcase once a week? Hiring a housekeeper? Come up with a specific goal that would help you feel more organized.

The key to setting New Year's resolutions that work is to make them minimally time consuming (you are busy enough already) and specific so that you will know when you have met your goal. They should have a finish date so you will not just be doing something forever (you can always re-evaluate your goal and either restart it, change it or just be finished with it), and be sure that your goals are relatively easy to accomplish so that you will build up a series of small successes that will propel you towards more difficult or complicated goals.



# Lessons Learned from the December Snow Storm

The December snow storm not only provided us with a white Christmas, but it also provided a number of lessons learned:

- The importance of having a couple of weeks of extra food stocked cannot be overstated. The day before the storm hit found the grocery stores over-run by people trying to stock up on food since they knew they may have a hard time getting to the store after the snow fell. There were crowded parking lots, crazy long lines at the check out, and shortages of some of the best selling items. After the storm, even though the stores were able to reopen, many of the shelves were still empty since suppliers could not get to the stores to make their deliveries until the roads were cleared.
- Fortunately there were no wide spread power outages, however some people did lose power for a time. Because of the weather, we often find ourselves without power during the coldest, stormiest times of year. If you do not have an alternative heating system (kerosene heater, wood stove, etc), now would be a good time to consider getting one.
- Driving was hazardous! With nearly a foot of snow on the ground layered with ice, driving was really difficult. The best option? Staying home if possible. The people who did need to get out did well with four-wheel drive vehicles and chains, although even chains are not very effective on the ice. For people who weren't prepared ahead of time, they found that the local tire stores had a run on tire chains and snow tires just as the storm was scheduled to hit which left many stores sold out, reinforcing the idea that preparing way ahead of time is the best way to be ready.
- The best sources of information remained, as usual, the local TV newscasts, the local online newspapers (Peninsula Daily News and Kitsap Sun), as well as the county road department websites and the county Department of Emergency Management websites.
- Fortunately there were very few fires and reports of carbon monoxide poisoning. These are two types of incidents that are actually quite common when the temperature drops since people often try to use combustion heat sources (outdoor grills, etc) inside their home to keep warm without adequate ventilation. One news report showed how an everyday activity can have nearly fatal consequences because of one minor change: A whole group of warehouse workers ended up with carbon monoxide poisoning because of the forklifts which were always used inside the warehouse. The change? Because the weather was so cold, the warehouse doors which were usually kept open and thus allowed enough fresh air in to mitigate the exhaust from the forklifts were closed to keep out the cold resulting in a build up of carbon monoxide which sickened the workers.
- Emergency shelters were set up for the homeless. Many people don't give the homeless much consideration, however, when the snow falls and temperatures dip below freezing, people can literally freeze to death if they sleep outside or in unheated homes. Quick action by the cities and counties made sure that these people had warm places to go during the worst of the weather.
- Neighbors checked on neighbors. With roads practically impassable, even able-bodied people had a hard time getting around. For the elderly and others with physical difficulties, the problem was made worse. In one community, a firefighter heard about a person who was unable to get out of his driveway to get to a medical appointment. After the firefighter got off work, he went to this person's home, shoveled the driveway himself, then called the county roads department to request that the road in front of the person's home be plowed as soon as possible so that the person could get to their appointment. This is an excellent example of people helping others in need, not because they are paid to, but because it is the right thing to do.
- Once again we learned that if you have a flat roof or a not so stable roof, the importance of getting the snow off the roof as quickly as possible is paramount. We forget about this until the first few reports of roofs collapsing

## The Vial of Life

Have you heard about the Vial of Life program? This is a simple program from the Medic One Foundation that provides a uniform way to give a patient's medical information to emergency medical service providers when the patient is unable to do so. Simply fill out a form about the person including their personal information, medical history, and current medications, stick it in a vial which is provided by the program and goes in the freezer, then put a program magnet on the window or refrigerator door to alert medical providers that the information is available. By doing this, even if the patient is incoherent or unconscious, the EMT or paramedic will have vital medical information available and thus allow them and the emergency room doctors to provide the treatment the patient needs.

The Vial of Life can be picked up for only \$1 at any Bartell's Drugstore or ordered in bulk through the Medic One Foundation. This is a very simple, effective way to ensure that critical medical information is conveyed to those that need it for you or a loved one. For more information about this program go to [www.mediconefoundation.org/news/vial-of-life.htm](http://www.mediconefoundation.org/news/vial-of-life.htm) or stop by a Bartell's Drug store.

**For more disaster preparedness  
information go to:  
<http://emd.wa.gov>**

## 25 Items to Put in Your Office Emergency Kit

The beginning of the year is a great time to dump out your office emergency kit and restock it. Here's 25 items that should be included in your kit:

1. A first aid kit.
2. Bottled water.
3. Packaged food (granola bars, instant soup, etc).
4. Leather gloves.
5. A multi-function knife.
6. A flashlight and batteries.
7. A battery-operated radio.
8. A whistle.
9. Spare prescription medication.
10. Sturdy shoes.
11. Wet wipes and waterless hand sanitizer.
12. Dust masks.
13. Light sticks.
14. Cash and change.
15. Plastic bags (various sizes of Ziploc bags and larger plastic trash bags)
16. A pry bar.
17. A plastic tarp.
18. Duct tape.
19. Paracord or rope.
20. A cell phone charger/spare cell phone battery.
21. A heavy blanket.
22. A change of clothing.
23. Toiletries kit (toothpaste, toothbrush, etc)
24. Tissue.
25. Candles and matches.

# Did You Know?

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- Save the Date! The 2009 Partners In Emergency Preparedness Conference will be held on April 14th and 15th at the Greater Tacoma Convention and Trade Center. This is always an interesting, informative event. Go to [www.partnersinemergencypreparedness.com](http://www.partnersinemergencypreparedness.com) for more information or to register.
- Register now for the 24th Annual West Region EMS Conference which will be held on February 20-22 at Ocean Shores. This is always a huge event with lots of great information and speakers. Go to [www.wrems.org](http://www.wrems.org) for details or to register.
- The Southwest Region EMS office will be hosting a DOT Instructor Course on January 26-28 in Vancouver, WA. Go to [www.swems.org](http://www.swems.org) for more information or to register.
- The Southwest Region EMS and Trauma Care Council is also offering two grant writing courses specifically for fire and EMS agencies. The grant writing courses will focus on both paid and volunteer-staffed agencies and will take place on March 7th and 8th, with another course on March 26th and 27th, in the Vancouver, WA area. Go to [www.swems.org](http://www.swems.org) for more information or to register.
- Healthy Toys is an online website which provides a variety of toy safety information and allows consumers to check a database to find out if the toys they are giving their children are safe. Sometimes toys that are bought at garage sales or even bought at regular stores can be hazardous or recalled and parents don't know about this. Find out the details at [www.healthytoys.org](http://www.healthytoys.org).
- The World Health Organization recently released a 'World Report on Child Injury Prevention.' This report provides information about common childhood injuries, lessons for preventing injuries, and data from around the world on childhood injuries. Check it out at [www.who.int/violence\\_injury\\_prevention/child\\_injury/world\\_report/en/](http://www.who.int/violence_injury_prevention/child_injury/world_report/en/)
- The General Mills Champion for Healthy Kids Grant which funds community programs that improve children's health can be found at [www.generalmills.com/corporate/commitment/champions.aspx](http://www.generalmills.com/corporate/commitment/champions.aspx).
- The Robert Wood Johnson Foundation is offering a variety of community health grants at [www.rwjf.org/applications/solicited/cfplist.jsp](http://www.rwjf.org/applications/solicited/cfplist.jsp). Among the grants that are being offered: 'New Careers in Nursing', 'Evaluating Innovations in Nursing Education', 'Developing the Next Generation of Community Health Leaders' and many others.
- A new website, The National Resource Center on Advancing Emergency Preparedness for Culturally Diverse Communities, can help with providing important disaster preparedness information to various underserved communities. Go to [www.diversitypreparedness.org/](http://www.diversitypreparedness.org/) for more information.
- Speaking of new websites, the Office on Women's Health has a new website which offers quick health data online. This is a very easy to access database that allows you to customize the data you want to evaluate. Find it at [www.healthstatus2010.com](http://www.healthstatus2010.com).
- The Federal Trade Commission has a new website called "Who Cares" which provides all kinds of information on healthcare services and products. On this site you can find out about how to spot misleading or deceptive claims about medical products, find quality information on a wide variety of healthcare topics such as Medicare and genetic drugs, and also find out who can help you if you have concerns about a medical service or product. Go to [www.ftc.gov/whocares](http://www.ftc.gov/whocares) to check out this useful site.
- The Washington Poison Center is now accepting applications from six to twelve year olds for their "Is it time to call Mr. Yuk?" poster contest. The first 100 posters received will win a free Mr. Yuk t-shirt and one lucky winner will receive a visit by Mr. Yuk and a \$500 gift card. Hurry, applications are due by February 1, 2009. For more information and poster guidelines, go to [www.wapc.org](http://www.wapc.org).

**NORTHWEST REGION  
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SERVICES AND TRAUMA**

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**We're On The Web!**

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

## News from the NWREMS Office

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We're starting off the New Year with a bang! It's going to be a busy month—here's what's on our schedule:

- The Hood Canal Bridge Closure meeting will be held on Wednesday, January 14th, at 10am at the North Kitsap Fire and Rescue headquarters station in Kingston. The bridge closure is coming up quick—May 1st will be here before you know it! At this meeting we will be discussing the upcoming bridge closure exercise and other mitigation topics. All are welcome to attend.
- On Friday, January 16th, the West Olympic Peninsula Healthcare Coalition will hold their monthly meeting in Forks at 10am. This meeting will be held at Forks Ambulance and is open to all local healthcare and emergency service providers.
- The Clallam County Healthcare Coalition meeting will be held on Tuesday, January 20th, at 10am at Olympic Medical Center in the basement meeting room. Again, this meeting is open to all local healthcare and emergency service providers. This month's topic will be accessing pharmaceuticals during an emergency.
- The Kitsap County Healthcare Coalition meeting will be held on Thursday, January 22nd, at 9:30am at the Silverdale Harrison Medical Center.
- Our First Annual Pediatrics Conference will be held on January 24th and 25th. See the front page of this newsletter for more information.
- The Jefferson County Healthcare Coalition will hold their next meeting on Thursday, January 29th, at Jefferson Healthcare in Port Townsend.

*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*