



What's Happening

Northwest Region Emergency Medical Services
and Trauma Care Council

January 2010

NWREMS Geriatrics Conference Slated for January 23rd and 24th

The Northwest Region's Second Annual Conference, which will focus on a range of geriatrics-related issues, will take place on January 23rd and 24th at the beautiful Clearwater Resort in Poulsbo. Here's the details:

- **What:** A two-day conference that focuses on a range of geriatrics topics.
- **Who is invited:** Everyone! This conference is perfect for EMTs, paramedics, nurses, and doctors—basically anyone who treats or cares for geriatric patients.
- **Featured speakers:** Paramedic Mike Helboch will speak on live interactive case studies and Code CVA, Paramedic Mike Smith will discuss how to reduce medical mistakes in your practice, Kitsap County Coroner Greg Sandstrom will lecture on Geriatrics and the Coroner, Jeff Richey from Airlift NW will discuss packaging geriatric patients for transport, David Baker from Airlift NW will speak on difficult airways, Samantha Asbjornsen from DSHS will discuss Traumatic Brain Injury Resources in Washington State, Paramedic Jess Fulkerson will speak on how to break the news of the death of a loved one to family and friends of the deceased, Dr. Saman Arbabi from Harborview will lecture on the effects of chronic medications on trauma outcomes, Paramedic George Epperly will talk about stress and the emergency responder, Dick Hoskins will provide information on the geography of trauma of seniors in Washington state, and Sally York from the University of Washington will discuss senior falls. Overall, a wonderful line up of speakers!
- **Other offerings:** Along with the conference, we will have skills stations, vendors, and a post-

conference SEI workshop on Sunday, January 24th. This workshop is for all senior EMS instructors and will focus on the NREMTB roll out.

- **A bonus:** This year's conference will include CE!
- **Cost:** The two-day workshop registration fee is \$145 which will include lunch for both days. The post-conference SEI Workshop which will take place on Sunday afternoon and costs just \$30. Discounted room rates start at only \$112 a night plus tax.
- **Registration:** Sign up is simple, just go to our website at www.nwrems.org and click on the conference link for information on registration.
- **Questions:** Contact our Training Coordinator, René Williams at 360-479-5631.



Mark Your Calendar!

Northwest Region ALS OTEP

- January 12th—Jefferson County Base Station Meeting in Pt Townsend. Topic: Central Line Class. Info: 360-385-5589
- January 7th—Kitsap County Base Station Meeting in Bremerton. Topic: Cardiac Emergency. Info: 360-447-2066
- January 12th—EMS Live@Night: Topic: Pediatric Medical Info: 509-232-8155
- January 21st—Mason County Base Station Meeting in Shelton. Topic: Trauma Practical Info: 360-426-1611

Upcoming Conferences

- 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
- April 6-7—Partners in Emergency Preparedness Conference in Tacoma. www.piepc.org

Northwest Region DUI Panels

- January 9th—Jefferson County Panel in Pt Townsend at 8:30am. 360-385-9153
- January 12th—Kitsap Youth Panel in Bremerton at 7pm. 360-731-5139
- January 13th—Mason County Panel in Shelton at 6:30pm. 360-427-1686
- January 14th—Clallam County Panel in Pt Angeles at 6:30pm. 360-417-2385
- January 19th—Kitsap Spanish Panel in Bremerton at 7pm. 360-731-5139
- January 26th—Kitsap Adult Panel in Bremerton at 7pm. 360-731-5139

Healthcare Coalition/Disaster Prep Calendar

- January 6th—Preliminary Damage Assessment Process training. 9am at the Jamestown S'Klallam Tribe Heron Room in Sequim. Info: a.gillespie@emd.wa.gov
- January 13th—Kitsap Vulnerable Populations meeting. 10:30am at the Norm Dicks Center in Bremerton. Info: 360-307-5870
- January 15th—Clallam County Healthcare Coalition meeting. 10am at Olympic Medical Center in Pt Angeles. Info: 360-990-3270
- January 15th—West Olympic Peninsula Healthcare Coalition meeting. 1pm at the Forks Ambulance office in Forks. Info: 360-990-3270
- January 21st—Clallam Prep meeting 10am in Pt Angeles, WA 360-417-2483
- January 28th—Kitsap County Healthcare Coalition meeting. 9:30am at Harrison Medical Center in Silverdale. Info: Laura Jull at 360-377-3911.

Mark Your Calendar!

Injury Prevention Meetings in the Northwest Region

- January 13th—Mesa Redonda de Kitsap meeting; 8:30am at the Norm Dicks Government Center. 360-440-2376.
- January 20th—Mason County Inter-Agency meeting; Noon in Shelton. 360-427-1686
- January 20th—Kitsap Child Death Review meeting. 8:30am at the Norm Dicks Center in Bremerton. 360-337-5250
- January 27th—Kitsap Suicide Prevention Task Force; 3:30pm in Bremerton. 360-337-5250

Committee Meetings in the Northwest Region

- January 14th—TED (Training and Education Development) Committee meeting. 8:30am at the Lodge at Sherwood Village in Sequim. 360-479-5631
- January 14th—IPPE (Injury Prevention) Committee meeting. 9:30am at the Lodge at Sherwood Village in Sequim. 360-479-5631
- January 14th—QI Committee meeting. 10:30am at the Lodge at Sherwood Village in Sequim. 360-479-5631

Other Meetings/Training

- January 4th—First Responder course. In Mason County. Info: jess_fulkerson@yahoo.com
- January 11th—Washington State Drowning Prevention Network meeting. 9:30am at Seattle Children's Hospital in Seattle. Info: Martha Tansik at 206-987-4519
- February 1 & 2—Applied Suicide Intervention Skills Training (ASIST). The 2100 Building in Seattle. Info: www.yspp.org/training/training_options.htm

Council Meetings in the Northwest Region

- January 5th—Jefferson County EMS Council meeting in Quilcene at 7pm
- January 14th—Northwest Region EMS Council meeting at noon at the Lodge at Sherwood Village in Sequim
- January 21st—Mason County EMS Council meeting in Shelton at 6pm
- January 21st—Clallam County EMS Council meeting in Pt Angeles at noon
- January 21st—West Olympic Peninsula Council meeting in Forks at 7pm
- January 27th—Kitsap County EMS Council meeting in Bremerton at 9am

10 New Year's Resolutions

Many people make resolutions at the beginning of a new year, even though not so many people keep them even just a couple of months later. Here's some new years resolutions to consider which will make you healthier (and possibly happier and wealthier too).

1. **Exercise.** Many people resolve to exercise for an hour or two each and every day and cut every piece of junk food out of their lives. This type of resolution usually lasts about a week. Instead, resolve to add more physical activity into your life. This could mean taking the bus to work instead of driving because it will force you to walk to and from the bus stop. This could mean taking a karate class with your kids because it will force you to exercise at least a couple of times a week. This could mean signing up for an event each month (maybe a 5k or a bike ride for a good cause) which you pay for so that you will have the extra financial impetus to participate. Whatever you do to add more activity into your life will be beneficial because it is more than you are doing now!
2. **Learn something.** Our brains are like sponges so if we aren't continually soaking up new information and wringing it out, our brains will dry up like an old, unused sponge. We don't want that to happen. Resolve to read a new book once a week, take a college class each quarter, or actively participate in a group/club/hobby that interests you in order to keep your mind sharp.
3. **Become debt free.** It can be done, just ask the many thousands of people who call in to Dave Ramsey's (www.daveramsey.com) TV and radio show each day. If you have no debt at all and each paycheck you earn is yours to do with what you like, you will go to work with a whole new attitude. When you are debt free you do things because you *want* to no because you *have* to. Financial stress becomes a thing of the past and you can enjoy life instead of just dealing with it.
4. **Improve your job skills.** In many fields but probably no more so than in the fire, law, and EMS fields, there is always more to learn in order to improve your job skills and ability to respond. There is a difference, however, if you are learning these skills proactively or reactively. Proactively means you want to learn, you seek out improvement opportunities, and you help others improve their skills as well. Reactively means someone told you to learn this or else—not a good way to approach your job.
5. **Use technology to your advantage.** Many people become overwhelmed by technology because there is just so much of it. From the moment we wake up until the moment we go to sleep, we are tethered to our email, ruled by our PCs, and inundated with everything from digital TV to digital music. This year resolve to make technology work for you instead of the other way around. If you can get away with only answering your email twice a day, why not step away from the CrackBerry and free up a whole lot of time (not to mention decrease repetitive thumb use injuries) in order to do more important things?
6. **Volunteer.** Giving back to your community is a great way to build the nice community that you want to live in, possibly make a (literally or figuratively) lifesaving difference to others, and provide an outlet for your passions/creativity/skills in order to benefit others. Even just a couple of hours a week can make a difference for others and make you feel pretty good about your accomplishments as well.
7. **Quit a bad habit.** We all have them...smoking, drinking, a massive latte factor. Pick one bad habit and vow to stop it this year. Not only will you improve your health and your finances this way but you will also be flexing your willpower and setting a good example for others.
8. **Get a grasp on social media.** If you don't know what social media is, you may want to do a bit of research and find out since it is all around us and is becoming the de facto social lifeline of our times. If you are on the other end of the spectrum and can't disconnect from FaceBook for even an hour, you may want to see #7 above. If you are wandering around in a haze of social media fog, whether for yourself or your business/organization, you may want to put together a plan to harness the

Resolutions cont.

power of social media and put together a reasonable social media campaign.

9. Focus on developing the relationships that matter. Of the six police officers recently killed in the Seattle/Tacoma area, most had kids and spouses and none probably thought that 2009 would be the last year they see. Thus the reason to make a concerted effort to focus on the relationships that are most important to you because they may not always be there. If you say that your spouse is a priority but the last time you went on a date with just the two of you was a decade ago, consider implementing a date night. If your kids are more important to you than life itself but you hardly ever see them and the last time you caught one of their games was when they were in the pee wee leagues, consider how you can spend more actual quality time with them in the upcoming year.
10. Take care of yourself. People in the life saving business are great about helping others, they will risk their lives for others, go out of their way to help when needed, and put themselves on the line for others. Meanwhile they are so busy doing for others that they put themselves last when it comes to taking care of their physical/emotional/psychological health and eventually it will show. The most important person in your equation is you. Not your kids, not your spouse, not your patients, but you because without you everyone else will not have you to rely on. Resolve to make this a year that you concentrate more on yourself. Your health, your nutrition, your exercise, maybe throw in a vacation or meditation class to de-stress. Not only will you be healthier and happier thus making you much nicer to be around, you will set an example to others that taking care of yourself is a priority because you want to be around a long time in order to take care of everyone else.



Suicide Data on Young People from Washington State

The Washington State Injury and Violence Prevention program provided the following information on suicides for the time period of 2002-2006:

- Washington state had a suicide rate for residents aged 10-24, of 8.1 per 100,000 population.
- Kitsap and Clallam counties were in the top ten for suicide rates for residents aged 10-24 with Kitsap having a rate of 11.1 per 100,000 and Clallam having a rate of 9.9 per 100,000.
- For hospitalizations due to attempted suicide for those aged 10-24, Washington state had a rate of 65.8 per 100,000.
- Non-fatal hospitalizations due to suicide attempts for Washington state residents aged 10-24 years old in the Northwest Region include: Clallam 55.6, Jefferson 63.3, Kitsap 62.3, and Mason 66.8.

In 2009, Washington state developed a plan to prevent youth suicide. Check out their website at <http://here.doh.wa.gov/materials/washington-states-plan-for-youth-suicide-prevention-2009/> to find materials, resources, training, and events that address youth suicide prevention.

Taking Care of the Senior in Your Life

Eventually we will all end up taking care of a senior citizen, and eventually we will all BE senior citizens that will need some extra care from those around us. Here's some tips for helping out the seniors in our life:

- **Falls.** Falls are far and away the leading cause of injury and one of the leading causes of death for senior citizens. While many people think falls are just a part of aging, there are a number of ways that falls can be prevented or at least postponed. Exercise, medication review, being able to see well, and clearing out fall hazards will help prevent falls in the elderly.
- **Exercise.** Continued exercise throughout a person's life is important, even more so as we age and our bodies decline without exercises that build cardio, strength, and flexibility. When you were ten you could touch your toes, jump over the couch, and climb up a tree. When you are 80, unless every day throughout your life you have touched your toes, jumped over the couch, and climbed a tree, these tasks will be nearly impossible. Exercising daily keeps your body functioning as they were meant to.
- **Medications.** You know how even taking one medication can be a bit confusing no matter your age? You try to remember if you already took the medication, try to remember the dosage without looking at the bottle, and wonder if you should take it with or without food. Now multiply that times 20. Many seniors take handfuls of medications each day and trying to keep them all straight can be difficult to say the least. The best way to keep medications organized is to first write out each medication a person is supposed to take—by name, dosage, and when and how the medication should be taken, then divide up the medications into those little pill boxes that you can get from a pharmacy that have space for meds by day and time of day. Be sure to update the list regularly with your doctor so as to prevent any drug interactions and so that the doctor knows ALL of the medications that a person is taking.
- **Nutrition.** The elderly can face nutrition

problems just like other segments of society. A number of factors can impact how the elderly eat from having enough money to buy food after purchasing medicines for the month, eating a balanced meal when they only need to cook for themselves, obtaining food if they don't drive, or cooking food which can sometimes be a chore for the weak and ill. To ensure that the elderly receive the food they need, there are a number of community organizations that can help. DSHS can issue food stamps, Meals on Wheels programs can deliver food to people's homes, senior meal programs at senior centers can ensure at least one meal during the day as well as companionship during the meal, and food banks are available to those who need a little extra assistance with obtaining food.

- **Driving.** Driving can be a challenge for anyone but for seniors they often contend with poorer vision, slower reaction times, and restricted movement which can negatively impact their driving skills. 55 Alive and other driving courses that target seniors can be a good first step as people get older. These courses cover many ways that aging impacts driving and offer solutions to meet these challenges. Many community transit systems offer free or low cost bus passes for seniors and may also provide specialized transportation which can pick seniors up at their door. Finally self limited driving such as not driving at night or determining when to stop driving all together (a very tough sell usually) are other options to look at.
- **Downsizing.** One challenge that seniors often face is keeping up the lifestyle they had when they were much younger. A big house, a big yard, working 40+ hours per week—things that worked well when they had a houseful of kids can be a burden on people as they age. Among some seniors there is a stigma about letting go of their house or land and moving into something smaller and more manageable however this is definitely an option to be explored.

With a little care and consideration now, taking care of the senior in your life with some extra planning can make things better for all involved.

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 Department of Emergency Management will be hosting a Vulnerable Populations meeting on January 13th at 10:30am at the Norm Dicks Center 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/>.
- 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.
- The Regional Office on Women's Health is offering \$2,500 grants for projects that address the prevention of violence against women and girls. Hurry, applications are due by January 13th! For more information go to http://www.ncdsv.org/images/HHS_OWH_ReqForApp_PreventionOfVAWomen_1-13-2010.pdf.
- 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.
- Staffing for Adequate Fire and Emergency Response (SAFER) grant applications are still being accepted until January 15th. Check out this excellent funding opportunity which provides assistance with recruiting and retaining volunteers as well as provides funds to assist fire departments with hiring firefighters. Go to www.usfa.dhs.gov/fireservice/grants/afgp/index.shtm for more information or to apply.
- The Partners in Emergency Preparedness Conference will take place in Tacoma on April 6th and 7th. Go to www.piepc.org for more information about this event.

**NORTHWEST REGION
EMERGENCY MEDICAL
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 biggest priority this month will be putting the finishing touches on our Annual Conference which will take place on January 23rd and 24th. The topic of this conference will be Geriatrics and we have a huge line-up of great speakers on the topic. If you haven't registered for the conference yet, go to our website at www.nwrems.org and click on the Conference link to register.
- Our website—www.nwrems.org—is continually updated with classes, information, and events that directly relate to our region. If you need a class check out our website first. If you have organized a class that you would like to inform the entire region about, simply email it to aprilborbon@yahoo.com and April will post it on our website as well as include it in upcoming editions of this newsletter.
- We are looking for more people to participate on regional committees. Our TED (Training and Education), IPPE (Injury Prevention), and QI (Quality Assurance) committees meet every other month prior to the regional council meetings in Sequim. Through these committees, we develop goals, training opportunities, and programs that directly impact the entire northwest region. By participating in these committees not only will you learn much more about what is happening in these areas in our region but your input can make a difference in the types of goals and activities that we work on as a region. To participate, simply show up at a committee meeting (see page 3 for dates and location) and start participating!
- Thank you to everyone who helped make 2009 a wonderfully successful year for the NWREMS Council. We are looking forward to another great year in 2010!