

What's Happening

March 2008



NORTHWEST REGION EMERGENCY MEDICAL SERVICES AND TRAUMA
CARE COUNCIL

What's Happening

Safety Tips You May Never Have Heard Of

There's no shortage of tips on how to keep yourself and your loved ones safe. Here's some you may never have heard of:

- You know those big puffy parkas you wear during the winter to keep yourself warm? Be sure to take off the jacket when you are riding in the car as wearing a seatbelt over the parka can cause the belt to ride up too high (instead of safely and snugly around your hips) and cause severe spinal and internal injuries if you get into a car accident.
 - Lap belts, in older cars which provide these as an only option instead of a three point harness, are decidedly dangerous. There are a number of reports showing that people have been literally cut in half by this type of seatbelt during a car accident.
 - Expecting a repairman or has a service person come to your door saying they need to be let in to fix a problem? If you don't know the person standing at your door and have any doubts, don't be afraid to call their office and request a physical description of the person before you open the door.
 - Going on vacation? Besides researching the best places to eat and not-to-be-missed points of interest, don't forget to research the types of natural disasters most common to the area where you will be vacationing. Would you know the warning signs and what to do should a tsunami, tornado, hurricane, or other natural disaster not common to the area in which you live, strike?
 - Starting a nutrition and exercise program? You should see your doctor first. Most people think that sounds ridiculous since they probably never knew anyone who had a serious problem just from changing their diet and exercising and not consulting their doctor first. Consulting your doctor is smart for a few reasons. First you may have an unknown condition (diabetes, hypothyroidism, hyperthyroidism, etc) that can be causing your weight issues and needs specific treatment if you want to get back to a healthier you. Second, if you have a doctor who is knowledgeable in sports medicine, they may be able to give you some tips and pointers to get you off to a safer and healthier start on your new exercise plan. And third, seeing your doctor first and running the gamut of basic tests will give you a base line to track your improvement (such as current weight, blood pressure, cholesterol levels, blood sugar levels, etc.).
 - You have always been told that you need to drink "enough" water every day but did you know that drinking too much water over a short period of time can be deadly? Called water intoxication or hyponatremia, drinking too much water can cause seizures, coma and even death. In one sad example, a mother tried to win a video game console for her kids during a radio station contest by drinking two gallons of water in one hour and she ended up dead. Many people, including the ten employees who were fired and the radio station which was sued, were completely unaware that this sort of thing could happen.
-

Mark Your Calendar!

DUI Panels

- March 4; 7pm Pierce County—Gig Harbor Civic Center; Gig Harbor, WA 253-884-0715
March 8; 8:30am Jefferson County—Pt Townsend Rec Center; Pt Townsend, WA 360-385-9193
March 11; 7pm Kitsap Youth—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139
March 12; 7pm Mason County—Oakland Bay Jr High School; Shelton, WA 360-427-1686
March 13; 6:30pm Clallam County—Pt Angeles City Council Office; Pt Angeles, WA 360-417-2385
March 19; 7pm Kitsap Spanish—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139
March 25; 7pm Kitsap Adult—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139



Base Station Meetings

Jefferson County EMS
March 6th at 9am
'Gastroenterology'
Chimacum, WA
crodrigues@jgh.org

Kitsap County EMS
February 7th at 9am
'TBA'
Bremerton, WA
360-447-2066

Mason County EMS
March 15
'OB-GYN & OB Emergencies'
Shelton, WA
360-426-1611

Council Meetings

Jefferson County EMS Council
No meeting scheduled this month

Northwest Region EMS Council Meeting
March 13th; noon at The Lodge in Sequim

West Olympic Peninsula EMS Council
No meeting scheduled this month

Mason County EMS Council
March 20th, 6pm at Mason General Hospital

Clallam County EMS Council
March 19th, noon at Olympic Medical Center

EMS Live@Nite

When: March 11th; 6:45pm
Where: Via video conference
Topic: 'Packaging the Patient for Transport'
More Info: 888-258-9632

Post Your Event Here!
Email info to
aprilborbon@yahoo.com


More Upcoming Events

March Is...

- National Nutrition Month
- National MS Month
- Save Your Vision Week (March 2-8)
- National Poison Prevention Week (March 16-20)
- Act Happy Week (March 17-22)
- Daylight Saving Time Begins (March 9)
- St Patrick's Day (March 21)
- Easter (March 23)

North Region Prevention Symposium: Motor Vehicle Crashes

March 11th
Mt Vernon, WA
360-428-0404



Training Alerts

- March 21—PALS Course; Kitsap County EMS Bremerton, WA 360-447-2066

Meetings in the Northwest Region

March 5—Mason County Inter-Agency Meeting; Noon in Shelton. 360-427-1686

March 12—Mesa Redonda de Kitsap; 8:30am at the Silverdale Center. 360-337-5260

March 13—Northwest Region EMS Council Meeting; 12pm in Sequim. 360-479-5631

March 18—Jefferson County Healthcare Coalition; 9am in Pt Townsend. 360-479-5631

March 19—Kitsap Child Death Review; 8:30am in Bremerton. 360-337-5250

March 26—Kitsap Suicide Prevention Task Force; 3:30pm in Bremerton. 360-337-5250

March 27—Kitsap Healthcare Coalition meeting; 9am in Silverdale. 360-475-6426

How Much Do You Know About Poison Prevention?

Poison Prevention Week is March 16-20 this year. Did you know that poison prevention takes many forms? When many people think of “poisoning”, they imagine a toddler ingesting something poisonous and a quick run to the emergency room. Of course this kind of incident happens, but the data that points to poisoning being the second leading cause of death in Washington State and the fourth leading cause of death in the Northwest Region, actually shows that people in the 30-64 age group have by far the highest rates of poisoning.

Surprised? Poisoning can take many forms—children ingesting a toxic substance, the housewife who inadvertently mixes ammonia and chlorine bleach and inhales the poisonous gas that results, industrial workers who become exposed to toxic chemicals, gases, and materials, teens who overdose on alcohol, someone who gets bit by a rattlesnake, and adults who take drugs, both prescription and the illegal kind, and have a toxic reaction.

Just as poisoning can take many forms, poison prevention must also take many forms:

- Watch your small children and make sure their environment is toxin free (ie: keep hazardous chemicals, plants, and other materials out of their reach).
 - Watch your teens. Keep the liquor cabinet locked and be aware of a fad which is common among teens called “huffing” in which paint and other chemicals are inhaled for a high that can have long-lasting neuro effects. Also, keep your medications—both prescription and non-prescription—under lock and key as well. Recent news stories point out that as illegal drugs become more expensive, and difficult or dangerous to acquire, teens (and adults) often turn to their parent’s and grandparent’s medicine cabinets for a quick high.
 - Go green. Toxins affect not only people but the environment. Look for more natural, less hazardous, ways to clean your home, improve your yard, and get rid of pests in your garden.
 - Be aware of the toxic affects of supposedly “safe” medications. A man on the Oprah show last week literally turned blue, permanently,
- because he heard that drinking colloidal silver had positive health affects. Whether you are taking a folk remedy or medications under a doctor’s order, make sure you... 1. know what you are taking and the possible side affects, 2. follow correct dosing instructions, and c. call your doctor immediately if you notice any side affects.
- Take care of the ill and elderly. Many poisonings happen because people inadvertently overdose when taking common medications. People who are very ill or have memory problems can forget that they have already taken their medication and end up overdosing when they take a second dose. If someone you know falls into this category, offer to help them organize their medications in a way that is easy to remember such as separated by date and time in those little plastic medicine boxes available at your local pharmacy.
 - Know that people who use and abuse drugs and alcohol are prime candidates for overdosing, and thus poisoning themselves. Consider providing them with resources and referrals for treatment.
 - Be aware of people who have been or may be suicidal. Overdosing on pills is a common method of suicide. If this sounds like someone close to you, consider removing any type of medication or other drugs (even something as basic as aspirin) from your home or keeping it in a locked cabinet.
- If you need help with a possible poisoning or just want more information about anything poison-related, here are some resources:
- Contact the Washington Poison Center at 1-800-222-1222 for any of your poison-related concerns. This is a wonderful organization that can provide emergency information as well as answer general questions, provide research information, and offer poison prevention resources as well.
 - ToxNet (<http://toxnet.nlm.nih.gov/>) is a great online resource which provides information on toxicology, hazardous chemicals, environmental health, and toxic releases.

Leading Causes of Accidental Death and Injury in Washington State

2002-2006 Leading Causes of Fatal Injuries

- 4,045 Suicide
- 3,083 Poisoning
- 2,770 Falls
- 2,440 Motor Vehicle Crashes
- 549 Drowning

2002-2006 Leading Causes Non-Fatal Injury Hospitalizations

- 88,347 Falls
- 16,392 Suicide
- 12,677 Motor Vehicle Crashes
- 10,106 Poisoning
- 7,278 Assault

**Source: WA State Department of Health*

Leading Causes of Accidental Death and Injury in The Northwest Region

2002-2006 Leading Cause of Fatal Injuries

- 284 Suicide
- 225 Falls
- 207 Motor Vehicle Crashes
- 175 Poisoning

2002-2006 Leading Causes Non-Fatal Injury Hospitalizations

- 6,182 Falls
- 974 Suicide
- 914 Motor Vehicle Crashes
- 596 Poisoning

**Source: WA State Department of Health*

Top 10 Most Expensive Health Conditions in the US

1. Heart Conditions
2. Trauma Disorders
3. Cancer
4. Mental Disorders including Depression
5. Asthma and COPD
6. High Blood Pressure
7. Type 2 Diabetes
8. Osteoarthritis and other joint diseases
9. Back Problems
10. Normal childbirth

**Source: <http://www.ahrq.gov/news/nn/hn012308.htm>*

Did You Know?

- Need data for your grants, reports and studies? The Washington State Department of Health has recently updated their fatal and non-fatal injury data tables. The information is broken down by county, cause, age, and year. To check out this wonderful resource, go to www.doh.wa.gov/hsqa/emstrauma/injury/data_tables/
- The SmileMobile, which offers free basic dental care to children, will be in Shelton on March 3-14, in Key Peninsula March 17-21, and in Port Townsend on March 24-28. Call 800-572-7835 x6303 for more information or to make an appointment.
- The Washington Higher Education Coordinating Board is offering a wonderful new college scholarship targeted to low-income 7th and 8th graders. By simply signing a pledge to graduate from high school and demonstrate good citizenship, students can be eligible for this scholarship which pays for tuition, books and fees for four years. There are a couple other caveats, so check out the information at www.hecb.wa.gov/paying/waaidprgm/CollegeBoundScholarship.asp.
- 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.
- Have you heard about the new KidSmart fire alarm? This new smoke alarm let parents record a message giving their child directions about what to do when the smoke alarm goes off. Check out this new alarm at <http://www.gadgetfind.com/kidsmartvocalsmokealarm.html>
- The Washington Health Foundation is now accepting grant requests for up to \$15,000 to fund health and nutrition-oriented projects. Hurry! Grant applications are due by March 7th. Go to www.whf.org and click on "grants" for more information or to apply.
- 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.
- The National Highway Traffic Safety Administration (NHTSA) has put together a new website that focuses specifically on the

Did You Know? continued

needs of the EMS community. Go to www.ems.gov to find information on news, education, and other federal aspects of the EMS system.

- An ASIST (Applied Suicide Intervention Skills Training) Course will be held on March 20 and 21 at Spokane Community College in Spokane. This program will teach participants how to identify risk factors for suicide, develop skills to intervene with a person at risk of suicide, and develop resources for the intervention and prevention of suicide. Call 509-324-1530 for more information or to register for this course.
- The Port Angeles Fire Department will host a 'Public Information Officer Training and Survival Skills' course on April 11th. All facets of the PIO job will be covered and students will also have the chance to do a live interview which will be taped then critiqued by instructor and class members. The Cost is \$50. Call 360-452-7725 for more information or to sign up.
- The Washington State Drowning Prevention Network will meet on March 25th in Ellensburg. For more information or to get on their mailing list, call Tizzy Bennett at 206-987-5718.
- Check out this interesting list! The Top Health 2.0 Web Apps can be found online at www.readwriteweb.com/archives/top_health_2_0_web_apps.php. Among the resources on this list are web-based applications and services for the healthcare sector. Both medical professional and patients will find interesting and useful links on this list.
- If you traveled outside of the US between 1996 and 2006, you may be able to make a claim as part of a currency exchange class action settlement. Check out www.wisebread.com/foreign-exchange-class-action-settlement for the details or click through the link on this site to file your claim.

16 Firefighter Life Safety Initiatives

1. Define and advocate the need for a cultural change within the fire service relating to safety; incorporating leadership, management, supervision, accountability and personal responsibility.
2. Enhance the personal and organizational accountability for health and safety throughout the fire service.
3. Focus greater attention on the integration of risk management with incident management at all levels, including strategic, tactical, and planning responsibilities.
4. All firefighters must be empowered to stop unsafe practices.
5. Develop and implement national standards for training, qualifications, and certification (including regular recertification) that are equally applicable to all firefighters based on the duties they are expected to perform.
6. Develop and implement national medical and physical fitness standards that are equally applicable to all firefighters, based on the duties they are expected to perform.
7. Create a national research agenda and data collection system that relates to the initiatives.
8. Utilize available technology wherever it can produce higher levels of health and safety.
9. Thoroughly investigate all firefighter fatalities, injuries, and near misses.
10. Grant programs should support the implementation of safe practices and/or mandate safe practices as an eligibility requirement.
11. National standards for emergency response policies and procedures should be developed and championed.
12. National protocols for response to violent incidents should be developed and championed.
13. Firefighters and their families must have access to counseling and psychological support.
14. Public education must receive more resources and be championed as a critical fire and life safety program.
15. Advocacy must be strengthened for the enforcement of codes and the installation of home fire sprinklers.
16. Safety must be a primary consideration in the design of apparatus and equipment.

**From www.everyonegoeshome.com*

**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

© 2008 NWREMS

All Rights Reserved

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

Here's what's happening in March at the NWREMS office:

- RFPs for training funds from the Region have been sent out to all local councils and agencies in the region. Be sure to fill out the application and get it back to the Regional office by the end of March so that your request can be considered at the April Funding Meeting.
- The Protocols have been sent to the printers and they look beautiful! The Protocols, which have been completely reformatted, revised, and color-coded for easier use should be ready for distribution by the end of the month.
- Our bi-monthly TED Committee meeting will start at 8:30am instead of 9am on March 13th. The meeting will start earlier than usual so that a representative from Brady can give a presentation on their new OTEP program which we will be considering for use in the Region.
- The Regional QA Committee will be planning our annual QA Conference at their next meeting on March 13th. The conference is always a highlight of the year for the Region and we will be discussing ways in which to make the conference even more valuable for our participants.