

What's Happening

March 2009



NORTHWEST REGION EMERGENCY MEDICAL SERVICES AND TRAUMA  
CARE COUNCIL

# What's Happening

## Spring Forward!

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On March 8th, Daylight Savings Time begins. This is an excellent reminder to do some other tasks as well besides just setting your clock forward. Consider doing the following things both when you "spring forward" and when you "fall back" with Daylight Savings Time:

- Clean and repair gutters, downspouts, broken drains, the roof, and any other problem areas you noticed during the winter. If you wait until fall to do this you will forget what the problems were.
  - Dust off the summer sports gear. Air out the camping gear, fix up the bicycles, and get your gear ready for summer fun by making sure all repairs are made prior to being used this season. Remember to make sure your kids haven't outgrown their bicycle/ATV helmets and that lifejackets still fit too.
  - Restart or continue your exercise program. When the weather is warm and the sun is out, it is much easier to get up and get moving. Take a walk around the neighborhood, play outside with the kids, and check out the spring class offerings at your local college or Parks and Recreation Department.
  - Get the jump on summer wild fires by cleaning out around your home now. Brushy areas, garbage, and anything else that could be a hazard during wildfire season should be cleared away.
  - Check your smoke and CO2 detector batteries; change them if needed.
  - Change your furnace filters; your furnace will work much more efficiently with a clean filter.
  - Empty your house and car emergency supply bags. Make sure the batteries still work in the radio and flashlight, replace the food and water, and make sure the clothes are appropriate for the upcoming season.
  - Check to make sure your fire extinguishers are properly charged.
  - Hold a fire drill that includes the entire family.
  - Check for home hazards. Google "home hazards" and you will get 6 million links for check sheets and further information.
  - Get all of your car's spring maintenance done (change the antifreeze, remove snow tires, get a tune up, etc).
  - Do some maintenance on your computer (defrag the hard drive, update your software, back up your files, etc).
  - Take a class. Courses on such topics as CPR, first aid, disaster preparedness, HAM radio, and other useful skills are offered regularly by local fire departments, the county Department of Emergency Management, the Red Cross, and through the parks department.
  - Change all of your internet passwords and PIN numbers.
  - Review your Will, Power of Attorney, and Living Will to make sure all of the information is still accurate.
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# Mark Your Calendar!

## DUI Panels

March 10; 7pm Kitsap Youth—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139

March 11—Mason County—Oakland Bay Junior High School; Shelton, WA 360-427-1686

March 12; 6:30pm Clallam County—Pt Angeles City Council Office; Pt Angeles, WA 360-417-2385

March 14; 8:30am Jefferson County—Pt Townsend Rec Center; Pt Townsend, WA 360-385-9193

March 17; 7pm Kitsap Spanish—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139

March 24; 7pm Kitsap Adult—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139



## Base Station Meetings

Jefferson County EMS

March 5th at 9am

'Drug/ETOH Abuse'

Chimacum, WA

crodrigues@jgh.org

Kitsap County EMS

March 5th at 9am

'Diabetic Ketoacidosis/EZ IO'

Bremerton, WA

360-447-2066

Mason County EMS

March 19th

'ACLS'

Shelton, WA

360-426-1611

## Council Meetings

Jefferson County EMS Council

*March 3rd; 7pm in Chimacum*

Northwest Region Executive/Funding Meeting

*March 12th; 9am at The Lodge in Sequim*

West Olympic Peninsula EMS Council

*March 19th; 7pm in Forks*

Mason County EMS Council

*March 19th; 6pm in Shelton*

Clallam County EMS Council

*March 19th; noon at Olympic Medical Center*

Kitsap County EMS Council

*March 25th; 9am at the Readiness Center*

## EMS Live@Nite

When: March 10; 6:45pm

Where: Via video conference

Topic: 'Shock'

More Info: 888-258-9632

**Post Your Event Here!**

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

## More Upcoming Events

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### March Is...

- American Red Cross Month
- Poison Prevention Awareness Month
- National Nutrition Month
- National Caffeine Awareness Month
- Youth Violence Prevention Week (fourth week)
- St Patrick's Day (March 17)
- Kick Butts Day (March 25)
- Doctor's Day (March 30)

### SmileMobile

March 2-5 in Belfair

March 16-20 in Pt Townsend

800-572-7835 x6303



### Meetings/Training in the Northwest Region

March 4—Hood Canal Bridge Closure meeting; 10am at Poulsbo Fire in Poulsbo. 360-479-5631.

March 7—PALS Renewal Course; Kitsap County EMS in Bremerton. 360-447-2066

March 7—BLS Evaluators Course; Mason County EMS in Union. 360-898-4871

March 11—Mesa Redonda de Kitsap; 8:30am at the Norm Dicks Government Center. 360-440-2376.

March 11—Kitsap County Traffic Safety Task Force meeting; 10am in Silverdale. 360-337-7101

March 12—West Olympic Peninsula Healthcare Coalition meeting; 10am in Sekiu. 360-479-5631

March 13—NWREMS Executive/Funding meeting; 9am at the Lodge in Sequim. 360-479-5631

March 13—Clallam County Healthcare Coalition meeting; 8:30am at OMC in Pt Angeles. 360-479-5631

March 18—Mason County Inter-Agency meeting; Noon in Shelton. 360-427-1686

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

March 25—Kitsap Suicide Prevention Task Force; 3:30pm in Bremerton. 360-337-5250

March 26—Kitsap County Healthcare Coalition meeting; 9:30am at HMC in Silverdale. 360-475-6426

# Proven Interventions for Child Injury Prevention

The World Report on Child Injury Prevention was recently released by the World Health Organization. Their list of child injury prevention strategies are really quite basic. Many of these strategies are things that everyone can do on a regular basis to help decrease the number of injuries suffered by children in our communities. With spring coming up, many of these strategies can be implemented immediately!

## Poisonings: Recommendations

- Remove the toxic agent.
- Legislate for and enforce child-resistant packaging of medicines and poisons.
- Package drugs in non-lethal quantities.
- Establish Poison Control Centers.

## Poisonings: What You Can Do

- Keep all poisons under lock and key or switch to non-toxic products (such as natural cleaning products).
- Insist on child resistant packaging when you go to the pharmacy.
- If you must carry drugs in your purse for the day, only carry the amount you need—leave the rest of your medications locked up at home.
- Use your Poison Control Center if needed. In Washington, their number is 800-222-1222.

## Falls: Recommendations

- Legislate for window guards.
- Establish playground standards for depth of appropriate surface material, height of equipment, and maintenance.
- Redesign nursery and other furniture.
- Implement multi-faceted community programs such as “Children Can’t Fly”.

## Falls: What You Can Do

- If you have children in your home, use window guards.

- Make sure the playgrounds your children use are safe; if you notice a dangerous situation such as poor maintenance or not enough surface material, contact who ever is responsible for the playground’s upkeep.
- Make sure you only use toys and equipment approved by the Consumer Product Safety Commission. If you are unsure about a product or think it may have been recalled, you can go to the CPSC website and check it out [www.cpsc.gov](http://www.cpsc.gov).
- Research children’s falls safety. Information on child falls prevention programs such as “Children Can’t Fly” is just a click away on the internet.

## Burns: Recommendations

- Set and enforce laws on smoke alarms.
- Develop and implement a standard for child-resistant lighters.
- Set and enforce laws on hot tap water temperatures and educate the public about this hazard.
- Treat patients at dedicated burn centers.

## Burns: What You Can Do

- Always have working smoke alarms on each floor of your home and in each bedroom; test them regularly.
- Keep matches and lighters secured from children.
- Set your hot water tank’s thermostat to 120 degrees.
- Support your local burn center—they do amazing work!

## Drowning: Recommendations

- Remove or cover water hazards.
- Require four-sided isolation fencing around swimming pools.
- Wear personal flotation devices.
- Ensure immediate resuscitation.

# Child Injury Prevention continued

## Drowning: What You Can Do

- Look for water hazards around your home (ie: planters or buckets full of water, streams, etc) and either empty them, securely cover them, or block them so children cannot access them.
- If you have a swimming pool, make sure it is securely fenced and that children cannot access it without permission and supervision. If neighbors have a swimming pool, make sure they do the same.
- Have personal flotation devices for each family member and maybe some spares for friends. Any time children are around water they should wear PFDs or be closely supervised when they are swimming. Small children should ALWAYS wear PFDs in the water.
- Everyone in your family should be certified in CPR. If you work or live where there is a hazard of drowning, consider purchasing an AED for resuscitation purposes.

## Road Safety: Recommendations

- Introduce and enforce graduated driver's licensing systems.
- Introduce and enforce daytime running lights for motorcycle.
- Separate different types of road users.
- Force a reduction of speed around schools, residential areas, and play areas.
- Set and enforce seatbelt, child restraint, and helmet laws.
- Wear motorcycle and bicycle helmets.
- Introduce and enforce minimum drinking age laws.
- Set and enforce lower blood alcohol concentration limits for novice drivers and zero tolerance for offenders.

## Road Safety: What You Can Do

- Follow graduated driver's license requirements in your state with your teens. Even if these requirements are not mandatory in your state, make them mandatory for your teen drivers; these rules save lives.

- If you or family members ride motorcycles, insist on daytime running lights when riding—it makes the motorcycle easier for other cars to see.
- Choose the safer road when riding your bike. If you have the choice between riding on a high speed road with little to no shoulders versus a quiet country road with lower speed traffic, choose the latter even if it is a bit longer distance.
- Request signage from your county or city for speed limit, cross walk, and children at play signs near schools and playgrounds. In residential areas, set out warning signs or cones to alert drivers that children are playing in the area.
- Insist that all passengers in your vehicle wear the proper restraint whether it is a seatbelt or child safety seat/booster seat.
- Insist that everyone in the family wear bicycle or motorcycle helmets when riding, even if they are just going down the street.
- Enforce minimum drinking age laws in your home and with your kids no matter where they are. Allowing teens to drink in your home “because it is safer” sets a bad example and sets you up for litigation or even prison if a teen drinking at your home leaves in their car and kills someone in a DUI wreck.
- Insist on zero tolerance for your under 21 family members and set a good example (and possibly save someone's life) by insisting that the adults in your home who drink always have a designated driver too.

Preventing injuries and saving lives is often a matter of common sense and a little bit of pre-planning. While the US leads the world in injury prevention research, data collection, and methods of prevention, actually implementing these recommendations comes down to each of us. Take the time now to keep your family and friends safe by implementing the above suggestions.

To view the entire World Report on Child Injury Prevention, go to [http://whqlibdoc.who.int/publications/2008/9789241563574\\_eng.pdf](http://whqlibdoc.who.int/publications/2008/9789241563574_eng.pdf).

# Mental Health 411

For many people, mental health issues are strange and scary and better off ignored. For example, you wouldn't let your buddy come into work and sit in the corner with an untreated broken leg and expect them to work and not complain about the pain, but with mental illness, conditions such as depression and Post Traumatic Stress Disorder are often ignored. The victims of these debilitating conditions are expected to work, socialize, and be productive whether or not their condition is being treated.

It isn't that people are unfeeling, but mental health issues don't often show outward signs so we have nothing to gauge the person's condition by and since many of us do not have experience with mental health issues, we don't know what to say or do to help the person get treatment for their condition. This particular medical problem has been a taboo subject for so long that most people would rather ignore the problem in others and try to cover up the problem in themselves so as not to bring the stigma upon themselves and their families.

Obviously choosing to deal with the problem this way isn't working. According to the Washington State Department of Health, between 1997 and 2006, the leading cause of injury death was suicide with 7,729 deaths followed distantly by car crashes with 5,170 deaths. Because there has been so much public education about car crashes, almost anyone can create a list of ways to prevent such incidents—don't drive drunk, wear your seat belt, put your kid in a car seat, and drive better engineered cars that have airbags and safer construction. If someone were to ask you to make the same list with ways prevent mental health problems, what would you say? Many of us would have difficulty listing even one way to mitigate this problem.

Here's what you can do:

- Be aware of the warning signs: people may feel helpless or hopeless, may have marked personality changes, have prolonged anxiety or depression, have extreme highs or lows, abuse alcohol or drugs, show excessive anger, hostility or violence, lose the ability to cope with daily problems or activities, and/or show other atypical behavior.
- Be aware of situations that can bring on or exacerbate mental health issues such as depression or suicide: these can include loss of a job, death of a spouse or child, divorce or separation, overwhelming stress, exposure to a traumatic incident (ie: returning from a war zone or being involved in a horrific accident or natural disaster), etc.
- Know where to get help: Just like the average person would not be expected to set a friend's broken leg or perform surgery on a loved one, you aren't expected to "fix" someone with a mental health problem. You can help, however, by knowing what mental health resources are available in your community and making them available. The National Suicide Lifeline is 800-273-TALK. The national social services number is 211. Each community usually also has a crisis line which you can find in the phone book.
- Know how to get help: This can be difficult. It is easy to tell your friend "jeez, that protruding bone from your leg looks painful, go to the doctor" but it is less acceptable to say "jeez, your prolonged expression of hostility seems serious, here's the mental health line number." For those close to you, you can speak to their doctor or clergy, provide the person the crisis line number, or access specific mental health services (such as on-base mental health services for servicemen and women). In other situations, *you* may want to call the crisis line for help on how to get someone else help.
- Other options: In addition to seeking professional mental health help, you can also ask questions and listen (sometimes it helps the person to "unload" their problems with a good listener). Remove all firearms from the home and keep medications under lock and key if someone in the home may be suicidal. Encourage the person to seek help and not be ashamed of it (fear and shame often keep people from seeking the help they need). Participate in prevention/treatment efforts such as attending AA or AlAnon, supporting suicide prevention efforts in your community, going to counseling sessions, etc.

## 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.
- The SmileMobile which offers free basic dental care to children will be in Belfair on March 2-5 and in Pt Townsend on March 16-20. To make an appointment, call 800-572-7835 x6303.
- The Southwest Region EMS and Trauma Care Council is 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.
- The Washington Health Foundation is now accepting applications for projects that will make Washington “the healthiest state in the nation.” Grants from \$1,000 up to \$50,000 will be awarded for programs that promote physical activity and nutrition, community health, injury prevention, and other related activities. For more information or to apply go to [www.whf.org](http://www.whf.org) and click on grants. Applications are due by March 20, 2009.
- The North Region EMS Council is hosting a Poisoning and Drug Overdose Prevention Symposium on March 3rd in Mt Vernon. For information go to [www.northregionems.com](http://www.northregionems.com).
- There is still time to submit an application for the Department of Homeland Security FY’08 Fire Prevention and Safety Grants. These grants focus on arson prevention, smoke alarm installation, burn prevention, and public education projects. Go to [www.firegrantsupport.com](http://www.firegrantsupport.com) for more information. Hurry—grants are due by March 6th!
- Harrison Medical Center is offering a two-day Amateur Radio Operator Training course on March 21 and April 4. This course will include the licensure exam on the second day for those interested in receiving their HAM Technician’s license. Call 360-744-6765 for more information or to register.
- The Kitsap Suicide Prevention Task Force is hosting a poster contest entitled “Hope for the Future”. Posters are due by March 20th and will be used to publicize their annual Suicide Prevention Walk which will be held on May 9th. Prizes will be awarded for the best posters. Go to our website at [www.nwrems.org](http://www.nwrems.org) to download the application.
- Speaking of suicide, the Oregon Department of Human Services has created a Community Awareness Video and discussion guide entitled “Suicide: Breaking the Silence”. Both the guide and video can be found online at [www.oregon.gov/DHS/ph/ipe/ysp/video.shtml](http://www.oregon.gov/DHS/ph/ipe/ysp/video.shtml).
- Women’s Health is offering a “Body Works: Toolkit for Healthy Girls and Strong Women” program to teach girls and young women how to prevent obesity and maintain a healthy weight. Information on their “train the trainer” and program modules is available online at [www.womenshealth.gov/bodyworks](http://www.womenshealth.gov/bodyworks).
- Save the date! The 3rd Annual Healthy Schools Summit will take place on May 28 and 29 in Seattle. Go to <http://depts.washington.edu/waschool/summit/> for more information.
- Our local public TV station, KCTS 9, will host a month-long series of programs about the current economic crisis. The series, “Tough Times: Rising Above the Financial Crisis” will be aired throughout the month of March and focus on unemployment, housing, and personal finance. Check out the program guide at [www.kcts9.org/programs/productions/toughtimes](http://www.kcts9.org/programs/productions/toughtimes).
- The Washington State Department of Revenue has a new page on their website that allow consumers to check out businesses that they suspect may be fraudulent. The site allows you to find out if the business is registered, if they pay their taxes, and also provides links for victims of fraud including the Better Business Bureau and the Attorney General. Go to <http://dor.wa.gov/content/ContactUs/SuspectFraud.aspx> to check it out.

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

- Important Notice: We have been notified by ZOLL that there could be a problem with the ZOLL AED's that were purchased and distributed through the Rural AED Grant a few years ago. They have received reports that following a long period (typically greater than four years) without use, the ZOLL AED may prompt "change batteries" during use and fail to deliver therapy. If you have a unit or know of a public placement of this unit and the batteries were installed more than three (3) years ago, replace them as soon as possible. We are currently requesting additional information from ZOLL and will pass that on when received. You will be hearing from René Williams, our Training Coordinator, next week regarding the additional steps our office is required to take to insure that all units are checked.
- Our FY 2009-2012 Regional Trauma Plan was recently resubmitted to the DOH with their reviewer's suggested changes. Thank you to all who helped with the update process!
- The Hood Canal Bridge Closure meeting will be held on Wednesday, March 4th, at 10am at the Poulsbo Fire Department in Poulsbo. Prior to the meeting, at 9:30am, we will all meet for a site visit at the Lofall Dock which has been arranged by the DOT. All are welcome to attend. For more information about this meeting, contact Anice at our office.
- Be sure to turn in your Training RFPs by March 6th! Without these RFPs, your organization will not be given consideration for training funds for the upcoming year. All submitted RFPs will be discussed at the March 13th Executive/Funding meeting which will take place at 9am at the Lodge at Sherwood Village in Sequim. This group will then make a recommendation on training program funds which will be brought forward for approval by the Regional Council at the April 9th meeting.

*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*