



What's Happening

Northwest Region Emergency Medical Services
and Trauma Care Council

March 2010

Six Things That Sound Like a Good Idea...But Aren't

There are many instances where an idea seems logically like it would work. If I do X then Y will happen. Simple. Sometimes, however, seemingly "good" ideas can backfire. Here's how:

1. Using syrup of Ipecac if your child eats something that may be poisonous. Years ago every medicine cabinet had this item in it because it makes sense that if someone eats something poisonous, they should get it out of their system as soon as possible. This could be, however, a bad idea. Studies have shown that using this syrup does not reduce emergency room visits and it can, in fact cause many problems including drowsiness which could lead to choking, serious health problems if used often, and it can reduce the effectiveness of other treatments. Your best bet, if you think someone has ingested something poisonous is to call 911 or call the Poison Center for directions before using a home remedy to fix the problem.
 2. Using gasoline to get the burn pile going. Bad idea. Some people think that since gasoline catches on fire easily it will help to get their burn pile/campfire/barbecue burning faster than just using a match and some wadded up paper. Gasoline actually explodes quite readily and while it will definitely get a fire burning faster and higher, the explosion that results from touching flame to gasoline, or even to the fumes of the gasoline, can land someone in the emergency room or morgue.
 3. Drinking an energy drink so that you can stay awake late into the night drinking and partying. This is, unfortunately a new trend for teens and young adults. While being able to stay awake in order to drink more sounds like a good idea (I guess. Maybe not so much), the result is that the component of alcohol that makes people fall asleep and thus stop drinking is countered by the effect of the energy drink thus allowing people to consume much more alcohol than they normally would. This has caused a sharp increase in deaths and hospitalizations from alcohol poisoning.
 4. Starting CPR immediately as soon as someone keels over. Sounds like a good idea and it will probably be your immediate instinct to render aid as quickly as possible. One thing people sometimes forget to do, however, is call 911 *before* starting CPR (except in the case of children—do CPR for a couple of minutes first then call 911). The reason it is so important to call for help first is that you want aid enroute as quickly as possible and it is very difficult, once you start CPR, to stop if the person is not responding and go to the phone.
 5. Getting a burn and slapping some butter on it. There are many home remedies for many different medical problems but aside from the most minor of burns, this old wives tale can cause more harm than good. Any time you get a serious wound—burn, cut, or other flesh-penetrating wound—you want to keep it as clean as possible. Aside from using direct pressure to stop the bleeding, any time you have a serious wound you want to keep it clean then get to medical care as soon as possible in order to prevent infection.
 6. Driving yourself to the ER if you are having chest pain. Even if someone thinks they just have a bad case of indigestion or gas, if it is bad enough to cause them to want to go to the ER, it is bad enough to call an ambulance for a ride. Having a heart attack, in your car, as you are driving to the hospital is about the worse situation you can find yourself in. If in doubt, put your pride aside and call 911 for help—that's what they're there for.
-

March 2010 Calendar

- **March 2nd**—Jefferson County EMS Council meeting in Quilcene at 7pm
- **March 2nd**—Jefferson County Base Station Meeting in Pt Townsend. Topic: Pharmacology. Info: 360-385-5589
- **March 3rd**—ICS 200 at the Kitsap County DEM in Bremerton. 360-307-5870
- **March 4th**—Kitsap County Base Station Meeting in Bremerton. Topic: Burns. Info: 360-447-2066
- **March 8th**—OTEP Evaluator Workshop at the Kitsap County EMS office in Bremerton. 360-447-2066
- **March 8th**—Vulnerable Populations meeting at the Kitsap DEM in Bremerton. 360-307-5870
- **March 9th**—Kitsap Youth DUI Panel in Bremerton at 7pm. 360-731-5139
- **March 9th**—EMS Live@Night: Topic: 'What Do I Do Now? Case Studies Info: 509-232-8155
- **March 10th**—Mesa Redonda de Kitsap meeting; 8:30am at the Norm Dicks Government Center. 360-440-2376.
- **March 10th**—Mason County DUI Panel in Shelton at 7pm. 360-427-1686
- **March 11th**—Clallam County DUI Panel in Pt Angeles at 6:30pm. 360-417-2385
- **March 11th**—NWREMS TED Committee meeting in Sequim at 9am. 360-479-5631
- **March 11th**—NWREMS Injury Prevention Committee meeting in Sequim at 10am. 360-479-5631
- **March 11th**—NWREMS QI Committee meeting in Sequim at 10:30am. 360-479-5631
- **March 11th**—NWREMS Council meeting in Sequim at noon. 360-479-5631
- **March 12th**—EMS Instructor Course <http://healthtraining.inhs.org>
- **March 13th**—Jefferson County DUI Panel in Pt Townsend at 8:30am. 360-385-9153
- **March 16th**—Kitsap Spanish DUI Panel in Bremerton at 7pm. 360-731-5139
- **March 16th**—ICS 300 at the Kitsap County DEM in Bremerton. 360-307-5870
- **March 17th**—Mason County Inter-Agency meeting; Noon in Shelton. 360-427-1686
- **March 17th**—Kitsap Child Death Review meeting. 8:30am at the Norm Dicks Center in Bremerton. 360-337-5250
- **March 18th**—Mason County EMS Council meeting in Shelton at 6pm
- **March 18th**—Clallam County EMS Council meeting in Pt Angeles at noon
- **March 18th**—West Olympic Peninsula Council meeting —no meeting scheduled this month
- **March 18th**—Mason County Base Station Meeting in Shelton. Topic: A & P of the Systems, Communicable Diseases Info: 360-426-1611
- **March 19th**—Drill and Exercise Training class at 10am in Forks. 360-479-5631
- **March 19th**—OTEP Evaluator Workshop at the Kitsap County EMS office in Bremerton. 360-447-2066
- **March 23rd**—Kitsap Adult DUI Panel in Bremerton at 7pm. 360-731-5139
- **March 24th**—Kitsap County EMS Council meeting in Bremerton at 9am
- **March 25th**—Kitsap Healthcare Coalition meeting at 9:30am in Silverdale. 360-479-5631
- **March 30th**—ICS 400 at the Kitsap County DEM in Bremerton. 360-307-5870
- **March 31st**—Kitsap Suicide Prevention Task Force; 3:30pm in Bremerton. 360-337-5250

Spring Time Safety Tips

With spring just around the corner, here are a few reminders that people may have forgotten over the winter...based on recent news reports.

- Screens are to let air in, not keep kids from falling out, of the window. Already this year there has been a report of a child falling out of a second floor window and being rushed to Harborview. Never let children play around windows especially if the window is open and there is only a flimsy screen that is supposed to keep them from falling out of the window—it won't.
- As soon as the weather starts to get warm, bicycles and motorcycles take to the streets. Unfortunately both bike riders and car drivers need to be reeducated about the safety precautions necessary for bikes and cars to coexist on the roads.
- Child safety is even more important now that the weather is nicer. It isn't too often during the cold, rainy winter that you have a kid playing with their ball and running out into traffic to get it. When the weather is nicer, kids are playing outside more often and can sometimes be oblivious to the dangers of traffic and speeding cars. If you see kids by the side of the road, be careful, they could jump out in front of your car and there could also be other kids playing in the vicinity that you don't immediately see.
- No matter the time of year, riding in a car can be dangerous, especially for kids, which is why it is so important to have children ride in the appropriate seat—infant car seat, toddler car seat, booster seat—facing the right direction—towards the back for infants and babies, facing forward for toddlers and children—in the proper location—always in the back seat. Regular seats and seatbelts in cars aren't sized appropriately for smaller people and not putting your child in the correct type of seat can cause a lot of damage to them, even in relatively low speed crashes.
- Each spring it is a good idea to haul out the sporting gear that you and the family will be using in the upcoming warmer months and

make sure that everything is in good repair and that the things still fit. Particularly important, and life saving, are things like bicycle helmets and life jackets which kids could have outgrown over the winter. If this happens, be sure to replace the item before it is needed in order to keep your kids safe.

- When daylight savings time begins on March 14th, it is a good reminder to check the batteries in your smoke alarms. If you want to do even more to prevent a catastrophic fire, you may want to check your fire extinguishers to make sure they are still fully charged, create a fire escape plan with the family, hold a fire escape drill, and teach everyone in the family when, why, and how to use a fire extinguisher.
- Check your stock of items that are used mainly in the spring and summer—sunscreen, bug spray, allergy medications, etc—to make sure you have enough on hand and to make sure that the items are not expired.
- Spring cleaning is an old fashioned idea but still something many people do around this time each year. Be sure that all toxic cleaning products are kept away from babies and small children who could ingest them. Better yet, choose non-toxic cleaning products so that should your child get a hold of these products, the results won't require a trip to the emergency room.



Cyber Security 101

Everyone is online these days which makes for ease of communications and is a good way to keep in touch with people and share information. The down side is that bugs, viruses, phishing, and other fraudulent activities are just as rampant online than they are in the real world, maybe even more so. To protect yourself while you are online use these easy tips:

- Make sure you have a good quality, regularly updated virus protection program on your computer.
- Check your credit report annually to check for mistakes or fraudulent activity. You can get your free report at www.annualcreditreport.com (note that other “free” credit report advertisements you see on TV actually charge a fee).
- Password protect everything online—your computer itself, your email, your social networking log-in information, your online bank/credit card/bill paying account information, and if you have particularly sensitive files on your computer, you may want to password protect them individually for added security.
- Be sure that the information you are posting online does not create unforeseen problems. Like posting to your public Facebook page that you will be on vacation from the 10th until the 15th (an open invitation to burglary and theft), posting any kind of nude pictures (for info on how people do this, then are criminally charged and labeled a sex offender for the rest of their life, look up “sexting”), posting any sort of information that you wouldn’t want your mom, your kids, or your boss to see (even “private” posts to your website or social networking pages can find their way into the public domain and once they are in cyber space they are there for life), or posting any sort of threat which may be taken seriously.
- Protect yourself, and your kids, from online stalkers by being very aware of who you/they are chatting with online. Most people you meet online via social networking or gaming sites are great people but just like in “real life” there are plenty of loonies out there to so be careful about the information you provide and be cautious when meeting someone from online in person.

Networking News You Can Use

Networking, not the kind where you meet people and chat, but the online type, is all the rage now for both business and personal use. If you want to develop a fully functional networking program for your business (or yourself), be sure to include these important components:

- A website for static and updated information.
- A Twitter account to make short updates throughout the day to your network. (www.twitter.com)
- A Facebook page to create an online network and share information. (www.facebook.com)
- A YouTube video sharing site to share your video links. (www.youtube.com)
- A Flickr photo sharing site to post an unlimited number of photos. (www.flickr.com)
- A blog to provide expanded information on a variety of topics updated daily or a few times a week. (www.blogspot.com)

Did You Know...?

- 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 situation. Go to www.commacademy.org for more information.
- 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.
- Save the Date! The Central Kitsap Kid's Day will be held on June 5th at the Fairgrounds in Bremerton. This event always draws a huge crowd of kids and parents who come to see firefighters in action and learn about safety from the many vendors at the event. Applications for booths at the event are now being taken. For more information, contact Teresa MacLennon at 360-447-3550.
- The Washington State 2010 Public Safety Communications Summit will take place in Spokane on March 31st and in Seattle on April 13th. The purpose of these summits is to create seamless emergency communications in order to ensure that emergency responders can communicate with each other during a disaster. Registration for these summits will open on February 1st. To register, go to www.siec.wa.gov/news/news_Dec1.shtml
- The Kitsap County Department of Emergency Management will be hosting a Vulnerable Populations meeting on March 8th at 9:30am at the Kitsap DEM office 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 Washington State Drowning Prevention Network Winter meeting and workshop will take place on April 29th from 9:30am to 2:30pm at the Hal Holmes Community Center in Ellensburg. For more information, contact Martha Tansik at 206-987-4519.
- The Washington Health Foundation is now accepting applications for their grant program. Grants will be provided to fund projects that encourage healthy living and healthy systems. To apply, go to www.whf.org/documents/grants/2010_Guidelines_PDF.pdf.
- The TEACH-VIP e-learning online program provides a free, self-paced, curriculum in injury and violence prevention designed for health professionals, students, and others from non-governmental organizations. Topics covered include everything from drowning and workplace injuries to trauma care systems and advocacy for injury prevention. Check out this wonderful educational opportunity at <http://teach-vip.edc.org/>.
- The new Food Environment Atlas from the US Department of Agriculture provides county-level statistics on things such as food choices, health and well being, community characteristics, and the community's ability to access healthy food. Check it out at <http://www.ers.usda.gov/FoodAtlas/>
- Wonder what the ER staff thinks but won't say? A series of Reader's Digest articles explores this issue finding everything from the insightful and educational to the hilarious and deathly serious. Check out the series of "Things Emergency Room Staff Won't Tell You" at <http://tiny.cc/S2mae>, <http://tiny.cc/4YBPu>, and <http://tiny.cc/JPBOd>.
- County Health Rankings in an excellent website which allows you to retrieve county-level health data for all of the counties in the US. Simply go to www.countyhealthrankings.org and enter your state and county and you will be able to find information on health factors like rates of diabetes and teen pregnancy, socio-economic factors like percentage of the population in poverty, and liquor store density, and other factors that impact health like mortality rates, and violent crime rates.

**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
www.aprilborbon.com
© 2010 NWREMS

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

- On March 19th we will be hosting a Drill and Exercise training class for regional Healthcare Coalition members. The class will be taught by Dan Banks, Drill and Exercise Coordinator for the Washington State Department of Health. The class will run from 10am to 2pm and be held at the Forks Ambulance office in Forks. All Coalition members are welcome to attend, however a RSVP is required so we have an accurate lunch count.
- There have been a lot of changes over the past year or so in regards to training in the region. If you have any questions about the online OTEP program, regional protocols, regional Patient Care Procedures, or the new National Registry testing system, don't hesitate to call our Training Coordinator René Williams for information or assistance.
- Be sure to check out our website at www.nwrems.org to find out about upcoming events and classes, links for personal and clinical disaster preparedness, and information on the many programs in the region including the DUI panels and our falls prevention program. Our website is updated regularly and new information and links are always welcome by submitting information via email to admin@nwrems.org.