

What's Happening

May 2008



NORTHWEST REGION EMERGENCY MEDICAL SERVICES AND TRAUMA
CARE COUNCIL

What's Happening

Caring for the Caregiver

Caregivers unite! Or at least they should. However they don't and that leaves many people suffering in silence as they take on the 24-hour task of caring for seriously or chronically ill children, spouses, or elderly relatives. If you have found yourself in a position of caregiver for someone with serious, long-term medical problems, here are some ways to provide the care for the person who needs it most—you.

- Take care of yourself first. This is along the same theory as putting on your mask first during an airplane emergency—if you don't, you could pass out and not be able to help anyone, so although your initial reaction is to do everything you can for the person depending on you, if you do this continually, you will eventually not be any good for them or yourself. Be sure to get enough sleep (this might mean hiring help so you can take a nap), eat regularly (health food only, of course), exercise every day (even if you are just walking up and down the stairwell at the hospital), drink plenty of water (lay off the coffee and soda), and de-stress as best as possible (this could range from deep breathing to yoga to going outside where no one will hear you and screaming your lungs out).
 - Get organized. You need a place for everything and everything needs to be in its place. All medicine and supplies should be easily accessible and you should have plenty of back up supplies. After a long day of work then coming home to provide care all evening, you really don't want to have to roam through WalMart at midnight looking for a box of Depends.
 - Find out what resources are available. Often people are thrust into a care giving situation with no time to plan and no outside resources to help. Take the time to research what resources are available online (Google caregiver resources or online support groups), and be sure to find out what resources are available in your community (your doctor or pharmacist should have a caregiver resource list or you can call 211).
 - Ask for help when needed. Besides the physical demands of care giving, the psychological impact of the situation can also take its toll on you. Even though you feel like you need to provide 24-hour care for your loved one, there is no shame in asking for help. Everyone needs a break from continual care giving even if it is just for a few hours to sleep or for a day or two to recharge your batteries. Having outside help on a regular basis can make all the difference when caring for someone with long term or chronic needs..
 - Look at future options ahead of time. Yes, grandma may be fine in your home now and you can provide all of the care that she needs, but the fact is, eventually she will need more care than you can provide. Take the time now to look at future options including adult family homes and nursing homes so that you will have time to plan appropriately.
 - Know when to say when. Eventually there may come a time when you need to make changes and relinquish your responsibilities to a long term care facility. This is often the hardest decision to make because you feel like you have failed somehow. However there is a reason these facilities have 24-hour staff—it's because one person can not provide ongoing 24-hour care forever. Know when to say "when" and make this option a part of your long term planning.
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Mark Your Calendar!

DUI Panels

May 6; 7pm Pierce County—Gig Harbor Civic Center; Gig Harbor, WA 253-884-0715
May 8; 6:30pm Clallam County—Pt Angeles City Council Office; Pt Angeles, WA 360-417-2385
May 10; 8:30am Jefferson County—Pt Townsend Rec Center; Pt Townsend, WA 360-385-9193
May 13; 7pm Kitsap Youth—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139
May 14; 7pm Mason County—Oakland Bay Junior High School; Shelton, WA 360-427-1686
May 20; 7pm Kitsap Spanish—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139
May 27; 7pm Kitsap Adult—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139



Base Station Meetings

Jefferson County EMS
May 1st at 9am
'Airway Management'
Chimacum, WA
crodrigues@jgh.org

Kitsap County EMS
May 1st at 9am
'Environmental Emergencies'
Bremerton, WA
360-447-2066

Mason County EMS
May 17
'Head and Spinal Injuries'
Shelton, WA
360-426-1611

EMS Live@Nite

When: May 13; 6:45pm
Where: Via video conference
Topic: 'Extrication'
More Info: 888-258-9632

Council Meetings

Jefferson County EMS Council
May 6th, 7pm at Quilcene

Northwest Region EMS Council Meeting
May 8th at noon; The Lodge in Sequim

West Olympic Peninsula EMS Council
No meeting scheduled this month.

Mason County EMS Council
May 15th, 6pm at Mason General Hospital

Clallam County EMS Council
May 15th, noon at Olympic Medical Center

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

Post Your Event Here!

Email info to aprilborbon@yahoo.com


More Upcoming Events

May Is...

- National Mental Health Month
- Better Sleep Month
- Women's Health Month
- Nurses Week (2nd week)
- Police Week (2nd week)
- EMS Week (3rd week)
- Cinco de Mayo (May 5)
- Mother's Day (May 11)
- Armed Forces Day (May 17)
- Memorial Day (May 26)
- World No Tobacco Day (May 31)

"Choose to Live" **KSPTF Suicide** **Awareness Walk**

May 10th at 10am
Waterfront Park
Silverdale, WA
360-337-5250



Training Alerts

- May 1 & 2—TNCC; Mason General Hospital Shelton, WA 360-479-3609
- May 2—PALS Course; Kitsap County EMS Bremerton, WA 360-447-2066
- May 9—Annual Northwest Region QI Conference; Pt Orchard, WA 360-479-5631

Meetings in the Northwest Region

May 5—Kitsap Gets Active; 8:30am at in Bremerton. Pat Degracia at 360-337-5235
May 7—Mason County Inter-Agency Meeting; Noon in Shelton. 360-427-1686
May 14—Mesa Redonda de Kitsap; 8:30am at the Silverdale Center. 360-337-5260
May 14—Kitsap Safe Kids; 8:15am; Silverdale, WA michele.jennings@multicare.org
May 21—Kitsap Child Death Review; 8:30am in Bremerton. 360-337-5250
May 22—Kitsap County Healthcare Coalition meeting; 9:30am in Bremerton 360-479-5631
May 28—Kitsap Suicide Prevention Task Force; 3:30pm in Bremerton. 360-337-5250

The Circle of Emergency Medical Care

In the circle of emergency medical care, each part of the system benefits from the services that proceed it and impacts the services that follow it, from prevention to emergency medical services, to the hospital ER, to the hospital, to rehab. All of these parts of the emergency care system work together for one goal—to increase the longevity and quality of life of the citizens in our community. Here's how:

- **Prevention:** Injury prevention and health education programs are one of the cornerstones of emergency medical care. Things such as bicycle helmets, seat belts, controlling diabetes, and exercising to prevent heart attacks all have an immediate impact on the circle of emergency care because using safety devices and preventive health care measures can lessen the severity of the illness or injuries a person sustains during an accident. Consider, if a car hits a child wearing a bicycle helmet: the child would probably need less intensive care from EMS providers, he may be able to be treated at the local hospital rather than a Level One Trauma Center, hospitalization time may be shorter, and rehab services may be less intensive, if any are needed at all, just because some additional injury prevention measures were taken.
- **Emergency Medical Services:** Emergency medical services include everything from the 911 dispatch system to care provided by EMTs and paramedics before the patient reaches the hospital. A century ago, EMS services meant whoever was closest to the injured person threw them in the wagon and hauled them to the nearest doctor. Needless to say, the outcomes from this type of care weren't very good. EMS services were actually refined by the military as they developed ways to immediately treat the injured on the battlefield, thus increasing the chance that the person would live. These days, EMS services are both an art and a science that are continually improving in order to provide the best medical care, as quickly as possible, thus insuring that the patient a)

makes it to the hospital where a higher level of care can be provided, and b) is provided immediate medical treatment that can lessen the long term medical affects of the incident (ie: giving oxygen immediately to a patient who cannot breath so that the brain doesn't become oxygen deprived, therefore result in long term neuro deficits).

- **Hospital ER:** The hospital emergency room is another critical component of emergency medical care. Without advanced life saving interventions such as surgery, advanced medical testing (MRIs, CAT scans, etc), and drug therapies, patients who have suffered acute trauma would not live, or if they did, their quality of life would be dismal. With continual development and research into procedures, medications, and diagnostic equipment, hospital ERs are saving lives today that in years past there would have been no hope for.
- **Hospital:** Next in the circle of emergency medical care is ongoing hospital care. When the emergency department has fixed all of the emergent problems a patient has, the patient is moved to the main part of the hospital for ongoing care until the patient is ready for discharge. This ongoing care is vital to the outcome of the patient and can impact the future of the patient.
- **Rehab:** The last, and often overlooked step, in emergency medical care, is rehabilitation. In order for many patients to completely heal, retain a quality of life, or regain their abilities as much as possible, rehab specialists need to work with the patient. In rehab centers, patient's bodies and minds are retrained in order to function at the highest level possible.

What all of these components have in common is both the desire to improve the outcome for sick and injured patients as well as to continually improve the processes and services they provide. This is done through research and a good quality improvement program which allows providers to look at each case and note what worked, what didn't work so well, and what can be improved as far as services and treatment go.

Gear Up and Warm Up for Spring Sports Safety

Each year, nationwide, more than 3.5 million children ages 14 and under are treated for sports injuries. Roughly half of these injuries are sustained in solo activities — especially biking, skating and skateboarding — but approximately one out of four participants in youth soccer, football or baseball has been injured at least once. About 15 percent of kids playing basketball have been injured, and 12 percent of kids playing softball.

In team sports, most injuries — 62 percent — occur during practices, not games. “Always insist that your kids wear the same protective gear, do the same warmups and take all the same precautions when they practice as when they’re getting ready for a game,” says Michele Jennings, Safe Kids Kitsap County Coordinator.

“When we think of sports injuries, we think of dramatic tackles or falls or being hit in the head, but young athletes are also at risk of strains and repetitive-motion injuries,” says Jennings. “If your coach recommends certain types of warmups, it’s not just to make you a better athlete — it will help keep you from getting hurt.” Repetitive-motion injuries account for nearly half of all sports injuries to students in grade 6 and above.

In a 2000 survey by Safe Kids Worldwide, 30 percent of parents said their child had been injured at least once while playing a team sport, 15 percent said their child had been injured more than once and about 7 percent said their child suffered a serious injury. “Contact sports have a higher rate of injuries than solo sports, but injuries from solo sports such as biking or skateboarding tend to be more severe,” says Jennings.

Safe Kids Kitsap County recommends these precautions for all children playing or practicing any individual or team sport:

- Before signing up for a sport, get a general physical exam.
- Always wear appropriate protective gear for the activity — for practice as well as games — and make sure it’s the right size and properly adjusted.

- Do your warmups. Again, if it’s important before a game, it’s important before practice too.
- Have adult supervision. Make sure responsible adults know and enforce the safety rules of the sport and are trained in first aid and CPR. Also, make sure the field is in safe condition.
- Never “play through” an injury. Get immediate help from a coach or trainer and be sure to mention everything that hurts or aches.
- Follow the rules. In most sports, the rules are based not only on sportsmanship, but safety.

Last but not least: “Stay hydrated,” says Jennings. “Drink plenty of water or electrolyte sports drink before and during the activity, and rest frequently during hot weather. A child can lose up to a quart of sweat during two hours of exercise, and kids get overheated more quickly than adults and cannot cool down as easily.”

For more information about sports safety, visit www.usa.safekids.org.

Thank you to Michele Jennings of Safe Kids Kitsap County/Mary Bridge Children’s Hospital and Health Center for this article.



Did You Know?

- The Kitsap Suicide prevention Task Force will host a "Choose to Live" Suicide Awareness walk in Silverdale on May 10th. The group will meet at the Silverdale Waterfront Park at 10am where materials will be available to make signs to carry; there will also be a guest speaker. The group will then walk along Silverdale Way to the mall then return to the park. Everyone is welcome to participate.
- Don't forget the Kitsap Safe Kids County-Wide Lifejacket and Bicycle Helmet sale which will take place on May 1st from 3pm to 6pm at the following locations: NBK Bangor Child Development Center, North Kitsap Fire & Rescue Headquarters, Poulsbo Fire Department, Central Kitsap Fire & Rescue #51, Kitsap County Health District, and South Kitsap Fire & Rescue #31. Bicycle helmets will cost \$7 and life jackets will cost \$14 and will include a fitting (it is necessary to bring the child who will wear the item to the event).
- The Smile Rescuers Oral Health Fair will take place on May 17, from 9am to 1pm, in conjunction with the Armed Forces Day Parade, at the Peninsula Community Health Center parking lot at their clinic on 6th Street in Bremerton. This is a fun and educational event for the whole family. For more information, go to www.pchsweb.org/SmileResHistory.htm.
- The Washington State Senior Fall Prevention Coalition meeting will take place on May 21st in SeaTac. All who are interested are welcome to attend. Contact Ilene Silver at 360-236-2836 for more information.
- Need information on cultural literacy to assist with providing services to your clients? Have clients who need social service, immigration, language or other resources? Contact the Immigrant Assistance Center at www.immigrantassistancecenter.org or call 360-440-2376 for help with these and other immigrant-related issues.
- The Washington Traffic Safety Commission is now accepting RFPs for their 2009 Traffic Safety Grants. Go to www.wtsc.wa.gov/business/grants.php for more information and an application. Hurry, the due date for applications is May12th!
- Check out the NwREMS website at www.nwrems.org/whlinks.htm to see the 'Top 10 Things You Didn't Know About You' and '8 Questions About the Human Body that Kids Always Ask'.
- The US Fire Administration is an excellent resource for fire statistics and data. Check out their website at www.usfa.dhs.gov/statistics/reports/index.shtm in order to find out everything from fire and older adults statistics to the seasonal nature of fires and much more.
- The Annual Latina Health Fair will take place on May 17th from 10am to 3pm at the North Seattle Community College. This is a wonderful, free event geared towards the Latino community but open to all. The event features vendors, health presentations, and a wide variety of free health screenings including HIV testing, diabetes testing, cholesterol screening, vision screening, mammograms, blood pressure tests and more. All services are provided in both English and Spanish. For more information, call 800-756-5437.
- The Washington Alliance for Healthy Aging will host their 6th Annual Healthy Living Summit at the Cedarbrook Conference Center in SeaTac on May 30th. This is a great educational event which will include information on current trends in aging, information on depression, resources for community-based approaches and treatment models for aging-related issues and a discussion on mental health issues and older adults. Go to www.chef.org for more information.
- South Kitsap Fire and Rescue will host their annual Safety Fair on May 17th from 10am to 3pm at the Fred Meyer parking lot in Port Orchard. This is a fun event for the whole family and includes safety information booths, free bicycles and helmets for children, free blood pressure checks, and emergency vehicles on display. Call 360-871-2411 for more information.
- The 3rd Annual Injury and Violence Prevention Symposium will take place on June 10th from

Did You Know?

continued

- 1pm to 3:30pm at the Washington State Legislative Building in Olympia. The event will celebrate the launching of the newly published Washington State Injury and Violence Prevention Guide. Please RSVP by May 16th to Annie Merritt at 360-236-2860.
- 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.
 - 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.
 - Safe Steps—A Fall and Fire Prevention Campaign Targeting Older Adults will hold a “train the trainer” workshop on May 7th (in Renton) and 8th (in Bellevue). Participants will learn how to help older adults live safe and independent lives, approaches to use in their own training, and best practices. For more information, call 206-263-8544 or go to www.4elders.com.
 - The 4th Annual Active Living Leadership Forum will take place on May 13th in Tacoma. This forum is designed for community leaders and policy makers and will focus on ways to get people moving and create strategies to improve the health of our community members. Call Jane Moore at 253-307-9873 for more information.
 - Start training now for the American Foundation for Suicide Prevention’s ‘Out of the Darkness Overnight’ which will be a nighttime, 20 mile walk to increase suicide awareness on June 21-22 in Seattle. For more information, go to www.theovernight.org.
 - Registration is now open for the Washington State Tribal Healing and Wellness Conference which will be held on May 5 and 6 at the Kiana Lodge in Poulsbo, WA. This conference will focus on a wide range of healing and wellness issues specifically targeting Native Americans. Go to <http://ada1.washington.edu/TribalConference/> to register or for more information..
 - The Washington State Department of Health lab will be offering a ‘Specimen Collection for Chemical Terrorism or Exposure Events’ class at Harrison Hospital in Bremerton and Olympic Medical Center in Pt Angeles on May 14th. This course is designed for doctors, nurses, ER personnel, lab personnel and others who would be responsible for packaging and shipping specimens to the state lab. Call 206-418-5403 for more information.
 - The Washington Healthy Schools Summit will take place on May 29th at the University of Puget Sound in Tacoma. This conference will focus on best practices for creating healthy children and a healthy learning environments. Go to www.centerforhealthtraining.org for more information.
 - Check out the Online Nursing Degree Directory (www.ondd.org) for some excellent resources including ‘The Top 100 Open Source Software Tools for Medical Professionals’ and the ‘Top 100 Academic Medical Blogs’. Be sure to check out the blog link on this site was well. Under the ‘healthcare’ topic link you will find a posts from nurses including a funny post entitled “The 10 Terrible Patients You’ll Find in Every Hospital...And How to Deal With Them.”
 - Hospital Compare, which is an online research tool provided by HHS, can be found at www.hospitalcompare.hhs.gov. Included on this site is a database of hospitals and how they compare to other hospitals in the areas of services and patient care. Also include on the site is a ‘hospital checklist’ and a ‘patient’s rights’ list.
 - A new program, the Unwanted Medicine Return Program (www.medicinereturn.com) is a wonderful online resource which provides information on how to safely dispose of old medications. The site also provides local provider locations where old or unneeded medications can be dropped off for disposal.

**NORTHWEST REGION
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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*

News from the NWREMS Office

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

- Our Annual QI Conference will be held on May 9 from 1pm to 8pm at the Clubhouse at McCormick Woods. This is always an interesting, informative event which draws a wide range of participants. Our event will be limited to the first 30 people who register due to seating limits so call us today to register!
- Our healthcare coalition planning efforts at both the local and regional level are in full swing throughout the region. The goal of these coalitions is to plan for medical patient surge and resource sharing during a disaster. For more information or to participate in these planning efforts, contact our office or check out our website at www.nwrems.org/healthcarecoalition.htm.
- Correction! In last month's newsletter, in an article on the South Kitsap Fire Alarm project, we failed to mention that Dave Lyman and the Kitsap County Fire Marshals Office did all of the pre-planning and footwork to make this event happen. According to Mike Wernet from SKFR, their district as well as the other fire districts that participated in this effort only played a supporting role in the overall project. We want to give credit where credit is due and thank the Fire Marshals office as well as all of the fire districts that worked on this project for their excellent efforts on behalf of the community.