



What's Happening

Northwest Region Emergency Medical Services
and Trauma Care Council

May 2010

EMS Week Reminder...Be Kind to Your EMS Provider

May 16th through 22nd is National EMS Week. While many people don't think much about EMS providers until they are knee-deep in a crisis, here are some reminders about how to help them help you:

- EMS providers aren't psychic. They will only know where to find you during a crisis if you clearly explain where you are. Although enhanced 911 can help with finding your location, some cell phone services and VOIP phone systems do not provide your address when you call 911. When you do call for help, give your full address as well as any specific instructions for finding you. Note that if you are in a situation where you may not know where you are, take a few minutes before a crisis hits to prepare for this (ie: keep a business card from the hotel you are staying at with you or write down the address of the friend's house you are staying at).
 - EMS providers aren't psychic, part two. They will only be able to respond effectively if you give a clear and complete description of the problem you are having. Saying "my 35 year old husband is feeling nauseous" will get you a different response than if you say "my 35 year old husband is feeling nauseous, has a history of heart problems, and recently had heart surgery". Be concise when you call 911 for help but also give a full explanation including any pertinent details.
 - Once help arrives, stay out of the way unless asked to participate. EMS responders have systems in place to provide comprehensive medical care quickly and thoroughly. Getting in the way of them providing this care will only impede their ability to give the service that you or your loved one needs.
 - Ensure a safe environment for your EMS responder. If you have a dog or other pet, be sure the pet is put away in a room prior to the arrival of EMS. Even if your dog is usually friendly, all of the commotion and new people in the room can be upsetting for your pet. Also, if there are other unsafe situations that may impact your EMS provider, let 911 know when you call—everything from a person in need of medical care who, by the way, happens to be armed, to a person requiring care who may have a communicable disease are things EMS providers like to know before they arrive.
 - Provide additional, less critical details, to your EMS provider when they arrive. If you forgot to tell 911 something important, tell the EMS provider when they arrive. If there are special considerations (the patient doesn't speak English, the patient has a POLST form, the patient has certain religious/cultural needs when it comes to care) be sure to make this information known to your EMS provider as soon as possible.
 - Help your EMS provider by taking care of yourself so, in the best case, you won't need to call them and in the worst case, the trauma/injury you are calling for help with will be minimal. EMS providers give an amazingly high level of care in the field. They can bring people back from the dead and help save people who only a few years ago would have had little to no chance of survival. You can, however, help your EMS provider by taking all of the precautions necessary so that they won't have to use their life-saving skills. Make sure you wear a motorcycle helmet when you ride and that your children always wear bike helmets. Make sure the entire family knows how to perform CPR and the Heimlich Maneuver. Also, make sure that you and your family use the utmost care when climbing ladders, working around electricity, burning, and cooking.
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May 2010 NW Region Calendar

- **May 4th**—Jefferson County EMS Council meeting in Chimacum at 7pm
- **May 4th**—Jefferson County Base Station Meeting in Pt Townsend. Topic: Central Nervous System. Info: 360-385-5589
- **May 6th**—Kitsap County Base Station Meeting in Bremerton. Topic: Renal Failure. Info: 360-447-2066
- **May 7th**—Region 2 Hospital Prep meeting in Silverdale at Harrison Medical Center at 10am. 360-479-5631
- **May 7th**—ACLS for EMT-Bs at Kitsap County EMS in Bremerton. 360-447-2066
- **May 8th**—Jefferson County DUI Panel in Pt Townsend at 8:30am. 360-385-9153
- **May 8th**—EMT Skills Seminar Pediatrics and Adults at Kitsap County EMS in Bremerton. 360-447-2066
- **May 11th**—Kitsap Youth DUI Panel in Bremerton at 7pm. 360-731-5139
- **May 11th**—EMS Live@Night: Topic: Splinting Info: 509-232-8155
- **May 12th**—Mesa Redonda de Kitsap meeting; 8:30am at the Norm
- **May 12th**—Mason County DUI Panel in Shelton at 7pm. 360-427-1686
- **May 13th**—Clallam County DUI Panel in Pt Angeles at 6:30pm. 360-417-2385
- **May 13th**—NWREMS TED Committee meeting in Sequim at 9am. 360-479-5631
- **May 13th**—NWREMS IPPE Committee meeting in Sequim at 10am. 360-479-5631
- **May 13th**—NWREMS QI Committee meeting in Sequim at 10:30am. 360-479-5631
- **May 13th**—NWREMS Council meeting in Sequim at 9am. 360-479-5631
- **May 14th**—ATC 20 and ATC 21 course at the Kitsap DEM in Bremerton. 360-307-5870
- **May 17th**—Assessment and Treatment of Trauma class at Kitsap County EMS in Bremerton. 360-447-2066
- **May 18th**—Kitsap Spanish DUI Panel in Bremerton at 7pm. 360-731-5139
- **May 19th**—Mason County Inter-Agency meeting; Noon in Shelton. 360-427-1686
- **May 19th**—Kitsap Child Death Review meeting. 8:30am at the Norm Dicks Center in Bremerton. 360-337-5250
- **May 20th**—Mason County EMS Council meeting in Shelton at 6pm.
- **May 20th**—Clallam County EMS Council meeting in Pt Angeles at noon.
- **May 20th**—West Olympic Peninsula Council meeting in Forks at 7pm.
- **May 20th**—Mason County Base Station Meeting in Shelton. Topic: Case Review Info: 360-426-1611
- **May 20th**—Clallam County Healthcare Coalition meeting; 10am at OMC in Pt Angeles. 360-479-5631
- **May 20th**—West Olympic Peninsula Healthcare Coalition meeting; 1pm at Forks Ambulance in Forks. 360-479-5631
- **May 25th**—Kitsap Adult DUI Panel in Bremerton at 7pm. 360-731-5139
- **May 26th**—Kitsap County EMS Council meeting in Bremerton at 9am.
- **May 26th**—Kitsap Suicide Prevention Task Force meeting; 3:30pm in Bremerton. 360-337-5250
- **May 27th**—Kitsap County Healthcare Coalition meeting; 9:30am at Harrison Medical Center in Silverdale. 360-479-5631

Other Meetings/Training Opportunities in May

- The Washington State IPPE (Injury Prevention) TAC meeting will be held on May 6th, from 10am to 3pm in Kent. Call 360-236-2862 for details.
- A National Child Passenger Safety Certification Course will be held on May 12, 13, 19, and 20 at the DuPont Fire Station in DuPont, WA. The cost of this course is \$150 and participants will become certified as a child safety seat installation tech. Call 253-403-7888 for details.
- On May 22nd and 23rd, a “Farmedic” training course will be held in Fairfield, WA. The purpose of this course is to provide information to EMS personnel about agriculture-related emergency medical care. View the flyer for this course at www.nwrems.org.
- On May 27th, an Alternate Care Facility Workshop will be held in Kennewick, WA. View the flyer for this workshop at www.nwrems.org.
- On May 13th at 9am there will be an Older American's Long Term Care Conference at the Kitsap County Fairgrounds in Bremerton. Call 360-337-7068 for details.
- A Substance Abuse Prevention Specialist Training course will be offered May 12, 13, 19, and 20 in Spokane, WA. This is a free, comprehensive four-day course on the science and application of substance abuse prevention. Go to www.preventionsertificationwa.org to register or for more details.

Community Events in May

- The Kitsap Suicide Prevention Task Force’s Annual “Choose Hope” suicide awareness walk will be held on Saturday, May 8th, beginning at 10am at the Silverdale Waterfront park in Silverdale. All are invited to participate.
- Also on May 8th, Central Kitsap Fire and Rescue will host an Open House and Pancake Breakfast from 9am to 11am at their station on Silverdale Way in Silverdale. Go to www.ckfr.org for more information.
- The 9th Annual Safety Awareness Fair hosted by South Kitsap Fire and Rescue will take place on Saturday, May 22nd in the parking lot of the Port Orchard Fred Meyers from 10am to 2pm. The event will feature free bicycles and helmets for children, a bike rodeo, “touch a truck”, and a number of vendors providing health and safety information. This is a free event open to all! Call 360-871-2411 for details.
- On May 10th and 11th, there will be a women’s health screening event in the parking lot of the Suquamish Casino in Suquamish. The event will provide free mammograms and pap tests to women who are aged 40 to 64 years old who are uninsured or have limited insurance coverage. Appointments are required so call 360-874-5598 to make your appointment today.

Practical Advice About SIDS Deaths

Sudden Infant Death Syndrome is a scary topic for new parents. SIDS is the leading cause of death for infants one month to one year old and it strikes suddenly, without warning, in what appears to be healthy infants.

While the cause of SIDS remains a mystery, researchers have found that SIDS deaths are often associated with sleep (which is why in the past, SIDS was often referred to as 'crib death').

Researchers have found simple, yet effective ways which appear to combat the possibility of SIDS happening which any parent can do:

- Do not smoke, drink, or use drugs during pregnancy.
- Always seek pre-natal care as soon as you know you are pregnant.
- Never smoke near your baby.
- Put your baby to sleep on its back instead of its stomach.
- Make sure your baby doesn't get overheated from clothing and/or blankets.
- Never co-sleep with your infant. Your infant should sleep in its own bassinet or crib and never with parents (which also increases the likelihood of a parent rolling over on the child and smothering it).
- Make sure the infant's bassinet/crib has a firm mattress and absolutely nothing in it—no bumpers, no pillows, no blankets, no stuffed animals, etc. If your child is cold, put him in heavier sleepwear but do not cover him with blankets.
- Consider giving your infant a pacifier at naptime or bedtime; there is some evidence that suggests using a pacifier reduces the risk of SIDS in infants.
- Don't use commercial products that claim to reduce the risk of SIDS—none have been tested sufficiently to prove these claims.

Four Disaster Drills for Your Kids

Kids participate in drills at school all the time. Fire drills, lock down drills—pretty soon these kinds of drill become an almost automatic response which is just what you want to happen. During a disaster, you don't want people wandering around not knowing what to do which is why holding drills regularly trains people to respond quickly and automatically to a threat. Here's some disaster drills you can practice at home with your kids:

- A fire drill. Your kids know what to do if there is a fire at school but do they know what to do if there is a fire at home? With regular fire drills at home, your kids will learn how to react appropriately and automatically should there be a fire at your house.
- A lockdown drill. There are a few reasons why you may need to lockdown your home. At school, lockdown drills are usually conducted in preparation for active shooter situations or similar threats. At home, you may need to do a lockdown due to a chemical spill on the highway, a chlorine leak from the local pool, or if you hear on the news that law enforcement is searching for a suspect in your neighborhood.
- A medical emergency drill. Medical emergencies are by far the most common household emergency occurrence. Do your kids know how to call 911, how to perform CPR and the Heimlich Maneuver, and what to do if someone is bleeding or otherwise injured? By practicing this sort of drill, your kids will have a better understanding of how to react during a medical crisis.
- A natural disaster drill. Depending on where you live, the most common natural disaster may be an earthquake, tornado, or hurricane. Find out which disasters are likely to strike your area, then find out what type of drill would be most effective for helping your family prepare for such an event (note, your local DEM is an excellent source of information on this topic!).

Did You Know...?

- 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 Traffic Safety Commission is accepting RFPs for projects that reduce the number of deaths and serious injuries resulting from traffic crashes on Washington roads. Grants in the amount of \$5,000 to \$50,000 will be awarded. Go to www.wtsc.wa.gov for details. Hurry, proposals are due May 14th.
- The Makah Tribe at Neah Bay is gearing up to host the Tribal Journey canoe event this year. The event, which will take place July 19-26 and draw around 15,000 people, is a huge cultural event for all of the tribes in the Pacific Northwest. Volunteer medical providers (EMTs, paramedics, nurses, and doctors) are being sought to help out with the event. Donated basic medical supplies are also welcome. If you can spare a day or more to help out with this wonderful cultural event, contact Louise Smith at 360-645-2481.
- Beginning July 1, 2010, healthcare providers in Washington State will need to begin using special tamper-resistant prescription pad paper for written prescriptions. This new law is intended to increase patient safety and stop people from stealing or altering existing prescriptions. Go to www.doh.wa.gov/hsqa/trpp/ for details.
- The Latina Health Fair will take place on May 15th from 10am to 3pm at the North Seattle Community College in Seattle. This is a free event that will provide a number of health screenings, health and safety information, and medical care referrals in both English and Spanish. Call 800-756-5437 for details.
- Caring Bridge is an excellent website which provides families a free website to share information when there has been a serious healthcare incident/trauma injury in the family. This is a great way for families to share information by posting updates one time, in one location, that they can then direct friends and family to instead of making dozens of phone calls and repeating the same information over and over. Information is kept private as only people who receive the user name and password for the website can access the posted information. Check out this valuable free service at www.caringbridge.org.
- The American Red Cross has a "Safe and Well" section on their websites which allows people who have been impacted by a disaster to post their status online in case friends and family are trying to find them. During a disaster, communications may be lost and people may need to be relocated so they can often be difficult to connect with. This website offers a simple way for the displaced and their family to connect. Go to <https://disastersafe.redcross.org> for more information.
- The CDC's 'Field Triage Decision Scheme' is an excellent new product that provides guidance for EMS providers in the field. The system, which is basically a four step process with criteria for determining if a patient should be sent to the nearest trauma facility is easy to use, and best of all, free! Check out this system at www.cdc.gov/fieldtriage/index.html.
- EMS Week is May 16-22. Look for a number of events and opportunities both locally and nationally to support our EMS providers.
- AllTop aggregates the latest news and social media information, all on one page, for you. While the site has a huge number of topics, the ones we are interested here include: Paramedic info (<http://paramedic.alltop.com/>), nursing (<http://nursing.alltop.com/>), firefighting (<http://firefighting.alltop.com/>), and healthcare (<http://healthcare.alltop.com/>).
- Did you know that there is a new law going into effect July 1st that requires counselors to have new counseling credentials? The DOH's website notes that only 5,000 of a possible 12,000 applicants have registered for this new credentialing. Go to www.doh.wa.gov/Publicat/2010_news/10-063.htm for more information on this new requirement.

**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

- We want to thank all who participated in our annual NWREMS QI Conference which was held on April 30th. Dr Jurkovich gave wonderful presentations as always and, another of our favorite speakers, Dick Hoskins from the DOH, chose our conference to be his last event before retiring on the same day. As usual, there were a number of fascinating case reviews and great input from our MPDs. Thanks to all who participated!
- Now that summer is almost here, we want to remind you that while we can no longer provide free bicycle helmets for your community events, we can order them on your behalf and have them shipped to your agency for the super low price of \$5 each. Call April at 360-990-3270 for details.
- Did you know that the Kitsap County DUI Panel, which is hosted by the Northwest Region EMS office, can bring their DUI Panel to your location? The DUI Panel, which consists of from two to five speakers, can provide panel presentations at your location, free of charge in Kitsap County and surrounding areas. Each speaker provides a unique perspective on the impact of driving under the influence of drugs and alcohol. Speakers include parents who have lost children to drunk drivers as well as people who were the drunk driver and caused harm to themselves and others. Call 360-479-5631 to schedule a panel.
- Check out our recently revamped website at www.nwrems.org for all of the latest information on EMS-related events, classes, and opportunities in our region and beyond.