

What's Happening

November 2008



NORTHWEST REGION EMERGENCY MEDICAL SERVICES AND TRAUMA
CARE COUNCIL

What's Happening

Things to Be Thankful For This Month

With Thanksgiving just around the corner, it makes us think of all of the things there is to be thankful for. Here's our list:

- We are thankful for our EMS, hospital, and other emergency service workers. We may not have a level one trauma center in our region, but we have some of the most amazing, dedicated, "miracle workers" in the life saving business right here in our own region. The number of times that our providers have gone above and beyond to save a life, help a family, or teach people in our community in order to prevent the need to call for help, is endless. Perilous rescue in a dangerous location at night in a driving storm? No problem...they can do this. Respond to back to back calls? No problem, they do this as a matter of course. Comfort a grieving family? They do this too. We are truly thankful that we have such great providers in our region who save lives, care about our citizens, and continue to improve both their knowledge and skills in order to provide the best care possible to those in need.
 - We're thankful to the people in the background who aren't on the front lines but do their part to ensure that those on the front lines have what they need to help people in our community. Secretaries, administrative personnel, educators, number crunchers, and policy writers do their part to make sure that all of the details get taken care of. Treatment protocols, continuing education classes, ordering supplies...there are so many tasks that go on in order to ensure that when an emergency happens, people are able to respond with the training, skills, knowledge, and equipment that they need to make a difference in someone's life.
 - We are thankful for the community support that is critical to providing help when it is needed. Everyone from voters who pass an EMS levy to Red Cross volunteers, to the outpouring of help that our community members provide during any type of disaster, impacts everyone in a community. We are thankful for these people because they are the fabric of our community and even though they aren't required to do anything for their fellow citizens, when needed, they step right up and do what needs to be done in order to make our community a better and safer place to live.
 - We're thankful to have so many opportunities. We have received grants this year, funding that will provide better services, equipment, and training to our providers, which came from people and organizations that care about our community. We have also been invited to participate in a number of community events to spread information and awareness to make people healthier, happier, and safer.
 - We are thankful for the amazing people that work with us. We have teenagers who take the lead in counseling their peers in order to help them make better choices about their lives. There are moms who share their grief over having a child killed by a drunk driver yet they talk to anyone who will listen in order to try to prevent these tragic accidents from happening to others. There are people who have raised their kids and then decided to go through the rigors of nursing school in order to help people in their communities. Amazing.
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Mark Your Calendar!

DUI Panels

November 8; 8:30am Jefferson County—Pt Townsend Rec Center; Pt Townsend, WA 360-385-9193
November 11; 7pm Kitsap Youth—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139
November 12; 7pm Mason County—Oakland Bay Junior High School; Shelton, WA 360-427-1686
November 13; 6:30pm Clallam County—Pt Angeles City Council Office; Pt Angeles, WA 360-417-2385
November 18; 7pm Kitsap Spanish—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139
November 25; 7pm Kitsap Adult—Abundant Life Foursquare Church; Bremerton, WA 360-731-5139



Base Station Meetings

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

Kitsap County EMS
November 6th at 9am
'OB/Emergency Childbirth'
Bremerton, WA
360-447-2066

Mason County EMS
November 19th
'PHTLS 1'
Shelton, WA
360-426-1611

Council Meetings

Jefferson County EMS Council
November 4th; 7pm in Chimacum

Northwest Region EMS Council Meeting
November 13th; Noon in Sequim

West Olympic Peninsula EMS Council
No meeting scheduled this month

Mason County EMS Council
November 20th; 6pm in Shelton

Clallam County EMS Council
November 20th; Noon at Olympic Medical Center

Kitsap County EMS Council
November 26th; 9am at the Readiness Center

EMS Live@Nite

When: November 11; 7:15pm
Where: Via video conference
Topic: 'Diabetic Emergencies'
More Info: 888-258-9632

Post Your Event Here!

Email info to aprilborbon@yahoo.com

More Upcoming Events

November Is...

- Diabetes Awareness Month
- National Hospice Month
- AIDS Awareness Month
- World Kindness Week (second week)
- National Family Week (fourth week)
- Great American Smoke Out Day (November 20)
- Veteran's Day (November 11)
- Thanksgiving (November 27)

Survivors of Suicide Conference

November 22; 9am-1pm

Norm Dicks Government Center in Bremerton

360-337-5250



Meetings/Training in the Northwest Region

November 4—Psychology of Disaster and Emergency Responders; 7pm Clallam County EOC in Pt Angeles. 360-417-2305

November 7—Harrison Medical Center Pandemic Flu Drill; 1pm. 360-475-6426

November 12—Hood Canal Bridge Closure Mitigation Meeting; 10am at North Kitsap Fire and Rescue in Kingston. 360-479-5631

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

November 12—Kitsap County Traffic Safety Task Force meeting; 10am in Silverdale. 360-337-7101

November 12—Kitsap Suicide Prevention Task Force; 3:30pm in Bremerton. 360-337-5250

November 13, 14, 17, 18—DOH Statewide Pandemic Flu Drill in King County. 360-236-4069

November 14—PALS Course; Kitsap County EMS in Bremerton. 360-447-2066

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

November 19—Mason County Inter-Agency Meeting; Noon in Shelton. 360-427-1686

November 25—Clallam County Healthcare Coalition meeting; 10am in Pt Angeles. 360-479-5631

How People Are Injured in the Northwest Region

Did you know that falls are the leading cause of injury in the Northwest region? Did you know that falls cause *six times* more injuries than the second leading cause of injuries which is motor vehicle accidents? Here is the latest data for the period of 2002 to 2006 compiled by the Washington State Department of Health which shows the top four leading causes of non-fatal injuries per age group in our region which includes Clallam, Jefferson, Kitsap, and Mason counties. There are many ways to become injured—21 categories in all!—so this survey just hits the high points. For a wide variety of other data, specific county data, Washington state data, and specific data sets, go to www.doh.wa.gov/hsqa/emstrauma/injury/data_tables/.

Under 1 year old

Falls (13 injuries)
Assault (9 injuries)
Burns/fire (6 injuries)
Suffocation/obstruction (6 injuries)

1-4 Years Old

Falls (51 injuries)
Burn/Fire (31 injuries)
Struck by/against (8 injuries)
Motor vehicle crash (8 injuries)

5-9 Years Old

Falls (69 injuries)
Bicycle accident (17 injuries)
Motor vehicle crash (14 injuries)
Struck by/against (11 injuries)

10-14 Years Old

Falls (76 injuries)
Struck by/against (26 injuries)
Self-inflicted (25 injuries)
Pedestrian (24 injuries)

15-17 Years Old

Self inflicted (84 injuries)
Falls (69 injuries)
Motor vehicle crash (45 injuries)
Struck by/against (25 injuries)

18-19 Years Old

Motor vehicle crash (75 injuries)
Self inflicted (43 injuries)

Falls (30 injuries)

Assault (16 injuries)

20-24 Years Old

Motor vehicle crash (128 injuries)
Self inflicted (91 injuries)

Falls (59 injuries)

Assault (56 injuries)

25-29 Years Old

Self inflicted (85 injuries)
Motor vehicle crash (82 injuries)

Falls (38 injuries)

Struck by/against (27 injuries)

30-34 Years Old

Self inflicted (105 injuries)

Falls (91 injuries)

Motor vehicle crash (47 injuries)

Assault (29 injuries)

35-39 Years Old

Falls (110 injuries)

Self inflicted (85 injuries)

Motor vehicle crash (52 injuries)

Poisoning (38 injuries)

40-44 Years Old

Falls (168 injuries)

Self inflicted (153 injuries)

Motor vehicle crash (73 injuries)

Poisoning (56 injuries)

45-54 Years Old

Falls (492 injuries)
Self inflicted (188 injuries)
Motor vehicle crash (136 injuries)
Poisoning (116 injuries)

55-64 Years Old

Falls (492 injuries)
Poisoning (99 injuries)
Motor vehicle crash (75 injuries)
Self inflicted (68 injuries)

65-74 Years Old

Falls (803 injuries)
Poisoning (70 injuries)
Motor vehicle crashes (69 injuries)
Struck by/against (28 injuries)

75-84 Years Old

Falls (1789 injuries)
Poisoning (71 injuries)
Motor vehicle crash (55 injuries)
Struck by/against (44 injuries)

85+ Years Old

Falls (1704 injuries)
Motor vehicle crashes (41 injuries)
Poisoning (28 injuries)
Struck by/against (21 injuries)

Tips for a Healthy and Happy Thanksgiving

Thanksgiving is one of those holidays that people love to go all out on; food, football, and family tend to dominate the day. Here's some tips to make this year's Thanksgiving both healthier and happier:

1. Make your traditional Thanksgiving dinner dishes healthier. Everyone loves mashed potatoes made with lots of cream and butter and candied yams in a thick sugary syrup but you can find lots of recipes online for making these and other dishes with much healthier ingredients. Don't even get me started on the deep friend turkey...
2. Speaking of the deep fried turkey, if you really must have one, make sure you take extra care when preparing the bird this way. The fryer should be used outside, not inside. Before you fill the pot with oil, fill it with water then dunk the turkey in to see how much water is displaced by the turkey. Use this to guide you in how much oil you should heat up before adding the turkey (better to find this out with cold water than with hot oil spilling over as sometimes happens).
3. Keep young children away from both the kitchen and the turkey fryer. Lots of confusion, lots of people, and lots of hot pans in the kitchen can spell disaster for small children. Be sure that kids are kept out from under your feet when you are cooking at the stove, carrying a pot of boiling potatoes to the sink to drain them, using a turkey deep fryer, and other situations where they could be injured.
4. Try to nix the alcohol if at all possible. There are plenty of other things to drink such as soda pop, (unspiked) punch, even water. Alcohol and the holidays tend to increase the number of domestic violence calls, DUI arrests, and fatal car crashes. You want this to be a memorable holiday for all of the right reasons, not because of a tragedy.
5. If your family usually rolls from the dinner table to the sofa to watch a football game to the movies to watch the latest release, start a new tradition. How about an after Thanksgiving dinner walk? An after Thanksgiving dinner touch football game? Any way that you can get the family moving and add some physical activity to what is usually a lethargic day will be better for their health and yours.
6. Follow general safety tips. There is an online article entitled "How to Spend Thanksgiving in the Hospital" which outlines the top five ways people injure themselves during the holiday including choking on an appetizer (know the Heimlich Maneuver), cutting yourself instead of the turkey (make sure knives are sharp and work areas are clear), lighting the kitchen on fire (have an extinguisher handy and be careful when frying anything), getting burned by the oven (make sure the pan is strong enough to hold the bird), and getting sick from the food (defrost the turkey properly, keep food items either hot or cold, not lukewarm, cook the stuffing outside of the turkey, etc).
7. Be there for friends and family members who may not find holidays very happy. Often after the loss of a loved one, the holidays can be a painful reminder of the loss, not super festive like the advertisers want you to believe.
8. Help the less fortunate. Holiday food banks are generally overwhelmed with requests during the holidays. If you are already set to have a nice holiday, why not donate what you can to help others have a memorable time as well? Food banks can use all kinds of canned, and packaged foods to give to their clients. If you want to donate perishable items such as turkeys, fruit, and vegetables, check with the food bank first to make sure they have storage space and a means of quickly disbursing the items. Giving is what the holiday is all about.
9. Beware the after Thanksgiving rush to decorate for Christmas. Many families have a tradition of decorating their homes for Christmas right after Thanksgiving. Be sure to take extra care to prevent falls from ladders during the decorating process—falls are one of the leading causes of injury for all ages.
10. Relax and enjoy the holiday. Everything doesn't have to be perfect, stressing out won't improve the situation, and holidays aren't a contest. Plenty of warm holiday memories have been made with dropped turkeys, power outages, and other unforeseen situations. Enjoy the people around you and focus less on the stress of the holiday.

Finding a Bargain Online

The economy may be in shambles but that tends to bring out the bargain hunter in some. Here are some of the best ways to find a bargain online:

- Craigslist (www.craigslist.org). This site has become the community bulletin board of the digital age. Find stuff to buy, list stuff to sell, find a job, join a discussion forum...this is a very comprehensive site!
- Freecycle (www.freecycle.org). On this site you can post an ad for something you need or post an ad for something you want to get rid of. All items, both given and received, are free, and usually within minutes someone will email you with either the item you need or to get the details of where they can pick up the item you are giving away.
- IMEX (www.govlink.org/hazwaste/business/imex/). For items on a more industrial scale (think building materials, computers, chemicals, etc), this website allows people to post ads to either find things they need or give/sell items they no longer need at free or drastically discounted prices.
- DRMS (www.drms.dla.mil/). This is the official website of the US Government where all of their surplus property is available for purchase by other government organizations, non-profits, private companies and even individuals. You can find everything from office chairs and computers to generators and helicopters on this site.

Suicide 101

Suicide is the second leading cause of non-fatal injury hospitalizations after falls, and the leading cause of fatal injuries in Washington State. With rates like these you would think people would be more aware of the problem and know something about how to solve the problem. Unfortunately, suicide is not often spoken of and even less is known by the general public about how to fix the situation. Here's how you can learn more about this tragic problem:

- Attend a "Gatekeeper" type training program, The Youth Suicide Prevention Program offers mini workshops, on-site suicide training prevention programs, and a two-day comprehensive Applied Suicide Intervention Skills Training Program which all teach awareness and intervention skills to the public as well as to service providers who deal with the public (EMS, law enforcement, hospital personnel, etc). Go to www.yspp.org/training/training.htm to find out more or sign up for a class.
- Attend the Survivors of Suicide Conference which is composed of a national tele-cast as well as a local panel of experts who can answer audience questions after the broadcast. This conference will take place on November 22nd with a local event which will take place in Bremerton (see next page for details).
- Join the Kitsap Suicide Prevention Task Force. Currently this is the only program in the Northwest Region which focuses on suicide prevention, however there are similar programs in other large cities in our state such as Vancouver and Seattle, where volunteers meet monthly and devise ways to provide information about suicide and suicide prevention to the public. Bremerton Task Force activities include an annual Memory Walk to raise awareness about suicide. Task Force members also have booths at local community events, works with school programs, and provide referrals to mental health specialists in the community for those who have thought of or are considering suicide. One of their future projects is to create a Survivors of Suicide Support group. Email ksptf@comcast.net for more information.

Did You Know?

- The Washington State Senior Falls Prevention Coalition meeting will be held on December 4th from 9:30am to 3pm at the SeaTac Marriott. Call Ilene Silver at 360-236-2836 to RSVP.
- The Kitsap Suicide Prevention Task Force is hosting their Annual Survivors of Suicide Conference on November 22nd from 9am to 1pm at the Norm Dicks Government Center in Bremerton. This is always an interesting, enlightening event. This is a free event but seating is limited so RSVP by calling 360-337-5250 or emailing kitsapsptf@comcast.net.
- Olympic College's 'Homemakers in Transition' Program orientation will be held on November 5th from 9:30am to 3:30pm. This is a wonderful program for women who are suddenly thrust into the position of being the breadwinner for themselves and their family. Call 360-475-7530 for more information or to register.
- The State Drowning Prevention Network will hold their fall meeting and workshop on December 8th at the Tibbets Creek Manor in Issaquah. A variety of drowning prevention topics will be addressed. RSVP to Martha Tansik at 206-987-4519.
- The Youth Suicide Prevention Program will be hosting an ASIST (Applied Suicide Intervention Skills Training) program on December 4th and 5th in Sumner, WA. This program will teach people who work with youth how to identify the signs of suicidal behavior, how to intervene, and how to refer the person for further help. This is a highly regarded program and excellent information for all emergency service providers. For more information go to www.yspp.org/training.
- 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 for more information.
- The Second Annual Tacoma Trauma Conference will be held on November 5th at the Greater Tacoma Convention and Trade Center. Email Katherine.fulkerson@multicare.org or call 253-403-7544 for more details.
- Speaking of conferences, the 24th Annual West Region EMS Conference will be held on February 20-22 at Ocean Shores. This is always a huge event with lots of great information and classes. Go to www.wrems.org for details or to register.
- Did you know that white men and women aged 40-64 are committing suicide more often accounting for the bulk of the increase in suicide rates? Or that performing CPR to the beat of the song "Staying Alive" is nearly optimal (at 103 beats per minute)? All of this information and more can be found at www.stats.org an organization whose mission is to improve the quality of scientific and research statistics.
- From the 'what will they think of next' file, there is a new website that allows people to send a blast email to all of their sex partners to inform them that the sender has been diagnosed with an STD and that they should be tested. Wow. Check it out at www.inspot.org.
- Need legal help but are unsure where to start? Washington Law Help (www.washingtonlawhelp.org) provides legal aid resources, hundreds of legal publications, and "do it yourself" packets that cover many civil legal problems. Check it out!
- Senators Patty Murray and Maria Cantwell will be hosting a Federal Funding Symposium on November 19th at 2pm at the Jamestown S'Klallam Tribe Red Cedar Hall in Sequim. This event will focus on finding grants, tips for submitting successful grant applications, working with your congressional delegates, and current trends in appropriations. Right after this symposium, at 4pm, there will be a special Tribal Funding presentation. Space is limited so email workshop@murray.senate.gov for a reservation.
- Check out our website at www.nwrems.org/healthcarecoalition for lots of information on disaster preparedness tips and plans for your organization.

**NORTHWEST REGION
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We're On The Web!

www.nwrems.org

News from the NWREMS Office

We're gearing up for a busy fall at the NWREMS office:

- There isn't much time left before the Hood Canal Bridge closes for two months in May and June of 2009. The Northwest Region is working with partner agencies to plan for transport of medical patients as well as staffing and other logistical issues that will arise when the closure happens. We will be meeting on November 12th at 10am at the North Kitsap Fire and Rescue Headquarters Station in Kingston to further discuss this event. All interested providers are welcome to attend.
- The Clallam County Healthcare Coalition meeting will take place on November 25th at 10am in the basement of Olympic Medical Center. All local coalition partners are invited to attend.
- We are moving forward with the planning phase for our Pediatrics Conference which will take place on January 24 and 25 at the Clearwater Casino in Poulsbo. Preceding the conference on January 23rd, we will hold a PALS refresher course. After the Conference, on January 25th, we will hold an SEI workshop. More information will be posted on our website as it becomes available.
- Our office will be closed on November 11th in observance of Veteran's Day, and on November 27th and 28th in observation of Thanksgiving.
- On November 13th we will have our bi-monthly QI Committee meeting at 10am followed by our Regional Council meeting at noon. Both meetings will take place at The Lodge at Sherwood Village in Sequim.

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*