

December 2005



NORTHWEST REGION EMERGENCY MEDICAL SERVICES AND
TRAUMA CARE COUNCIL

What's Happening

Enjoy a Safe and Happy Holiday Season

We hope everyone will enjoy happy holidays and a wonderful winter season this year. Often one of the busiest times of year, December is also a good time to remember all of the little ways you can keep yourself and your family safe.

- Put fresh batteries in the smoke detector, install a carbon monoxide detector and make sure your home and car fire extinguishers are adequately charged.
 - Be careful with lighting. Candles should never be left burning unattended and outlets should be checked to ensure they aren't overloaded with the multitude of plug-ins that go with all of the holidays lights that decorate your home.
 - Take as many precautions with your winter sports as you do with summer sports. Skiers should consider wearing helmets, ice skaters should wear padding, and bikers/walkers/joggers should wear reflective vests and take extra care to be seen by drivers in the early evening as it is often dark by 4pm at this time of year.
 - Keep your decks, porches, driveways and walkways clear of ice and snow. Just stepping outside of your house or out of your car in a parking lot could lead to a nasty fall due to the rain, ice and snow that is so common in our area.
 - Check on elderly family members and neighbors. Making sure they have adequate heat in their homes, dress appropriately when they go out and can have groceries delivered if needed is important for their safety and well being.
 - Make sure your car is ready for winter. The basics such as changing the oil and radiator fluid, topping off the windshield washer fluid, having an ice scraper handy, carrying chains or installing snow tires and making sure your car's emergency bag has extra food, water and warm clothing in it are all important steps to take to insure that you either won't get stranded on an icy winter day or you can survive if that does happen.
 - Be careful on the roads. It's a good idea to leave a lot of space for you and other drivers to maneuver on wet or slick roads. Pay attention to everything that is going on around as you drive...we live in an area with a perma-grey cast during this time of year which can obscure things that are not immediately in front of us. Watch out for walkers and bicycle riders—they often bundle up against the cold and rain and this can limit their vision.
 - Falls from ladders when hanging holiday lights, Christmas trees toppling over on people and great banks of snow falling on someone makes great footage for America's Funniest Home Videos but it's not fun if you end up injured and unable to enjoy the holidays. Take care when participating in activities you only do once a year such as hanging lights, cutting down trees and shoveling snow.
 - Beware of thieves...they don't quit work just because the weather gets cold. Keep your car doors locked at all times, especially when warming it up in your driveway in the morning. When leaving a store with your hands full of shopping bags, walk with others and pay attention to your surroundings—thieves often pick targets who are overloaded with stuff and not paying attention to what is going on.
 - Don't forget your pets and other animals. Outside water dishes may need to be de-iced a couple of times a day. Take care that your pets have a warm and dry place to sleep. Watch for signs of frostbite and hypothermia which can affect animals as well as people.
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Mark Your Calendar!

DUI Panels

December 7; 7pm Gig Harbor Civic Center; Gig Harbor, WA 253-884-0715

December 8; 6:30pm Pt Angeles City Council Office; Pt Angeles, WA 360-417-2385

December 10; 9am Pt Townsend Rec Center; Pt Townsend, WA 360-385-9135

December 13; 7pm (Youth) Abundant Life Foursquare Church; Bremerton, WA 360-731-5139

December 14; 7pm Mason County Court House; Shelton, WA 360-427-9670 x248

December 15; 7pm (Adult) Abundant Life Foursquare Church; Bremerton, WA 360-731-5139

Base Station Meetings

Kitsap County EMS

December 1; 9am

'Cardiology Review'

By Dr Mark Eisenberg

Harrison Hospital

Silverdale, WA

360-478-5997

Jefferson County EMS

December 1; 6pm

'Special Considerations—
Pediatrics'

JCFD Station #62

360-385-5589

Council Meetings

December 6; 7pm Jefferson County EMS Council

Chimacum Fire Department, Chimacum, WA

December 14; 7pm West Olympic Peninsula EMS Council

Clallam Bay Fire Department, Clallam Bay, WA

December 15; 6pm Mason County EMS Council

Mason General Hospital; Shelton, WA

December 15; 12pm Clallam County EMS Council

Olympic Medical Center; Pt Angeles, WA

The Kitsap County EMS Council will not have a December meeting.

EMS Live@Nite

When: December 13; 6:45pm

Where: Via video conference

Topic: 'Hypothermia and Cold Related
Injuries—The Right Pill for the Big Chill

More Info: 509-232-8155

Mark Your Calendar!

48-hour Paramedic Refresher Course

February 11 thru March 5

Pt Angeles Fire Department

Pt Angeles, WA

Call 360-479-5631 for details

More Upcoming Events for December

18th Annual Impaired Driver Safety Conference

- **When:** December 13, 14, 15
- **Where:** Skamania Lodge; Stevenson, WA
- **Featuring:** A combination of guest speakers and workshops
- **Focus:** All facets of impaired driving
- **Register:** 360-586-3864

Kitsap County Health District Satellite Broadcasts

December 5; 10am 'Addressing Disaster and Emergency Stress Beyond First Responders: Implications for Individuals, Families and the Workplace'

December 8; 1pm 'Surge Capacity for Disasters: The Role of the Community Health/Public Health Nurse'

December 15; 10am 'Toxic Soup or Not? Hurricane Katrina Through the Lens of Environmental Health'

December 20; 12pm 'Maintaining Business Continuity After a Public Health Disaster—Tale of Two Cities'

All of these broadcasts will be shown at the Kitsap County Public Health District Office in Bremerton and are also available shortly after the presentation on DVD. Call Ruth Westergaard at 360-337-5752 for more information.

Trauma Nurses Talk Tough Training Day

December 9, 2005

9am-4pm

St Charles Medical Center

Bend, OR

Free!

541-382-4321

Other Meetings in the Northwest Region

December 7—Mason County
Inter-Agency

December 9—NWR Executive Board
Meeting

December 12—IPPE TAC

December 16—TED Committee Meeting

Focus On: Teen Drivers

Facts About Young Drivers

- The number one killer of Kitsap County teens is traffic collisions. Motor vehicle crashes account for more fatalities among young adults than all other causes combined.
- Compared with crashes of older drivers, crashes of 16 year olds more often involve driver error.
- Sixteen year olds' fatal crashes are more likely to occur when other teenagers are in the car. The risk increases with each additional passenger.
- Sixteen year old drivers have a higher rate of crashes in which excessive speed is a factor and a higher rate of single vehicle crashes where the driver lost control.
- Across the nation, 16 year olds have the highest risk of any driving group. They have limited driving experience as well as a higher level of impulsivity that results in risk-taking maneuvers.
- Night driving is a high-risk activity for new drivers. Per mile driven, the night time fatal crash rate for 16 year olds is about twice as high as during the day.
- Nationally, the fatality rate for teenage drivers per mile traveled is about four times as high as the rate for drivers 25 through 69 years old.

Fact sheet courtesy of the Kitsap County Health District

What We Can Do

It's fairly terrifying the first time your young driver gets behind the wheel of a car. First it's the driving lessons...scary for everyone involved. Pretty soon they have the basics down, a freshly printed license, and they are off by themselves. There are a number of things parents can do to help their teenagers become safer, more responsible drivers, including:

- Know and follow the licensing requirements for teen under 18 years of age. Washington state has what is known as an "intermediate license" which places additional restrictions on teen drivers. An information page on this topic is available on the DOL website at www.dol.wa.gov/ds/teen.htm.
- Download the 'Parent's Guide to Safe Teen Driving: A Guide to the Intermediate Drivers License at www.wa.gov/wtsc/teens_wheel/IDL_booklet.pdf.
- Download and review a safe driving contract you can use with your teen driver. Both the 'Checkpoints Parent/Teen Driving Agreement' (www.nsc.org/issues/teendriving/agreement.pdf) and the I Promise Contract (www.ipromiseprogram.com/PYSDC-2004.pdf) outline very good programs you can use with your teen driver. Go over the agreement with your teen driver, review the privileges and consequences associated with having a license and the use of the car, then sign the agreement.
- Spend some time surfing the net with your new driver. Some good websites to check out include: www.teendriving.com (lots of great driving tips here), www.drivehomesafe.com (excellent information for both teens and parents), and www.tell-my-mom.com (a program designed to let other drivers report both good and bad teen driving behavior).
- Occasionally ride with your teen. Have them drive you on errands or to work and see for your self how their driving skills are developing.

Did You Know?

- The National Association of County and City Health Officials will award between \$12,000 and \$20,000 to three rural health departments to work to reduce fatalities and injuries associated with impaired driving in rural areas. Hurry...the Community Profile Applications due December 5th. Go to www.naccho.org/topics/HPDP/trafficsafety/ruralactivity.cfm for more information.
- Kitsap Safe Kids is putting together a four-day child passenger seat installation technician course. Tentatively scheduled for February, the spaces should fill quickly as this type of course has not been offered in this area for quite a while. Contact Marcy Powell at 360-662-1198 for more information.
- The Trauma Nurses Talk Tough Training Day is set for Friday, December 9th at the St Charles Medical Center in Bend, OR. This is a free event which includes a free lunch and five free bicycle helmets to each agency/hospital attending. This is a great way to learn how to use the TNTT program to make age-appropriate trauma risk avoidance presentation to all age groups. This event is open to new presenters as well as those who would like a refresher or would like to learn some new presentation ideas. Call Cathy Murphey at 541-382-4321 x7127 to register.
- UPDATE: The revised Trauma Nurses Talk Tough PowerPoint program will be available in late January according to the folks at Emmanuel Hospital who are putting the program together.
- EMS Live@Nite is a great educational opportunity, especially for EMS personnel, hospital employees, fire department employees and police in rural areas. This is a free, monthly course available to all who are interested. CME for nurses and paramedics is also available upon successful completion of each course. The courses are held via interactive video conferencing at area hospitals from 6:45pm to 8:15pm on the second Tuesday of each month. Upcoming topics include blasts, the Agitated Patient and Legal Issues in EMS. Contact Renee Anderson at 888-258-9632 for more information.
- The Center for Advocacy and Personal Development offers a wide array of free monthly workshops in Mason County. Topics include 'Resources for Those With a Disability' and 'Socialization of Children with Social/Emotional Issues'. Call 360-426-5430 for more information or to register.
- Medicare has recently announced a secondary billing "v code" which would allow physicians to bill for conducting falls risk assessments for seniors. This is a great way for doctors to assist their patients with preventing falls—one of the leading causes of death and hospitalizations for the elderly. More information will be provided on this topic as we receive it.
- On Thursday, December 15th at 10am there will be an audio conference on "Prevention of Motor Vehicle Crashes Among Adolescents and Young Adults—Where Are We Now? New and Emerging Issues" sponsored by the National Initiative to Improve Adolescent Health by the Year 2010. Please pre-register by emailing Trina Anglin at taglin@hrsa.gov. The call in number for the conference will be 1-800-779-6447 and the pass code will be 24390.
- Please note—The Kitsap County EMS Council office has changed its phone number. Their new number is 360-473-5997. Their fax number will remain the same.
- Check out these great website. Rand (www.rand.org) offers some excellent, well researched studies on issues including health, preparedness and public safety. Skyscape (www.skyscape.com) is one of the leading producers of downloadable medical references for your PDA or Smartphone. MedicineNet (www.medicinenet.com) is a great resource for all kinds of medical information from how to prevent the common cold to pancreas divisum and abdominal pain.
- Do you have information, classes, or events you want publicized? Send the information to us for inclusion in our upcoming newsletters!

**NORTHWEST REGION
EMERGENCY MEDICAL
SERVICES AND TRAUMA
CARE COUNCIL**

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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.

Their Mission 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*

NWR EMS Services Provided

- A wonderfully informative website
- Training equipment ranging from manikins to rhythm generators, c-collars to backboards
- Class coordination: ACLS, PALS, EMT, EMT-IV, PHTLS, RTLS, CPR and AED
- Both initial and recertification testing for all levels of EMS providers
- Free handouts to donate for your events: helmets, key chains, pens, brochures
- DUI Panels for court-ordered adults and youth
- Special interest DUI Panels for school groups, the military and other community groups
- Regional Patient Care Protocols development and printing
- Trauma Nurses Talk Tough presentations
- Regional Trauma Care Plan development; Hospital Preparedness plan development
- Falls Prevention packets for the elderly
- Grant writing for special projects; assistance with grant writing for the agencies in our region
- OTEP Program development