

January 2006



NORTHWEST REGION EMERGENCY MEDICAL SERVICES AND
TRAUMA CARE COUNCIL

What's Happening

A Handful of New Year's Resolutions

It's that time of year again...we resolve to make our lives better by writing out a list of self-improvement guidelines that are only a dim memory by March. This year, however, we really intend to keep these resolutions (um...where have we heard *that* before?).

We resolve to:

- Toss the scales, toss the diet programs and just start eating sensibly. We will eat more food that is close to its natural state and less food that doesn't even resemble its natural state. We'll drink a lot of water too.
 - Hold off on buying the gym membership that starts collecting dust almost as soon as it is purchased each year and go out of our way to add a little exercise here and there to our lives. The bag of potato chips will stay in the kitchen and we will have to return to it for another handful instead of having it sitting on the couch with us. Whenever we take the kids to the playground we resolve to play too, instead of just watch. The elevator at work is only for those times when we are carrying so much stuff it would be a health hazard to take the stairs.
 - Figure out how to make all of the technology in our lives work to our best advantage. Whether it's computer programs, our PDA or our new IPOD, we will make the product work to our best advantage by learning how to use it properly.
 - Lead by example. If we want others to do what we say, we need to do what we say. Eating healthier, wearing seatbelts, continuing our education, wearing a bicycle helmet, taking our prescribed medications correctly...all of the things we want our kids, parents and employees to do we need to do as well.
 - Give 110%. A lot of times 80% will work and on a bad day maybe 50% will still keep the paycheck coming in and the kids on this side of malnutrition, however 100% is usually expected in both our work and personal life. For this year we will aim for 110% at all times just to see what happens. We think it will be good...
 - Give back. We will find something we like to do to help others and just make time to do it. Volunteering on a regular basis is a great way to improve your community, make new friends and learn new things. For those times when life is just too hectic to do anything additional we'll revert to grandma's theory that you need to do at least one good deed a day and look for ways to help others in smaller ways such as holding the door open for someone or checking in on an elderly neighbor.
 - Get rid of bad habits once and for all. No more smoking, procrastinating, gossiping, gambling, drinking...basically anything that makes life harder than it needs to be will be ceased. Immediately.
 - We will pick one "wow" thing that we've always wanted to do and make this the year to do it. Whether it is running a marathon, bungee jumping, starting a small business or writing a first novel, this will be the year it gets done. We'll develop a plan of action then take steps every day to make our dream a reality.
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Mark Your Calendar!

DUI Panels

- January 4; 7pm Gig Harbor Civic Center; Gig Harbor, WA 253-884-0715
January 10; 7pm (Youth) Abundant Life Foursquare Church; Bremerton, WA 360-731-5139
January 12; 6:30pm Pt Angeles City Council Office; Pt Angeles, WA 360-417-2385
January 14; 9am Pt Townsend Rec Center; Pt Townsend, WA 360-385-9135
January 19; 7pm (Adult) Abundant Life Foursquare Church; Bremerton, WA 360-731-5139
January 25; 7pm Rolling Bay Presbyterian Church; Bainbridge Island, WA 360-731-5139



Base Station Meetings

Kitsap County EMS

January 5; 9am

'Permissive Hypotension in Trauma Resuscitation'

By Dr Bell

Harrison Hospital

Silverdale, WA

360-473-5997

Council Meetings

January 3; 7pm Jefferson County EMS Council
Chimacum Fire Department, Chimacum, WA

The West Olympic Peninsula EMS Council meets every other month; their next meeting will be in February.

January 19; 6pm Mason County EMS Council
Mason General Hospital; Shelton, WA

January 19; 12pm Clallam County EMS Council
Olympic Medical Center; Pt Angeles, WA

January 25; 9am Kitsap County EMS Council
Kitsap County EMS Office; Bremerton, WA

EMS Live@Nite

When: January 10; 6:45pm

Where: Via video conference

Topic: 'Blasts—Bring in the New Year With a Bang'

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

Sign Up Now for the West Region EMS Conference

- When: February 24-26, 2006
- Where: Ocean Shores, WA
- What: A variety of workshops and training sessions for Injury Prevention Coordinators, ALS and BLS providers
- Bonuses: Beautiful location, continuing education credit, vendor fair, and a dance on Saturday night
- To Sign Up: Call 360-705-9019

32-Hour Child Passenger Safety Technician Training Course

When: February 9, 10, 16, 17

Hosted by: Kitsap Safe Kids

At: Central Kitsap Fire Station #51
Silverdale, WA

To Register:
www.safekids.org/certification/

Other Meetings in the Northwest Region

January 4—Mason County Inter-Agency

January 12—NWR Council Meeting

January 12—TED Committee Meeting

January 12—Regional QI Meeting

January 17—Regional Advisory Committee Meeting

January 18—Steering Committee Meeting

North Region GEMS Workshop Geriatric Education for Emergency Medical Services

January 16, 2006 (Instructor Session)

January 17, 2006 (Workshop)

Whatcom County Fire District #4

Bellingham, WA

360-428-0404

**List your
event here!
Email us at
[nwems@
hurricane.
net.](mailto:nwems@hurricane.net)**

Focus On: Smoking Cessation

With the recent smoking ban taking affect, everyone including smokers, employers and business owners are rushing to meet the requirements of the law. For the person who has decided it's time to quit smoking, there are a variety of resources available:

- ◆ The Washington State Department of Health has developed many resources to help a person quit smoking. The Tobacco Quit Line can be reached at 877-270-7867, online at www.quitline.com, via TTY for the hearing impaired at 877-777-6534, or in Spanish at 877-2NO-FUME (877-266-3863). They have also developed a special program for smokers aged 18-29 who want to quit. Called 'Stick It to Kick It', the program provides a free (\$300 value!) full course of treatment including nicotine patches or gum and an individualized plan to quit smoking. Call the number above for more information.
- ◆ Free online help to stop smoking can be found at the Stop Smoking Center (www.stopsmoking.net) and at Quit Net (www.quitnet.com).
- ◆ The CDC offers online information and resources on how to quit smoking at www.cdc.gov/tobacco/how2quit.htm.
- ◆ The American Lung Association also offers a variety of smoking cessation resources at www.lungusa.org. Click on the 'quit smoking' link at the top of the page.

Resources from the National Library of Medicine

The National Library of Medicine, the world's largest medical library, has some wonderful sub-webs that offer a variety of information for the general public, law enforcement, EMS providers and Haz-Mat teams.

TOXMAP (<http://toxmap.nlm.nih.gov>) uses a GIS mapping system that shows the location and amount of certain chemicals that are released into the environment. Want to know what kind and how much of a certain chemical is being released from the Rayonier Mill in Pt Angeles? This website will tell you. Did you know that there are more than 1,200 facilities reporting chemical releases in Washington alone? This site will tell you that too.

TOXNET (<http://toxnet.nlm.nih.gov>) has fourteen different databases that provide information on a variety of toxic substances. Everything from genetic toxicology test data to a household product database is included here.

TOXTOWN (<http://toxtown.nlm.nih.gov>) is a wonderful educational tool for both kids and adults. This site uses and interactive town, city, farm and border town to explain possible toxic chemical and environmental health risks a person could find in these locations. Everything from heat illness and pesticides on a farm to asbestos and drinking water problems at schools is covered here. This site is available in both English and Spanish.

WISER (<http://wiser.nlm.nih.gov>) stands for 'Wireless Information System for Emergency Responders'. This system is designed to help first responders with hazardous material incidents. This program is free to download to your PDA, Palm, Blackberry or laptop and includes information on substance identification, human health information, containment and suppression advice. The program works either as a stand-alone downloaded program or if you have wireless internet available, it connects you directly to the online database. The first responder simply selects observed properties or symptoms of a substance and the database searches for chemical substances that have the characteristics you input.

SENIORHEALTH (<http://nihseniorhealth.gov>) has links to many topics that impact senior citizens. Everything from sleep and aging to exercise programs and caring for someone with Alzheimers is listed here. This is an incredibly informative site.

ONLINE EXHIBITIONS (www.nlm.nih.gov/onlineexhibitions) is like entering a museum, only it's in cyberspace. Current exhibitions include 'The Visible Human Project', 'Islamic Medical Manuscripts' and 'Greek Medicine From the Gods to Galen'. This site is definitely worth checking out.

Did You Know?

- The National Network of Libraries of Medicine/Pacific Northwest Region has a great website for librarians and health educators. Check out their site at <http://nnlm.gov/pnr/>. The site includes clinical alerts and advisories as well as a calendar of events and a great document search capability.
- Other great research links include: the Agency for Healthcare and Research and Quality (<http://www.ahrq.gov/>); Public Health partners (<http://phpartners.org/>); and PubMed (www.pubmed.gov).
- The COPS website provides gang reference cards in English, Spanish, Hmong and Vietnamese. These cards provide common warning signs of gang involvement and information on what parents, teachers or other concerned people can do. Find the cards at www.cops.usdoj.gov/default.asp?Item=1383.
- Genelex has a great new software tool on their website which allows both doctors and patients a way to see if any of the drugs they are taking have the possibility of negative drug-drug or drug-gene interactions. Take a look at the new software at www.genemedrx.com/public/home.html.
- The Washington State Students Against Drunk Driving chapter will be hosting a state conference from March 31 to April 2 at Camp Berachah near Auburn. All are invited. Contact geraldappl@aol.com for more information.
- The Mason County DEM office gives presentations on emergency preparedness to interested community groups, families and businesses. Simply call Sandi Kvarnstrom at 360-427-7535 and she will tailor a presentation specifically for your needs.
- The FBI website has a page that links all of the state sex offender websites. Check it out at <http://www.fbi.gov/hq/cid/cac/states.htm>.
- You know that calling 911 will get you emergency services and that calling 411 will get you a phone number or an address, but did you know that calling 211 will get you instant access to social service resources in your community? The number currently is available in 32 states and there is a push to expand its reach across the country. For more information go to www.211.org.
- Similar social service information can also be found online at <http://www.unitedwayinfo.org>. This website serves Kitsap, Clallam and Jefferson Counties.
- Do you want a way to volunteer that will really make a difference in someone's life? Consider mentoring! Go to www.mentoring.org or call 888-432-MENTOR for more information.
- We absolutely love MedLine Plus. This website, which can be found at <http://medlineplus.gov>, has so much medical information available it would take weeks to look at the whole site. Whether you need information on what clinical trials are happening in your area, want to watch a surgery video, need to look up a medical term or want to use their interactive tutorials to find out exactly what will happen when you go in for a specific medical procedure, this website has it all. Also note that this site is translated into Spanish as well.
- The Center for Advocacy and Personal Development in Mason County is offering a free workshop on January 11th entitled 'Resources for Those With a Disability'. The workshop runs from 10am to noon. Call 360-426-5430 to register.
- The Bicycle Alliance of Washington was recently awarded a grant to fund their 'Safe Routes to School' project. They are looking for schools and communities to participate in this program and are providing training, materials, presentations, handouts, and technical support to make riding to school as safe as possible. Contact David Janis at 206-784-7176 for more information on this project. General information is available on their website at www.bicyclealliance.org.

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

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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*

We're On The Web!

www.nwrems.org

NWR EMS Office 'Who's Who'

Our Council Chairman is Tim McKern, Assistant Chief of Mason County Fire District #5. He can be reached at ac-506@mason5.org or 360-426-5533. Tim is also an EMT and the Chairman of the Department of Health Office of EMS Regional Advisory Committee.

Anice Grant is the Director of the Northwest Region EMS office. Anice coordinates all office functions and provides all administrative and financial services for the office. She also takes the lead on special projects that affect the region (hospital preparedness, Hood Canal Bridge Closure project), proctors certification and recertification tests, and acts as a liaison between the State Department of Health and the local County EMS Councils in our Region. Anice can be reached by email at nwems@hurricane.net, at the office at 360-479-5631 or on her cell at 360-731-0686.

Dave McCarthy is the Training Coordinator for the Northwest Region. In addition to coordinating EMS provider training and teaching classes, Dave is also a practicing EMT and the secretary/treasurer of the state Education Committee. Dave can be reached by email at nwems@hurricane.net, at the office at 360-479-5631 or by cell at 360-731-3416.

April Borbon is the Injury Prevention Coordinator for the Northwest Region. She also is the webmaster for the region's website and edits the region's 'What's Happening' newsletter in addition to providing administrative support services for the regional office. April can be reached at aprilborbon@yahoo.com or 360-990-0991.

Rachel Kaperick is our Administrative Assistant. Rachel has recently joined our staff and is also a practicing EMT. Rachel handles many administrative duties for our office and can be reached at 360-479-5631.