

AS THE AMBULANCE ROLLS

Grand County EMS



Feb 2018

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Caught in action



If you have any pictures and stories that you would like highlighted in the MONTHLY Newsletter, please email them (high resolution) to Christian at chornbaker@co.grand.co.us along with a brief description. The more pictures the better!

No this wasn't the line up conducted by the Grand CO Sheriff's Office, just a great self massage class on ways to reduce stress while on shift.

Upper right picture shows the Granby Cub Scouts here at Station 1 learning about First Aid.



To the right, Barber, Pax and Sanchez getting their learn on. Good luck guys!



Left: GC crews responding to a stuck bus that was way off course.

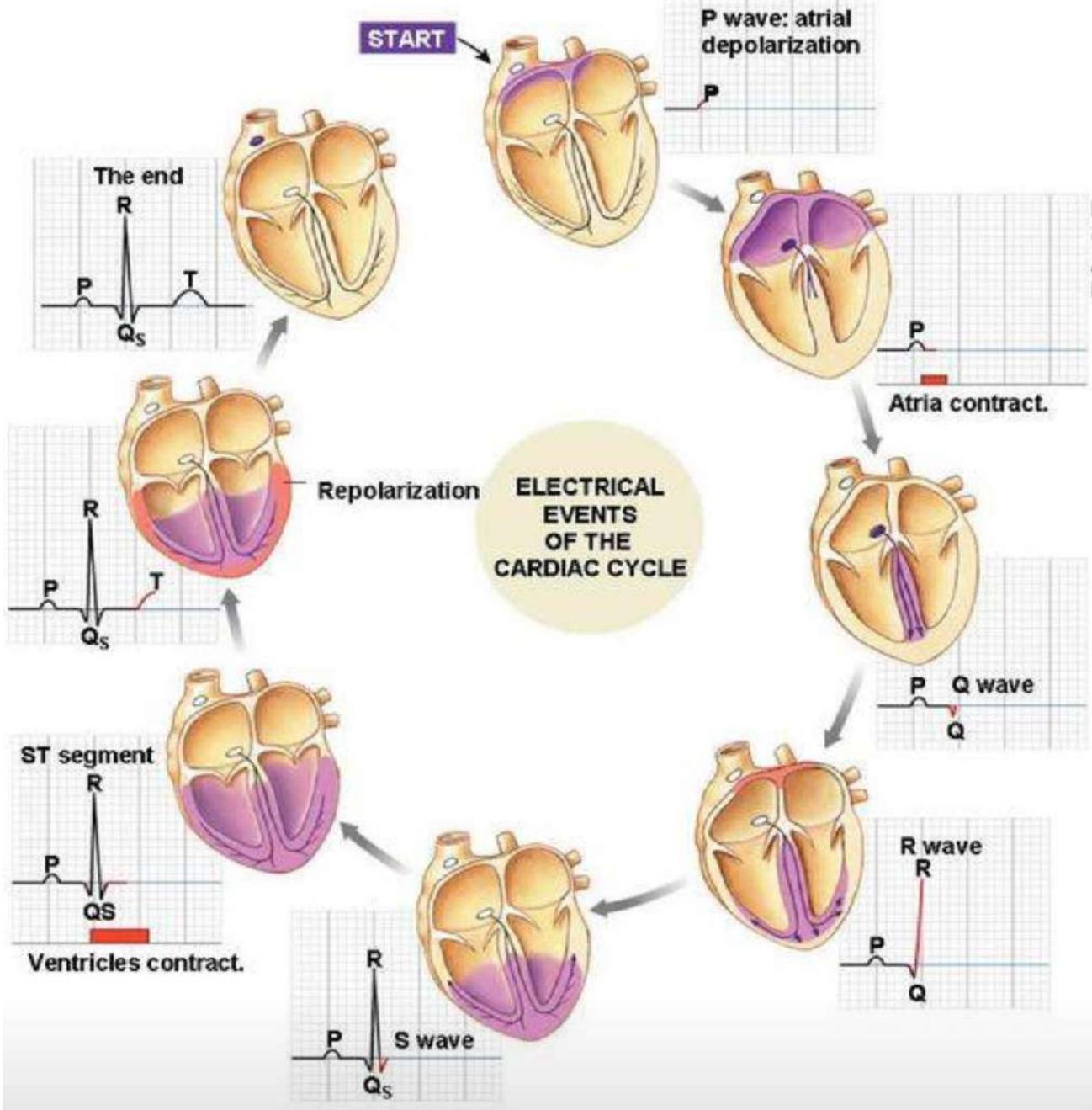
Thanks for making GCEMS a respected organization out in our community!

Events and Announcements

- Feb 10: Grand Lake Winter carnival
- Feb 13: R&B CPR/FA
- Feb 14 @ 9:30 : OB CR Granby Ranch
- Feb 24: William's Fork Ice Fishing tourney
- Feb 28: Jump For Heart @ Granby Elem
- April 7th 9healthfair



Visual image of what the heart is doing in each phase of the EKG



REMINDERS

- **Official communication and notification at Grand County EMS is through email.** Remember, it is your responsibility to check your email to stay up to date on information. If you are not getting emails from Command Staff, talk with Allen ASAP
- We appreciate all of your help in getting all of your paperwork in promptly so we can all get paid! Thanks to Nadine and Robin for their great work!
- There is still a lot of cleaning that can happen around the stations. Take a little bit of time each shift and help make the place look great!
- Don't forget to get your timecard in and on time in order to get paid promptly!

We are still looking for an education captain! If you know of anyone, please reach out to Allen ASAP. We are also looking to fill a Paramedic spot

EMPLOYEE OF THE MONTH



I would like to nominate Audrey Jennings for the employee of the month. She's done nothing but exceptional work of **THREE** employees as we've searched for a new Education Captain and she's always keeping the crews on their toes and updated with their certifications, all while having to fill in as a shift captain at times. Thank you for all that you do!

Don't forget to drop off your nomination for employee of the month in the day room at station 1. This is a great chance to let the Command Staff know of things we may not always see and is a great way to show your peers some love that we all need for outstanding work.



Congratulations to our new Captain, Melissa Wright-Lewis!! Grand County was fortunate to have three outstanding candidates and we appreciate everyone's participation in the interview process. Melissa will be working alongside other command staff in the coming months as she learns the ropes but you will see her around all of the stations and working with all of you as best she can. Congratulations again and good luck!

Mark Your Calendars!

The 9Healthfair is scheduled for April 7th. Crews will be needed to help move tables and supplies into the Elementary school the day before and crews will be working the blood draw room on the day of.

The death investigation CE dates have been set for April. They are:

April 11 @ 9am & 2pm

April 12 @ 9am & 2pm

April 17 @ 9am & 2pm

EMS Week is May 20-26

We're starting to plan and prepare for the 2018 EMS week and need your help! Chief is asking for ideas on this year's celebration, so please reach out to him with any and all suggestions! Was the picnic fun last year? Are there ways we can improve upon it and help recognize all of you that deserve it?

A HUGE THANK YOU!

A big thank you to the GCEMS staff, local Public Safety partners, and the community for participating in the EMS Consultative Visit. Hopefully everyone had the ability to complete the online survey and express their thoughts with the team. The EMS Consultative team were the perfect group for this review and a big thank you to them for their time and effort.

The report should be out within 90 days or less. The process when the report is developed, it is then presented to the BOCC by the team.

BIRTHDAYS

Nick Pax 2-8

Erica Smith Mentzer 2-18

Our apologies if your birthday was missed. We're updating our list so please make sure you email Christian with your birthdate!



Grand County EMS Trivia

*answers on the last page

- 1) A dissecting aortic aneurysm patient is most likely to present with bradycardia that is not necessarily related to the blood loss. Why is this the case
 - a. The dissecting aorta is actually affecting the electrical conduction through the heart.
 - b. The aortic dissection triggers the release of epinephrine and norepinephrine from the adrenal medulla.
 - c. A dissecting aortic aneurysm triggers blood shunting to the periphery.
 - d. The dissecting aneurysm causes vagal stimulation.

- 2) If a myocardial infarction patient presents with bradycardia and hypotension, which of the following is most likely the cause?
 - a. Parasympathetic nervous system response to an inferior wall MI.
 - b. Sympathetic nervous system response to an anterior wall MI.
 - c. The vasodilation of peripheral blood vessels caused by the sympathetic nervous system stimulation.
 - d. The inability of the ischemic sympathetic nervous system to maintain an adequate heart rate and blood pressure.

- 3) COPD patients may present with electrocardiogram changes due to the chronic hypoxemia. Which of the following EKG changes would you expect to see in an end-stage COPD patient with right atrial enlargement?
 - a. Tall, peaked P-waves
 - b. A prolonged PR interval
 - c. Tall, tented T-waves
 - d. Inverted P-waves

- 4) Which of the following incomplete spinal cord syndromes commonly occur with hyperextension and/or flexion cervical spine injuries and present with bilateral arm paralysis?
 - a. Brown-Sequard syndrome
 - b. Posterior spinal cord syndrome
 - c. Central spinal cord syndrome
 - d. Anterior spinal cord syndrome

This is your warning page!!!

In order to address some concerns on equipment treatment/usage, station cleanliness, and overall employee respect, we've put together some issues that command staff has seen, as well as what crew members have brought up.

-DO NOT move equipment from one ambulance to another. You can restock at Station 1 and not put you or other crews at a disadvantage when that other ambulance is needed.

-Clean up your stations earlier in your 48 hour shift and don't expect the next crew to clean up after you if you "don't get around to the chores" because of a transport or call. Getting respect and respecting your fellow crews will absolutely help keep a better positive impact within EMS. If you have concerns about crews not cleaning or treating others with respect, please let the command staff know (as has already been the case).

-Lifepack 15's DO NOT go on doubles or Medic 9 due to them not having the correct charging system in place.

-Please do not take a BVM mask from any of the kits upstairs at Station 1. If you need a replacement mask, you can get them from your shift captain. The kits are to remain in place with all of their supplies and not to be cannibalized.

-When moving around at Station 1 in the am on shift change, please be respectful of crews that may have had a long night and are still sleeping. You've been there before when people have talked loud and have woken you up, so no need to continue that cycle.

-Vacuum mattress usage: DO NOT unscrew the plug all of the way! Just loosen it. The screens are being torn when the plug is removed all of the way, so please be careful!
COST TO REPAIR IS \$200!!

-Keep an eye out: Extremities splints must ALL be Med-Tech vacuum splints. If you find anything else other than this, please see Audrey (BUT DO NOT PUT ANYTHING ON HER DESK)

Other notable FYI's

- New Dell Rugged computers are on their way into all of the ambulances in the coming weeks! Woo!
- When drawing blood samples for the facilities, DO NOT draw the blood through the extension set. This is causing hemolysis of the sample. Assure to invert the tubes 8-10 times after you fill the tube.
- NREMT recertification is coming up in March for some folks. If you need help with the renewal, send Audrey a message. You will need to choose the NCCP mode for renewal.
- New IV pumps are coming soon!

GCEMS Command Staff wants to hear from YOU! If you have a comment or suggestion on how to make the stations more suitable to your day and evening, let us know. Our doors are always open!

Drive with your headlights and ICC lights on at ALL times. Traffic crash studies have shown this provides more visibility to a vehicle. You must turn the dial to on or only the Day Time Running Lights will illuminate. However, during hazardous road conditions (ice and snow on the road), do not run emergent. Doing so may cause other drivers to make erratic moves and get in their own accident. BE SAFE!

In order to gain complete safety enhancement, turn on the lights to provide 360 degree illumination enhancement. Be noticed and use all of your vehicles safety equipment while driving and operating a GCEMS vehicle.

Thank you for all that you do!

Mission Statement

It is the mission of Grand County Emergency Medical Services to provide life saving point of care services, emergency pre-hospital care during transport, and emergent & non-emergency medical transportation, with the highest standard of professionalism, the most advanced training, and a deep sense of caring for our patients and their families.

Consistent with a commitment to excellence, Grand County EMS focuses a strong emphasis on quality emergency medical care, treating the professional EMS staff with dignity and respect as well as the citizens we serve.

Grand County Emergency Medical Services continually works to maintain excellence by investing in training and technology that enhances our professional EMS staff ability to provide the highest quality of emergency patient care, increase community awareness, and increase the value of our service.

Grand County Emergency Medical Service is Committed to the Community today and for the changing future.

Fun February Facts (courtesy of The History Place)

February 3, 1870 - The 15th Amendment to the U.S. Constitution was ratified, guaranteeing the right of citizens to vote, regardless of race, color, or previous condition of servitude.

February 3, 1913 - The 16th Amendment to the U.S. Constitution was ratified, granting Congress the authority to collect income taxes.

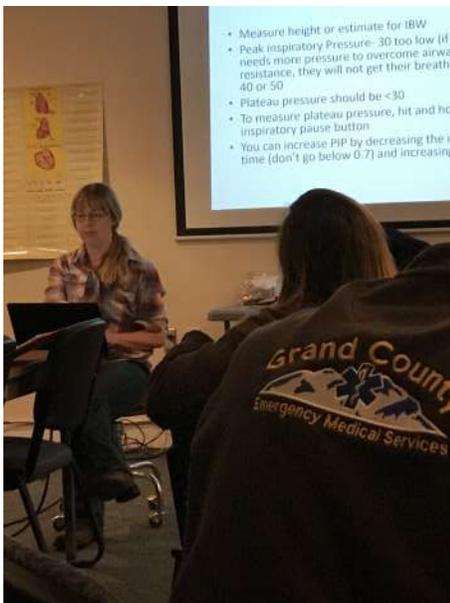
The first female physician in the U.S., Elizabeth Blackwell (3 February 1821-1910) was born near Bristol, England. As a girl, her family moved to New York State. She was awarded her MD by the Medical Institute of Geneva, New York, in 1849. She then established a hospital in New York City run by an all-female staff. She was also active in training women to be nurses for service in the American Civil War.

February 8, 1910 - The Boy Scouts of America was founded by William Boyce in Washington, D.C., modeled after the British Boy Scouts.

February 14th - Celebrated as (Saint) Valentine's Day around the world, now one of the most widely observed unofficial holidays in which romantic greeting cards and gifts are exchanged.

Susan B. Anthony (15 February 1820-1906) was born in Adams, Massachusetts. A pioneer in women's rights, she worked tirelessly for woman's suffrage (right to vote) and in 1872 was arrested after voting (illegally) in the presidential election. She was commemorated in 1979 with the Susan B. Anthony dollar coin, thus became the first American woman to have her image on a U.S. coin.

February is one of the three busiest months for us here in Grand County, so stay vigilant!



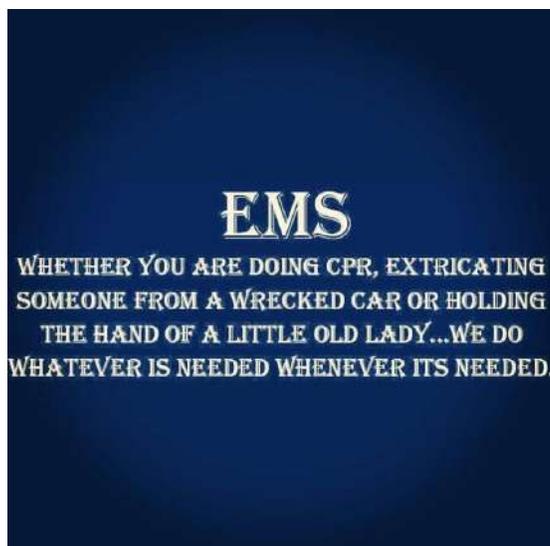
Dr. Lupica helping out on a CE with GCEMS



CAPTION THIS!!! Email Christian your best caption to be voted on for a prize!

Trivia answers

- 1) Answer: D—When the pressure on the aorta increases as the dissection progresses, it causes a stretching of the aorta wrapped vagal nerve. This causes the bradycardia associated with an aortic dissection, not hypovolemia.
- 2) Answer: A—Vital signs response to a myocardial infarction partly depends on the area and type of autonomic nervous system involvement. Inferior wall myocardial infarctions often show a mainly parasympathetic response while anterior wall MIs present with a mainly sympathetic response to the infarction. Sympathetic nervous system stimulation caused by an anterior wall myocardial infarction would cause the patient to present with tachycardia and hypertension, not bradycardia and hypotension.
- 3) Answer: A—End-stage COPD patients in the late stages of decompensation may present with cyanosis, clubbed fingers, and electrocardiogram abnormalities. Cardiac dysrhythmias or signs of right atrial enlargement may be present. The main sign of right atrial enlargement is evident by tall, peaked P-waves in leads II and III.
- 4) Answer: C—Central spinal cord syndrome presents with some hyperextension and/or flexion injuries of the cervical spine. The syndrome is characterized by greater motor impairment in the upper than lower extremities. The signs and symptoms of central spinal cord syndrome include paralysis of both arms with sacral sparing.



"Your job is not to judge. Your job is not to figure out if someone deserves something. Your job is to lift the fallen, to restore the broken, and to heal the hurting"
(Google search)

