

AS THE AMBULANCE ROLLS

Grand County EMS

**All Staff Meeting:
October 18th, Station 1**

Sept. 2018

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Events and Announcements

- 9-5 GCSAR Training
- 9-5 WIC Clinic @station2
- 9-6 Passport to Health
- 9-17 CPR Pro
- 9-19 First Aid
- 9-21 NRP

What's New With GCEMS?

Colorado Department of Public Health & Environment Emergency Medical & Trauma Services System

"Consultative Review Team states the service currently provided by Grand County EMS is exemplary on many levels."

- ◆ Maintain the current county government model for delivery of emergency medical services in Grand County. The service currently provided by Grand County EMS is exemplary on many levels. Grand County EMS exhibits the characteristics of a high performance, high reliability organization. The agency is visible and engaged with the community.
- ◆ Dr. John Nichols M.D., P.H.D. the medical director for GCEMS is clearly dedicated to the community and is a valuable leader in the area. The field providers at agencies supervised by Dr. Nichols expressed that he is very engaged and highly supportive. Dr. Nichols is widely recognized as having increased the quality of services and enhanced the scope of services provided to Grand County.
- ◆ Grand County EMS has a very robust training program that includes internal education for staff, as well as external opportunities, such as EMT training, CPR/First Aid courses, continued education for anyone in the community, as well as special learning opportunities with agencies such as the Children's Hospital Colorado.
- ◆ One of the most successful community-based educational programs has been the initial EMT class offered through the high schools. Grand County EMS established a relationship with Middle Park and West Grand High Schools in 2006 to offer initial EMT classes as an elective course. Seniors from both high schools attend EMT class for an hour a day for the entire school year. Upon successful completion of the course, students may sit for the NREMT exam to become nationally registered as an EMT. Grand County EMS also offer a one semester internship program for juniors and seniors from both high schools.



**THE GRAND COUNTY EMS TEAM IS AWESOME!!!!
THANK YOU EACH AND EVERYONE!!!
MAINTAIN OUR STANDARD OF EXCELLENCE IN
PROFESSIONAL APPEARANCE AND PROFESSIONAL ATTITUDE!!!!**

NATIONAL PREPAREDNESS MONTH 2018



Disasters Happen

PREPARE NOW

LEARN HOW



FEMA

Ready.

National Preparedness Month (NPM), recognized each September, provides an opportunity to remind us that we all must prepare ourselves and our families now and throughout the year. Take time to check your insurance policies and coverage for the hazards you may face, such as flood, earthquakes, and tornados. Make sure to consider the costs associated with disasters and save for an emergency. Also, know how to take practical safety steps like shutting off water and gas.

What you should know about Severe Weather

- ◆ Know what to do before, during, and after severe weather.
- ◆ Create a communications plan with your family before severe weather hits.
- ◆ Have emergency supplies in place at home, at work, and in the car.
- ◆ Listen to local officials.
- ◆ Check your insurance policies to ensure you have enough coverage.
- ◆ Evacuate if advised by local authorities.

Also If you live out of Grand County remember to travel safe, a lot for extra travel times. Use your resources and check on weather reports and come up the night before. Make sure you care extra snow gear in your vehicle. Pack extra blankets, jumper cables, wheel chains, flashlight, and a shovel. These things will keep you safe and prepared for the winter!!!! Make sure your gas tank is full!!!

Caught In Action



Left: August 16th Silver Creek Fire headed toward Old Park.
Below: Fire and EMS crews gather together for briefing on the fire activity.



Catching up From the last two months. Below is out amazing training captain CPT Power showing the kids from Grand Kids our ambulances and our training tool for pediatric patients HAL. July 24, 2018



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 or to Tara at tgourdin@co.grand.co.us along with a brief description. The more pictures the better!

ALL STAFF MEETING OCTOBER, 18th

October, July 18th is the next all-staff meeting. There will be a lot to go over so please be prepared to take notes and ask questions. As the summer starts winding down we appreciate your flexibility.

This is a mandatory meeting so make the appropriate changes in your schedules to attend.

Thank You!!!

Thank you to everyone that has stepped up to help out with the Sugar Loaf and Silver Creek Fires. Tammy Russell, Richard McGraw, Jason Haefeli, Cade Becherer, Tara Gourdin, and Capt. Brian Gourdin. You all have shown exceptional professionalism and compassion.

Thank You!!!!

Catching UP Continued!!

Grand Kids getting to play with all of GCEMS tools. This helps build and educate our younger community



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 and correctly. Please check over your relay packets 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!

EMPLOYEE OF THE MONTH



Nadine Kentfield has been nominated as the September employee of the month, congratulations!! Nadine continues to show her excellence in billing and holding the front office down! She has also helped in training two new office personnel! She brings not only the best salsa ever to the forefront but provides a smiling face and amazing energy to the billing aspect of EMS. Did you know that Nadine is a twin? Can you tell which one she is??????

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.

GET TO KNOW YOUR CO-WORKERS

Take time to get to know your co workers! Let us start a new EMS tradition! Take the time to know one new amazing think about a co worker. Pick your partner or pick a new employee of GCEMS. Also think outside of your ambulance box and ask a shift captain what there favorite food is or what they like to do on their down time!

New Suggestion Box Is Set Up At Station 1



You should be see this box at station 1 now. It will be locked and only Chief will be able to open it. This is another way for you to let command staff know what you're thinking and will be confidential if you would like. Answers to each question (or suggestion) will be posted in the following month's newsletter. Keep your thoughts coming!

Suicide Awareness Month

Building Warriors

Guardians with a calm, clear peace of mind, body and heart.

Emergency Responder Crisis Text Line - Text BADGE to 741741



Building Warriors is a locally based peer run nonprofit specialty group of public safety counselors and peer specialists providing direct services and training to support emergency responders, healthcare professionals, and others afflicted by traumatic experience.

Check this we site out it is amazing and full of tools for you to use in your EMS career. Here is the website, Facebook and additional resources.

<https://www.buildingwarriors.net>

<https://www.facebook.com/buildingwarriorsofficial/>

Counseling Center Building Warriors Incorporated

Provider Organization BUILDING WARRIORS INCORPORATED

Address 280 Zerex Street, Fraser Colorado, 80442

Phone Number 970-726-7123

Fax Number 970-726-7660

Authorized Official Name Matthew W Carlson

Authorized Official Title/Position Ceo

Authorized Official Contact Number 269-720-0071

What is offered? Programs offered are consulting, spouses, counseling, retreats, and clubs. This wide verity allows a person to find a community to belong to and help them through any issues the person is experiencing. Building Warriors also provides retreats and classes.

Don't see one in your area?

Email info@buildingwarriors.net or call 720-504-6407. We're happy to work with you to host an event in your community.

Peer Support Group

We all experience times of stress in our lives and in EMS our stress level is much higher than the average person. For the most part we learn to manage this stress and it doesn't overly impact our lives or mental state. Sometimes it does become too much and we need external help and assistance. Needing help is nothing to be ashamed or reserved about. We all go through it at some point whether it's due to work, home, finances, relationships, etc. When we don't seek help is when problems arise. Holding in your thoughts and feelings can be detrimental and what may not seem like a big deal at first can quickly become tragic.

To help with this need we are starting a peer support group. The group is a safe, confidential and nonjudgmental place to go when you need assistance. This group is available to you 24/7 and is here to listen, provide additional resources and advice if you request it. You can contact the group anytime you need help; a bad call, tension with your partner/captain, problems at home, problems at school etc. Anything that becomes too much for you to handle on your own – reach out. No problem is too small of a problem to seek help with. Many times the small problems built into the big ones which make us overwhelmed and lead us down a path we don't want.

Your contact with the group will be confidential and nonjudgmental. The only exception to this would be something that falls under mandatory reporting which would have to be reported. Nobody except the person you contact will know that you have reached out! If you don't need assistance yourself, but see someone struggling please reach out to us as well. We will delicately reach out to that person keeping your information confidential with no finger pointing going on. In addition if you know of something going on that affects multiple people and think a group meeting (debriefing) would be beneficial let us know.

I'd also like to start utilizing the discussion board on Vairkko for peer support and interaction. We can post links to information and support, idea's, topics to have conversations about – just keep it professional and courteous. If you don't know how to access this let me know and I'll walk you through it.

In addition to myself I have 4 volunteers who have made themselves available to you. They are:

Jeanne Power 970-846-9112 jpower@co.grand.co.us power.jeanne@gmail.com

Dustin Barbee 970-238-0019 dbarbee@co.grand.co.us

Cory Ziegler 970-531-8856 ziegler@co.grand.co.us ziegler0504@gmail.com

Tara Gourdin 720-939-1244 tgourdin@co.grand.co.us taragourdin123@gmail.com

SEPT BIRTH- DAYS

9-7 Nadine Kentfield



Christian's Grab n Go Meal for September

Fit responder Bar

This is a homemade protein meal-replacement bar that you can modify to fit your taste.

- **2 cups oatmeal**
- **4 scoops of vanilla egg white powder (use the scoop in the tub, and egg whites taste best when cooked)**
- **1 cup almond meal**
- **1 cup raisins**
- **½ cup diced nuts of your choice**
- **2 tbsp. almond or peanut butter**
- **1 cup almond milk and 1 cup water**
- **2 tbsp. apple sauce**



Preheat oven to 295 F. Combine ingredients in a bowl, and mix well to desired consistency. More moisture is better than less. Bake in a round cake pan for 16 to 18 minutes. Do not over cook. Cut into equal pieces; each piece will contain roughly 12 grams of protein.

Keep the bars in the refrigerator until your shift, and bars will be fine unrefrigerated for at 12 to 14 hours.



Did you know that an amazing history can only help our patients more? Here is a review on our History Protocol!! Review and educated on how to better help our patients.

GCEMS BLS/ALS Protocols
Prehospital Patient Assessment

January 2016

HISTORY TAKING

Purpose: Provides detailed information about the patient's chief complaint and their signs and symptoms.

- A. Investigate the patient's chief complaint (history of the present illness).
1. This is the most serious thing the patient is concern about.
 2. The feelings the patient reports are symptoms.
 3. The signs are conditions that can be seen, heard, felt, smelled or measured by the EMS provider or others.
 4. Information may be received from multiple sources.
- B. Obtain a SAMPLE history:
- S—Signs and Symptoms, chief complaint
 - A—Allergies, including medications, foods, and environmental
 - M—Medications, including prescription, over the counter, herbal
 - P—Pertinent medical history
 - L—Last oral intake, last normal menstrual period
 - E—Events leading to the illness or injury
- C. mnemonic helpful in the assessment of pain is OPQRST:
- | | |
|--------------------------|---|
| O—Onset | When it first began? |
| P—Provocation/Palliation | What brings it on? What makes it better or worse?
How are you most comfortable? |
| Q—Quality | What is the pain like? Describe the pain |
| R—Radiation | Does the pain go anywhere? Where does it hurt? |
| S—Severity | On a scale of 1 to 10 how would you rate your pain? |
| T—Time | How long does the pain last? What helps the pain?
Is the pain constant or does it come and go? |
- D. Identify pertinent negatives.
1. These are negative findings that warrant no care.
 2. A sign or symptom that is expected and not identified.

Here is something just for fun! If any one comes and gives me a creative outline of one of your favorite protocols I (Tara Gourdin) will buy you a coffee or treat!

Last But Not Least

- Please make sure that every cot has a pillow and blanket!
- New handheld radios are out for all the crews, check them out! They are assigned to a station not a truck now!
- Station 2 has a new bay window.
- Station 1 has new lighting in education and in cold storage.
- All-staff Thursday October 18th 2018!
- **Reports and Paperwork are very important so GCEMS can take care of the patient billing wise. So please complete and submit as soon as possible.**
- **KNOW YOUR DISTRICT!!!**

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.

