



# Tales of the East

The Official Newsletter for the Midstate EMS  
Region  
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## BOILERMAKER 2006

### Personalize your Departments Boilermaker Aid Station.

On July 9, 2006 over 10,000 runners, fans and guests will converge on the Mohawk Valley. This year Mid-State Fire Rescue and EMS Agencies can "sponsor" one of the 26 EMS Aid stations in America's Largest 15K road race the **BOILERMAKER**. Aid stations from the start line to the Post Race Party provide medical care along the route, are staffed by combinations of Firefighters CFR's, EMT's, AEMT's or other volunteer medical staff. Sponsoring Agencies will be published in the Boilermaker 06 guidebook and will be recognized the day of the race with a Boilermaker / Agency Banner. Participating Agency members will be invited to a great volunteer party Friday night. Supplies Communication equipment a brief training session and of course the Boilermaker tee shirt are all supplied. If your Agency is interested in Sponsoring an Aid Station at Boilermaker 2006 contact Chris at the Faxton-St. Luke's EMS Program Office 738-8351 ext. 222.

### Brrr it's cold!! Look for the "Umbles"

When we get cold our body attempts to maintain homeostasis (normal) through various means including *piloerection* (goose bumps), shivering, increased muscle tone, increased metabolism, respiratory rate, and heart rate as well as constricting the peripheral vasculature. These compensatory mechanisms can no longer balance heat production and heat loss when the body's temperature reaches 92-93 degrees. This failure can occur when the body is in a cold environment or suffered extensive burns.

A Pre-hospital provider should suspect a drop in a patient's core temperature when additional signs and symptoms begin to occur. Shivering STOPS - pupils DILATE heart sounds are muffled BP difficult to palpate AND cardiac dysrhythmias start to occur.

The National Institute for Health (NIH) suggests a useful way to recognize hypothermia-"UMBLES"- Stumbles, Mumbles, Fumbles and Grumbles. These behaviors are a good indicator of how the cold is affecting your patient's vital organs and functions. The NIH suggests the EMT look for: confusion and/or sleepiness. Slowed slurred speech or shallow breathing a weak pulse or BP, NO shivering, poor control over body movements or slow reactions. ALS providers will begin to see cardiac dysrhythmias occur.

## Happy Holidays

In general I don't care for the holidays; I also find that some of my friends in Emergency Services feel the same way. *Why is that?* Well lets see; Fires, MVC's the Flu, Shootings, Overtime and to top it all off I heard on the news that there are more deaths on Christmas day than any other! I don't know if that is true but I do wonder why anyone would even bring up such a depressing statistic this time of year.

Well, for me it's all those years of waiting for the other shoe to fall, we've all heard "tis the season" I guess it's not hard to see why we get a little uneasy around the holidays. Memories of past holidays return each year the good and the bad, that's just the way it goes.

So what do I do? For me when the bad stuff comes calling this time of year I remember the *good stuff*. For example, I remember responding to an elderly female "not feeling well" a physical exam and history find nothing unusual. The pleasant lady repeatedly says she does not want to go to the hospital. Now I remember this house and the surroundings her husband was a "code" last year. The woman explains her children and grandchildren no longer live in the area and she is not able to travel to be with them. She excitedly tells you about the phone calls she has received from them today. So.. Its Christmas Eve, the old woman just wants to tell someone all this. There is no Emergency.

When you finally leave; she feels better and not so alone. Ten minutes out of my day, we stayed in service, and now both my partner and I feel good about Christmas again.

*Thoughts from an old Paramedic*

## REMAC UPDATE

### Mid-State REMAC Policy Updates:

06-10 AED use by AEMT-Intermediate Providers

06-13 Use of Mid-State EMS Providers and Air Medical Service

06-14 Advanced Field Internships in the Mid-State Region

### Protocols:

The final draft of the Mid-State ALS Protocols have been distributed to the REMAC members for Regional Approval. The approved Protocols are expected to be sent to the state for review and approval "hopefully" at the March state meeting. The process of rolling out the updates and finalizing our CME Program changes are also expected to be complete in March or April.

### Current Mid-State QA Studies:

Cardiac Arrest

Albuterol Use (EMT-B and AEMT-I)

Spinal Immobilization

NYS DOH Bureau of EMS Vital Signs Oct. 20-22 Syracuse  
Mid-State EMS Recognition Day May 19, 2006 Twin Ponds  
Country Club, New York Mills  
Mid-State EMS Education Day, Oct. 7, Radisson Inn, Utica

## Wilson to Join Education Program

Mark Wilson AEMT-P, CIC has joined the Faxton St. Luke's EMS Education Department. Mark will assume his new position effective January 10, 2006.

Mark, one of the Regions first certified paramedics brings over 20 years of street experience and 10 years of business / management to our Education staff. In addition to his Paramedic Certification Mark is a New York State Certified Instructor Coordinator, American Heart Association CPR, ACLS and PALS Instructor, Advanced Emergency Medical Dispatcher.

Mark is a member of the New Hartford Fire Department, Oneida County EMS Advisory Council, and the Midstate REMSCO and also sits on several Regional EMS Committees. Mark is currently coordinating the Revisions of the Midstate REMAC ALS Protocol.

Mark will join Course Sponsor Coordinator Eric Loucks, and the Faxton St. Luke's Education Department expanding current programs, as well as developing and implementing new educational programs.

Mark can be reached at the Faxton-St. Luke's EMS Offices at 738-8351 or [mark@midstateems.org](mailto:mark@midstateems.org).

## **EMS AGENCY DIRECTORS**

Each Ambulance and Advanced Life Support Agency in the Mid-State Region is required to submit monthly research (YELLOW) copies of these reports. Our Program Agency monthly reviews pre-selected entries and must forward the Regions reports to the DOH for key punch entry.

The Bureau of Emergency Medical Services has requested a list of Agencies not submitting PCR's by the 10<sup>th</sup> of each month. We have sent letters to Agencies not returning PCR's by the 10<sup>th</sup>, if your Agency has had no calls during the month you still must notify the Program Agency.

The state uses this PCR data for statistical research and education. Our failure to provide the Department with accurate information will eventually reflect inaccurate information about our Region. PLEASE GET US THE INFORMATION no later than the 10<sup>th</sup> of each month.

Monthly Regional CQI Indicators (available on the web) and Controlled Substance Inventories should also be included with your monthly PCR's.

## **CPR Changes**

The American Heart Association has given us a glimpse of the new "Guidelines 2005". These guidelines will affect all levels of training including Healthcare Provider CPR Advanced Life Support and Pediatric Advanced Life Support. The Utica area AHA Training Centers will work together to present the updates in a timely and orderly fashion. It is expected that the BLS Updates will be rolled out in the early spring the ACLS in the early summer and the PALS in the late summer. These updates are expected to begin this spring. Stay tuned to the [midstateems](http://midstateems.org) web site and or your agency bulletin board for additional information and dates.

## **Mid-State Stroke Study**

The Mid-State REMAC has concluded a 6 month Pre-Hospital Stroke Documentation and Care Study. The Regional, County and Agency results have been reviewed and shared with each County and Agency Quality Assurance Officer.

The pre-hospital care and transport of Stroke Patients has taken on a new urgency as the American Heart Association, and the Bureau of EMS have recently issued statements and policies regarding this care.

Our study has indicated we are not documenting accurately the onset of symptoms and the use of the Cincinnati Stroke Scale. Remember! This important information may only be available in your documentation (PCR). This information may be critical to determine the best hospital care. Pre-Hospital Providers assessment and transport of these patients will impact the outcome of Stroke patients.

The American Heart Association and NYS DOH Bureau of EMS recommends transportation of these patients to designated "Stroke Centers". A list of current designated hospitals is available on the NY Health Department web site.

**Faxton St. Luke's and Madison County  
Course Cancellations due to  
weather can be found on**

**[www.midstateEMS.org](http://www.midstateEMS.org)**

Cancellations will be posted by 4 PM