

AS THE AMBULANCE ROLLS

Grand County EMS

All Staff Meeting:
January 17th @ Station 1

DEC 2018

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Caught In Action



Above Right: IV Class. This was an amazing class taught by Audrey Jennings. Thank You all that participated in the IV training and a BIG THANKYOU to those who let us practice some live IVs

FEMA's PER304 class: Cordie, Audrey, and Chief all learning how to reach out to our community via social media.



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

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



FUN EVENTS WITH GCEMS

Air Life
Giving us a
demo on
flights.
Great
Training!!!!

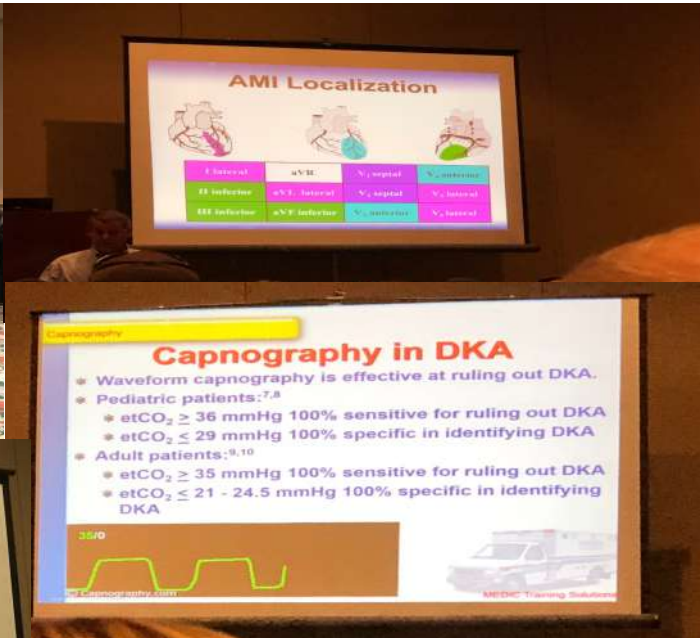


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FUN EVENTS WITH GCEMS

EMSAC



TRIAGE FOR NERVE AGENT CASUALTIES

CATEGORY	EFFECTS	CLINICAL SIGNS
IMMEDIATE (1)	UNCONSCIOUS, NOT WALKING. SIGNS IN 2 OR MORE ORGAN SYSTEMS	SEIZING, POSTICTAL RESPIRATORY DISTRESS, APNEIC, RECENT CARDIAC ARREST
DELAYED (2)	RECOVERING FROM AGENT EXPOSURE OR ANTIDOTE	DIMINISHED SECRETIONS/IMPROVING RESPIRATIONS
MINIMAL (3)	WALKING/TALKING	MIOSIS, RHINORRHEA MILD DYSPNEA
EXPECTANT (4)	UNRESPONSIVE	CARDIAC/RESPIR ARREST OF LONG DURATION

Emsac was amazing with lots of great info. Above is Doctor John Nichols giving an amazing talk on Neurological Agents and Bio Chemistry.

Brian Gourdin, Andy Hayes, Tara Gourdin, and Jesse Gatewood showing off our skills in CPR so we Could Win CPR Dummies. We didn't win but it was a lot of fun! Our score was 98.9 % accurate and the winning team was 99.6%



Children's Hospital Conference

SAVE THE DATE

Children's Hospital Colorado

EMS Conference

January 24-25, 2019

Children's Hospital Colorado
Conference and Education Center
13123 East 16th Avenue
Aurora, Colorado 80045

Registration

FREE registration but participants are still required to register.

You can register at:

childrenscolorado.org/ce

Continuing Education

Children's Hospital Colorado is a State of Colorado recognized EMS Training Group (CO-049) and will provide 12 continuing education credits for all pre-hospital providers. A general certificate of attendance will be provided for all other health care providers.

Further Information

For more information, contact Ray Cuellar, 720-777-6784, ray.cuellar@childrenscolorado.org

FREE

*But registration is
still required*



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

Consultative Review Committee

1st Meeting is DECEMBER 6th 10:00 am @ Station1

GCEMS had an amazing review which is why we should follow through with recommendations and advice to help support the resilience of GCEMS. Remember what we stand for!!!!

GCEMS "Giving Life A Chance"

"Protect Life With Compassion & Professionalism"

At the All Staff Meeting We Had Some Volunteers

So Far we have Myself Tara Gourdin, Nadine Kentfield, Cooper Knochenmus, Cordie Stevie, Ryan Gallagher

This is a great opportunity to get involved in the future of Grand County Emergency Medical Services! The GCEMS Team is amazing!!!

If you are interested please email Tara Gourdin at tgourdin@co.grand.co.us or talk to one of the Captains on Shift.



EMS  STRONG

Importance of Mental Health

We see and do a lot in our business. It's important to recognize the signs of crisis after post-traumatic stress events:

insomnia, nightmares
emotional detachment, withdrawal
loss of interest in normal activities
unusual irritability, agitation and hostility
flashbacks or severe anxiety

While PTSD requires a medical professional's diagnosis, the signs and symptoms above are red flags we cannot ignore. We also have to recognize that over 100 firefighters commit suicide every year, and tragedies like these mass shootings are a contributing factor.

Grieving is a process

Grieving is difficult for everyone and should be done at one's own pace. Each individual develops their own way of coping with loss. Grieving is completely healthy, but if not handled properly, can lead to other problems such as depression or social isolation.

Talk to a friend or coworker that understand what you might be dealing with.

You can always call me @ 720-939-1244 (Tara Gourdin)

Or talk to one of the Captains they are here for you!!!

Here is a List of amazing numbers to use or to give to others !

One Tailored to help first responders and their families is Safe Call Now 206-459-3020

National Suicide Prevention Live Line 1-800-273-TALK

Veterans Crisis Line 1-800-273-8255

TrevorLifeline 1-866-488-7386

Cop 2 Cop 1-866-COP-2COP



Education and Special Events For the Month of November

CEs available Monday through Friday @ 9:00 am Station 1
GCSAR Training Every
Wednesday @ 6:00 pm GCSAR Rescue Base in Fraser

12/05 WIC Clinic @ 8:00 am at Station 2
12/12 Vent Class @ 8:30-5:00 at Station 1
12/13 Vent Class @ 8:30-5:00 at Station 1
12/14 Ski Granby Opening Day
12/24 Christmas Eve
12/25 Christmas Day

Strong Work Y'all

Current Flu vaccine total for 2018 is 89%
Only need 4 more people
and Audrey will make
Enchiladas!!!!

Important Information!!!!!!

Certifications

Please make sure you get all your Mandatory Certification up to date—Many are missing the NRP course (required for ALL providers) and PEPP (required for BLS providers)

VENT CLASS

The Ventilator class is December 12 and December 13—if you are an ALS provider you MUST attend at least one of these days. Any of the "New" medics need to be signed up!!

If you are unable to attend you will need to get approval from Chief to miss the class. If you are not signed up by December 1—I will assign you to a class.

Please sign up on Vairkko for the day you will be attending—I currently only have one ALS provider signed up.

BLS providers—this class is HIGHLY recommend for you guys also—Get signed up!

MPMC INFO

From Carol Emery—Director of Nursing MPMC

"If any clean linen is needed or soiled linen to be placed in a hamper, this will now be done in the patient rooms (staff will gladly assist in showing you locations).

Thank you for your help in assuring compliance."

They will no longer be stocking linen in the EMS closet and they will not have the soiled linen hamper in the decon room.

If you have any questions please let Audrey know



We Will Miss You!!!!

Hey everyone say a Good bye and Thank You to Christian Hornbaker for his time and professionalism while working here at GCEMS.



His last day will be December 3, 2018. Christian was the Emergency Manager that performed amazingly at the Sugar-Loaf and Silver Creek Fires! Thank You for your Service and you will be missed!!!! Great Luck On All Of Your Future Endeavors!!!!

Farewell
and
Good Luck

EMS  STRONG

CASE STUDY CONTEST

Jesse and Daniel are the winners of November Case Study based on most correct diagnosis and treatment plan:

Jesse " Rhythm is a-fib with anterior lateral MI, patient would get O2, IV, a 250cc bolus in attempt to get his BP up, nitro will be withheld until BP is appropriate, Opiates also withheld due to BP, helicopter launched if weather permits, emergent transport to nearest facility and cardiac alert called in. In route, serial EKGs, 2nd IV access obtained with blood draw and I-stat if time permits."

Daniel " A--Cardiogenic or obstructive shock secondary to AMI, pericarditis/pericardial tamponade, or PE; High index of suspicion for MI P--Request ALS intercept code 3. Assess for signs of chest trauma. O2 @ 15 lpm via NRB, titrate to SpO2 > 90%; prepare to provide PPV. Place combo pads. Move to ambulance, minimizing pt exertion. Warm pt and pt compartment, place Lucas back plate under pt. Start emergent transport. Request aircraft to receiving facility. Place ETCO2 NC. Check for unequal radial pulses. Obtain BGL. Ask about food allergies, possible poisoning. If pt still alert and no s/s of GI bleed or stroke, administer aspirin for daily dose to total 324mg. Establish two large-bore IV's. Draw bloods and bolus 10ml/kg NS. Ask about prescribed nitro; if prescribed, systolic > 90mmHg, and no ED medications within 72 hours, obtain verbal order to assist pt with sublingual nitro .4mg every 5 minutes, max of 3 doses. If time permits, obtain 12 lead and iStat labs for ED. Notify receiving facility of possible MI at ETA 10-15."

The Interpretation

- **Atrial fibrillation with rapid ventricular response:** The rhythm is irregularly irregular at an increased rate with no discernible P-waves.
- **Probable fusion complex:** QRS #7 looks like a fusion complex with a PVC—note the subtle change in morphology that QRS shows in aVR and V5. Since the initial depolarization is fairly normal and the terminal QRS is narrow, I suspect a PVC from the right ventricle.
- The last two QRS complexes look a little funky too, but it's much harder to make a case for fusion with such subtle changes.
- **Right bundle branch block:** The QRS duration is approximately 170 ms with a typical RBBB morphology in V1 and V6.
- **Probable left anterior fascicular block:** The initial QRS vector is tricky to calculate here. The RBBB delays depolarization in the right ventricle, producing a large, unopposed vector to the right and/or superiorly. That RV depolarization dominates the last 2/3 of the QRS and isn't clinically useful. To work around that, we only measure the first 40-60 ms of the QRS since that's when we can see the left ventricle depolarizing most clearly. With that in mind, I think there is left axis deviation. LAFB would also account for the short R-waves in the left precordial leads, and it fits with the rest of the ECG and clinical picture.
- **Marked ST-elevation in I, aVL, and V2:** We will discuss this in a moment, but it's indicative of myocardial injury.
Marked ST-depression in II, III, and aVF: We'll cover these reciprocal changes as well.

- While it's correct to say that this pattern shows an "anterolateral" STEMI, we can go one step further:
- This tracing is pathognomonic of acute left main coronary artery**

occlusion

- It's a STEMI of the left main coronary artery.*

CASE STUDY CONTEST

For this case review evaluate the given information. Email or text me if you have additional questions on any information not provided. Email your differential diagnosis and treatment plan. The first medic and EMT to submit the accurate ddx and tx plan per our protocols will win a prize. - Melissa

Dispatched to 70 year old female conscious and breathing found by family on the floor of her bedroom. Unknown time down.

U/A: Patient was found on the floor of her house by her family. The last time she had been seen was sometime the morning previous (>24 hours). She complained of feeling drowsy when the family talked to her yesterday on the phone.

Airway – clear & paten

Breathing – regular, shallow, 12 RPM

SpO₂ 86% @ room air

BP 168/92

Circulation – Pulse weak at 52, regular, 12 lead below; skin color pale, cap refill delayed (>2 sec)

Pupils PEARRL, size 4

BGL 64

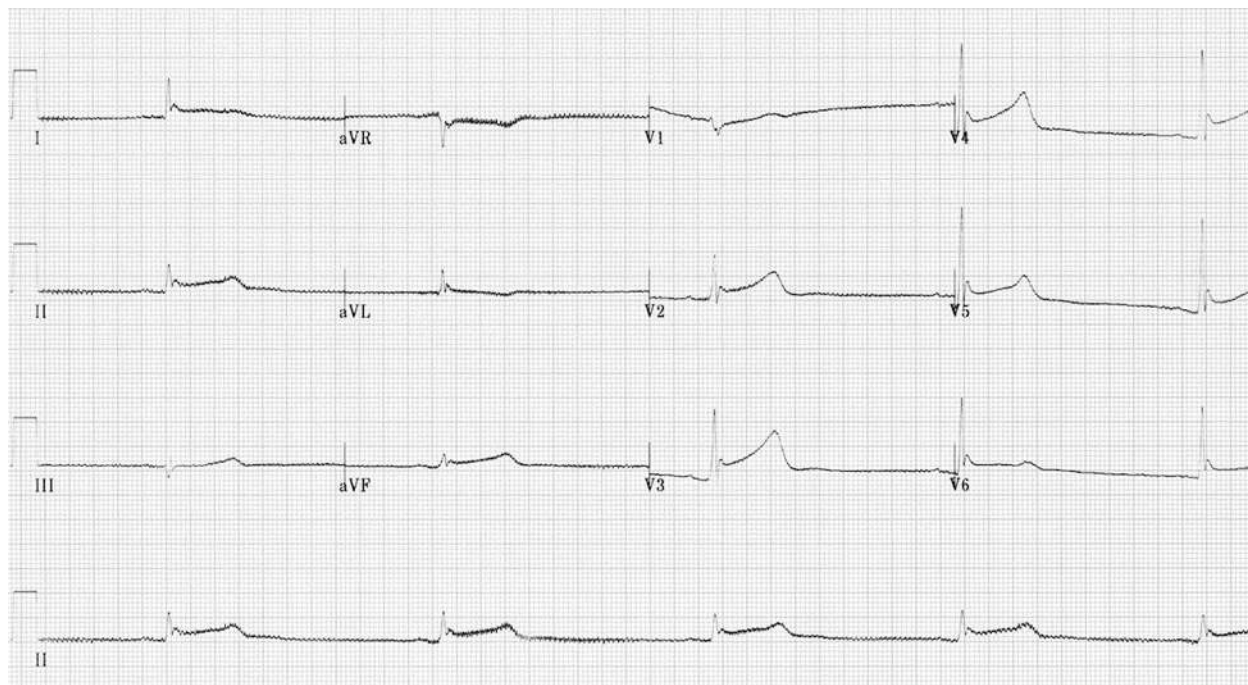
Disability – LOC before ambulance arrival (according to family); patient responsive to pain on arrival. Oriented to self, unable to verbalize other orientation or event questions.

Physical examination Pt is semi-dressed, incontinent of feces and urine, lying prone on the floor. Patient pale, dry, cold to touch. Physical exam unremarkable, pt is able to follow commands, but is slow to respond.

Temperature 29.6°C oral

CC pt is unable to verbalize a complaint

History: No known allergies. Currently taking calcichew, xanax, atenolol. History of HTN, detached retina.

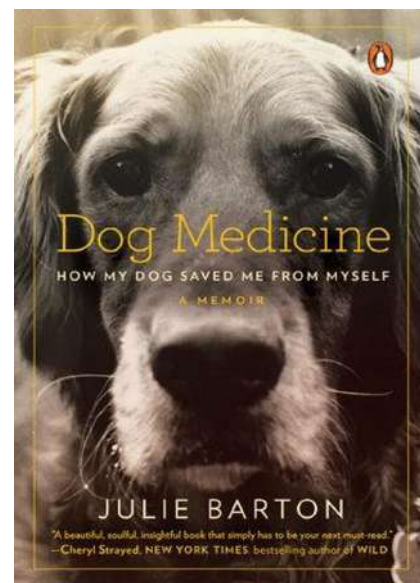
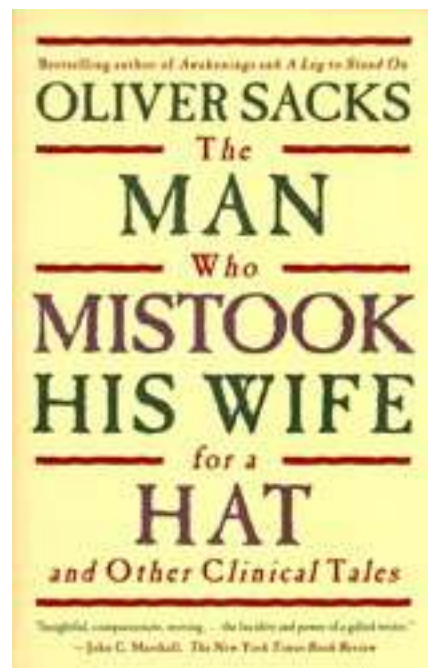
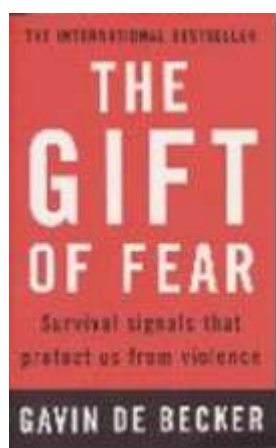


Book Club Anyone?

Grand County EMS Book Club! Each month a new book will be suggested. As you read it come to the group and share your thoughts! Please keep all conversations appropriate and professional (professional-ish at least). If you've read a good book (any genre) suggest it for the following months reading. You can also sign up with your personal email if you prefer. This months suggestion is one of my favorite books. The gift of fear by Gavin de Becker. It's available on Amazon paperback starting at 7.19, kindle 6.39 and on audible (price unknown). Depending on the response and everyone's thoughts I'd like to have a new book started by Dec 10th.

"The more that you read, The more things you will know. The more that you learn, The more places you'll go." Dr Seuss Every month a book will be suggested. You can read paper, kindle, audible, or have your partner read to you before bed. Whatever makes you happy. Then talk about the book here. Click the Link Below to Join or email Melissa if you need help.

<https://groups.google.com/forum/#!forum/gcems-book-club>



REMINDERS

- Winter is coming! Be prepared with extra travel time, place tire chains in you trunk along with a blanket and extra clothes. Also keep a flashlight in the car you never know when you might break down.
- Always Keep three points of Contact at all times!!!!!!
- The south side of education is for snow removal so do not park there.
- Always sign narcotics log with the relieving party.
- Leaving early should be cleared by a person of the command staff.
- EMMA devices have been moved to the airway portion of the jump kit. You should find it next to the BVM.
- The Ventilator class is December 12 and December 13—if you are an ALS provider you MUST attend at least one of these days. Any of the "New" medics need to be signed up!!
- If you are unable to attend you will need to get approval from Chief to miss the class.

EMPLOYEE OF THE MONTH



Cordie Stieve

Nominated for employee of the Month for December. Cordie is an amazing person who has brought amazing energy to the office. She has accomplished a lot of end of the month reports that where needing to be completed due to the Fires and personnel changes. She also makes sure that each person stays off the naughty board!!!

Thank You Cordie for being a Professional with a Personal touch!

MERRY CHRISTMAS

County Christmas Party

2018 County Christmas Party WHEN: Thur. Dec. 13th, 2018 from 10:30 am – 2 pm; see timeline below

1. Hor d'oeuvres: Begin at 10:30 am, upper floor Admin. Building (Kelly's desk)
 2. Santa Pictures: in the North Pole (Lee's Office) – begin at 10:00 am. All county employed children / grandchildren invited to meet Santa, and may have a picture taken. Each child will have a small gift from the Claus' upon their departure.
 3. Buffet: 11:30 – 12:30 pm BOCC Boardroom
 4. Dessert station: upper floor Admin. Bldg, by the vending machines
 5. Buffet food sign-up sheet will be at the Manager's Office main counter beginning today, 11.29.18. Please come in person to sign up – as trying to relay what we need over the phone will be challenging. Everyone is asked to contribute in some fashion.
- Categories for buffet food sign-up include: Place setting (plates, bowls, silverware, etc.); Appetizers, Hot Side Dishes, Salads, Soups, Rolls, Beverages, Desserts, Set-up and Clean-up Crew.



Secret Santa

IF you are interested in participating in the secret Santa Please email Audrey and let her know. She has also sent emails about it so check your emails.

Thank You To the Treasures Office for providing 13 Gifts to GCEMS for an Employee Drawing!

From the Command Staff Have a Safe and Very Merry Christmas!!!!!!



Teaching Opportunity

Colorado Mountain College Leadville campus is seeking a Lead Instructor for the EMT-Basic Course for the Spring 2019 Semester. Options available to co-teach the course (minimum of 50% of the load) or to teach the entire course.

Course Dates: 1/14/2019 – 5/4/2019 Spring 2019 Semester

Class Meets: Exact schedule TBD, Regular weekday evenings totaling 10.5 hrs per week plus 6 additional Saturday Lab sessions from 8am -4:30pm.

Credit Load: Maximum 12 credits for entire course load or minimum 6 credits of co-teaching credits.

Required for application:

Currently valid NREMT and Colorado State Certified EMT-IV (minimum) or Paramedic (preferred).

Background check required for position.

5 years total work experience as an EMS Provider in any setting.

2 years teaching experience.

Colorado Primary Instructor Course Certification (or obtain this prior to teaching)

Preferred for application:

Bachelor's degree or higher level of education.

Experience teaching EMT-Basic in a college or institutional setting.

Work experience as an EMT or Paramedic for an ambulance service or hospital.

Additional work experience as an EMS provider – Ski patrol, SAR, Outdoor Guide, Outdoor Educator, etc.

For more information contact Claire van der Plas, Assistant Dean of Instruction, Leadville Campus, cvanderplas@coloradomtn.edu 719 4864 294

BIRTHDAYS

Todd Holzwarth

12/4

Jesse Gatewood

12/15

Ray Jenning 12/31



Disaster Relief Team

Captain Brian Gourdin is putting together a disaster relief team. This team will combine a Wildland Fire EMS team and an Ambulance Task Force for FEMA Style responses.

One Team will be A Wildland Fire Team that will consist of both fire line qualified members and possibly non-fire line qualified members.

Second Team will be an Ambulance Task Force and will be deployed to major natural disasters such as hurricanes, earthquakes or any other disaster that requires additional medical personnel through FEMA. This involves longer deployments. If you are interested please reach out to Brian Gourdin at bgourdin@co.grand.co.us



IT IMPORTANT INFO

Keep Yourself and GCEMS Protected against Spam and Viruses!!!!

SonicWall Threat Research Lab came across a recent spam email campaign sending fake invoice payment receipt emails in large numbers. Email messages claim that payment has already been made from the user's account or the payment has been scheduled to debit their account. This creates anxiety to open the attachment for more details.

Here is how it works:

Spam Email → PDF attachment → PDF has link to Office Doc → Office Doc has Macro → Macro runs script → Script runs system command → System Command downloads Malware → Malware downloads more banking malware.

It all happens in an instant, then it's too late. An example of this malware is called EMOTET which is a 'dropper' that installs more malware.

Think Before you Click:

Do you know the sender?

Is the email you received actually from the sender? (verify the email address is correct and not a masquerade)

Were you expecting an attachment, does the sender normally invoice/notify in this manner?

Is the email worded appropriately?

Did you call the sender to verify its authenticity?

If you are unsure – **stop and call** Information Systems. Andrew, Mark, Eric and I would be glad to assist. If you are interested in more information or a more visual expiation, please contact me directly.

"It's Holiday Season for the bad guys too! They go into scam-overdrive mode. Black Friday and Cyber Monday are the busiest on-line shopping days of the year and bad actors are out to get rich with your money. So what to look out for?

At the moment, there are literally thousands of fake sites, looking just like the real thing. Don't fall for it. Make sure the site you go to is the real one.

Type in the address or use your bookmark, do not click on links in emails with special offers.

Watch out for alerts via email or text that you just received a package from FedEx, UPS or the US Mail, and then asks you for some personal information. Do not enter anything. Know what you ordered, and be aware of how and when it will arrive. Fake "Track your delivery" message are on the rise!

Don't download fake mobile apps that promise big shopping savings, and be very wary of online discount coupons. Think Before You Click!

So, especially now, the price of freedom is constant alertness and willingness to fight back. Remember to only use credit cards online, never debit cards.

If you think you might have been scammed, stay calm and call your credit card company, nix that card and get a new one. Happy Holidays!"

Thank you for your attention and support,

Kirk Magnusson

New Employees

Two new EMT's will be joining the GCEMS family.
Please Welcome Matthew Kaye and Eric Goldberger.

Thank You

A big thank you to our County Manager Lee Staab and the County Commissioners for our pay rates changing! I am sure everyone is excited for some extra income! Remember to thank those responsible in making this happen!

WTF do I do with all this leftover turkey" Turkey Quesadillas with Cranberry Salsa

Here is an amazing recipe from one of our amazing Captains Melissa Lewis.

Ingredients

- ◆ 3/4 cup fresh or frozen cranberries
- ◆ 2 tablespoons sugar
- ◆ 1/4 cup water
- ◆ 1 small pear, chopped
- ◆ 1/4 cup chopped red onion
- ◆ 1 jalapeno pepper, seeded and chopped
- ◆ 3 tablespoons chopped celery
- ◆ 2 teaspoons grated lemon zest
- ◆ 1 tablespoon lemon juice
- ◆ 1/2 teaspoon ground cumin
- ◆ 4 flour tortillas (6 inches)
- ◆ 2 cups cubed cooked turkey breast
- ◆ 1 cup shredded reduced-fat white or yellow cheddar cheese



Directions

For salsa, in a small saucepan, combine cranberries, sugar and water; bring to a boil. Reduce heat to medium; cook, uncovered, until berries pop, about 10 minutes, stirring occasionally. Remove from heat; cool slightly. Stir in pear, onion, jalapeno, celery, lemon zest and juice, and cumin.

Preheat griddle over medium heat. Top one half of each tortilla with 1/2 cup turkey; sprinkle with 1/4 cup cheese. Fold tortilla to close. Cook on griddle until golden brown and cheese is melted, 1-2 minutes per side. Serve with salsa.

LIFEPACK to ESO

We now have the ability to transfer all the data off your LPI5 to ESO (we have actually had that ability for a while). I need you guys to start using this process. All the data on the monitor should be a part of the patient record. When you transfer the data to your report you will need to review all the VS that are imported and delete any of them that you do not believe to be accurate. Reminder anytime the alarm goes off—the monitor time stamps that event and will transfer data.

By January 1, 2019 you must transfer all data to your ESO report. So start practicing now.

Melissa Sent out an email with a PDF outlining how to complete this. If you have any questions please talk to the Captain on shift.

Denver Health East Grand



DENVER HEALTH.

est. 1860

FOR LIFE'S JOURNEY

Important Notice to the Community

Denver Health East Grand Community Clinic & Emergency Center

Change in Hours of Operation

November 14, 2018 – May 5, 2019

Open Sunday – Saturday

7 Days a Week

9:00am – 5:00pm

Please call (970) 726-4289 to make an appointment. Walk-in patients are welcome for emergency room visits.

145 Purgen Road, PO Box 3828, Winter Park, Colorado 80482

970 726 4289 FAX: 970 726-4322

Dr. Nichols' Commemoration

Don't forget GCEMS is commemorating Dr. John Nichols for his service here at GCEMS. He has allowed us to practice medicine to our highest ability! He listens to how we perform our patient care and helps support better patient care. He also does on site training with our staff as well as participating by responding to calls. He has also trained as EMS 20 and supported our command staff. Please if you have any ideas about how we can show Dr. John Nichols that he is a great asset to GCEMS drop them off at station one in the comment mail box or Email me at tgourdin@co.grand.co.us lets all come up with some amazing ideas to Thank and honor Dr. Nichols!

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.

Lieutenants and Paramedic Slots

Reminder that Chief was approved in his budget to have 3 Lieutenant slot. If anyone has thoughts or comments on what should be expected from our Lieutenants please contact me on my email tgourdin@co.grand.co.us or leave comments in the mail box at station one. Examples are at least 3 years of a basic EMT, Seniority, and Exceeded education.

Paramedic School

Now accepting applications for our 2019 Yearlong and Accelerated Paramedic School programs! Applications due by March 1, 2019. Yearlong program begins June 2019, Accelerated begins September 2019.

Prerequisites:

A&P I & II (or its equivalent)

IV

ECG (recommended)

1-2 years EMT experience preferred

More information and application: <https://www.denverhealthparamedics.org/education/paramedic-school>

Please contact Susan Taylor at Susan.Taylor@dhha.org with any questions.

Schedule Change

Remember In January 6th 4 Ambulances are 48-96 and
2 Ambulances are 48-120

Shift bids Have been announced check your emails

EMS

WHETHER YOU ARE DOING CPR, EXTRICATING
SOMEONE FROM A WRECKED CAR OR HOLDING
THE HAND OF A LITTLE OLD LADY...WE DO
WHATEVER IS NEEDED WHENEVER ITS NEEDED.

*"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"*

