

AS THE AMBULANCE ROLLS

Grand County EMS

**Special All Staff Meeting:
June 20, Station 1 @ 1800**

June 2018

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Caught in action



Left: Crews participated in the 2018 EMS Week Open House and had a great time interacting with about 75 members of the public! Ice cream, cake, hot dogs and fun items for the kids were a hit! Thank you to all of the crews that assisted with the set-up, tear down and the event itself.

Below-Left: Becca just LOVES being in a helicopter!

Below-Middle: The 2018 EMT course getting their learn on!

Below-Right: Jason and Steven helping out at the Kremmling Healthfair.

Events and Announcements

- 6.16-17 Kremmling Days
- 6.16-17 Switch Music Festival
- 6.20 - All Staff Mtg
- 6.21 - High Note Thur
- 6.23-24 - Blues From the Top - WVP
- 6.23 - Flying Heels Rodeo
- 6.30 - Rendezvous Run for Independence
- 7.3 - Family Bicycle Parade downtown Granby
- 7.4 - July 4th MANDATORY work day



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!

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



County Manager Coming to EMS

Wednesday evening at 1800 on June 20th, 2018, County Manager Lee Stabb will visit with GCEMS staff to provide information and answers questions on the proposed "NEW" Healthcare Plan being introduced and offered to all employees of Grand County. This special event will provide an exclusive opportunity for GCEMS to have questions answered on how the healthcare coverage plan will affect each individual.

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

Thank You!!!

GCEMS Command Staff would like to thank everyone that participated in this year's EMS Week events! We appreciate your efforts that made the Granby Open House a success as well as those that participated in the Kremmling Open House. We learned a few things from the Friday event and hope to do an additional open house in Kremmling later this year on a Monday or a Tuesday.

Skiing with Charlie!!!

Our great mechanic and overall good guy Charlie is offering any of our GCEMS staff the opportunity to go boating with him over this summer! Most of the weekends and holiday mornings are usually when he's planning to go out and he has room for 1 or 2 folks in his boat. He has a set of combo skis and small child skis, or you can bring your own. He also has a few extra life vests, but no children's size. You will need to bring your own wetsuit, gloves, towels, etc... This is for people 8 years and older and he is just asking for gas money or beverages. Reach out to Charlie if interested!



Case Study Competition!

Below is a case study for you to review. The first medic and first EMT to email me the correct answer and correct plan of action and treatment per our protocols will win a prize! Answer will be posted in next month's newsletter along with a new case study.

A 43 year-old woman presents w/ fatigue, malaise, pharyngitis & fever of 100.7°F that started 8 days ago after an abscess drainage from her gums. Now she has noticed these painless lesions shown on her hands and feet. During examination you also notice sub-ungual hemorrhages of her fingers. Chest radiograph shows pulmonary infiltrates. During cardiac auscultation, you hear a murmur suggestive of tricuspid regurgitation that the patient denies having previously been knowledgeable of.

What is the most appropriate diagnosis?

- a. Endocarditis
- b. Idiopathic thrombocytopenia purpura
- c. Peripheral arterial vascular disease
- d. Systemic lupus erythematosus
- e. Toxoplasmosis



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!

EMPLOYEE OF THE MONTH



Alan Gonano has been nominated for Employee of the Month due to his attitude and energy over this last month (and beyond). He's been extremely helpful with the new hires and onboarding them. He's been one of the first to offer assistance when asked for help around Station 1 and just has an overall positive impact on staff. Thanks for your hard work Alan!!

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.

Welcome new employees!!!

Please take a moment and welcome two NEW employees, Kendra and Andrew as well as welcoming BACK Jessica Knezovich! Jessica is currently onboarding with crews to get back into her Paramedic role, while Andrew will be going through the Paramedic Academy with Jeanne. You will be seeing lots of Kendra in the admin office as she works with Nadine and Robin in billing. Make yourself known to them and welcome them to our great team!

New suggestion boxes being deployed



You should expect to see these suggestion mailboxes out and about in Stations 1, 2 and 4 in the next week. They will be locked and only Chief will be able to open them. 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

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 3 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

If you would like to volunteer please let me know and I'll get you added to the list. Please don't hesitate to contact any one of us at any time!
Melissa 970-324-5181 mwrightlewis@co.grand.co.us

JUNE BIRTHDAYS

7 - Travis Wildeboer
30- Cordie Stieve



From Melissa's Desk

Transmit from the Lifepack to ESO

You can now transmit directly from the Lifepack to ESO! The full set of directions is in your email and on Vairkko. If you want me to walk you through the process just let me know and I can show you how easy it is. A few people have tried it and enjoy how it works!

Here's an abbreviated version of the directions. Turn on your lifepack and make sure lifenet and ESO program are open (does not work if you use the web version). Turn on your lifepack and find the patient you want to transmit. Transmit via Bluetooth to the laptop. After it has completed transmission go to the vital sign tab in ESO. Click on import and it will bring in your vital signs, events and EKG's. Now all you have to do is go in and edit the data! It's a huge time saver especially on long calls. It also attaches your EKG's directly to the report so on the QA side we can see your strips.

Give it a try and let me know what you think!

I've recently noticed that truck/bag checks are not consistently being submitted on Vairkko. I've had some differing reasons explained to me including problems submitting the form from personal devices, trouble logging into Vairkko and inconvenience of the form. The rig check form is essential for operations and has its purpose. It also protects you as a provider on the vehicle if done properly. The number of completed checks has decreased since January and I'd like to get some consistency in doing them, especially the monthly check.

We all rely on each other and have faith that our coworkers are performing their duties and taking the same pride in their work that we are. It's frustrating and concerning when a truck is checked and found to have medications that expired months before (especially first line meds, narcotics and RSI medications).

I'm reaching out to everyone to look for suggestions and idea's to help solve this problem. I'm asking you to reply (if you want me to keep your reply anonymous I can do so within reason) with your reason for not completing a truck check on Vairkko and any suggestion/idea you have that may make you more likely to complete one. Some idea's I've already had suggested are paper forms, a form with a narrative to free write what is missing or expired, and a more reliable program for submitting checks. I'd really like to find a solution to this problem and feel the best people to help are the one's doing it every day

2 More Healthy On-The-Go Meals For Paramedics and EMTs

These planned meals will help you stay healthy and full between EMS calls. Last month we shared 3 of the 5 meals, so this month we're posting the remaining 2 for your viewing pleasure.

We often make nutrition too difficult and complicated. When yours truly was on the street in a busy urban system, I would prepare meals the day before a long week of running calls. While it takes some planning, I was able to eat well, save money and control myself from the high-sugar and low-health foods that seem pervasive in our world.

4. READY-MADE OATMEAL

This is a very healthy, tasty and easy recipe for a pre-made breakfast or even a meal.

- Old-fashioned rolled oats (not instant, quick, or steel-cut)
- Greek yogurt
- Almond or soy milk

Handful of chia seeds — yes chia seeds, they are a super food and tasteless

Add the ingredients to a 1-cup Mason jar in this order: oats, milk, yogurt, and chia seeds, along with desired sweeteners or flavors. Consider frozen blueberries, peanut butter and bananas, or apple sauce and cinnamon. The options are endless.

Gently mix and place in the refrigerator overnight. Enjoy the next day. Four jars will keep for a long shift week.

5. EASY CALZONE

Makes a great meal and will feed as many as five people, or keep you fed for four or five shifts.

- Whole wheat pizza dough
- Diced veggies of your choice
- Pre-cooked chicken breast or other protein of your choice

Cheese optional

Preheat oven to 350 F. Lightly grease a pizza stone or baking sheet with olive oil. Roll out your pizza dough into a circle and set aside.

In a separate pan lightly sauté diced vegetables of your choice. I prefer zucchini, broccoli, onion, garlic and at the end spinach (fresh or frozen), but any green vegetable will do.

Add a chicken breast or protein of your choice (pre-cooked).

Add the lightly sautéed veggies to the pizza dough and carefully fold to make a calzone. You can of course add a bit of cheese; I like to add extra leaf greens like kale, greens or spinach as they cook down very quickly.

Bake for 15-20 minutes or until the crust is done. A little pasta sauce on top completes this awesome meal.

We have a VERY busy summer season on us now with the parades, Ride The Rockies, July 4th and other stand by events. We appreciate everyone that has stepped up so far and taken on extra shifts and hope to see others do so soon. There may be times that mandatory overtime will be enacted, so please make sure that you've taken an extra shift when the time comes so you can move back down to the bottom of the list.

POLICY 68.0 STANDBY EVENTS

68.1 EMS staff members assigned or signed up for standby events are required to arrive in a timely manner to complete inventory of the unit they are assigned.

68.2 EMS staff members shall be in the proper uniform attire, be clean shaven, showered, and maintain a professional image at all times.

68.3 EMS staff members shall remain in close proximity to the EMS unit and maintain security of the unit.

68.4 EMS staff members will remain in radio contact at all times.

68.5 EMS staff members will fuel the EMS unit prior to returning to the station.

68.6 EMS staff members will return to the station as promptly as possible after the standby event.

68.7 EMS staff members will on return to the station fully clean the EMS unit and properly restock the EMS unit.

68.8 The EMS staff members will check and make sure the oxygen bottles are within acceptable levels.

68.9 The EMS staff members will check with the on-duty shift captain prior to leaving.

Policy 55.0 RECALL OF STAFF

55.1 In times of disaster or MCI the staff is subject to be recalled.

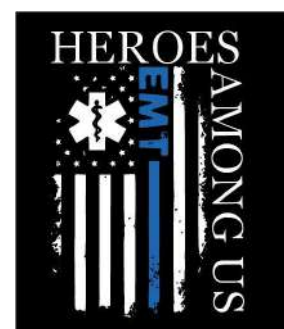
55.2 When staff is paged or called by telephone you are required to come to station one unless otherwise directed.

55.3 Those staff personnel at another employer shall notify the employer of the need to respond. Grand County EMS is the primary employer.

55.4 As a public safety organization the department may hold over staff as deemed necessary and may require staff to come in to work as mandatory overtime.

Last But Not Least

- Caitlin is once again the EMS Intern over the summer and will be starting her senior year in August. We look forward to her assistance and please make sure she stays busy over the summer!
- Delaney and Tanner Neiberger will be the new EMS summer staff as they've completed the High School EMT training. They are working with crews to learn even more about what we do, so please make sure to help them out!
- Please make sure that every cot has a pillow and blanket!
- There will be new handheld radios coming for all the crew later in the month, so keep an eye out
- New uniforms are rolling out, so check with Melissa if you haven't received yours yet
- Don't forget that July 4th is a mandatory work day. Erich will be getting the schedule out shortly. There are FOUR separate firework events happening on the 4th, so be prepared
- We have not received the report from the special consultation visit. Once received, we will get that out to everyone
- Budget season is coming up quickly. If you have a recommendation, get it to Chief ASAP!
- KNOW YOUR DISTRICT!!!



National Association of Emergency Medical Technicians Of The Year Awards

Nominations for the NAEMT "Of The Year Awards" are open and we would love to see any of our staff nominated along with GCEMS overall. Christian Hornbaker will be working on these nominations but will need assistance from you if you'd like to nominate one of your co-workers. This would be a huge honor and we want you to be recognized both internally and externally. Please see Christian **IMMEDIATELY** if you are thinking of anyone in particular. The categories we would look at are **EMT**, **Paramedic**, **Educator**, **Medical Director** (new this year!), and **EMS Service**.

Station Cleanliness and Thoughts

A reminder as we hope spring is finally here. The outside of the stations are very important to take care of. Station 1 includes everything from the Library to Mesa Street and Jasper Avenue to Agate Avenue, especially the front! **A HUGE shoutout to Shannon McGill for helping with the flowers outside of Station 1!** Station 2 includes the area completely around the station buildings. Do not let the weeds get ahead of you or that makes for even more work. The front and east side of Station 2 has some wild flowers but needs to be weeded on a regular basis. Station 4 again includes the area completely around the property, the entire length of Eagle Avenue, our side of 11th Street from Eagle Avenue to the alley right of way, and all along the north side of the property at least 4 feet from the fence.

The areas at all stations need weed control, trash clean up, and generally kept in a very pleasing visual condition. It is the responsibility of all staff to care for these areas.

Thank you for complying with these duties as they have an immediate reflection on us!

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.

Thank you for all that you do!