

**All Staff Meeting  
April 18th, 2019  
@ Station 1**

**Special points of interest:**

- **New Look to Newsletter**
- **Always Keep three points of contact at all times on the ground during winter**
- **Always sign narcotics log with the relieving party or Captain on shift**
- **Stay Safe and always be a professional with a personal touch!!!**

**Inside this issue:**

Caught In	1
Fun Events	2-
Winter Grill Covers	3
INFO and Birth Days	4
More Info	5
Employee of the Month	7
Book Club	7
Up Coming Events	9
Closing and Training	10



**AS THE AMBULANCE ROLLS**

**Caught In Action**



The Girl Scout Brownie and Daisy Troops visited the EMS team to earn their First Aid badges! Big shout out to Jeanne Power, Jason Haefeli, Steven Kentfield, Tara Gourdin, Garrett Sullivan, and one of our high school interns for all their help in educating the girls a little bit about first aid!

### 2019 Ice Driving School



Part of the team having so much fun learning how to drive on the ice in Steamboat Springs, CO



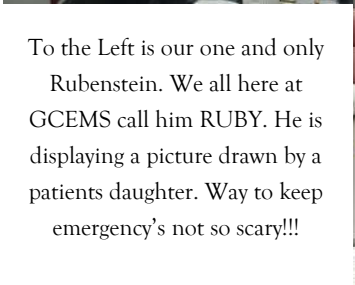
### 2019 CO Emergency Management Conference



### Dream Team



Josh Didn't apply a C Collar again! So he got photographed by Melisaa. I think we will call this one C-Collar photo of shame!!!



To the Left is our one and only Rubenstein. We all here at GCEMS call him RUBY. He is displaying a picture drawn by a patients daughter. Way to keep emergency's not so scary!!!



**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.

Thanks for making GCEMS a respected organization out in our community! 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](mailto:tgourdin@co.grand.co.us) along with a brief description.

The more pictures the better!



**Thank you for all that you do !!!!**

## WINTER GRILL COVERS

You may have noticed that winter grill covers, similar to the picture attached, have been appearing on the primary 911 ambulances. The purpose of these covers is to help heat up the engine, as well as to maintain higher engine operating temperature while idling on scene. The higher operating temperature is required for the heat in the patient compartment to work up to it's full efficiency.

I have heard concern that the cover will overheat the engine. However, the cover should not cause the vehicle to overheat, even while driving back from Denver in the 60+ degree temperatures that can occur during these winter months. That being said you will likely notice that the engine temperature gauge does begin to climb up to the 3rd tick mark on the gauge. This is considered normal and the vehicle IS NOT overheating. If the engine is overheating the gauge will progress towards the 4th tick mark and a “High Engine Coolant Temperature” message will display on the instrument panel. An audible chime will also be heard. If this condition occurs reduce your speed, turn the A/C off, and turn the heat on. This should help reduce the engine temperature. If the engine continues to overheat pull over immediately and let the engine idle with the heat on until the gauge returns to below the 3rd tick mark. To prevent an over-heat condition from occurring it is recommended that you do not attempt to travel from Golden to Genesee at more than 65 MPH



and do not hold the accelerator to the floor.

As of today, the covers are installed on Medic 2, 4, and 10. Medic 3 will be done in the next couple weeks. Please do not remove these covers. If you have any questions or concerns please feel free to contact Logan.

### Be Prepared

Remember when working outside in winter, it is important to be prepared for the weather conditions. This means wearing waterproof shoes or boots with good traction, Layering clothing, and wearing hat and gloves. You loose body heat through exposed skin so cover up as much as necessary with out compromising freedom of movement.

## Car Seat Tech

If you are admin it is mandatory you sign up for the class

The class is scheduled for June 17-19

Please following the instructions that Audrey sent in email to register for the class.



## 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.

WHAT 2019 WILL BRING

Important Driving INFO

When the Medic Units are operated in the emergent mode, driving emergent, driving code 3, driving lights and sirens, use all of the available audible warning sirens. The purpose of multiple sirens is to provide as much warning sound to the motoring public as possible.

Thank you and have a great evening and be safe,

Chief



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**Get Some New Boots**

Melissa was able to set up a corporate account at Boot Barn for EMS employees'

You will get a 10% discount off of regular priced (not on sale) boots, socks, and thermals. You must present a current Grand County



Lieutenants

Reminder that Chief was approved in his budget for 3 Lieutenants slots.

If you have thoughts or comments on what should be expected from our Lieutenants please contact me on my email [tgourdin@co.grand.co.us](mailto:tgourdin@co.grand.co.us)

Or leave comments in the mail box at station one.

The Command staff along with the CRC are working together to come up with Lt. Hiring guidelines.

**EMS**

“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”

EMS employee badge to get the discount.

National EMS Safety Summit

When: March 26-29, 2019  
Where: Embassy Suites Downtown Denver

**Featured Topics**

Understanding Payers and the WHY it is important to You Ambulance Service Reimbursement

EMS Financial Management- How to Start and How to Thrive

Wednesday- Friday, March 27-29, 2019- General Sessions for the Safety Summit

**Featured Topics**

The Las Vegas Shooting

Preparedness for and Response to Urban Mass Casualty Incidents, Based on the Israeli Experience

Implementing NFPA 3000: How to Prepare Your Community and Agency to Better Respond to Active Shooter and Hostile Events

Novel Wounding Patterns at Hostile Mass Violence Events and EMS Best Practice Response

Anticipating the Unthinkable— Sandy Hook Shooting- from a Mother’s Perspective

Tara sent out an email to all staff for registration link.



03/03 Jason

Haefeli

03/08 Melissa

Lewis

03/29 Tammy

Russell

03/31 Wyatt May



**Captain Cell Phone**



The number is 970-509-9131. This is the phone the Captains will have on shift.

**Case Study**

Due to this last month being super crazy we have decided to wait on the new case study. Melissa will send one over email at a later date.

**INFORMATION**

Ambulance

Relay Changes

Some of you may have noticed that we have been moving Medic 1 (or whichever ambulance the 5<sup>th</sup> crew is using on Fri and Sat) to station 2. We have been doing this to help keep as much of the ambulances indoors as we can. This makes it easier for people parking at station 1 and also helps prevent freezing.

With this come some changes. If you are working the 5<sup>th</sup> ambulance Friday and Saturday or the 2<sup>nd</sup> ambulance at station 2; you will need to grab one of the utility vehicles such as the black stallion and take that to station 2. By doing this we can help keep the parking spaces at station 1 open and also all the equipment inside from damage. I know this will take some time to get use to and I appreciate everyone cooperation in this change.

Thank you very much for every ones flexibility.

Reminder for scheduled transports a PCS (physician certification statement) needs to be filled out by the doctor

verifying the patient can not sit, stand or walk.

If it sounds like the patient's family does not feel comfortable taking the patient by car—unfortunately Mcare will not pay for that so the family will need to pay for the transport out of pocket prior to transport.

I would need to calculate cost.

If you have questions let me know

Audrey

**HOSPITAL UPDATE**

East Grand  
Community Clinic is Now  
Denver Health  
Winter Park  
Medical Center  
Wish them the best for 2019

**On the Go Chicken Avocado Roll-Ups**

**Ingredients:**

- 2 avocados, cubed
- Juice of 1 lime
- 1 bell peppers, seeds and cores removed, chopped
- 1/2 small red onion, chopped
- 1/2 c. Shredded Monterey Jack
- 1/2 c. shredded Cheddar
- 2 tbsp. sour cream
- 2 tbsp. finely chopped chives
- 4 large flour tortillas

**Directions:**

1. In a medium bowl, combine avocado and lime juice and mash until only small chunks of avocado remain. Add chicken, bell pepper, red onion, Monterey Jack, cheddar, sour cream and chives and stir until evenly combined.
2. Spread a thin layer of the chicken avocado mixture onto a large tortilla, leaving a small border around the edges. Roll the tortilla up tightly, then cut off the edges and slice into 1” rolls. Repeat with remaining ingredients



**Station  
Rotation  
Tuesday  
March 5th**

**Medic 10 at  
Station 1  
Medic 3 at  
Station 3  
Medic 2 at  
Station 4  
Medic 4 at  
Station 2**

**Professional and Affordable Health Screening**

**SAVE THE DATE**

The Granby Rotary and Grand County EMS are teaming together to host the 9Health Fair

**Fair Date:** Saturday April 20th, 2019

**Fair Time:** 7:30 am to 11:30 am

**Where at:** Granby Elementary

There will be many Free Screenings: Blood Pressure, Vision, Oral Health, Wellness Zone to name a Few

And of Course the Blood Screening area!

Grand County Office of Emergency Management will also have a booth!

Register Online! [Www.9HealthFair.org](http://www.9HealthFair.org)

**Leave the radios, pagers, and garage door openers at the station. Computers stay with the trucks. Take your personal items with you. Have a great day!**

EMPLOYEE OF THE MONTH

Jessica Knezovich Nominated EMT Sullivan and Paramedic Captain Barber for employee of the month. On 2/28 both of these provides experienced their first code pediatric arrest. This was Barber’s first code as a medic. Jessica stated they both performed amazing within their scopes of practice. “As a team we all worked well together and they remained calm!” Jess



stated, “ It was great help to me on the call and I am proud to have them as my partners on that call!”

Congrats to you Two for being exceptional providers!!!

BOOK CLUB

Grand County EMS Book Club! 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.

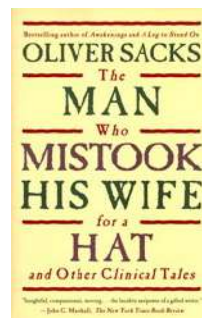
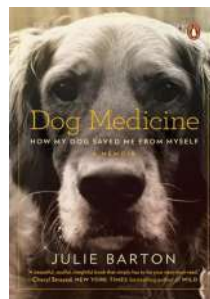
"The more that you read, The more things you will know. The more that you learn, The more

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>



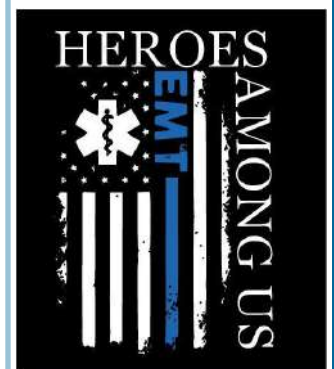
Reminders

Winter is coming! Be prepared with extra travel time for you shift.

CRC

Next meeting TBD will be announced over email.

Reviewing recommendations and coming up with a plan to implement changes.

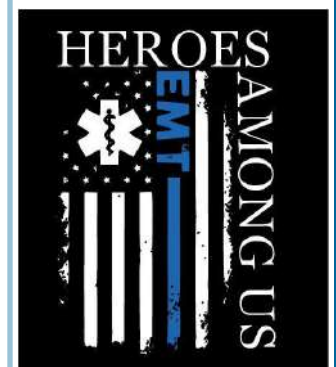


IMPORTANT HEALTH INFO



Reminders

If the patient is not going to SAH or DH (regardless of age) please ask what kind of insurance-if Medicare get an ABN that would be sufficient.



**FLU INFORMATION**

The first pediatric death in Colorado related to flu was reported on Jan. 9, 2019.

The child resided in the Denver metro area.

Influenza continues to circulate widely across Colorado and the United States, with Influenza A (H1N1) viruses predominating.

From Sept. 30, 2018, through the week ending Jan. 5, 2019, 962 influenza hospitalizations have been reported in Colorado.

At this time hospitalization rates in children younger than 5 years are the highest among all age groups. A (H1N1) virus-predominant influenza seasons are frequently associated with more illnesses in children.

There have been 11 outbreaks in long-term care and residential facilities reported statewide since Sept. 30, 2018.

Antiviral treatment is recommended for hospitalized patients; children under age 5 (and especially those under age 2); adults age 65

years and older; pregnant women and those up to two weeks postpartum; and individuals with underlying health conditions.

Antiviral chemoprophylaxis is also recommended for all eligible long-term care facility residents during a facility outbreak; regardless of whether they received influenza vaccine.



**Measles in a Denver County Resident**

On January 15, an adult resident of Denver County tested positive for measles after traveling internationally.

It is unclear whether or not this person was previously vaccinated. The last case of measles in Colorado was during 2017.

Measles is a highly contagious viral disease that causes a distinct febrile rash illness. The incubation period for measles ranges from 7 to 21 days. Susceptible individuals exposed to this person could currently be experiencing measles symptoms and may develop symptoms up until Feb. 4, which is 21 days after the patient was infectious without airborne precautions in place.

Colorado Department of Public Health and Environment (CDPHE) and Denver Public Health contacted people who were directly exposed to the case, but the measles virus is very contagious and unidentified exposures may exist.

Measles symptoms include a prodrome characterized by a fever (usually  $\geq 101$  degrees F), cough, coryza (runny nose),

and conjunctivitis, followed by a rash that usually begins on the face 2–4 days after prodrome onset and lasts at least 3 days.

The diagnosis of measles should be considered in any person with a generalized maculopapular rash and a fever, especially if accompanied by cough, coryza or conjunctivitis

(immunocompromised patients may exhibit an atypical rash or no rash), OR in a person with prodromal symptoms who reports a measles exposure.



**EDUCATION INFORMATION**



**Car Seat Tech**

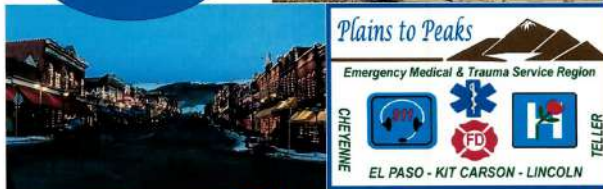
If you are admin it is mandatory you sign up for the class

The class is scheduled for June 17-19

Please following the instructions that Audrey sent in email to register for the class.

**2019 Plains to Peaks RETAC  
ALS Conference for the Experienced Provider  
“Advanced Life Support with Altitude”**

March 15-17, 2019  
Double Eagle Hotel & Casino  
Cripple Creek, Colorado



**Good Health Information**

**Critical Care Class**

Critical Care Class

03/06 and 03/07

Station 1

Presenting Charles Swearington

Starts @ 08:30 in education.

**Registration Open!**

**What Does Lifestyle Have to Do with Health?**

We all know we should be eating healthy foods, exercising regularly, getting enough sleep and trying to manage our stress. But did you know that by doing those things you can prevent, treat and oftentimes reverse chronic disease?

**Vaping and Teen Health**

Colorado teens are vaping more than anywhere else in the country, nearly double the national average! Dr. Tista Ghosh, from the Colorado Department of Public Health and Environment, shared some information about what you need to know about vaping and how it is impacting the Colorado teen population.

**Volunteers Needed - 2019 Spring 9Health Fairs**

With the 2019 Spring 9Health Fairs fast approaching, we are asking for your help! We have a few volunteer positions open for the upcoming season and we would love to have you! If you want to make a difference in your community and in the lives of many, become a 9Health volunteer! Email Alex, our Director of Volunteer Engagement at [alex.andrews@9healthfair.org](mailto:alex.andrews@9healthfair.org) if you or someone you know wants to volunteer.

**Medical Direction Addition**

I am pleased to announce that Dr. John Nichols has an Assistant Medical Director build a stronger Medical Direction team.

Dr. Darcy K. Selenke accept the proposal from Dr. John. Grand County EMS will greatly benefit from her years of experience as a local ED Physician as well as her past experience as a Rural EMS Medical Director.

Please welcome Dr. Selenke to our EMS family.



RMHC PEDS AND OB SYMPOSIUM



Weekly CE's

Station 1 @ 9:00

GCSAR

6:00 PM - 8:00 PM

Grand County Search and Rescue

GCSAR Rescue Base, Fraser, CO, 80442

BLS Refresher

03/14 & 03/15

08:30 Start

Station 1

Community CPR

03/18

06:00-10:00 PM

Station 1

Community First Aid

03/20

06:00-10:00 PM

Station 1

GC All Hazards Training Consortium

03/07

10:00 AM

Grand Fire

ALL STAFF MEETING

04/18/2019

4:00 PM

Station 1

**Registration**

Register at [RockyMountainHospitalForChildren.com/EMS](http://RockyMountainHospitalForChildren.com/EMS)

Registration closes on March 7<sup>th</sup>

**Location and Parking**

Presbyterian/St. Luke's Medical Center, Colorado River North, 1719 E. 19<sup>th</sup> Ave., Denver, CO 80205. Free parking is available in the professional plaza west garage or directly on 19<sup>th</sup> Avenue. Enter through the "Surgery Entrance" and the Colorado Room North is the second door on your right.

**General Symposium Information**

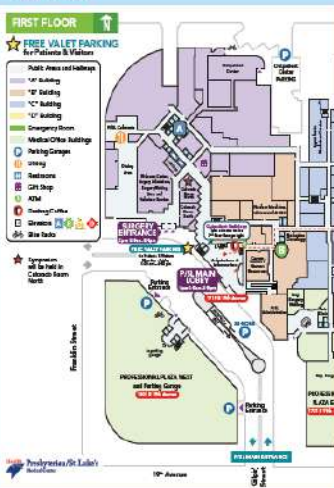
- The morning session of the symposium is available in person or via WebEx. Full day registration for in person attendees only.
- 7 hours of EMS and nursing CE/CME will be awarded.
- The Symposium is offered at no charge.
- Breakfast and Lunch provided for those attending both sessions
- Breakfast provided to those attending only the morning session

**Questions?**

Please contact Ben Dunn (EMS Coordinator at Rocky Mountain Hospital for Children at Presbyterian/St. Luke's) at [Benjamin.Dunn@HealthOneCare.com](mailto:Benjamin.Dunn@HealthOneCare.com) or 720-754-4001.



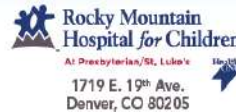
**Facility Map**



3rd Annual Rocky Mountain Hospital for Children® Prehospital Pediatric and Obstetrics Symposium

Saturday, March 9, 2019  
7:15 am - 4:00 pm

Sponsored by:



**Pretty Awesome Classes**

March 6 & 7—Critical Care Review: Mandatory ALS providers

April 2 & 3—Basic EKG: Mandatory BLS providers

April 16—12 Lead Interpretation by Bob Matoba

May 2 & 3—Difficult Airway Course: Mandatory ALS providers

May 7—PALS Refresher—If your PALS will expire in the next year you need to be there.

Sign up on Vairkko

**ROTH 457(b)**

Effective February 5, 2019, the County's 457 Participation Agreement was amended to allow both the Traditional 457(b) option and Roth 457(b) option (it previously allowed for the Traditional 457(b) option only). Please see attached CCOERA update for information on both options. If you are interested in setting up either 457 plan, please provide the attached enrollment form to Human Resources. Please let us know if you have questions or need other information. Thank you.



**Training Schedule**

March 28, 2019 5-8 pm Granby EMS

March 29, 2019 9-3 am Kremmling Fairgrounds Ext Hall

April 12, 2019 8:30– 4 pm Granby EMS

April 19, 2019 9-3 pm Kremmling Fairgrounds Ext Hall