

AS THE AMBULANCE ROLLS

Grand County EMS

**All Staff Meeting:
July 19, Station 1**

July 2018

Inside this issue:

All staff	2
Health Care info	
Skiing with Charlie	
Case Study	3
Competition	
Reminders	4
Emp Of The Month & New Employees	
Suggestion box	
Peer Support	5
Group Birthdays	
Christian Grab&Go	6
Meal idea	
Pertinent Policies	7
Last But Not Least	

Caught in action



Left: July 4th crews going over details for the parade and rest of the day. Below: Sometimes it's OK to sit back and relax by a pool!



Left: Crews watch as Flight For Life departs with 1 patient from DHEG. Below: Northern Medical helping out on a call up in Grand Lake.



Events and Announcements

- 7-16 Critical Care Review
- 7-17 Critical Care Class
- 7-19 All-Staff meeting
- 7-21 Jazz Festival, Elevation Festival, Fraser Rodeo
- 7-22 Jazz Festival
- 7-23 Critical Care Review
- 7-24 Critical Care Review
- 7-24 Grand Kids Daycare
- 7-25 Critical Care Review
- 7-26 Critical Care Review
- 7-27 Farmer's Market
- 7-28 Fraser Rodeo
- 7-30 Critical Care Review
- 7-31 Critical Care Review

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!



ALL STAFF MEETING JULY 19TH

This Thursday, July 19th is the next all-staff meeting. There will be a lot to go over so please be prepared to take notes and ask questions. This is a crazy busy time of the year and 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 open shifts. We are better because of your willingness to go above and beyond what we traditionally ask of each of you. The summer is still going strong and we'll still be needing help.

Health Care Proposals

If you were not at the meeting in June to go over the proposed healthcare changes that are being suggested by the County Manager, please make sure that you talk with your shift captain or other command staff member. We want to make sure that you get the right information ASAP

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 the case study reviewed last month. Congratulations to Erica (Paramedic) and Tanner (EMT) for the 1st correct answers.

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 subungual 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

A. Endocarditis

When looking at the patient with the lesions and fever the answer is endocarditis.

Duke's criteria includes having two major symptoms, or one major and three minor symptoms or just five minor symptoms.

Major criteria can be the following; 2 positive blood cultures from 2 different sites or same site drawn 12 hours apart, endocardial involvement on echocardiogram, and/or new regurgitant murmur.

Minor criteria included predisposing heart condition or IV drug use, fever > 38°C (100.4°F), vascular phenomena (i.e.. cutaneous hemorrhages, aneurysm, systemic emboli, pulmonary infarction); immunologic phenomena (i.e. glomerulonephritis, Osler nodes, Roth spots, rheumatoid factor); positive blood culture or echocardiogram findings that do not meet major criteria. In this case, the patient has one major criteria (regurgitant murmur), and three minor criteria (fever, splinter hemorrhages, and Janeway lesions).



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



Tami Russell has been nominated as the June employee of the month, congratulations!! Tami continues to keep most of us in line (or at least tries) and has been helping out all through the county in terms of open shifts and assisting where needed. She always keeps her station in check and is ready for when a call comes. We appreciate your help Tami!

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 all of our new employees to the station as they work on their academy rotations, protocols and skills. EMT's Tara Gourdin, Richard "Scooter" McGraw, Stephen Rubenstein, and Paramedics Andy Hayes-Hamilton and Mark Wilson. Make sure you introduce yourself and welcome them to the team. You'll see them around the county and possibly on your ambulance.

New suggestion boxes being deployed



You should be seeing these boxes in the stations now. 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 month's newsletter. Keep your thoughts coming!

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

JULY BIRTHDAYS

- 9 - Mark Wilson**
- 16 - Robin Trainor**
- 18 - Jeanne Power**
- 19 - Karla Whitcare**
- 25 - Charity Loar**



Christian's Grab n Go Meal for July

Spring Rolls to go:

One of our favorite things to make during the summer are spring rolls like what you get at a Thai restaurant. They're pretty easy to make once you get all of the ingredients set up and they can be stored for a few days! The sauce is pretty basic too depending on your tastes. You can put a lot of different items inside to suit your needs but I've included most of the ones that we use.

What you'll need:

Spring roll wrappers (pictured)

Sliced cucumber sticks

Sliced carrots

Shrimp (cooked, peeled) (some like chicken in them)

Cilantro

Mint leaves

Basil leaves

Bean sprouts

Noodles (optional, takes more time but good!) We use Sweet potato noodles so they're healthy and quick! You can find them in the Asian section

Dipping sauce:

Crushed peanuts

Sriracha

Hoisin

Optional: some people use creamy peanut butter sauce

Directions:

Using warm water in a cooking pan (or something similar), submerge the wrapper until the entire wrapper is wet (1 to 2 seconds really) and place onto a cutting board, shaking off any water. Wrapper should be somewhat stiff but should soften up as the water soaks in. Place selected toppings toward the bottom of the wrapper and fold lower portion over the toppings. Fold the sides in to 'seal' the ends and then roll the rest of the wrapper up. Pretty much identical to when you get a burrito at Chipotle! The wrapper should be sealed. Practice a lot to get the right amount of dampness to the wrapper so it's not too flimsy (otherwise it won't hold any toppings). Mix the sauce ingredients to your level of spiciness and put into a small cup or container. You SHOULD be able to dip the roll into the sauce without everything falling out. Use a spoon to scoop if need be. Try it out and let me know if you need help!



We have a VERY busy summer season upon us now with some parades still left, Rodeos, music events 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. Erich has sent out the list to everyone, so if you haven't gotten it, double check with him ASAP. We'd prefer NOT to use the list, but will to make sure we're fully staffed.

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

- Please make sure that every cot has a pillow and blanket!
- New handheld radios are out for all the crews, check them out!
- New uniforms are rolling out, so check with command staff if you haven't received yours yet.
- All-staff Thursday July 19th!
- 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! What do you want to see in the stations?? All suggestions will be considered.
- 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.

