

University of Arizona Medical Center South Campus - Base Hospital Newsletter

EMS Connected



EMS Connected: New Look and Content

The University of Arizona Medical Center—South Campus Base Hospital quarterly newsletter *EMS Connected* has undergone drastic changes and improvements in order to incorporate new departments which directly impact Emergency Medical Services.

New and existing departments within UAMC—South Campus will be featured in articles which directly impact EMS and allow EMS & fire personnel and their respective agencies the opportunity to learn what is currently happening on the South Campus.

The new contributing departments that have been asked to generate articles are Trauma Services with Surgeon DJ Green, Cardiology, Toxicology and the Poison Control Center and the new South Campus Emergency Department. The Trauma Page will be featured in the Holiday Edition of *EMS Connected*.

A special invite for article contributions went out to Tucson Fire Department. TFD has been a long-standing partner with UAMC-South Campus providing state-of-the-art host sites and joint education for EMS community continuing education venues.

The South Campus based agency articles have been such a success and will continue to be a featured portion of the Base Hospital Newsletter, as *EMS Connected* is generated for Emergency Medical Services.

If you feel there is a need to incorporate more UAMC—South Campus Departments or feel the Base Hospital needs to increase certain areas please feel free to contact Mary McDonald, UAMC South Campus Base Hospital Manager and *EMS Connected* Editor

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EMS CONNECTED



EMS Connected

EMS Rotation for Second Year EM Residents at U of A Healthcare South Campus

Article submitted by Daniel Beskind MD

We are very excited to be offering a two week curriculum for each of the second year emergency medicine residents at U of A Healthcare South Campus. The curriculum is designed to expose the residents to the many diverse aspects of EMS. Mary McDonald our Base Hospital Manager and paramedic Eryq Hastings have been extremely helpful in making this a worthwhile experience. The curriculum involves multiple ride-alongs with Golder Ranch Fire Department and Tucson Fire Department. The residents spend a day with each of these agencies and go on 911 calls. This up close experience with EMS lets the residents experience first hand how the medics function on the scene utilizing on-line and off-line medical direction.

In addition, the residents also have an opportunity to attend some of the EMS meetings in town like Medical Directors and or the PDR committee. Exposure to these meetings gives the residents some understanding of the complexity and politics involved in making EMS protocols: for example, updating the SAEMS protocols is not as easy as it seems and involves bringing the changes through multiple committees to modify a protocol or Standing Order.

The residents also give a continuing education lecture (CE) to the EMS community. This is usually given at TFD Fire Central or Abrams building and is very well attended. Brian McCleod gave an excellent lecture on near drowning. Allison Lane also gave an outstanding lecture on obstetrics and neonatal resuscitation. Lara Bickford will giving a lecture on "burns" this month, which is fitting as October is Fire Prevention Month.

Another aspect of the rotation is to learn about the quality assurance (QA) that is involved in keeping the agencies updated on their performance for both the individual provider and the agency as a whole. University of Arizona Medical Center - South Campus is the Base Hospital for multiple agencies and keeps electronic records on all of the runs for each individual and agency. The UAMC-SC QA system utilizes strict criteria based upon a number scoring system. If a skill is performed a number is applied based upon the preset criteria. The Base Hospital is able to individualize "report cards" to the personnel based upon their agency skill sets. This way we can give the individuals feedback if their run sheets are sufficient or where they can improve. We can also give the overall performance back to the agencies so they can see how they are doing.

The residents also have required readings in the EMS textbook: Emergency Medical Services: Clinical Practice and Systems Oversight series (Cone et. al.) published by the National Association of EMS Physicians (NAEMSP). This four volume text goes over the Clinical Aspects of Prehospital Medicine, Evaluating and Improving Quality on EMS, Medical Oversight of EMS as well as Special Operations Medical Support. The residents also learn about the dispatch system in Tucson which is currently being modified and run by Tucson Fire Department.

Hopefully, the rotation gives the residents some understanding of the EMS system so when they graduate and move on to practice as Emergency Medicine Attendings, they will be able to participate in their local EMS system more effectively.

EMS Medical Director



EMS Connected

Mary's Corner

So much has happened since the beginning of summer, and there would need multiple pages relaying the information; but will attempt to recap specific events:

- ◇ **Name Change:** In the past few years the Base Hospital has undergone many changes which has included multiple name changes as the facility evolved. The change has been at times confusing but the Base Hospital and the facility has a new name which is indicative of the personnel within; The University of Arizona Medical Center - South Campus. The tag line of *Academic Medicine is Smart Medicine* is not only accurate when looking at the list of accomplishments that has occurred over the past six years. The Base Hospital is proud of the EMS & Fire Agencies that worked diligently and believed from the beginning that the “South Campus offered more than meets the eye” and for this dedication and support, the Base Hospital team under the guidance of Dr. Daniel Beskind thanks all of EMS & Fire.
- ◇ **EMS Appreciation Night** was a huge success bringing many agencies together to view the Emergency Department. Beautiful department, delicious food and tours were provided for those attending. Fabulous based agencies provided support for this event by flanking the Emergency department with their vehicle apparatus. Arriving dignitaries were amazed at the compilation of equipment from aircraft to specialty airport response vehicles to ambulances, fire engines and ladder trucks. The Trauma Rooms were dedicated with a lasting memorial plaque to the crew of LifeNet 12. Agency after agency representatives as well as College of Medicine, City, County and hospital administration showed up and made this night of EMS appreciation a huge success. As I always say, “it’s all about EMS”! *Take a peek at a few of the pictures on page 20.*
- ◇ **ED Christening** August 17th at 0710 the first transport to the ED arrived courtesy of TFD Paramedic 22. Just a few short hours later Paramedic 11 arrived with the 1st code, christening the Adult Code Room. The code christening called for another tradition, ice cream! so gallons of ice cream and toppings arrived to the station courtesy of the Base Hospital.
- ◇ **Quarterly Report Cards** will now be provided to agency administration so they too can see what a wonderful job each individual provider is doing. The Base Hospital feels there has been a disconnect by not providing the based agency administration with the ability to assist in helping their employees better themselves with documentation issues. The individuals QA'd will now be able to have a viable performance record of their documentation efforts which can be placed in their employee files.
- ◇ **The Base Hospital office** is coming home to the 2nd floor post construction and opening of the Emergency Department. Access to the Base Hospital will no longer entail crews having to go out of service, wait for elevators and maneuver through a maze of corridors to discuss and deal with prehospital issues. There will be an office “opening” when completed. Thank you, Jackie DeBeche. Stay tuned!

EMS Base Hospital



EMS Connected

Abbreviation Do's and Don'ts in Documentation

Article Submitted by Eryq Hastings—Base Hospital

As we all know documentation is a “core skill” everyone needs to master in EMS. The ability to document observations and findings is critical in the continuity of care for patients. One of the stumbling blocks that decreases the accuracy of documentation is abbreviations. Documenting a large amount of information in a relatively small space is difficult so the use of proper abbreviations needs to be utilized.

Some of the most common errors and misconceptions in abbreviation use are:

- Arrows in documentation are over used. The up ↑ and down ↓ arrows have specific meanings. The up arrow means increase and the down arrow means decrease. The arrows do not mean above or below and the use of left and right arrows is not recognized.
- Another misused abbreviation is placing an *x* after the first letter of a word. There are several abbreviations utilizing an *x* that are approved such as Dx for diagnosis, Tx for treatment, Fx for fracture. *Improper* use of an *x* in an attempt to create an abbreviation for the word transfer or transport is commonly mistaken as Tx. The appropriate abbreviation for Transfer would be TxFr. Px or Pn is commonly used to abbreviate the word pain. Currently in Arizona there is no recognized abbreviation for transport or pain.
- There are also several abbreviations that have been replaced or removed from use. These abbreviations include “MVA” (now MVC), and “MS” for morphine. The word morphine must now be spelled out and “cc” has been removed and replaced with ml.

There are many abbreviations improper and proper and this is obviously not a complete list. It would behoove all providers to review abbreviations to improve their documentation skills which directly could impact the continuity of care.

A list of SAEMS approved abbreviations can be found on the SAEMS website (www.SAEMS.net) under the Protocols section.

Special Thank You's

The UAMC—South Campus Base Hospital would like to send a special thank you to **Golder Ranch Fire Department** and **Tucson Fire Department** for their participation and support in the University of Arizona South Campus Emergency Medicine GME Program. GRFD and TFD have graciously opened their station doors and have provided the Emergency Medicine 2nd year residents access to the “World of EMS”.

The 2nd year residents are required to ride along with medic units dispatched on 911 calls. The experienced crews answer questions about the care provided in the field. The residents also learn 1st-hand about the scene, EMS assessments and treatments provided in all types of weather. The time spent with the crews has been educational as well as beneficial.

EMS Base Hospital



EMS Connected

Emergency Department Update

Article Submitted By Jacqueline DeBeche

On August 17th the new Emergency Department opened its doors to the citizens of Tucson and Pima County. This new ED represents an amazing change utilizing state-of-the-art equipment, private patient rooms and spacious waiting rooms to accommodate families. In conjunction with the new area our name has changed and we are now known as the University of Arizona Medical Center - South Campus. The Emergency Department is and always will be committed to providing quality emergency care to the residents of Tucson and its southern communities. Providing fast courteous service to our partners in EMS is a top priority to all of us at UAMC-South.

The new Emergency Department is comprised of three distinct areas, South, North and Psy/DOC. The South area is for high acute patients and is a total of 10 beds, 4 of which are designed for Trauma, a designated OB room and Adult and Pediatric Resuscitation rooms. The North is 11 intermediate private rooms, all are monitored beds and capable of handling medical emergencies. Psy/DOC is a nine room secured area for Behavioral, Department of Corrections, ETOH and Law Enforcement patients. Eight of the thirty three new beds are isolation rooms with negative pressure monitoring. Every patient room was designed to allow maximum space for equipment, supplies, computer for documentation and easy accessibility to the rest of the department.

The increase in bed capacity has allowed us to grow and accommodate the needs of EMS transports and walk in patients. We closed Urgent Care and designated the old ED south side as Fast Track. All of these beds are monitored and this area is open from 1000-2200.

The old North side of the ED will be going under renovation sometime in the near future to become a 10 bed Fast Track/ Obs area. When this is completed Fast Track will relocate to this new space and their temporary space will be renovated for ED Beds. This will give us a total of 52 Emergency Department beds.

UAMC – South Campus Emergency Department nursing staff have been receiving Trauma Education such as TNCC or ATLS as the South Campus moves to Level III Trauma. Our goal is to have Provisional Level III Trauma status by December 2011. Irene Gohr, RN has accepted the position of South Campus Trauma Manager working closely with Trauma Physician DJ Green, the University Campus Trauma team and the South Campus Base Hospital.

I appreciate all of your patience and support these last few weeks as we transitioned into the new ED. Our signage is temporary and we are still trying to find all the supplies and equipment we deployed within the department.

Thank you for all you do, Jackie

EMERGENCY



EMS Connected

Liquid Candle and the Arizona Poison and Drug Information Center

Liz Petersen RPh, CSPI, Keith Boesen PharmD, CSPI (Managing Director), F. Mazda Shirazi MD, PhD, FACEP (Medical Director)

As the fall and winter holidays approach, we at the poison center start to see a shifting trend in the calls to the center. From Halloween through New Years, parents call us worried about their children and pets biting into or eating things associated with the holidays—things like glow sticks, chocolate and poinsettias. Fortunately most of the exposures are minor and there are no serious consequences.

Recently, we've gotten several calls around Halloween which alerted us of a potentially concerning holiday hazard caused by liquid lamp oil candles. These candles are sometimes used inside of jack-o-lanterns or as free standing decorations, instead of the more traditional wax candles or electric light bulbs. These liquid candles do have advantages over the wax candles, but they also pose some significant health risks if they are not properly handled. We remind parents to keep these decorations out of the reach of youngsters.



These candles usually have a jar for a base filled with a flammable hydrocarbon and a burnable wick extending from the wick holder providing closure for the containers. The wick allows for a long, slow burn.

Over the past 3 years our poison center has received 49 calls regarding exposures to these lamp oil containing candles. Almost half of the cases ended up in the emergency department, with 2 patients having serious effects.

The calls about these candles were mostly involving young children handling the jars or bottles and sucking on the wicks. It's no surprise children are attracted to the candles since many brands use shapes which resemble baby bottles (see photo).

Aspiration can occur when even a small amount of the hydrocarbon fuel is ingested. Although immediate coughing, choking and dyspnea are often seen with ingestions, symptoms can be delayed as much as eight hours after the exposure. Persons with difficulty breathing or ANY respiratory symptoms that develop after exposure to these candles should be seen in an emergency department immediately as the symptoms can become life threatening.

We encourage anyone to call the poison center and speak with specially trained pharmacists anytime there are questions about these candles or any other products

TOXICOLOGY



EMS Connected

D2B Alliance

*Article Submitted by Kwan S Lee MD FACC
Assistant Professor of Medicine
Director Cardiac Catheterization Laboratory*

In 2006, the American College of Cardiology launched the D2B Alliance, a national campaign designed to help hospitals improve patient outcomes by achieving the guideline-recommended door-to-balloon time of 90 minutes or less in patients with ST-elevation myocardial infarctions. A newly released study, "Improvements in Door-to-Balloon Time in the United States, 2005-2010" in the American Heart Association journal *Circulation* showed that the median door-to-balloon times in the US declined from 96 minutes in 2005 to 64 minutes in 2010, more than a 30% reduction over 5 years.

The University of Arizona Medical Center South Campus cardiac catheterization laboratory has been open since 2008. We have been 1 of 5 hospitals in the Tucson area who have participated in the D2B alliance, implementing numerous evidence-based measures to improve our performance, including activation of the cath lab by the ER physician with one call, prompt data feedback, senior management led, team-based approaches and activation of the cath labs with pre-hospital ECGs.

EMS teams are a crucial link in this chain of patient care and we would like to take the time to thank you for your contribution, especially to the teams who provide pre-hospital ECG services as this has a powerful impact on helping us achieve our door-to-balloon times. Pre-hospital ECGs are considered one of the most important factors in decreasing door-to-balloon times and have been shown to decrease treatment times by up to 23 minutes.

With your help, we have achieved 100% 90 minute or less door to balloon times over the last 7 months with an average door-to-balloon time of 55.0 minutes, an improvement from our HHS publicly reported September 2009 to 2010 figure of 89%.

We would like to take this opportunity to introduce you to our newest faculty member, Dr. Kapildeo Lotun, who has been appointed Associate Director of the catheterization laboratory at UAMC North Campus, Director of Structural Heart Disease and Director of Peripheral Vascular Services. Dr. Lotun moved from Virginia Commonwealth University where he was on faculty for 3 years. He brings with him expertise in cardiac catheterization via the radial approach, which has been shown to decrease bleeding complications. He recently treated a 65-year old Jehovah's witness who presented to UAMC South Campus ER with an anterior ST-elevation MI with the radial approach to minimize the bleeding risk, achieving a door-to-balloon time of less than 90 minutes.

Together, we are committed to developing acute cardiovascular care here with EMS medicine in Southern Arizona and to establish UAMC as a center of Southwestern excellence.



*UAMC—South Campus
Cath Lab Team*

UAMC- South Campus Door to Balloon Averages

Quarter	STEMI's	Avg, D2B/Min	Avg. YTD D2B/Min
1 st	9	70.6 minutes	70.6 minutes
2 nd	4	71.3 minutes	69.5 minutes
3 rd	8	53.3 minutes	63.3 minutes
4 th	1	27.0 minutes	

CARDIOLOGY



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2011 BLS Dates October -December

Tuesday	October 18th	0800-1200
Thursday	October 27th	1200-1600
Tuesday	November 15th	0800-1200
Wednesday	November 30th	0800-1200
Thursday	December 8th	1300-1700
Tuesday	December 27th	0800-1200

To register for AHA courses contact:
South Campus Education at (520) 874-4268.
Courses are provided at no charge for
UAMC-South Campus Based Personnel.

UAMC—South Campus Continuing Education

Monthly Physician Taught CE

3rd Thursday 1000-1200

Alternating Sites:

October —Abrams Building 1000-1200

November TFD Central 1000-1200

December—Abrams Building 1000-1200

San Manuel Fire Department

Burn CE

Saturday, October 15th,

CE Days for Recertification

November 2011

48 hours of CE - 6 days

Base Hospital Airway Lab

Coming in 2012

12 Lead Instruction - Basic thru Advanced

Agency Olympics



2012 ACLS & PALS

JANUARY

14th - ACLS RENEWAL

28th - PALS RENEWAL

FEBRUARY

25th & 26th - ACLS INITIAL

MARCH

3rd - ACLS RENEWAL

24th & 25th - PALS INITIAL

APRIL

28th - ALCS RENEWAL

MAY

12th - PALS RENEWAL

19th & 20th - ACLS INITIAL

JUNE

RESIDENT CLASSES

JULY

14th & 15th - PALS INITIAL

28th - ACLS RENEWAL

AUGUST

11th - ACLS RENEWAL

12th - PALS RENEWAL

SEPTEMBER

15th & 16th - ACLS INITIAL

OCTOBER

13th & 14th - PALS INITIAL

28th - ACLS RENEWAL

NOVEMBER

17th - ACLS RENEWAL

DECEMBER

1st - PALS RENEWAL

8th & 9th - ACLS INITIAL

EDUCATION



EMS Connected

The University of Arizona Medical Center—South Campus Base Hospital would like to extend our congratulations on the administrative appointments from each agency.

South Tucson Fire Department University of Arizona Medical Center—South Campus Base Hospital would like to extend a warm welcome to the Base Hospital's newest agency South Tucson Fire Department. South Tucson Fire Department is led by Chief Lawrence Larry Anderson Sr. and Battalion Chief Louie Pianka. STFD has been in existence since 1930 and serves the citizens of the City of South Tucson. The one square mile in 2010 generated 2500+ 911 calls, many of which are trauma in nature.

South Tucson Fire Department has been a strong supporter of the facility providing a presence in the ground breaking ceremony and the recent EMS Appreciation Night providing fire apparatus and personnel. The Base Hospital looks forward to a strong relationship and partner in the years to come! Welcome aboard.

San Manuel Fire Department has a new EMS Training Coordinator, Paramedic, David Carter .

David Carter currently works for Southwest Ambulance, the University of Arizona Medical Center - University Campus in the Emergency Department and San Manuel Fire Department. David has 20 years of military training, and has worked as a Combat Medic for 10 years. David brings his military experience to the field of EMS. Congratulations from the South Campus Base Hospital.



Mount Lemmon Fire Department has a newly appointed Captain, Jesus Canales.

Captain Canales is a Paramedic and Firefighter and has been employed by MLFD for seven years. Captain Canales has been a Paramedic for 5 years. Jesus has an Associates in Paramedicine, an Associates in Allied Sciences and Fire Science and is currently enrolled in Technical Rescue Technician courses. Jesus also worked in the Emergency Department at UPH. Captain Jesus Canales works closely with the Base Hospital in the EMS Training Coordinator role. Congratulations from the South Campus Base Hospital.



Agency Updates

EMS Connected

Fire Chief, Jim Critchley comes to this position with 23 years of experience as a Firefighter/Paramedic and draws from his Degrees in Fire Science and an MBA from the Eller College of Business. Chief Critchley's top priorities include improved and accessible Provider education, departmental and intra-agency collaboration as well as a fully supported and integrated Communication System.



Ass't. Chief Dave Ridings has been a TFD Firefighter, Paramedic and Administrator for over 34 years. His areas of interest and expertise include EMS, Logistics and Planning. Chief Ridings has recently been assigned the duties of Emergency Communications Administrator to oversee the City/Regional 911 Communications System for the department. Chief Ridings is also responsible for Medical Administration, Health, Safety, and Emergency Management.



Ass't. Chief Mike Fischback is the most recent addition to the Ass't Chief position. He has been with TFD since 1991. He has extensive experience in Medical and Fire Operations and Education. He is also a strong proponent of Leadership thru mentoring and by example. In addition to Fire and EMS, Chief Fischback has served in the U.S. Marines as a Pilot and completed his Master's in Educational Leadership



Deputy Chief Ed Nied has been a Firefighter/Paramedic for 25 years, 21 of them at TFD. He holds a BS in Fire Science, a Master's in Fire Administration and is a nationally recognized innovator, speaker and author on the topics of Fire-Ground Safety, Firefighter Health and Wellness and Infection Control. He has recently moved from the Medical Administration and Safety Deputy Chief position to that of Operations Deputy Chief responsible for day-to-day operations for 2 of the 4 TFD Battalions.



Agency Updates

EMS Connected

Deputy Chief Rob Rodriguez has been recently promoted from the position of Battalion Chief to Deputy Chief of Operations for the remaining 2 of the 4 Battalions. He has been with TFD since 1982 and continues to receive enormous respect from the field providers for his expertise in Fire Command, Technical Rescue and Special Operations. Chief Rodriguez has also served many years as a practicing Paramedic Captain and is considered a leader in blending the dual roles of Fire and EMS.



Deputy Chief Sharon McDonough brings a long history and experience as a Fire-fighter and Paramedic to the job of Medical Administration and Communications Deputy Chief. Her varied background includes Captain, public education, Haz Mat and Fire Code Inspection. Chief McDonough has spent over 20 years in EMS and Fire and continues to offer a practical, systems management approach to the task of blending medical administration, medical practice, EMS education and region-wide communications. This collaborative approach encourages self-direction, problem-solving and integration of services at the lowest levels possible.



Battalion Chief Mike Garcia has been a Firefighter and Paramedic with TFD for 14 years, and a total of 20 in Fire/EMS. Chief Garcia holds a BS in Business Administration and has extensive experience in EMS and Fire education. His recent promotion and assignment includes department-wide Special Projects including the research, development and implementation of the Zoll Rescuenet FireRMS system. His other areas of responsibility include the interoperability of FireRMS, the Zoll ePCR and the technology requirements of the updated Public Safety Dispatch system.



Jarrod Mosier MD has been named by Dr. Terence Valenzuela, Administrative Medical Director for Tucson Fire Department, as the Deputy Medical Director for TFD. Dr. Mosier completed his Emergency Medicine Residency at U of AZ, College of Medicine in 2009. He is currently a member of the Emergency Medicine Faculty as well as a Fellow in Critical Care Medicine. He has also successfully completed the National Association of EMS Physicians (NAEMSP), EMS Medical Directors Course, and coursework in Emergency Management from the National Incident Management System (NIMS). Dr. Mosier's particular area of interest is difficult airway management.

Agency Updates

EMS Connected

Don't Let Fire Devastate Your Family
Article Submitted By Chief Randy Ogden



Fire can be furious and deadly -- the heat alone can kill. Each year, more than 600 children ages 14 and under die in residential fires. Nearly 60 percent of these children are ages 4 and under. Fires and burns remain the third leading cause of unintentional injury-related deaths among children in the United States.

But there are time-tested ways to survive a fire. That's why it's crucial for families to know what to do in a fire, and even more important how to prevent them.

Fires do not discriminate. Children, especially those ages 4 and under, are at greatest risk from home fire related death and injury. Fires can frighten even the most prepared families. But by thoroughly learning and practicing basic fire safety, a family will have a better chance at making sure everyone escapes safe and sound.

ELIMINATE POTENTIAL HAZARDS

A small fire can transform into a deadly fire within minutes. To help prevent a fire, parents and caregivers need to closely inspect the home and eliminate all potential hazards.

The **Mt. Lemmon Fire District** reminds families to:

- ◇ **Keep matches, lighters and other heat sources out of children's reach.**
- ◇ **Children are naturally curious.** *Playing with matches and lighters is the leading cause of fire deaths for children ages 5 and under.*
- ◇ **Remove anything too close to a fireplace, heater or radiator, such as clothing, furniture, newspapers or magazines.**
- ◇ **Secure all portable heaters.**
- ◇ **Avoid plugging several appliance cords into the same electrical socket.**
- ◇ **Replace old or frayed electrical wires and appliance cords, and keep them on top of rugs.**
- ◇ **Store all flammable liquids such as gasoline outside of the home.**
- ◇ **Keep furniture and other heavy objects out of the way of doors and windows.**

PLAN AHEAD

In the event of a fire, simple safety practices such as having working smoke alarms can drastically reduce the chance of a fire-related death. The chances of dying in a residential fire are cut in half when a smoke alarm is present.

The **Mt. Lemmon Fire District** suggests the following:

- ◇ **Buy and install smoke alarms.** *Install smoke alarms on every level of your home and in every sleeping area.*
- ◇ **Consider installing both ionization alarms — better at sensing flaming fires, and photoelectric alarms — better at sensing slow, smoky fires.**

Mt. Lemmon Fire



EMS Connected

Continued from page 14

- ◇ **Test and maintain smoke alarms regularly. Test smoke alarms monthly.** Replace batteries at least once a year. Replace smoke alarms every 10 years
- ◇ **Plan and practice two escape routes out of the house and each room.** It is important to have an alternate escape route in case one is blocked by fire. **Fire drills should be practiced spontaneously at night since 50 percent of fire deaths in the home occur between 11 p.m. and 6 a.m.**
- ◇ **Designate an outside meeting place.** Once outside the house or apartment, all members of the family should meet at a designated spot to make sure all members of the family are accounted for quickly

TEACH CHILDREN FIRE SAFETY

Time is precious when a fire starts in the home. Children need to be taught about the dangers of fire and what to expect so they can act quickly. An unprepared child will most likely attempt to hide from the fire instead of leaving the burning building. If a child is coached properly ahead of time, he or she will have a better chance of escaping. The extremely hot air caused by these high temperatures can cause severe lung damage when inhaled. In addition, adults and children can be quickly overcome by odorless, colorless carbon monoxide fumes in less than two minutes, fall into a deep sleep and never awaken.

The **Mt. Lemmon Fire District** recommends the following:

- ◇ **Teach children the sound of a smoke alarm.**
- ◇ **Teach children to crawl low under smoke.** An estimated three-fourths of childhood fire deaths are caused by the smoke and toxic gases produced as a fire develops and spreads.
- ◇ **Teach children to cover their mouths and noses.** A moist towel is best, but a t-shirt or anything within reach can protect lungs from dangerous fumes.
- ◇ **Teach children to touch doors before opening them.** If the door is hot, use an alternative exit.
- ◇ **Teach children never to go back into a burning building.** Children should be reminded not to stop or return for anything such as a toy or to call 9-1-1. A call to 9-1-1 should be placed after leaving the premises.
- ◇ **Teach children to “stop, drop and roll and cover their face.”** Upon leaving the burning house or building, children whose clothes have caught on fire should immediately stop, drop to the ground and roll themselves back and forth to quickly extinguish the flames.

Take children to your local fire station for a tour. Children will be able to see a firefighter in full firefighting gear and learn that he or she is someone who puts out fires and saves children.

Mt. Lemmon Fire



EMS Connected



Exciting things are happening at Rural/Metro Corporation in Southern Arizona

Article Submitted by: Fernanda Echavari

• Leadership



Last June, Rural/Metro Fire Chief Tom Brandhuber was promoted to Division General Manager for Rural/Metro Corporation in Southern Arizona. Chief Brandhuber brings more than 20 years of experience in public safety and emergency services and also adds perspective of a military emergency service professional.

“It is a privilege to lead an organization that excels in public safety, and to work with men and women who provide great patient care each and every day,” Chief Brandhuber said. “I’m looking forward to our organization continuing to service this great community.”

As the Division General Manager, Chief Brandhuber oversees Rural/Metro Fire Department, Southwest Ambulance, and Rural/Metro Ambulance which are all housed under the Rural/Metro Corporation.

• Social Media

In order to keep in touch with our community, our employees, and the media, Rural/Metro Southern Arizona has new pages on Facebook and Twitter.

Having a presence in the online world will not only help us communicate our message, it will also highlight the proactive community outreach our firefighters and EMS personnel do on a daily basis.

The pages will include updates, breaking news and features from both, Southwest Ambulance and Rural/Metro Fire Department.

Find us on Twitter @RuralMetroSo_Az and like our Facebook page for Rural/Metro Southern Arizona.

Rural/Metro is also working on a new re-designed website with great new features which will go live soon.

Southwest Ambulance



EMS Connected

Fall Activity Awareness

Article submitted by Charles Glover



October is Fire Prevention Month, Breast Cancer Awareness Month, and Halloween so please be safe out there.

Fire Prevention:

- ◆ Check your smoke detectors & change the batteries every six months. Monthly checks should be performed
- ◆ Have a plan and practice fire drills in your home with your kids
- ◆ Review the 9-1-1 system with all family members and keep your emergency information updated in a location near the phone
- ◆ Place the Poison Control Centers phone number on the refrigerator, next to the phone or assign a speed dial number to alleviate “panicked steps”

Halloween & Parties:

- ◆ Treat yourself to Halloween candy that is in its original wrapper and from a reliable source
- ◆ Keep candy up high and out of reach for the family pet as they like toddlers place everything into their mouths and chocolate is dangerous for our 4 legged friends!
- ◆ Glow sticks not only illuminate the way for trick-or-treaters at night but require adult supervision around the curious toddlers and infants who place everything in their mouths
- ◆ Bring the fresh jack-o-lanterns in at night as pumpkins attract javalina’s
- ◆ If you enjoy alcohol during October-Fest, the Chili Cook Off or at a costume party don’t take a chance by picking up your keys and driving
- ◆ Watch the adhesives that are placed onto the skin and make sure your kids have full vision with all costumes

Breast Cancer Awareness:

- ◆ While you’re enjoying yourself this October, don’t forget to think “pink” and check those booooobies.
- ◆ Both men and women need to perform self breast exams
- ◆ While showering soap makes the skin more easy to manipulate
- ◆ Remember to take a moment to perform this monthly check for yourself and those who love you!

*THINK
PINK*

October is National Breast Cancer Awareness Month. Reminder to get your Booo-bies checked.



Tucson Airport Fire



EMS Connected

COPPER TOWN DAYS 2011

Article Submitted by David Carter



San Manuel, Arizona at one time was the proud owner of one of the world's largest underground mining operations. MAGMA Copper Company/BHP officially went into production in 1952 and closed its doors in 2007. Many people in this community worked for "Mother Magma" as it was fondly called. The mines were the livelihood for many generations of San Manuel families. Growing up in San Manuel you always knew you could work in the same mine as your father, his father and friends.

Copper Town Days was formed with the very first event back in April 17th 2010. This past weekend marked the Second Annual Copper Town Days. The day's festivities started at 0800 with the Community Schools Soccer Championship, that followed with a free community breakfast with Pinal County Sheriff, Paul Babeau.

The rest of the days activities included a car show with cars brought from all across Arizona. For the younger generation there were jumping castles, rock climbing walls and live entertainment which featured the home town band "Haywire". There were multiple craft vendors showing and selling their goods as well as T-Shirt vendors, and of course great food.

Representing the fire district, San Manuel Fire Department displayed their ladder truck and rescue ambulance with pride. Throughout the festivities San Manuel Fire District provided emergency medical services for the community. The citizens and attending guests were under the watchful eyes of the fire department keeping the community out of harms way. Throughout the day the San Manuel citizens came to view the fire and rescue equipment and interacted with the EMS & fire personnel.

The Copper Town festivities ended around 1830. Immediately following the day long festivities a Mixed Marshal Arts event "Home Town" fights was presented by local MMA promoter Caesar Ortiz. Those attending the fights had a great time.

The tight-knit mining community of San Manuel was reborn even for just a day as those who had moved away came home to visit family and friends; they re-lived the days of old, telling stories of the past, when San Manuel was once a booming mining town.

On some nights you can look down to where the old mine use to be and remember what once was...

San Manuel Fire



EMS Connected



2011 Tucson Firefighter's Chili Cook-off

Article Submitted by Sloan Tamietti,



The 2011 Tucson Firefighter's Chili Cook-off which is scheduled for October 28th from 10am-10pm. The annual Chili Cook Off is more than a fun event with great food. The proceeds directly fund the Adopt-A-Family program.

Last year, this event raised more than \$12,000 which helped hundreds of Southern Arizona families during the holidays with gifts of food, clothing, shelter and holiday presents. Last year with the money collected this event was able to feed 1800 families, give 350 gifts and visit sick children at UMC with a Ladder truck with Santa Claus and gifts on Christmas.

Every year the participating fire departments serve over 750 gallons (which is over 24000 servings) of chili, and attract more than 10,000 people to the music and food festival. There are 30 booths in friendly competition with each other based upon theme and best chili. Each participating fire department brings at least 30 gallons of chili to the event. There will be a wide variety of chili from spicy hot to veggie. The chili is \$1.00 a cup and all proceeds benefit the Tucson Firefighters Adopt-A-Family Program.

This year we are working very hard to increase the amount that we raised last year so that we may assist more needy families since the economy has left thousands more in dire circumstances that can use this type of assistance.

As firefighters, it is our job is to serve the citizens of the City and this doesn't end when we are off duty. This event helps us maintain the ability to continue doing just that, but we cannot do it alone. For more details you can visit http://www.tucsonfirefighters.com/chili_cook-off.html.

Tucson Fire



**2011 TUCSON FIRE FIGHTERS
CHILI COOK-OFF**
October 28, 2010
10:00 AM to 10:00 PM
El Presidio Plaza Park
160 W. Alameda



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Mount Lemmon and the Good Samaritan 3rd Year

Article Submitted by Mary McDonald

Sometimes when working shorthanded “Good Samaritans” can be a blessing; such is the case with Mount Lemmon Fire Department and Leah Gilbert, MD.

Leah Gilbert a 3rd year resident, driving up to Mt. Lemmon for an afternoon of anticipated hiking outside of Summerhaven, saw an ambulance pulled off the side of the road with code lights on. A crowd of people surrounded around 2 EMS and 1 volunteer personnel and a patient lying on the ground. The 3 prehospital providers were working on an elderly male patient providing compressions and initiating an IV. Witnesses stated that the patient, who was biking, tipped over and fell to the ground. On scene care was initiated for a pulseless apneic patient, also known as sudden cardiac arrest/MI. The MLFD EMS providers on scene accepted Leah’s assistance unbeknownst the *Good Samaritan* was a 3rd year Emergency Resident at their base hospital.

Working together as a team, compressions continued, an IV was initiated and the patient placed onto a monitor; based upon the presenting rhythm a shock was delivered and compressions resumed. Medications were being drawn up and utilizing a BLS airway the patients O2 sats were raised to 100%. As Leah prepared to intubate, the patient began to gag upon the introduction of the laryngoscope. The patient was breathing spontaneously and regained a strong pulse and blood pressure. The patient was awake, moaning, moving all extremities spontaneously, although not speaking or following commands. The patient was transferred to the ambulance awaiting the incoming helicopter while airway was closely monitored. The patient was airlifted to TMC where he immediately was taken to the cath lab. The patient did well post cardiac event.

Second chances at life such as those with sudden cardiac arrest/MI are not as rare anymore especially so with the introduction of Continuous Compressions and having an AED or monitor available to deliver electrical therapy. Such is the case with the Tucson Airport Fire Department who has had their fair share of code saves with immediate chest compressions and the use of an AED. The Tucson Airport Authority Fire Department and Airport Police department are an example of preparedness utilizing Continuous Compressions and electrical therapy.

The University of Arizona Medical Center—South Campus Base Hospital Congratulates the team efforts of Leah Gilbert, MD, MLFD Paramedic Jesus Canales and EMT Joe Gunia and Peter Norton, Paramedic.

KUDO's



EMIS Connected

3rd Annual GOLF CLASSIC



Player Information
(Please include contact information if it is different)

Player 1 _____
 Company _____
 Address _____
 City / State / Zip _____
 Telephone Ext. _____ Email _____

Player 2 _____
 Company _____
 Address _____
 City / State / Zip _____
 Telephone Ext. _____ Email _____

Player 3 _____
 Company _____
 Address _____
 City / State / Zip _____
 Telephone Ext. _____ Email _____

Player 4 _____
 Company _____
 Address _____
 City / State / Zip _____
 Telephone Ext. _____ Email _____

Friday, November 11, 2011

- Entry Fee: \$125 per player
Includes complimentary course drinks, lunch, quality entry gifts, and a chance at great prizes!
- Format: Scramble
- Hole-In-One Contest.
Chance to win \$10,000!
Contest sponsored by
Mt. Lemmon Cookie Cabin

Benefitting
The
Mt. Lemmon
Fire District

Great Raffle
Prizes!

Mail form & make checks payable to:
Mt. Lemmon Fire District
P.O. Box 759, Mt. Lemmon, AZ 85619

For more information contact:
Deb Edgell @ 576-1033 or
Derrille Anderson @ 975-9795
New IC # 88-001527

mikeedgell@msm.com

Your support of this event will facilitate our goal to raise monies needed to benefit the Mt. Lemmon Fire District.

Thank you for your support.

- Chief Randy Ogden



3rd Annual GOLF CLASSIC

To benefit
The Mt. Lemmon
Fire District

Friday, November 11, 2011

Registration: 6:30 a.m.
Shotgun Start: 7:30 a.m.

at the
Arizona National
Golf Club
9777 E. Sabino Greens Drive
Tucson, AZ
520-749-3519 ext. 414

Fund Raisers



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Impressive !!



Beauties of EMS.



Recent IV Training



Norma, Chief Clark & his 2 angels, Isreal, Wanda & Kevin



Rick & Life Net Personnel



Dr. Beskind & Mary McDonald



BHM & SWA Angels



Out with the old....



In with the new!!!!

Pictures

