

University Physicians Base Hospital Newsletter

EMS Connected



EMS Medical Director Daniel Beskind, MD

It has been a great year of growth for EMS at UPH and we want to thank all of our providers for their exceptional care of their patients as well as their commitment to UPH. We are also very excited with the growth in our EMS education, and research.



From the educational perspective, we are proud to be offering more continuing education courses and have purchased new equipment that includes airway manikins, more intraosseous drills for IO placement, cric and needle mannequins. We also now have multiple attending physicians (Dr. Mazda Shirazi, Dr. Dale Woolridge, Dr. Frank Walter, Dr. Lawrence Deluca, Dr. Josh Gaither, Dr. Chad Viscusi, and myself) and even have several emergency medicine residents (Dr. Bret Birrer, Dr. Emily Grover, Dr. Aaron Leetch) who have become American Heart Instructors for teaching Advanced Pediatric Life Support (APLS) and Pediatric Advanced Life Support (PALS) as well Advanced Cardiac Life Support (ACLS). To kick off the New Year, we will be teaching the Emergency Pediatric Interdisciplinary Care Conference (EPICC) to the Southern Arizona pre-hospital and hospital community on January 8th and 9th and appreciate UPH's sponsorship of this course.



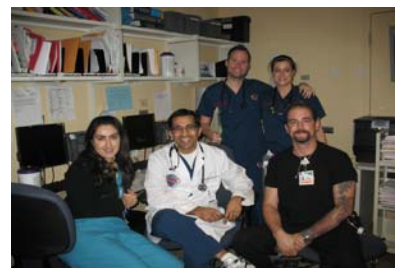
The EMS educational opportunities for the residents have been steadily increasing and Dr. Frank Walter, and Dr. Josh Gaither and myself have developed an Advanced Disaster Preparedness and Response (ADPR) course as part of their education.



In regard to research, The Arizona Emergency Medicine Research Center (AEMRC) under the lead of Dan Spaitte MD, Kurt Denninghoff, MD, and Uwe Stoltz Phd should be very proud of scoring very high on a three year NIH grant called EPIC to evaluate traumatic brain injury (TBI) in the field. They will find out in February if they scored high enough to win the 3.4 million dollar grant. The residents and attendings have also submitted several EMS research abstracts to Western Society of Academic Emergency Medicine for 2011. One EMS research project is evaluating the motor score of the GCS as a prehospital risk adjustment measure for trauma. Another study is looking at the relationships between ambulance crew configuration, EMS on-scene interval, procedural performance, and the Rapid Acute Physiology Score (RAPS) in adult EMS patients. The growth of resident research projects over the past several years has been amazing and many faculty have been mentoring the resident projects.



I want to personally like to thank Mary McDonald, our Pre-Hospital Coordinator for her enthusiasm, hard work and outstanding service that she provides for the UPH based agencies and the base hospital and Robert Callan for the telemetry QA and keeping us stocked with appropriate supplies! We look forward to continued growth for 2011 and wish all of our providers a healthy, happy and prosperous new year!



2010—December 4th Qtr Volume 2

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Look Ma...No Brakes

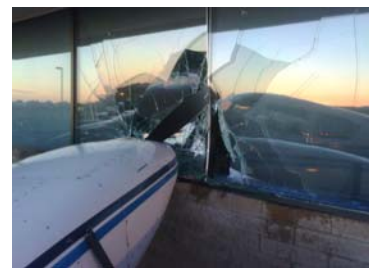
Submitted By: Arnold Federico, FF, EMT

On 11/10/2010, at 1700 hrs a twin engine Piper hit the Fire Station bell room as we were having dinner. We all thought that the big one had gone down. I can't describe the feeling when we saw what had happened. As the station shook, we ran into the bays pulling out the crash trucks and our pumper.

The right side wing fuel tank had torn open when the aircraft struck the stop light in front of our station on its path to the Bell Room. so fuel booms were also deployed. There was no active flames so we foamed under and around the plane to reduce the chance of ignition.

We extricated the pilot and evaluated him. He was able to walk and told us the story. He told us that he had had his brakes checked at another airport before he traveled to TIA. He landed with out incident, but once on the ground realized that using the brakes was just not going to be an option. He checked out fine, refused care and transport and informed us that our fire station was in a terrible place. As I said pilot was fine, aircraft had minor damage, our nerves were shot and the station could have been worse. Check out the photos of our eventful day.

Have a Merry Christmas and a Happy New Year from all of us
at Tucson Airport Fire Department.



Standardize Your Jump Bags

Written By: Eryq Hastings, NREMT-CEP, FF



I am sure you have all experienced it and yet it continues to happen. A critical call is in progress, you reach for that one important piece of equipment and realize it's not where you thought it was. As a smaller department staffed with part time personnel who work for other agencies it gets frustrating trying to remember where each piece of equipment is on each truck you work. At SMFD our frustration is 5 trucks with 5 jump bags, on 2 ambulances and 3 engines of different configuration.

In order to alleviate the frustration we have taken several steps to simplify.

The first step taken is that we have placed identical jump bags on all of our trucks. Each jump bag is organized and stocked identically. So when any one gets out any bag they know that airway is in the left foldout, drugs are in the right fold out, O2 and delivery devices are in the main portion and so on.

OK, so while I admit that it is nice to have the jump bags all set up the same it really does no good if you don't know where

the jump bags are. Easy enough to solve. All our personnel know that the passenger side forward most lower compartment on each engine has EMS supplies in it, and each rescue the jump bag is on the lower shelf near the patient compartment side door.

The final step in getting organized is training. You can organize to your heart's content, but if you do not train personnel on where things are and how they are stocked it will all be in vain. Make sure you are all in the same page when it comes to stocking and restocking the jump bags.

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Tis' the Season for Holiday Safety

Submitted By: Chief Randy Ogden



The scene is all too familiar -- frenzied parents rushing through packed-to-the-ceiling aisles searching for the perfect gifts and decorations to celebrate their holiday festivities. Many parents feel relief when they're done, but they may not realize that their work has just begun. With all of the decorating, gift giving and festivity fanfare, making your holiday safe for children will be the most important preparation of all.

It's easy to become caught up in the excitement of holiday decorating and overlook potential hazards of decorations. Whether you're putting up a Christmas tree or lighting the Menorah or Kwanzaa candles, taking simple precautions can help make your holidays more joyful and safe.

Mount Lemmon Fire offers the following tips to keep your holiday season safe:

LIGHTS & CANDLES

- Decorate your tree using only UL (Underwriters' Lab Inc.) approved lights and cords. Inspect lights for exposed or frayed wires, loose connections or broken sockets. Do not overload extension cords. Use no more than three strings of lights on one extension cord, and never run an electrical cord under a carpet. Be sure to secure electrical cords so that children cannot pull on them and topple the tree. Keep toddlers away from electrical fixtures and install outlet covers on electrical sockets when they are not in use. Avoid small plastic outlet covers as they may pose a choking hazard.
- Turn off the tree lights when you go to bed, depart from home or leave the tree in an unattended room.
- Keep burning candles out of children's reach; keep matches and lighters out of sight and locked away. Do not leave candles unattended.
- Teach children not to touch burning candles. Do not place candles near draperies or anything that might easily catch fire. If you build a fire, use a fireplace screen and do not leave young children alone in the room. Make sure you put out fires and candles when you go to bed or leave the home.
- Install smoke alarms in your home on every level and in every sleeping area. Test alarms once a month and replace the batteries at least once a year. Home fires and home fire-related deaths are more likely to occur during the cold-weather months.
- Plan and practice several fire escape routes from each room of your home and identify an outside meeting place.

CHRISTMAS TREES

- If you choose buy a natural tree, look for the freshest tree available. Fresh trees are less likely to catch fire than older trees. (A safer option is to buy a fire-resistant, artificial tree.)
- Keep your natural tree in a container full of water and check it daily.
- Use a wide-based stand to make sure the tree is secure and will not fall over & cover the tree basin with a tree skirt or blanket.
- Keep the tree away from heat sources such as fireplaces, radiators and heating vents.
- Cut back the lower branches to avoid eye injuries to small children.
- Decorate your tree with children in mind. Do not put breakable ornaments, ornaments with small, detachable parts, metal hooks, or those that look like food or candy on the lower branches where small children can reach them. Also, make sure tree lights are hung out of reach of young children.
- Never burn Christmas tree branches, treated wood or wrapping paper in your fireplace.
- Dispose of your tree promptly after the holidays

HOLIDAY FOODS AND ORNAMENTS

- Some foods and objects pose a choking hazard to young children, especially children under age 5. To help prevent unintentional choking during the holidays:
- Keep round, hard foods and candies such as candy cane pieces, mints, nuts and popcorn out of reach of young children.
- Keep small ornaments, tinsel, small figurines and other decorations away from children's reach. Young children have a tendency to put everything in their mouths.
- List poison control center and emergency medical service phone numbers by all telephones. In addition, leave a phone number for baby-sitters so they can reach you if you go out to a holiday party.
- Keep ipecac syrup in the home for use *only* on the advice of a poison control center or a physician

Holiday Hazards

Arizona Drug and Poison Information Center (ADPIC)

Submitted By: Spencer Greene, MD, MS, FACEP
Assistant Professor of Emergency Medicine
Section of Medical Toxicology
University of Arizona College of Medicine



During the holiday season, most people like to focus on spending time with loved ones, lighting candles, and unwrapping presents by the tree. But there are also some potential toxicological hazards that can ruin the joyous celebration.

By now most people realize that the poinsettia suffers from an unfortunate reputation. In reality, there is little toxicity in ingestion, other than occasional mild gastrointestinal discomfort. However, eating mistletoe is associated with greater toxicity. Most patients exhibit GI symptoms, but neurological toxicity, including seizures, occurs in a small percentage of victims. Consumption of any part of the Christmas rose may produce digoxin-like cardiovascular and metabolic toxicity. Large ingestions of holly berries, amaryllis bulbs, azaleas, unripe fruit from the Jerusalem cherry, and English ivy berries and leaves may cause gastrointestinal irritation.

Scented oils are also used to create a festive atmosphere, but ingestion of these hydrocarbons can be associated with vomiting and aspiration pneumonitis. Furthermore, some fragrances can cause systemic toxicity. Oil of wintergreen, for example, contains methylsalicylate, and ingestion of as little as one teaspoon can cause salicylate toxicity. Even oils and extracts commonly used in holiday treats are potentially dangerous. Almond and vanilla extracts, for example, may contain high concentrations of ethanol, and central nervous depression and hypoglycemia may be observed in children who consume these substances.

Toys and other gifts are also potentially dangerous. In addition to the choking hazard posed by small items, some toys contain an unacceptably high level of lead or other toxic metals. Button batteries used to power these gifts can also produce a caustic esophageal injury when swallowed. Fire salts, frequently used in fireplaces to create beautifully colored flames, also contain heavy metals and can produce profound vomiting, diarrhea, and systemic toxicity if ingested.

Lastly, space heaters and similar devices are often used during the holidays, and malfunctioning units may produce dangerously high levels of carbon monoxide, an odorless, colorless, non-irritating gas that interferes with the body's ability to transport and use oxygen.

By taking a few precautions, it is possible to minimize the likelihood of a toxicologic emergency during the holiday season. Nevertheless, accidents can and will happen, and it is important to know what to do. If someone is exhibiting any potentially life-threatening symptoms, immediately call 911. For stable patients who may have come into contact with a potentially toxic substance, people are encouraged to call the Arizona Poison and Drug Information Center at 1-800-222-1222 or (520) 626-6016.



EMS Connected—Education

2011 Dates



All classes will be held at UPH Hospital LaGaleria. There is never a charge for UPH-H Based Agencies

AHA ACLS & PALS

ACLS Initial Class

January 22 & 23
April 30 & May 1
Sept 10 & 11

ACLS Renewal

February 5
April 2
May 21
July 30
September 24
November 12

PALS Initial

February 19 & 20
October 1 & 2

PALS Renewal

April 23
October 22

AHA BLS

January 4 8am-12pm
January 11 8am-12pm
January 20 8am-12pm
January 25 8am-12pm

February 3 1pm- 5pm
February 8 8am-12pm
February 15 8am-12pm
February 23 1pm-5pm

March 3 8am-12pm
March 8 8am-12pm
March 8am-12pm
March 8am-12pm
March 30 8am-12pm

April 5 8am-12pm
April 14 8am-12pm
April 20 8am -12pm
April 26 8am -12pm

Save the Date

4th Annual 2011
Pre-Hospital Mega
Continuing Education Conference

Registration Flyers will be distributed electronically
& available in print form by January 2011



7 Hours of
Continuing
Education

Excellent
Speakers

Thursday, March 17th, 2011
Place: Tucson Fire Central
300 S. Fire Central Place

To be included on Electronic Distribution list
contact Mary McDonald, RN
UPH Pre-Hospital Coordinator
mmcdonald1@uph.org

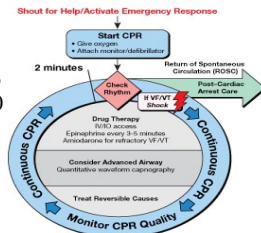
NEW AHA GUIDELINES ARE OUT

As you have all been expecting, this month the New American Heart ECC Guidelines were released. There are several changes that are coming out in the new guidelines. Probably the most significant, and thus the one that will give us all heartache and chest pains of our own, is going to be the change from managing the A-B-Cs in a patient in cardiac arrest to now managing the patient's C-A-B.

The American Heart, as always, has done great research into the order in which we manage the victim of a cardiac arrest and has solid evidence that by managing the patient's circulation as the initial focus there is a greater chance of successfully resuscitating that victim of a code arrest.

Another change that you will want to note is that the AHA has redesigned their algorithms into a form that they feel will make them easier to follow in times of stress as opposed to the flowchart style design that they have used for many years. There are many other exciting changes to look forward to with the release of the new guidelines.

UPH will be holding many courses during the next year to get you up to date and renewed with the new 2010 guidelines.



Prehospital Programs
and



Monthly Continuing Education

3rd Thursday of each month.
2 Hours CE for EMS & RN's
Times: 10:00-1200
Odd Months - TFD Fire Central
Even Months - Abrahms Bldg #1108

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Heater and Fire Place Safety Tips

The Mount Lemmon Fire District wants to remind everyone of a few tips to keep this winter safe.

Heating Systems-

Cold weather means many residents will be turning on heating systems that have not been used since spring. Before heating systems are turned on, they should be checked to make sure they will operate properly and safely. A family member can do this, but remember to read and follow all instructions carefully. Instructions are supplied by the manufacturer and usually are located on the inside door cover near the pilot light. If you can't locate the instructions or you're unsure of what you're doing, call a professional service person or someone qualified to insure the job is done correctly. Clean furnace/heater area and exhaust ducts of debris such as bird nests and leaves.

FILTERS-

Filters should be changed at the beginning of the season and then checked monthly to make sure they are not clogged or blocking airflow. Remember most fires involving furnaces will take place in the cold hours before dawn when the furnace must work the hardest and people are sleeping most heavily.

Before starting gas or electric furnaces be sure no combustible items such as boxes are stored near the unit. Never use furnace/heater rooms for storage.

Fire Places-

Prior to lighting your fireplace, check the chimney for obstructions like bird nests or leaves. Open the flue completely. Use a spark-resistant screen in front of the fireplace to keep hot embers inside the fireplace. Never leave a fire unattended.

Gas furnaces-

Before turning gas on, check gas line for cracks or loose fittings. Follow manufactures instructions for starting the furnace.

With the cold weather months approaching, families need to protect themselves from carbon monoxide poisoning. Carbon monoxide, a deadly yet common household poison produced by fuel burning appliances, claims many the lives each winter.

Always remember to replace the safety panel on your furnace. Test smoke detectors once a month, and change batteries once a year.

Because carbon monoxide is odorless and tasteless, it can be extremely difficult to detect and the symptoms often mimic the flu.

The Mount Lemmon Fire District offers these tips to protect your family from carbon monoxide:

- Install a UL-approved carbon monoxide detector. An adult should install the detector, with an audible alarm and warning, outside their sleeping area and on each level of the home.
- Have household appliances fueled in alternative ways. Certain appliances can be fueled by gas, oil, kerosene or wood. Remember to keep them regularly inspected and maintained.

Low-level exposure to carbon monoxide over a long period of time can be just as harmful as high concentrations over a short period of time. Even with annual maintenance of appliances and flue systems, you never know when a malfunction might occur. A detector performs the

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Reflections

Submitted By Mary McDonald



As 2010 nears its close, I recently sat down and evaluated my goals and accomplishments for this year. Once completed, I sat back and came to the realization that many of my accomplishments were based upon the agencies that are based with UPH and the base hospital relationships. I could not have reached for the stars without some form of assistance. As I always say, "To truly shine you must surround yourself with brilliance".

It has been such an honor to have been able to work with the agency EMS Training Officers and Agency Chiefs; strategizing and creating pathways for their personnel based upon specific agency needs. Each agency had different needs based upon the certification level of personnel, their specific location, the special needs of the community they served, and whether they transported. It was a leap of faith to invest in personnel that has long been viewed as an "ambulance driver".

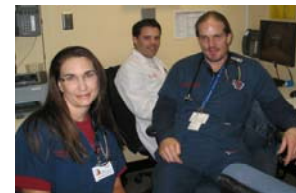
The advancements this year have included seeing BLS drug boxes that contain Epi pens to accompany Aspirin. EMT-Basic IV skills have become "accepted practice" allowing the Basic to provide fluids for many patients. The EMT-Basic & Paramedic Jump Bag now includes an airway tool for as BLS advanced practice and a back-up airway for RSI. Once the King LT was recognized as a dual lumen airway it rapidly began replacing the bulkier dual lumen airway of past. The King LT has proven itself to be a smaller more efficient way to secure an airway and it doesn't hurt that it has a five-year shelf life and is easy to use and is inexpensive to boot.

Crew documentation has gotten stronger and more consistent, as QA processes have progressed from the archaic paper and red pen to high end web-based tools that allow the aggregate data to be used to better the individual EMS provider and the agency they represent. Individualizing the QA tool for the skill set of the agency is another accomplishment as all agencies want superb documentation but may not elect to utilize advanced skills but still want their personnel to receive QA feedback that is reliable and based upon consistent scoring standards.

Education has continued to be plentiful this year as the UPH Emergency Physician group and I love to teach. I count my blessings every day as I know how difficult it is to get physician taught education. At last count 80+ hours of education has been provided to EMS this year through monthly CE's, day long conferences such as the Mega CE, specialized CE's and formal training with the agencies. Phew that is a lot of Continuing Education!

Pertaining to pre-hospital education, I would like to personally thank AirEvac's Rolando Gomez who partnered with UPH's Base Hospital for the monthly CE's and the Mega CE held at TFD Fire Central. On the same note, I would also like to thank Tucson Fire Departments Administrative team as well as UPH Physician Dr. Terrance "Terry" Valenzuela. It has been a pleasure working with Norma Battaglia, Captain Darin Wallentine and the rest of the crew especially when there is a common goal in mind, educating EMS and producing quality patient care.

As you all know, I could go on and on but the end result will be the same, our success with the Base Hospital is based upon the successes with the UPH based agencies through relationships that have been established. May the upcoming year bring each of you a productive 2011 with many successes to reflect upon and be thankful for. Happy Holidays.



San Manuel Fire Department Santa Run

Written by: Eryq Hastings, NREMT-CEP, FF

It is that time of year, children old and young in the town of San Manuel are rushing home and sitting near the window waiting, and the Firefighters at the San Manuel Fire Department have once again been requested to assist a very special visitor in delivering a little pre-Christmas cheer.

Every year Santa contacts SMFD and asks if we would be able to again help him tour the town so that he will be able to pass out candy to all the kids of San Manuel. So that Dasher, Prancer and the crew can continue their preparations and rest up for the big night Santa Rides a top the fire engine down each and every street and past each and every house, passing out candy to every child. We enjoy the opportunity to participate in the annual event and there is very little that compares to the sight of the smiles and joy on the children's faces as Santa waves and tosses candy canes to them and gives that famous wink and a Ho, Ho Ho.

Santa not only like to use the SMFD to help him in this tour to keep the reindeer rested, has said he tried it one year with the sled and it was over to fast. This is an event he truly enjoys and like to take his time. So on December 16th and 17th he will be here in San Manuel to make his annual Santa Run.



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A Day in the Life of a Military Firefighter

Submitted By Mary McDonald

During Fire Prevention month this year, two classes of 3rd grade students, teachers and parent chaperones from Casas Christian School loaded onto a bus and converged onto Tucson's Air National Guard Fire Department. The students were on their way to learn about a special community, the United States Military & the Fire Department. The Air National Guard planned a full day of events which included learning and playing with the special fire equipment used to suppress fires, the vehicles and the equipment that is used to save lives, and learn about Fire Prevention "military style". All visiting civilians rotated simultaneously through 5 stations and ended up with a hotdog & hamburger lunch cooked by the fire department. Thank you Air National Guard and Davis Monthan Fire Departments for all your hard work!



All loved the suit-up and thought the fireman looked like a clone trooper



Every child and adult had the opportunity to handle a hose & water with a firefighter



This firefighter looks as though he may be a little tied up!



Stop, Drop & Roll & Cover



"I did it Mom!" Watching the excited faces after the water event and getting wet, brought smiles to all the fire personnel involved.



Relaxing & learning about fire



Communications is an important part of responding to a call



DMAFB Safety House scored high on the list of fun activities.



The Outstanding Fire Department Personnel responsible for teaching about the military community they serve & fire prevention safety



The students were all smiles as they dodged the streams of water to complete fire hose training



The DM Safety House filled with mist "smoke" and the children were taught to escape using proper techniques!

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Holiday Travel Tips

Submitted By: Arnold Federico, FF, EMT

Happy Holidays from all of us at the Airport Fire Department

With the holiday season in full swing we here at TIA wanted to pass on some of the places we go to get information on traveling by air this year. So here are some web sites that will make Air Travel in and out of TIA easier have fun and have a safe trip and come home soon!

TIA Holiday Travel Tips are available for download from the airport website
www.FlyTucsonAirport.com

CHECK IN WITH AIRLINES

<http://www.flytucsonairport.com/tucson-international-airport/airlines-and-flights>

PICKING UP FRIENDS AND FAMILY

<http://www.flytucsonairport.com/tucson-international-airport/airlines-and-flights/flight-arrivals/>

PARKING

<http://www.flytucsonairport.com/tucson-international-airport/parking/>

TSA

The Transportation Security Administration website contains information about security as well as travel tips

<http://www.tsa.gov/travelers/index.shtm>

Get through the Lines faster:

http://www.tsa.gov/travelers/airtravel/screening_experience.shtm



EMS Related Construction Updates

Air Transport: Mid January the new helipad which will be able to accommodate 2 helicopters will be ready for the air medical crews stationed and servicing University Physicians Healthcare Hospital and the surrounding communities.



UPH-H Emergency Department:

As of December 2010 the long awaited Emergency Department is approximately 5-6 months from anticipated completion.

UPH-H Base Hospital would like to extend a welcome to new firefighters for Tucson Airport Authority and San Manuel Fire Department!



FF Paul Bedell,
FF Matthew Robey
FF Abraham Pedrego



FF Ben Ross FF Kyle Drake
FF Richard Foard FF Paul Derrick
FF Justin McBride FF Brian Boisvine

