What is TEMS?

TEMS stands for Tactical Emergency Medical Support. TEMS medics provide medical care for the police officers, suspects and bystanders whenever the Red River Valley SWAT team is deployed. The essential difference between everyday EMS and TEMS is the mission – in everyday EMS, the delivery of medical care is the mission, whereas in TEMS, medicine is a tool to help achieve the overall tactical mission.

How many paramedics are on the TEMS team?

There are four paramedics from F-M Ambulance Service on the team and one from Sanford AirMed. The TEMS medical director is Dr. Enej Gasovic, a trauma surgeon at Sanford.

How much training does a paramedic need to be a TEMS medic?

All TEMS medics go through SWAT basic training, where they learn how to search for and secure suspects in a safe manner. TEMS medics get specialized training on subjects like gunshot wounds and orthopedic injuries.

How are TEMS medics selected?

Candidates are required to be experienced paramedics, pass a physical test and score well on an interview.

How closely do you work with law enforcement?

TEMS medics are right there with tactical officers on all high risk operations. The advantage of having medics along with the team is that they are able to be at a downed officer’s side rendering aid within seconds. Having medics on the team reduces the liability of all agencies involved and gives the officers peace of mind, which makes them more efficient. The team is also trained on how to provide their own care for times that TEMS medics aren’t there immediately.

TEMS medics train and deploy with the SWAT team – they are there at all times to provide injury management, preventive medicine and to monitor the officers’ health during training and incidents. TEMS medics train with the Red River Valley SWAT team each year at Camp Ripley, MN.
**Muchow Hired as Operations Manager**

F-M Ambulance Service is excited to announce that Kali Muchow has been hired as an Operations Manager for Thief River Falls Area Ambulance Service and Hillsboro Ambulance Service.

Muchow previously worked at F-M Ambulance Service as a paramedic from 2004 until 2011. She received her Community Paramedic certification through Hennepin County Community Technical College in 2012 and was hired by F-M Ambulance again earlier this year as a paramedic and Community Paramedic.

Muchow lives in Moorhead with her husband Ryan and their two boys.

---

**Lako-Adamson Speaks at MN Toward Zero Deaths**

What is the #1 leading cause of death for ages 0 – 47?

Trauma.

In order to lower the number of traffic fatalities in MN, F-M Ambulance Service has been involved with the MN state TZD effort for many years. This year, Dr. Heidi Lako-Adamson spoke about ‘Emerging Trends in EMS’ at the state conference in October.

Is zero deaths possible? Minnesota has been working toward this goal for years – and YOU can help make it possible. Don’t drink and drive. Don’t drive distracted – put your cell phone away. Be part of the solution – not the problem.

For more information or to get involved with Toward Zero Deaths in MN, to go www.minnesotatzd.org.

---

**Health Fair**

Have you ever played ‘Ambulance Plinko’? F-M Ambulance Service and Thief River Falls Area Ambulance Service were well represented at the Seven Clans Casino Health Fair in October! Thank you to our awesome employees who attended the event!

---

**Did You Know...**

How many calls would you guess F-M Ambulance Service paramedics and EMTs respond to on an average day? Normally, that number would be around 70 calls per 24-hour period. On Monday, September 14, F-M Ambulance Service broke the old call record – in 24 hours, our crews responded to 104 calls!

In honor of breaking the “100” mark and to recognize all of those paramedics and EMTs who worked that day, all paramedics and EMTs have received t-shirts. Thank you to everyone who helped out on that busy day, and every day – you are appreciated!!
AHA CPR Update

Every five years, the American Heart Association makes changes to CPR based on research from previous years. The 2015 AHA guidelines were recently released – here are the highlights:

- Compressions rate – 100 – 120 (an upper limit was added).
- Goal – maximize hands-on compression time, which helps maximize coronary perfusion (blood flow to the heart).
- Push deep – but not too deep. Compressions should be between 2” and 2.5” deep. Deeper than that can be harmful.
- Dispatchers are encouraged to provide CPR directions to callers.
- Feedback to lay rescuers is encouraged when possible.
- More CPR education with hands-on practice is encouraged; bystanders should all be trained in hands-only CPR.

Winter is Here!

It’s that time of year again when the colder weather brings snow and ice. Unfortunately, during the nice summer months, many people seem to forget how to drive on the snow and ice that comes with winter! Here are some winter driving tips:

- Let your engine warm up while you clear off any snow or ice on your car.
- Remember to clear snow off of the front and rear lights and all windows.
- Check weather reports with the State Highway Department before leaving for trips.
- Carry a car safety kit – this should include blankets, matches, candles, high energy dry foods, a flashlight with spare batteries, a first aid kit, map, ice scraper, flares, tow and battery jumping cables, folding shovel, a bag of sand, winter gloves, cell phone, and an emergency HELP sign that you can put in the back window if you need help.
- Try not to travel if blizzard conditions are expected.
- Decelerate well in advance of a stopping point or turn.
- Bridges and overpasses freeze quickly, be careful on these surfaces.
- Always keep your gas tank at least half full in case you get stuck somewhere.
- Make sure your windshield wipers are in good shape and work well.
- Check your tires. Make sure they are properly inflated and the tread is in good condition.
- Be more observant. Visibility is often limited in winter by weather conditions. Slow down and watch for vehicles that have flashing lights, such as snowplows.
- Allow extra time to get places when weather is not perfect.
- If stalled, stay with your vehicle and try to conserve fuel while maintaining warmth.
- Always wear your seatbelt – it could save your life.

Holiday Lights Parade

F-M Ambulance Service was proud to participate in the 2015 Holiday Lights Parade – thank you to all who came out for the big event and those who took time to decorate our truck!
Have you ever wondered what happens when a person goes missing? The police are usually called, and under some circumstances, they may ask for additional assistance from a Search and Rescue team.

MinnKota Search and Rescue was recently established by Nathaniel Dutt, a paramedic at F-M Ambulance Service, and Ammie Zachow, who is a dispatcher with the Red River Regional Dispatch Center. The team is comprised of 4 members and 5 canines. The canines all have different specialties, including tracking, human remains detection (cadaver), air scent, and article/evidence searching.

Team members and canines from MinnKota Search and Rescue recently attended the annual North American Police Work Dog Association seminar at Camp Ripley, MN, and all three handler/dog teams passed their certification tests.

MinnKota Search and Rescue is a non-profit, which means that members all pay for their own gear and uniforms. Members work full-time jobs and respond for assistance when able. They train at local parks, and welcome the public to stop and say hi. They are also available for demonstrations – free free to contact them through FB – search for MinnKotaSAR.

Did you know that every 90 seconds, someone dies of cardiac arrest? If you collapse in the Fargo/Moorhead area, what is the chance that someone will start CPR on you? Nationally, approximately 40% of pre-hospital cardiac arrest victims receive bystander CPR. In our area only about 33% of pre-hospital cardiac arrest victims receive CPR. The longer a cardiac arrest victim goes without CPR the lower their chance of survival. Most people who experience cardiac arrest at home, work, or in a public location die because they don’t receive immediate bystander CPR. By knowing CPR, you could save the life of someone in cardiac arrest.

On Saturday, February 13, 2016 F-M Ambulance Service and the Fargo Fire Department are teaming up to host the third annual Save a Life Saturday at West Acres. Participants can learn hands-only CPR in less than 4 minutes. Everyone who learns CPR will receive a Push Hard, Push Fast bracelet.

To learn more about hands-only CPR, stop by West Acres on Saturday, February 13 between 12:00 – 5:00 PM, visit handsonlycpr.org, or go to www.fmambulance.com. You could be the person who makes a difference in someone else’s life.
Thief River Falls Area Ambulance Service

Are you a paramedic looking for a great place to work, or an EMT looking to start paramedic school? Thief River Falls Area Ambulance Service is looking for some new team members – paramedics have the possibility of a $7500 sign-on bonus with a 2-year commitment, and there are scholarship opportunities available for EMT students looking to go on to paramedic school. TRFAA is a subsidiary of F-M Ambulance Service and has a primary service area of approximately 1200 miles around the TRF area.

For more information about opportunities at Thief River Falls Area Ambulance Service, go to www.sanfordhealth.org and search for careers – paramedic or contact Kali Muchow at 701-364-1786.

What’s Happening…

F-M Ambulance Service is offering a B.L.A.S.T. (Babysitting Lessons and Safety Training) Babysitter’s Day Camp. This course is geared for babysitters ages 11 – 15 and will cover the responsibilities of caring for children using scenario-based learning. Participants will learn CPR and first aid for children, along with learning when and how to call 9-1-1 and what will happen if they do need emergency assistance. The course runs from 9 AM – 3 PM, and pizza and pop are provided for lunch.

To register for this course, go to www.sanfordhealthemseducation.org and click on ‘Register’ or call 701-364-1750.

Welcome!

Please help welcome our newest employees in Fargo, Hillsboro and Thief River Falls!

- Kyle Grosz – Paramedic  FMA
- Nancy Fladeland – EMT  TRF
- Genevieve Thompson – Paramedic  HAS
- Robert Wagner – EMT  FMA
- James Busch – EMT  HAS
- Gregory Martinez – EMT  TRF
- Eli Peters – Paramedic  TRF

FMA Safety Committee

Did you know that F-M Ambulance Service has a Safety Committee? Each month, they meet and review any possible safety issues that arise at F-M Ambulance Service. In November they received a cake in appreciation of everything they do to keep our employees safe. Thanks guys – you are appreciated!

Special Delivery

It doesn’t happen very often, but when it does, it’s pretty special. Shayla and Ryan got to meet the baby that they helped deliver early this fall!
Every year, F-M Ambulance Service participates in the United Way of Cass-Clay campaign. The 2015 FMA theme was ‘together, we can change the story’. The 2015 campaign raised over $1200 more than the previous year – THANK YOU to all employees and families who participated!

FMA employees and families were invited to the 2015 Chili Feed in October, where Kristi Engelstad won the 2015 Chili Trophy.

Samantha, Jason, Kristi and Drew took part in the 2015 Roers chili feed (and also got credit for taking a selfie there)!

Kristi, Jason, Sherm, Chad, Shannon and Rick went to Myrtle’s house in West Fargo for the 2015 United Way Day of Caring – they all had a blast and enjoyed some great pumpkin bars!

Samantha and Jason enjoyed the taco-in-a-bag lunch in September.
We hope that you have enjoyed this edition of “Vital Signs”, a quarterly newsletter distributed by F-M Ambulance. An electronic edition of Vital Signs can be found on our website, www.fmambulance.com. If you have any ideas, questions, or comments about “Vital Signs”, please contact Kristi at (701) 364-1759, or kristi.engelstad@fmambulance.com.

SHEMSE Update

Check out all of the exciting things happening at Sanford Health EMS Education!

- The Sanford Health EMS Education (SHEMSE)/North Dakota State College of Science paramedic program has had a great start with 40 students this fall. With the new prerequisites required for the course, the retention and first time pass rates for the National Registry exams continue to improve.

- SHEMSE is excited to announce the start of the Advanced EMT (AEMT) program this spring. This course is a great opportunity for those who want to increase their EMS knowledge and level; these course credits can also apply to paramedic school. This gives students the opportunity to continue learning after the completion of EMT class but before paramedic school starts, while they are finishing up any prerequisites.

- SHEMSE is proud to welcome an international paramedic student this year. Abdul-Rahman Mohammed is an EMT from Ghana, Africa and works for their National Ambulance Service (NAS). The Ghana NAS is working with the ND National Guard and the ND State EMS office to train EMS personnel to the paramedic level. Once Mohammed finishes his paramedic education, he will return to Ghana to continue to develop the EMS system in that country. Sanford Health EMS Education is proud to be able to sponsor Mohammed and help develop EMS not only throughout the United States but around the world as well.

- The Commission on Accreditation of Allied Health Education Programs (CAAHEP), through their Committee on Accreditation of Education Programs for the Emergency Medical Services Professions (CoAEMSP) has selected Ron Lawler as a Site Visitor. Site Visitors are volunteers who visit education programs that are seeking initial or continuing national accreditation. They collect, review, interpret, verify and document all information pertaining to the education program and its adherence to the CAAHEP standards. Each Site Visitor will visit several programs a year as part of a team of paramedic educators and doctors to ensure that the EMS providers of the future are taught in a manner that protects their investment and, more importantly, their future patients. There are currently 705 programs who are either accredited or in the process of obtaining CAAHEP accreditation in the US. The National Registry of Emergency Medical Technicians requires that students seeking to become nationally registered have graduated from a nationally accredited education program.

Ron is the director of Sanford Health EMS Education, formerly known as the F-M Ambulance Emergency Medical Education Center. He has worked in adult education in various capacities for over 20 years including EMT and paramedic programs. He is active on the state, regional and national level in EMS education and research.

- SHEMSE is continuing to have record numbers of CPR and First Aid students in their public Monday night courses. Do you know CPR? To register for a class, go to www.sanfordhealthemseducation.org.