Kelsey Bodvig and Greg Glood, both paramedics at F-M Ambulance Service, were awarded the prestigious Medal of Valor at an awards ceremony on August 31.

The Medal of Valor is awarded when a team member has gone above and beyond the call of duty and performed an exceptional act of service and bravery. Its recipient has shown courage and dedication greater than what is normally expected.

Bodvig received the award for performing an exceptional act of service and bravery when she responded to an armed standoff as part of the Red River Valley SWAT Tactical EMS Team. Her courage and dedication went above normal expectations when attempting to provide lifesaving medical care to a fellow team member, as well as her continued support during the situation.

Glood received the award for going above and beyond the call of duty when he stopped while off duty to render assistance to a victim who was trapped inside a house that was on fire. Glood was able to stop bystanders from entering the residence, which prevented further injuries or death. Glood’s continued dedication was above normal expectations when he remained on scene and assisted the responding crews with the care and treatment of the victim who was trapped with critical injuries.

The Medal of Valor is not awarded on a regular basis; instead, it is awarded only when a team member has provided exceptional patient care or service that is beyond normal expectations. F-M Ambulance Service is very proud of Bodvig and Glood for each providing exceptional medical care in an unexpected situation.
Community Paramedic Partnership

In July, F-M Ambulance Service Community Paramedics Chris Neu and Jason Jordahl participated in a community blood pressure clinic. In partnership with Fargo Cass Public Health and the Emergency Food Pantry, Neu and Jordahl spent the day at the pantry checking blood pressures for those who may not have access to healthcare, or those who don’t actively seek it out. Since hypertension is one of the leading causes of medical issues later in life, they also educated participants about the importance of continuing to monitor their blood pressure.

FMA United Way Fundraiser

F-M Ambulance Service will be selling t-shirts as part of our 2016 United Way campaign fundraiser. In the past, uniform t-shirts were only available for team members. This year, we would love for everyone to show their love for the United Way and FMA! All proceeds from the t-shirt sales will be donated to the United Way. T-shirts will look similar to the picture below and be available in sizes S – 3XL; for more information on cost and how to purchase a shirt, please call 701-364-1759.

Did You Know…

F-M Ambulance Service paramedic Lana Barone worked tirelessly for over 2 weeks to gather and send supplies to the Baton Rouge, Louisiana area after their devastating floods. Barone worked in Baton Rouge for over 3 years before returning to the Fargo/Moorhead area to work with us. We are proud of what Lana has accomplished in such a short time!
**Summer Fun**

This summer was full of fun for our public relations team! Through tours, talks and different events, we were able to share our love of EMS with thousands of kids this summer!

F-M Ambulance Service loves to show the public what our job is all about! Are you interested in a tour or talk? We will send an EMT to your facility or event to do a 10 – 15 minute talk or tour, or you can join us for a tour of our facility. Longer talks, including Boy Scout and Girl Scout readiness badges, are available for a fee.

If you are interested in a talk or tour, or just want to find out more information, please contact Tom Taylor, at 701-364-1745 or thomas.taylor@sanfordhealth.org.

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**Future of EMS in ND**

F-M Ambulance Service recently participated in a state-wide meeting led by the ND EMS Association to share some of the challenges that the EMS system is facing and for current stakeholders to work together to identify how to move forward and face these unique challenges.

The ND EMS system is not alone – EMS across the country is facing a number of challenges, including a decline in volunteers and employees, funding, transport reimbursement, and quality training. The meeting held two purposes – to gather input from those involved and to provide information to the public. F-M Ambulance Service is hopeful that with the information from these state-wide meetings, we can work together, as EMS across the state, to come up with some possible solutions to some of the issues that we face every day.
Want to Learn More About F-M Ambulance Service?

F-M Ambulance Service is excited to offer two opportunities this fall for community members to learn about emergency medical services.

**F-M Ambulance Service Citizens Academy**

The F-M Ambulance Service Citizens Academy is a hands-on opportunity for community members to learn more about F-M Ambulance Service. The Citizens Academy meets on Wednesday nights beginning in mid-September from 7:00 to 10:00 PM. The Citizens Academy educates participants about F-M Ambulance Service and emergency medical services, along with teaching them skills that they can use in actual emergencies. Topics covered include CPR, ambulance equipment, disaster preparedness, basic and advanced airway techniques, introduction to cardiology, medical emergencies, pharmacology, and traumatic emergencies. The Citizens Academy is designed for community members who are over the age of 18.

**F-M Ambulance Service Explorers**

The F-M Ambulance Service Explorers are a group of high school students who are interested in learning more about the emergency medical field. Participants will spend three hours each month in career shadow program, which focuses on hands-on learning and experiences through participation with professional and successful Paramedics and EMTs. Some Explorers are able to participate in ride-alongs during the program. There is a small fee for the program, which covers the required uniform shirt and other costs. The F-M Ambulance Explorers is run through the Boy Scouts of America Explorers program. The FMA Explorers is a year-long commitment and meets on the first Monday of each month, October through May, from 6:00 – 9:00 PM.

For more information about the Citizens Academy or the Explorers program, please call 701-364-1745.
F-M Ambulance Service, Hillsboro Ambulance Service and Thief River Falls Area Ambulance Service celebrated the 2016 Picnic and Awards Ceremony at a Redhawks baseball game! Congratulations to all of the award recipients!

The **Star of the Year** award is given to a provider who consistently gives excellent patient care and customer service.
*The 2016 award recipient is Jon Peterson*

The **Employee of the Year** is someone who demonstrates the importance of being a great team member every day.
*The 2016 award recipient is Robert Wagner*

The **Preceptor of the Year** has shown commitment to providing a positive learning experience for all students.
*The 2016 award recipient is Ted Werre*

The **Safe Driver of the Year** is awarded to a team member who consistently places the safety of their partners and the community as a high priority.
*The 2016 award recipient is Nikky Sprout*

The **National Society of the Sons of the American Revolution Medal** is awarded to a member of the Honor Guard who exemplifies patriotism and is an all-around excellent steward of honor guard activities.
*The 2016 award recipient is Lisa Davis*

The **VFW EMS Gold Award** recipient must display clinical excellence and have a strong commitment to mass casualty, disaster response and/or SWAT/Tactical EMS.
*The 2016 award recipient is Nikky Sprout*

The **Medal of Meritorious Service** recipients have gone above and beyond their job duties without expectation of reward.
*The 2016 award recipients are Lana Barone, Adam Braaten, Tom Dobrzynski, Jon Peterson, Levi Reese and Robert Wagner*

The **Rising Star Medal** is awarded to a new team member who has shown promise in their first months or years with the company.
*The 2016 award recipient is Sapphire Watchorn*

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**Popcorn for Heroes**

Thank you to Healing Arts Chiropractic, Kraft Concrete and families from the Fargo Police Department for the Popcorn for Heroes event!

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**Welcome to the Team!**

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<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Service</th>
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<tbody>
<tr>
<td>Jamie Barkan</td>
<td>Paramedic</td>
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<td>Merribeth Burch</td>
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<td>Josh Deike</td>
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<td>Joe Elliott</td>
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<td>Lexi Jerger</td>
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<td>Abe Johannes</td>
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<td>Ethan McDowell</td>
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<td>Jarred Rhodes</td>
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<td>Ryan Schultz</td>
<td>EMT</td>
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<tr>
<td>Josh Zetocha</td>
<td>Paramedic</td>
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American Heart Association Gold Award

For the second year in a row, F-M Ambulance Service received the American Heart Association’s Mission: Lifeline EMS Gold Award. This award recognizes F-M Ambulance Service for implementing quality improvement measures for the treatment of patients who experience severe heart attacks.

Every year more than 250,000 people experience a STEMI (ST Elevation Myocardial Infarction), a type of heart attack caused by a complete blockage of blood flow to the heart that requires timely treatment. To prevent death, it’s critical to restore blood flow as quickly as possible, either by surgically opening the blocked vessel or by giving clot-busting medication.

Mission: Lifeline seeks to save lives by closing the gaps that separate STEMI patients from timely access to appropriate treatments. Mission: Lifeline’s EMS recognition program recognizes those emergency responders for their efforts in improving STEMI systems of care and improving the quality of life for these patients.

Emergency Medical System providers are vital to the success of Mission: Lifeline. EMS agencies provide education in STEMI identification and access to 12-lead ECG machines and follow protocols derived from American Heart Association/American College of Cardiology guidelines. The correct tools and training allow EMS providers to rapidly identify the STEMI, promptly notify the medical center and trigger an early response from the awaiting hospital personnel. Thank you to all of the FMA EMTs and Paramedics who have helped these STEMI patients have successful outcomes – this award is for you!

Did You Know...

There has been a lot of press recently surrounding the price of EpiPens. In the span of just a few years, Mylan Pharmaceuticals has gone from little-known players in the pharmaceutical industry to the focus of mainstream media, mostly because of the price of their well-known product, the EpiPen.

Many people know that those who have severe allergies are encouraged to carry an EpiPen in order to save their life if they are exposed to an allergen. What most people do not know is that it’s not only individuals that carry EpiPens. Small-town rescue squads also need to carry EpiPens to treat life-threatening allergic reactions. These rescue squads have to pay as much as $600 for the same EpiPens that individuals have. Many rural rescue squads are having difficulty affording the EpiPen, which only a few years ago, cost them around $100 per pen.

Advanced Life Support ambulances are fortunate that they can purchase epinephrine in a bottle to draw up and administer to patients with a syringe, thus the cost is not as high as it is for smaller basic life support squads. It is rumored that Mylan will release a generic EpiPen in the near future, but until they do, rural EMS squads will have to look closely at their budgets in order to keep this truly life-saving medication on their rescue trucks.
The Sanford Health EMS Education team has been busy! Check out all of the exciting things happening at SHEMSE!

New Team Members

We are excited to welcome some new faces to our team!

- **Trista Berg – CPR/First Aid Coordinator**
  Trista has worked at F-M Ambulance Service since completing paramedic school in 2014. She will be coordinating all CPR and First Aid courses, as well as assisting with other SHEMSE courses.

- **Robert Seifert – Clinical Coordinator**
  Robert retired from the Army in 2000 after serving for 26 years. He graduated from paramedic school at F-M Ambulance Service and will now be coordinating all clinical sites and ambulance ride-alongs for our EMT, AEMT and paramedic students, as well as Explorers and Citizens Academy participants.

- **Nicole Henning – Recertification Coordinator**
  Nicole has worked as a paramedic at F-M Ambulance Service since 2011. As part of the SHEMSE team, she will be coordinating all of the recertification courses as well as teaching a portion of paramedic school and assisting with ACLS and PALS courses.

Recertification

It’s that time of year… time to start thinking about recertification!

Both North Dakota and Minnesota will be using the National Core Competency Program for their recertification guidelines. In 2012, the NREMT introduced the new recertification model that streamlines the recertification process into three strategic categories of continuing education: National (NCCR), Local (LCCR) and Individual (ICCR).

Sanford Health EMS Education offers three opportunities to obtain your NCCR requirements. All classes will be offered face-to-face at F-M Ambulance Service or via simultaneous video conferencing (WebEx) to your home or squad room. Each session is presented once on a Monday night (September – February), as well as on two different Fridays and Saturdays in the spring.

For more information go to our website, www.sanfordhealth.org and click on ‘EMS’ then ‘Recertification’, or call Nicole at 701-364-1739. Individuals can register for the sessions on the website. Squads registering their team should call Carmen at 701-461-1750. Pre-registration is required 48-hours in advance to join via video conferencing and strongly encouraged for face-to-face sessions.