Eblen Receives Star of Life Award

This year’s 2016 Star of Life Award recipient is Jason Eblen from F-M Ambulance Service.

Eblen was selected for the Star of Life award because of his dedication to EMS in the Fargo-Moorhead area. Eblen began his EMS career in high school, becoming a First Responder for Hillsboro Ambulance Service. Eblen began working for F-M Ambulance Service in 2000 and has held numerous positions here, including EMT-Intermediate, backup dispatcher, paramedic, field training officer, charge medic, and is currently serving as our Quality Improvement/Quality Assurance Specialist/SIM-ND Educator and as one of our inaugural Community Paramedics.

Eblen will travel to Washington, D.C. in April to receive his award. The Stars of Life celebration is a program through American Ambulance Association that honors dedicated ambulance service professionals. The recipients of the Star of Life distinction are paramedics, EMTs, dispatchers or other exceptional EMS personnel that have been nominated and are being recognized for service above and beyond the call of duty. Congratulations Jason – we are proud to have you on our team!

Johnson Receives VFW Award

Paramedic Nikky Johnson has been awarded the VFW Gold Medal Award for EMS. Johnson was nominated for this award as a result of her consistent hard work and dedication to the field of emergency medicine.

Nikky has been a part of the F-M Ambulance Service Disaster Services committee for many years, playing an integral part in the organization, education and training of the committee to help prepare F-M Ambulance Service personnel for disaster response. She has dedicated a significant amount of time attending training sessions for Incident Command and other mass casualty incidence-related classes. Nikky is also involved in the F-M Ambulance Service Infections Disease Transport Team and the Clinical Advisory Committee.

Nikky’s dedication to the community, region, state and nation is unquestioned. She is a shining example of what EMS is all about. Congratulations Nikky!
Ready Wheels

For over 30 years, F-M Ambulance Service has been the home to Ready Wheels, a professional, non-emergency wheelchair transportation service. Ready Wheels is designed to provide local and long distance wheelchair transportation to anyone whose needs are not met by existing services.

Ready Wheels drivers are trained and approved using Minnesota DOT Special Transportation guidelines. Drivers are also trained in first aid, CPR, passenger assistance, abuse prevention and customer service.

Advanced scheduling is always preferred to guarantee times and availability of staff, but is not required (times and availability of units cannot be guaranteed if not scheduled in advance).

For more information about pricing or to schedule your trip, please call 701-364-1700.

Did You Know…

Two of the most popular programs that F-M Ambulance Service offers are for kids!

Buckle Up with Bucky is a child passenger safety presentation that is geared to kids in Kindergarten through 2nd grade. A paramedic will do a 30-minute presentation on seat belt safety and then give the students a short tour of an ambulance. The presentation focuses on important safety rules for riding in a car and consists of an interactive video and short presentation. To request a Buckle Up with Bucky presentation, go to www.fmambulance.com/communityoutreach.

F-M Ambulance Service also offers a Babysitting Lessons and Safety Training (BLAST) Babysitting Day Camp. BLAST Camp was developed by the American Academy of Pediatrics for teens and pre-teens to learn about the responsibilities of caring for children. Using scenario-based learning, the class will also address staying safe and dealing with emergency situations. To register for a BLAST Camp, go to sanfordhealthemseducation.org.

Thank You to our Salvation Army Bell Ringers!
Save a Life Saturday

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 teamed up with the Fargo Fire Department to host Save a Life Saturday at West Acres. Over 400 participants learned hands-only CPR – and it only took them about 4 minutes to learn! Everyone who participated received a *Push Hard, Push Fast* bracelet.

To learn more about hands-only CPR, please visit handsonlycpr.org. For more information on CPR courses, please visit www.sanfordhealthemseducation.org.
This past fall, three people in our community experienced cardiac arrest – and lived. They didn’t know it at the time, but they were each surrounded by a group of people who would help save their lives. On Tuesday, February 9, 2016, these people were each awarded the F-M Ambulance Service Citizens Lifesaving Award, which is presented to community members who are instrumental in helping during an emergency.

On August 23, 2015, Ashley Kankelfritz was driving a relative to the emergency room when that person went into cardiac arrest. Ashley pulled over to the side of the road and started CPR. A Fargo Police officer happened to be in the area and saw Ashley pull over. He immediately stopped to help and called for assistance. The Fargo police officers helped perform CPR and use an automated external defibrillator (AED) to help save the person’s life.

On September 5, 2015 Troy Delzer was in Fargo watching his son play in a high school football game. When he got to his daughter’s apartment late that evening, he collapsed and went into cardiac arrest. Gary Jorgensen happened to be in the right place at the right time – Jorgensen immediately started CPR on Delzer and, along with the Fargo Police Department, Fargo Fire Department and F-M Ambulance Service, assisted in saving Troy Delzer’s life.

On November 27, 2015, Patrick and Annette Schultz had just returned from the gym when their son heard Patrick yell for help. When Annette got to him, she realized that he was in trouble. She immediately called 9-1-1 and with the help of the dispatcher, started performing hands-only CPR on her husband. Patrick is alive today because of the immediate CPR that Annette performed, along with the other life-saving measures that emergency responders provided that day.

Nationwide, 40% of people who experience cardiac arrest in a pre-hospital setting will receive CPR from a bystander. In the Fargo/Moorhead/West Fargo area, that percentage is much lower, at 33%. Immediate CPR can double or even triple the chances of survival. If you don’t know CPR, check out handsonlycpr.org for a quick online tutorial on what to do. F-M Ambulance Service also offers CPR classes each month. You could be the person who helps save a life – make sure you know what to do.

Call 9-1-1. Push hard, push fast.
2016 Open House

F-M Ambulance Service is teaming up with Sanford AirMed to host the 2016 Community EMS Open House on Thursday May 19, 2016 from 4:00 – 6:30 PM. The Open House will be at the Sanford AirMed Hanger, 1801 23rd Ave. N. in Fargo. Join us on May 19th to meet EMS providers from around our community and enjoy the bouncy houses, hot dogs and chips!

New CPR Guidelines

Every 5 years, the American Heart Association updates CPR guidelines. The 2015 guidelines were recently released – here are some highlights:

- It is recommended that communities with people at risk for cardiac arrest implement a public access defibrillator program.
- There is continued emphasis on high-quality CPR: compressing the chest at an adequate rate and depth, allowing complete chest recoil after each compression, minimizing interruptions in compressions and avoiding excessive ventilation.
- C-A-B (compressions – airway – breathing) has been re-confirmed. The single rescuer is to initiate chest compressions before giving rescue breathes to reduce the delay to first compression.
- The recommended chest compression rate is 100 – 120 compressions/minute (instead of at least 100).
- Chest compression depth for adults is at least 2 inches, but no greater than 2.4 inches.

Welcome to the Team!

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<thead>
<tr>
<th>Name</th>
<th>Title</th>
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<tbody>
<tr>
<td>Nathan Bates</td>
<td>EMT</td>
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<td>Holly Burke</td>
<td>Paramedic</td>
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<td>Chris Hoffman</td>
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<td>Adam Johnson</td>
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<td>Nikolas Newville</td>
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<td>Joe Price</td>
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<td>Sarah Workman</td>
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Did You Know...

Jason Eblen was recently elected to a Regional Director position on the Southeast North Dakota EMS Association Board of Directors. As a Regional Director, Eblen will help the ND EMS Association with its mission to provide members equal and effective representation, educational services, advocacy and access to valuable resources.

Congratulations Jason!
Did You Know...

F-M Ambulance Service was excited to participate in the 2016 Health, Technology and Technology Career Expo at the Fargodome. Over 500 9th graders learned how to perform hands-only CPR!

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Biological Agent Training

First responders and health care providers are exposed to biological agents every day, including influenza, tuberculosis, hepatitis and meningitis. F-M Ambulance Service employees participated in training to learn different ways that they can protect themselves offered through the ND Department of Health.

The training also covered fit testing, which helps train first responders on different types of respirators. The training covered how to put on a respirator, how it should be positioned on the face, how to set strap tension and how to determine an acceptable fit. Thank you to the instructors, Ben and Joe, for the great training!
The Sanford Health EMS Education team has been busy! Check out all of the exciting things happening at SHEMSE!

SHEMSE has its largest initial class attendance ever this spring. Between EMR, EMT, our first-ever AEMT class and the paramedic program, we have over 120 students! The EMT class is so large we had to move to a lecture hall at NDSCS. We thank them for allowing us to use this room.

The annual conference season has been very busy for us. Between teaching sessions and manning booths, we have been somewhere in ND or MN almost every weekend from January to March. Hope you stopped by and said hello if you were at the conferences!

Tom Dobrzynski was awarded a Poster Presentation at the National Association of EMS Physicians Symposium in San Diego, CA this January. His research related to backboard use in EMS.

Ron Lawler was again asked to be a group leader for the Fisdap Research Summit in Minneapolis in February. The groups that met this year did research on pain management, use of patient restraints and the best mix of experience for paramedic students, whether field, lab or hospital based (the data showed that field rides trump all other experiences).

On top of our initial courses, we also taught hundreds of students in our EMS refresher and recertification classes as well as still having record numbers of CPR and First Aid students. For more information or to register for a class, call us at 701-364-1750 or visit our website, www.sanfordhealthemseducation.org.

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.