Active Shooter Drill

On Tuesday, May 2, volunteer “patients” were moulaged in the early morning and then placed around the new Sanford Medical Center in Fargo. These patients were part of a training exercise, in which law enforcement from our community worked together with the Fargo Fire Department and F-M Ambulance to simulate an active shooter mass-casualty scenario. The atmosphere was intense as officers and firefighters lead and carried “victims” out of the medical center to awaiting ambulances.

Don Martin, Operations Manager from F-M Ambulance, said that overall the drill went very well. “As much as we don’t want this to happen, it’s important to practice scenarios like this. We need to know how to respond to similar situations if they do happen in our community.”

Once the patients were removed from the hospital, F-M Ambulance transported them to both the current Sanford Medical Center downtown and to Essentia Health in order to create a patient surge scenario. Emergency Department staff had to triage and treat a large number of patients arriving at the same time, testing their mass casualty response systems. Both hospitals and all agencies involved reported that the drill went very well.
**Bike Helmets at Jefferson**

For the third year in a row, F-M Ambulance partnered with the Lake Agassiz Kiwanis and donated 45 helmets to students at Jefferson Elementary School. The children received their helmets right before school was done, just in time to use them this summer!

Thank you to the Lake Agassiz Kiwanis for partnering with us again to keep children safe in our community!

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**EMS Open House**

On Friday, April 8, a First Responder Sneak Peak Open House was held at the new Sanford Medical Center. Over 257 individuals from 55 different agencies including law enforcement, fire and ambulance were able to see the hospital. Thank you to all of those who helped with the tours and to all who attended!

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**Thief River Falls Expo**

The fourth annual Thief River Falls Community Expo was held on April 20, 2017 at the Ralph Engelstad Arena. The Expo focused on inviting new community members to see what Thief River Falls has to offer and learning about different ways for them to get involved in the community. School-aged children were also invited to the Expo to learn more about the Thief River Falls community.

Thief River Falls Area Ambulance was proud to showcase an ambulance and the quick response unit. They had a fun plinko game for adults and children to try, which included ambulance and first aid trivia questions. Deb Nobliski and Jarred Rhodes from TRFAA answered questions, provided tours, and talked about the field of emergency services. Thank you to everyone who attended!

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**New Transit Wraps**

The two newest ambulances in the FMA fleet are in service.

The Ford Transits are equipped to respond to 9-1-1 calls, but will mainly be used for interfacility and long distance transfers. The Transits are less expensive to operate than a typical ambulance, easier to maneuver in heavier traffic, and provide a more comfortable ride for patients.
Buckle Up with Bucky is a child passenger safety presentation that was first developed in 2003 by a group called Safe Communities. In 2014, F-M Ambulance started coordinating and presenting the Buckle Up with Bucky curriculum around the Fargo, Moorhead and West Fargo area.

In 2015, F-M Ambulance started working on a project to update the Buckle Up with Bucky video. After nearly two years of working on securing funding, F-M Ambulance was able to partner with the West Central EMS Corporation to update the video.

Buckle Up with Bucky is geared to kids in grades K – 2. The presentation creates a fun and easy way for EMS professionals to communicate with children about seat belt safety. Students receive a short presentation on seat belt safety along with a tour of an ambulance. Studies have found that the earlier and more often that children hear the “buckle up” message, the more likely they are to do it.

From 2014 – 2016, F-M Ambulance reached an average of 1300 kids each year. This year, with the help of FMA intern Mikayla Holm, the Buckle Up with Bucky curriculum was presented to over 3000 kids in our community!

Flash Back

F-M Ambulance will be celebrating 60 years in EMS in 2019. Did you know that the very first F-M Ambulance paramedic program graduated in 1980?

Pictured, from the top left: Tim Mahoney, Rand Lindgren, Cal Anderson, Tom Klyve, Dr. Gus Stahl, Russ Fenlason. Bottom row, from left: Willy Larson, Julie Peterson, Char Skaff, Celine Craig, Julie Coulter, Tom Nehring.
How hot is too hot?

Hot summer weather can pose special health risks to everyone, especially older adults and children. Hyperthermia is a condition in which the body’s temperature is higher than normal. The body’s heating and cooling mechanisms become over-run, and the body cannot get rid of enough heat.

A temperature of 104°F or higher is life-threatening. Hyperthermia is caused from overexertion or extended periods of time spend in hot conditions.

What are signs and symptoms of hyperthermia?

- Confusion
- Nausea or vomiting
- Rapid breathing
- Dehydration
- Muscle cramps/spasms
- Dry skin
- Headache

What to do if someone might be too hot?

If an individual is experiencing mild hyperthermia, they need to drink water and move to a cooler place, which will help the body cool down. If the patient has stopped sweating or is close to losing consciousness, it is critical to cool the patient down and seek emergency care immediately.

Welcome to the Team!

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<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Agency</th>
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<tbody>
<tr>
<td>Sam Cheney</td>
<td>Paramedic</td>
<td>FMA</td>
</tr>
<tr>
<td>Wade Powers</td>
<td>EMT</td>
<td>FMA</td>
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<tr>
<td>Jessica Mogard</td>
<td>EMT</td>
<td>FMA</td>
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<tr>
<td>Chase Johnson</td>
<td>Paramedic</td>
<td>FMA</td>
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<tr>
<td>Logan Klobuchar</td>
<td>EMT</td>
<td>FMA</td>
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<tr>
<td>BJ Carlson</td>
<td>Paramedic</td>
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<td>Michelle Ferguson</td>
<td>Paramedic</td>
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<tr>
<td>Jacob Hasson</td>
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<td>Kaia Gangl</td>
<td>EMT</td>
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<td>Michael Jancik</td>
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Are you an EMT or paramedic who is interested in working for F-M Ambulance, Hillsboro Ambulance or Thief River Falls Area Ambulance? We would love to talk to you! Check out sanfordhealth.jobs to see what positions we have available!
Weather was on the minds of many people – including the staff of F-M Ambulance – on the morning of the Fargo Marathon. “Weather obviously affects the runners in many different ways,” says Dr. Heidi Lako-Adamson, Fargo Marathon Medical Director. “Even with temperatures in the 70’s, we can see cases of hyperthermia. On the other hand, with cooler weather, we need to be prepared for other issues, including hypothermia, especially in runners who are in the shorter races.”

Since the temperature and weather can change drastically from the morning to afternoon on the day of the marathon, responders need to be ready for everything. “We always prepare for the worst, since we never know what will happen,” says Brett Wigglesworth, Operations Manager at F-M Ambulance. “Our crews train for every scenario that we can think of. Fortunately, due to the nice cool weather and low dew points this year, we had very few patients. It was perfect long distance running weather.”

This year, F-M Ambulance transported four marathon-related patients, which was the lowest number in many years. In 2016, F-M Ambulance transported approximately 80 people during the marathon, responding to 61 of those calls in just over one hour. Last year there were a total of 124 calls in the 24 hours around the marathon, likely due to warm weather and a high dew point.

Summer is Here!

F-M Ambulance is once again partnering with Culvers to promote helmet safety to children in our community. If one of our crews is out and about and happens to see a child wearing a helmet, they will stop and give the child a coupon for a free scoop of ice cream from Culver’s!

Our crews are also busy with many other activities this summer. F-M Ambulance recognizes the benefits of showing the public what emergency services is all about. We provide tours at no cost as we are able. We are also proud to take part in as many community activities as we can, such as the Safety Safari, Riblet Fest, Midwest Kids Fest, Safety Town, Fargo Police Picnic, West Fargo’s Night to Unite, and many other events! Look for us around the community this summer and come check out our ambulance!
Hot Diggity Dog – Celebrating EMS Week!

In celebration of EMS Week (May 21 – 27), F-M Ambulance treated all employees to a Chicago-style hot dog from The Dogfather. JP Mansour, who is a nurse in the Sanford Emergency Room, operates the food truck with his wife, Jennifer. The Mansours started serving hot dogs, Italian beef sandwiches and sausages in 2016; the food truck is open to the public, but is often intentionally placed near Sanford as a convenient option for hospital employees.

Mustache March

This March, the guys at F-M Ambulance were encouraged to grow out their mustaches as a PTO fundraiser for a co-worker. FMA women were able to donate PTO hours to be on the judge’s panel. Congratulations to paramedic Mike Monson for being named the 2017 Mustache March champion! Thank you to everyone who donated!
The Sanford Health EMS Education (SHEMSE) team has been busy! Check out all of the exciting things happening at SHEMSE!

This year’s conference season is finally over! SHEMSE had a booth or presented at dozens of job fairs, expos and regional and state conferences this last year. We get a short break and then it starts over in September.

In April, we participated at the North Dakota EMS Association’s State Rendezvous in Bismarck. During the pre-conference sessions, Ron Lawler helped teach the Instructor Coordinator session and Robert Seifert, Tyler Dekrey and Nicole Henning taught an 8 hour EMR recertification session. Ron and Nicole also taught sessions during the full conference. Tyler, Bob, Nicole and Farmer Bob Klein put on the first ever EMS skills fair in the vendor area. SHEMSE shared a booth with Sanford AirMed at the conference; there were so many people stopping by that Farmer Bob had to direct traffic!

In St. Cloud, Ron and Bob Seifert presented at the Minnesota Ambulance Association’s annual Teaching and Learning Conference. Tom Dobrzynski volunteered to help coordinate next year’s conference.

SHEMSE continues to redefine the EMT Portfolio Pilot Project. In this pilot, our EMT students do all of the required skills in class lab sessions; instead of the traditional skills exam, they have to pass a scenario-based exam. These scenarios put the student into a simulated ambulance call and they manage the patient from the “house” into the “ambulance”, all the way to the “hospital”. The response from students and employers has been good. New employees arrive more ready to start taking calls than the traditional exam method. Stay tuned as this new testing process starts to spread to the rest of North Dakota!

Do you have a child ages 11 – 16 who wants to babysit this summer? We have a class that is perfect for them! The B.L.A.S.T. (Babysitting Lessons and Safety Training) Babysitter’s Day 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, participants in the class will address staying safe and dealing with emergency situations. We offer the class on one Saturday every other month. Students learn the basics of caring for children with an emphasis on first aid. See our website (www.shemse.org) for details and information on how to register.