



F-M AMBULANCE SERVICE

VITAL SIGNS



Fall 2008

Compassion, Excellence, Community Service

Lifesaving Awards Presented

Tom Holmstrom of Yankton, SD, and Dan Holmstrom, of Lisbon, ND, were awarded the first *F-M Ambulance Citizens Lifesaving Award* for their heroic act on the evening on May 31, 2008.

On that evening, no one knew that three worlds would be forever changed. A two-year-old boy was swimming in a pool at the Holiday Inn of Fargo, enjoying himself and having fun as a two-year-old should.

Within a few minutes, disaster would strike. A parent's worst nightmare. A child is seen at the bottom of the pool, lifeless and limp. What was to transpire was truly a miracle. Panic and fear would set in for the common person. Bystanders stood around the pool, many not knowing what do. Someone pulled the boy from the pool. Tom and Dan Holmstrom, on vacation with their own families, sprung into action. Tom thought the child was his own – the boy was wearing the same swim trunks as his little boy, had the same color hair and was about the same size.

Without hesitation or direction both men instinctively begin assessment of the boy. He was not breathing and his heart wasn't beating, so they started CPR – one of them held the boys head while the other breathed into his mouth and pumped on his chest. The boy soon started breathing on his own and had a pulse. These two brothers worked together as one to help bring life back to what once was a happy, playful boy.

Their heroic efforts and selfless act helped save a child's life. Some would say, "all in a days work" or "it was nothing". But it is so much more than that.

F-M Ambulance wants to extend our sincere appreciation for what Tom and Dan Holmstrom did that night. Without early CPR, the little boy that they saved may not be here today. When done correctly, CPR can save a child's life by restoring breathing and circulation until advanced life support can be given by a health care professional.

CPR (cardiopulmonary resuscitation) is very easy to learn. "Everyone should know CPR," says Kelly Wanzek, a paramedic with F-M Ambulance. "You never know when you may have to save a life."

For more information on CPR courses, please visit our website, www.fmambulance.com



Helmet Promotion

F-M Ambulance service has joined with Culver's to reward kids who wear their bicycle helmets.

Culver's has donated 100 coupons for a free scoop of ice cream to F-M Ambulance. All summer Paramedics and EMTs have been handing out these coupons to kids that they see wearing helmets while riding their bikes.



Dave Reihe hands out two coupons to boys that were wearing their helmets at Lindenwood Park in Fargo.

Did You Know...

Traffic crashes are the leading cause of death for teenagers in America. Mile for mile, teens are involved in three times as many fatal crashes as all other drivers. Research shows which behaviors contribute to teen-related crashes. Inexperience and immaturity combined with speed, drinking and driving, not wearing seat belts, distracted driving (cell phone use, loud music, other teen passengers, etc.), drowsy driving, nighttime driving, and other drug use aggravate this problem.



Research clearly shows what helps in reducing teen automobile crashes:

- Increasing seat belt use
- Implementing graduated driver licensing
- Reducing teens' access to alcohol

- www.NHTSA.gov

It's Refresher Time Again!

It's time again to start thinking about scheduling your refresher course. F-M Ambulance has dates set for two EMT-Basic/First Responder Refresher courses and the Paramedic Refresher course. If you would like to schedule a refresher course for your own squad, please contact Kristi as soon as possible – dates are filling quickly! Please check our website, www.fmambulance.com, for registration information.

EMT-B/FR Refresher Course:

Block 1	10/3/08 2/6/09	18:00 – 22:00 18:00 – 22:00
Block 2	10/4/08 2/7/09	08:00 – 12:00 08:00 – 12:00
Block 3	10/4/08 2/7/09	13:00 – 17:00 13:00 – 17:00
Block 4	10/10/08 2/13/09	18:00 – 22:00 18:00 – 22:00
Block 5	10/11/08 2/14/09	08:00 – 12:00 08:00 – 12:00
Block 6	10/11/08 2/14/09	13:00 – 17:00 13:00 – 17:00

Paramedic Refresher

- Trauma II 9/10/08 18:00 – 22:00
9/11/08 08:00 – 12:00
- Trauma I 9/22/08 18:00 – 22:00
9/23/08 08:00 – 12:00
- Cardiology 10/8/08 18:00 – 22:00
10/9/08 18:00 – 22:00
- Airway/Resp 10/21/08 18:00 – 22:00
10/22/08 08:00 – 12:00
- OB/Peds II 10/28/08 18:00 – 22:00
10/29/08 08:00 – 12:00
- OB/Peds I 11/5/08 18:00 – 22:00
11/6/08 08:00 – 12:00
- Med. Emerg. II 11/17/08 18:00 – 22:00
11/18/08 08:00 – 12:00
- Med. Emerg. I 12/3/08 18:00 – 22:00
12/4/08 08:00 – 12:00



Banana Split Celebration

The Emergency Medical Education Center at F-M Ambulance Service recently received word that the paramedic program has been awarded a full three-year accreditation status from the Committee on Accreditation of Education Programs for the EMS Profession. A huge part of this successful accreditation is the great job that the paramedic preceptors do in teaching the students. Without the hands-on experience that the students get, the students wouldn't be as prepared as they are for working in the field. In order to thank everyone for such a great job, the EMEC team treated everyone to banana splits in August! Great job everyone, and keep up the good work!



(Above) Mel and Tom enjoy their banana splits. (Below, left) Steve, Scott, Shawn, Jodi and Bob help prepare banana splits for team members. (Below, right) Shawn scoops ice cream while Jodi cuts bananas.

A New Addition to EMS Response

F-M Ambulance Service has recently added a Basic Life Support (BLS-EMT-Basics) ambulance to our staffing mix for ambulance coverage. From 8:00 am to 8:00 pm we will have one BLS ambulance on duty to compliment our already existing Advanced Life Support (ALS-Paramedics) ambulance crews.

This additional ambulance was added to meet the needs of our growing ambulance calls that do not require advance level care. By adding this crew we can better utilize our advanced level ambulance crews.

This concept is not new for EMS as many larger services across the country generally use a mix of BLS and ALS ambulances in their coverage area.

This BLS crew will be dispatched to calls not requiring a paramedic crew as determined by dispatch information (routine transports). If for some reason the patients condition changes and requires a higher level of care, the BLS crew is instructed to call for an ALS crew to take over cares.

“Since the day BLS crew has been such a great addition and help to our community,” says Ken Krupich, operations manager for F-M Ambulance, “we are hoping to start a night BLS crew within the next month”.



New Course Registration Process

Our Emergency Medical Education Center has upgraded its web-pages with a new on-line registration database. This system allows customers, from the lay public to first responders to nurses and doctors, to search all of our courses, and register for the one they need. They can then pay for the course through a secure credit card online shopping cart. After the class, students can sign into the database and see their course history with us and order replacement cards, if needed. It also provides a reminder email when the participant's card is about to expire. The database will provide an easy, one stop shop for all of our education, without having to call during business hours.

This page offers a pull-down menu of all of the courses that are available at F-M Ambulance Service.

Course Name	Status	Class ID	Training Site	Dates
CPR - Heartsaver Classes, 2008	Open - 22 Seats	HS CPR 08113	F-M Ambulance - Merigen, 3148 Flechtner Drive, Fargo, ND, 58103	05/19 (2008)
CPR - Heartsaver Classes, 2008	Open - 25 Seats	HS CPR 08114	F-M Ambulance - Merigen, 3148 Flechtner Drive, Fargo, ND, 58103	05/09 (2008)
CPR - Heartsaver Classes, 2008	Open - 25 Seats	HS CPR 08115	F-M Ambulance - Merigen, 3148 Flechtner Drive, Fargo, ND, 58103	05/16 (2008)
CPR - Heartsaver Classes, 2008	Open - 30 Seats	HS CPR 08116	F-M Ambulance - Merigen, 3148 Flechtner Drive, Fargo, ND, 58103	07/14 (2008)
CPR - Heartsaver Classes, 2008	Open - 30 Seats	HS CPR 08117	F-M Ambulance - Merigen, 3148 Flechtner Drive, Fargo, ND, 58103	07/21 (2008)
CPR - Heartsaver Classes, 2008	Open - 30 Seats	HS CPR 08118	F-M Ambulance - Merigen, 3148 Flechtner Drive, Fargo, ND, 58103	08/11 (2008)
CPR - Heartsaver Classes, 2008	Open - 30 Seats	HS CPR 08119	F-M Ambulance - Merigen, 3148 Flechtner Drive, Fargo, ND, 58103	08/19 (2008)
CPR - Heartsaver Classes, 2008	Open - 30 Seats	HS CPR 08120	F-M Ambulance - Merigen, 3148 Flechtner Drive, Fargo, ND, 58103	09/08 (2008)
CPR - Heartsaver Classes, 2008	Open - 30 Seats	HS CPR 08121	F-M Ambulance - Merigen, 3148 Flechtner Drive, Fargo, ND, 58103	09/15 (2008)
CPR - Heartsaver Classes, 2008	Open - 30 Seats	HS CPR 08122	F-M Ambulance - Merigen, 3148 Flechtner Drive, Fargo, ND, 58103	10/13 (2008)
CPR - Heartsaver Classes, 2008	Open - 30 Seats	HS CPR 08123	F-M Ambulance - Merigen, 3148 Flechtner Drive, Fargo, ND, 58103	10/20 (2008)
CPR - Heartsaver Classes, 2008	Open - 30 Seats	HS CPR 08124	F-M Ambulance - Merigen, 3148 Flechtner Drive, Fargo, ND, 58103	11/10 (2008)
CPR - Heartsaver Classes, 2008	Open - 30 Seats	HS CPR 08125	F-M Ambulance - Merigen, 3148 Flechtner Drive, Fargo, ND, 58103	11/17 (2008)
CPR - Heartsaver Classes, 2008	Open - 30 Seats	HS CPR 08126	F-M Ambulance - Merigen, 3148 Flechtner Drive, Fargo, ND, 58103	12/08 (2008)
CPR - Heartsaver Classes, 2008	Open - 30 Seats	HS CPR 08127	F-M Ambulance - Merigen, 3148 Flechtner Drive, Fargo, ND, 58103	12/15 (2008)

Once you choose which course you are interested in, you will be able to see all of the course dates and the number of spots available in the course.

After you choose specifically which date you'd like to attend, the web page will show you details of the course. You then click on "enroll now" to sign up.

After you have enrolled in a course, the database offers a way for you to log on at any time to check which courses you are signed up for and an easy way to keep track of courses you have taken.

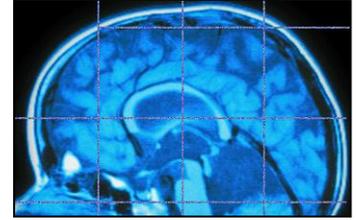
Did You Know...

- Minnesota has 90,000 miles of shoreline, more than California, Florida and Hawaii combined.
- All of the following were invented in Minnesota: masking tape, Scotch tape, Wheaties cereal, Bisquick, HMOs, the bundt pan, Aveda beauty products, and Green Giant vegetables.

Am I Having a Stroke?

Did you know that stroke is the third leading cause of death in America, and the # 1 cause of adult disability? Now for the good news – 80% of strokes are preventable!

A stroke or "brain attack" occurs when a blood clot blocks an artery (a blood vessel that carries blood from the heart to the body) or a blood vessel (a tube through which the blood moves through the body) breaks, interrupting blood flow to an area of the brain. When either of these things happen, brain cells begin to die and brain damage occurs.



When brain cells die during a stroke, abilities controlled by that area of the brain are lost. These abilities include speech, movement and memory. How a stroke patient is affected depends on where the stroke occurs in the brain and how much the brain is damaged.

For example, someone who has a small stroke may experience only minor problems such as weakness of an arm or leg. People who have larger strokes may be paralyzed on one side or lose their ability to speak. Some people recover completely from strokes, but more than 2/3 of survivors will have some type of disability.

It is very important that people know the signs and symptoms of a stroke – the faster that you recognize these signs and symptoms, the sooner treatment can begin.

If you think someone is having a stroke, act F.A.S.T. and do this simple test:

Act F.A.S.T.	
F ace	Ask the person to smile. - Does one side of their face droop?
A rms	Ask the person to raise both of their arms. - Does one arm drift downward?
S peech	Ask the person to repeat a simple sentence. - Are the words slurred? Can they repeat the sentence correctly?
T ime	If the person shows even one of these symptoms, time is important. - Call 9-1-1 immediately.

www.stroke.org

The Rural Roundup

By Bob Klein, Liaison Coordinator

Greetings from Bob Klein, aka Farmer Bob,

As you read this, I am probably in my combine, combining a field of barley. I will be taking some time off in the next couple of weeks to go back home to Langdon to help with the harvest. This is my favorite time of year and I look forward to the harvest each year. I love harvest time almost as much as I love EMS!!!

On July 15, Page Ambulance hosted a Meritcare Lifelight Landing Zone class. Nate Tiedeman, Lifelight Nurse, conducted the class. The Lifelight helicopter flew to Page so that those attending the class could practice setting up a landing zone.

Thanks to Nate and Lifelight for doing this for us.

Hunter Ambulance has recently purchased a CPAP machine, which is a very important piece of equipment that EMT's can use when a patient is in respiratory distress. They will get trained on the CPAP machine in October.

Dr. Bruce Klosterman, longtime Medical Director for FM Ambulance and Clay County Rescue Squads will be resigning from his position. Dr. Heidi Lako, a Meritcare ER Physician, will be taking over this position. Dr. Lako was once employed as a Paramedic for FM Ambulance, so some of you may recognize and remember her. Welcome Dr. Lako and we thank Dr. Klosterman for his years of service to FM Ambulance and the Clay County Rescue Squads.

Until next time, enjoy the last few days of summer and I will see you when I return from harvesting.

The Clinical Corner

By Kathy Lonski, Clinical Coordinator



Changes in Medical Direction at F-M

Our longtime medical director, Dr. Bruce Klosterman, has stepped down as of August 1st. Dr. Klosterman has served as medical director for F-M Ambulance, RRRDC, Harwood and Horace Rescue, as well as all first responder units in Clay County and the metro area for approximately 10 years. He has also scared his share of paramedic students into studying hard for the National Registry test. We are truly sorry to see him go but he has left us in some capable hands.



Dr. Heidi Lako-Adamson is taking over as medical director. Some of you might remember Heidi from when she worked for F-M Ambulance several years ago. Since that time, she has completed her residency at Regions Hospital in the Twin Cities and become board certified in emergency medicine. She takes on a big responsibility with this change but is excited and eager to be back with F-M Ambulance Service. I guess you can take the girl out of the ambulance but not the ambulance out of the girl!

2008 Day and Evening Paramedic Classes Begin

The Emergency Medical Education Center at F-M Ambulance Service started its 2008 Paramedic School with 42 students!

There are 19 students in the day class, which will meet Tuesdays and Thursdays until July 2009.

The night class also has 19 students. The night class will meet on Wednesday evenings and the second Saturday and Sunday of each month. This class will graduate in December 2009. The night class is broadcast live through the interactive video network. There are students from Minot, ND and from Crosby, Morris, Thief River Falls, Walker and Wheaton, MN taking part in the night paramedic program.

Good luck to our new student, and we hope you enjoy the program!



New Employees

Welcome to the F-M Ambulance team!

- Bob Barber – Ready Wheels
- Vanessa Bruley – Reimbursement Specialist
- Jamie Chapek – EMT-B
- Janet Salyer – Sales Supervisor
- Tyler DeKrey – EMT-B
- Ashley Gilbertson – EMT-B
- Roger Kotchian – EMT-B
- Megan Malone – Paramedic
- Murray Moen – Ready Wheels
- Ronnie Nordstrom – EMT-B
- Jon Romans – EMT-B
- Meredith Schultz – Ready Wheels
- Tristina Schultz – EMT-B
- Brittany Tostenson – EMT-B
- Tyler Tougas – EMT-B
- Samantha Welle – EMT-B
- Stefan Winkler – EMT-B

Did You Know...

- Did you know that the highest temperature ever recorded in North Dakota was 121 degrees at Steele in July of 1936? Or that the lowest was -60 degrees at Parshall in February 1936?
- North Dakota is the only state in the nation to never have an earthquake.

The Merigen Minute MEDICAL

By Sherm Syverson

Merigen Medical is a division of F-M Ambulance that provides the highest quality medical equipment and supplies available on the market today. As a full line distributor of high quality medical supplies, they can provide everything from bandages to advanced life support equipment. Merigen Medical works together with F-M Ambulance to select only those products and supplies we know work well.

Merigen Medical has been slowly evolving over the past several years. Todd Hockert's brainchild started modestly as a place where students and staff could purchase textbooks and obtain the basic gear utilized by any first responder or paramedic in the field setting. That was then; this is now.

Recently, Sean Quinn and Dave Rud left Merigen Medical. Normally, when one-half of a business' staff leaves, customers are left wondering what will happen as a result. Fortunately, F-M Ambulance has the human resources, the determination, and the vision needed to not only continue onward with Merigen Medical's business, but also to improve the way business is conducted.

The departure of Sean and Dave opened a door of opportunity for Merigen Medical to reinvent itself as a provider of first aid supplies, safety equipment, AED's, and training to customers who may have been overlooked. Merigen Medical will be focusing on local customers in the Fargo-Moorhead area and the many surrounding communities. Customer service will be emphasized along with training to use, operate and understand the products they purchase. This will truly be a value-added concept that has been absent from the business model. The Emergency Medical Education Center (EMEC) at F-M Ambulance will be directly linked to Merigen Medical under manager Sherm Syverson. This move will bring a new synergy to both departments. For example, if a customer buys an AED from Merigen Medical, training on the unit will be conducted by EMEC. In the past, it was difficult to coordinate these two departments due to asynchronous missions. This past barrier is now nonexistent and the education team is now working hand in hand with the staff at Merigen Medical in order to provide expanded services and expanded expertise.

Many of our loyal customers might remember Janet Crudo-Salyer. Merigen Medical has been fortunate to re-hire her as a supervisor in order to oversee the day-to-day operations of the business. Janet will join Trisha Longtin and a newly hired sales person this month.

Merigen Medical will not be the same; it will be better. Please consider Merigen Medical the next time you have a question about training, supplies or services related to emergency medical services or business and industry health and safety. Contact Janet, Trisha or Sherm at (701) 364-1777 or stop by our office at 3148 Fiechtner Drive, Fargo, North Dakota.

Did You Know...

That F-M Ambulance offers high school students and adults a chance to learn what it's like to work on an ambulance? F-M Ambulance has an **Explorer** post for high school students who are interested in a career in the medical field. We also offer adults a chance to attend our **EMS Citizens Academy**, an 8-week course in which participants learn skills that EMTs and Paramedics do every day on the ambulance. Both programs offer participants a chance to ride along in the ambulance and experience emergencies with EMTs and paramedics that are working in the field. For more information on either program, please call (701) 364-1750.



We hope that you have enjoyed this edition of "Vital Signs", a quarterly on-line newsletter distributed by F-M Ambulance.

If you have any ideas, questions, or comments about "Vital Signs", please contact Kristi at (701) 364-1759, or kristi.engelstad@fmambulance.com.