



# F-M AMBULANCE SERVICE

# VITAL SIGNS



Spring 2008

Compassion, Excellence, Community Service

## The Rural Roundup

By Bob Klein, Liaison Coordinator

Greetings from Bob Klein, aka Farmer Bob,

Recently, in the Cass County Reporter, an article was written entitled "The Spirit of Cooperation". It talks about the importance of EMS providers working together. Through my travel throughout Cass and Clay counties, I continually notice the efforts of many different groups working together – local first responders, ambulance services, fire departments and county deputies – all help to provide quick, quality care to people in need in rural areas. I personally want to thank the many organizations who are so dedicated and work so hard to provide quality care to the people of Cass and Clay counties.

Flint Kasowski, a Buffalo Quick Response Unit member, was recently recognized for twenty five years of constant, consistent service to the Buffalo QRU. He has been involved with EMS in Buffalo for many years and continues to be an active member.

Congratulations to Casselton, Kindred and Page Ambulance Services – they applied for and were awarded grant money from the Department of Emergency Medical Services. Each service was awarded a portion of a \$1.25 million Critical Staffing Shortage Grant that passed through the state legislature last year. The application process had several steps, including filling out an application and writing a plan/program to show how the money was needed for EMS in their community and how the money would be used. Each EMS applicant city was evaluated and awarded “points” depending on community needs. Services needed to be licensed for at least 12 months and have less than 400 calls per year. Other things taken into consideration for “points” were how far they have to transport patients, how many members are in their service, the average age of the members in the service, and how many calls the service responds to in a year. Depending on that score, each service was required to come up with a percentage of matching funds in order to receive the grant. There were a total of 40 applicants, and 32 of them were awarded grant money. More applications may be approved later this year. There are approximately 118 BLS Ambulance Services across the state of North Dakota. We hope this grant money helps out the communities of Casselton, Kindred, and Page!



## Get To Know...

*A close up on our new F-M Ambulance Employees*

### Gus Lutjens NREMT-P

#### *Where are you from?*

I live in Sisseton, SD.

#### *What did you do before working at F-M Ambulance Service?*

I was a paramedic for another ambulance service.



#### *What do you enjoy doing in your spare time?*

I enjoy spending time with my wife, three kids and three grandchildren. I also like hunting and riding fast horses, motorcycles and snowmobiles.

#### *What made you want to work at F-M Ambulance?*

The people here are easy to get along with.

## F-M Ambulance Spring Citizens Academy

The Spring 2008 F-M Ambulance Citizens Academy had a record number of participants for their first session on Wednesday February 20, 2008. The Citizens EMS Academy is a program that offers a hands-on opportunity for community members to learn what F-M Ambulance paramedics and EMT's do every day. It also educates participants about F-M Ambulance Service and emergency medical services, along with teaching skills that they will be able to use in actual emergencies. Participants have the opportunity to ride along with paramedics and EMTs and go on actual emergency calls.

The academy focuses on hands-on training, showing and teaching the skills that an ambulance crew may use. Participants get to practice starting IV's, intubations, defibrillation, reading heart rhythms, and doing a full "code" on our SIMMAN manikin.

The next Citizens EMS Academy will take place in the fall of 2008. If you know anyone who is interested in being a part of the fall 2008 Citizens EMS Academy, please have them check our website for more information, [www.fmambulance.com](http://www.fmambulance.com).

## New Faces in New Places

There have been a few major changes around F-M Ambulance lately.

**Dean Lampe** accepted the Executive Director position in early December. He started in January and we are very glad to have him on our team!

**Wade Mitzel** has left F-M Ambulance for a new position at Meritcare. Wade will be the Value Stream Manager. He will be using LEAN and Six Sigma to map out the processes within the Meritcare system. We want to wish Wade good luck in his new position at Meritcare and let him know that he will be greatly missed by everyone at F-M!

**Kathy Lonski** took Wade's old position as Clinical Coordinator. Kathy was the ALS Coordinator for the education department, teaching ACLS, PALS and paramedic school. Although she will be missed in education, she will be a great asset for our crews as the Clinical Coordinator.

**Steve Siedschlag** will be our new ALS Coordinator. Steve has worked for F-M Ambulance for five years and will bring great experience to the classes that he teaches.

**Scott Helmer** also accepted a position in education as an EMS Instructor. Scott's main focus will be CTC duties, CPR/First Aid instruction and coordination and teaching refresher courses around the area. Scott has been with F-M Ambulance for six years and has over twenty years of EMS experience.



Dean Lampe



Kathy Lonski



Steve Siedschlag



Scott Helmer



## Wellness Committee Update

We are excited about our upcoming events!

- Monday March 31<sup>st</sup> at 1900 – Dodgeball at Oak Grove vs. Wade Mitzel and his Meritcare crew!!
- Wednesday April 16<sup>th</sup> at 1900 – Volleyball at Oak Grove

Please check the Wellness board in the kitchen for more details or to sign up!

## Go Red for Women

The American Heart Association's "Go Red for Women" public awareness campaign is going strong.

This campaign is aimed at making people aware of the fact that heart disease is the #1 killer of American women.

Cardiovascular diseases claim the lives of more than half a million females annually, and half of those are under age 65. Less than 10% of women recognize heart disease as their leading cause of death.



Locally, the Go Red for Women event was held on Saturday, February 9<sup>th</sup> at 10:00 AM at the Holiday Inn. Even though there was a blizzard that morning, more than 240 women took part in the event and learned some healthy exercise tips and enjoyed a healthy breakfast and a style show.



Dez and Kristi braved the cold blizzard on February 9<sup>th</sup> and helped out with the American Heart Association's "Go Red For Women" event. Dez helped with registration, and Kristi was on the Go Red event planning committee.

## Explorer Update

The F-M Ambulance Explorer Post 2243 has been very busy this spring.

**December:** Members from the Red River Valley SWAT team talked about TEMS (tactical EMS) and showed the Explorers how paramedics work on the SWAT team. The Explorers also learned how to enter and search a room.

**January:** The group learned about cardiology and got to see their heartbeats on the cardiac monitor. They also learned about some of the medication we carry on the ambulance, how to start IV's and how to give injections.

**February:** Backboarding was reviewed, and participants learned about many common medical problems that paramedics and EMT's help patients with.

**March:** Explorers visited the West Fargo Police Department to learn about how law enforcement and EMS work together. They also learned how to treat soft tissue injuries, injuries to muscles and bones and burns.

Explorers will finish up the year with trips to the Moorhead Fire Department in April and to the Cass County Jail in May, as well as a completion celebration in May.



The N-09 Paramedic class started on Friday January 11<sup>th</sup>. They will meet Tuesday and Thursday evenings from 6:00 – 10:00 PM and one Saturday per month for 19 months. They will graduate in July of 2009. There are students participating in satellite sites in Perham, Brainerd, Wadena, and Walker.

## Did You Know...

Earlier this fall, regional training for the South East region of the North Dakota MCI EMS Response Team was held at F-M Ambulance Service. To date 3 of 4 regions in North Dakota have been trained.



Three members of the SE Region MCI EMS Response team work through a table-top MCI.



Chad explains details on an MCI card while the team talks about the disaster that has just happened



Rick helps out with communications in the Incident Command Bus during the drill

## Community Toolbox on Emergency Preparedness

F-M Ambulance participated in the Community Toolbox on Emergency Preparedness on September 27<sup>th</sup> at the Fargodome. Scott Helmer had a booth on classes that F-M Ambulance has that would help prepare someone for an emergency, and Wade Hockert took the Major Incidence Response Vehicle over for participants in the toolbox to tour. The toolbox helped people learn how to gear up for emergencies like pandemic flu, blizzards, chemical spills, flooding and more. F-M Ambulance was also part of a commercial filmed to help promote the toolbox. Ken was interviewed about emergency preparedness and what tools F-M Ambulance has in the event a large incident takes place.





Wade, Marcel and Farmer Bob hang out in the Incident Command Bus while preparing to help out with the MCI training for the South East region of the ND EMS Response Team.

## NAEMSE Conference

**Sherm, Jodi, Ron and Kathy** went to the National EMS Educators Conference in Hollywood, CA in September. This picture was taken in front of the La Brea Tar Pits in Los Angeles.



## Did You Know...

- On average people fear spiders more than they fear death
- It is physically impossible for you to lick your elbow
- Only one person in two billion will live to be 116 or older
- Women blink nearly twice as much as men
- Like fingerprints, everyone's tongue print is different and unique
- You're trying to lick your elbow now I bet!

## Get To Know...

*A close up on our new F-M Ambulance Employees*

### LeRoy Bietz Ready Wheels



***Where are you from?***

I am from Fargo. I have a wife, two children and three grandchildren.

***What did you do before working at F-M Ambulance Service?***

I was a supervisor for Northwest Airlines.

***What do you enjoy doing in your spare time?***

I enjoy camping and fishing with my grandkids.

***What made you want to work at F-M Ambulance?***

I have worked with people most of my life, and I can't think of anything I would rather do!

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### Greg Samis Ready Wheels



***Where are you from?***

I am originally from Huron, SD but have lived in Fargo since 1995. I am widowed; my daughter Ryann attends the U of M and my son Casey attends NDSU.

***What did you do before working at F-M Ambulance Service?***

I have worked many places, including 10 years at Meritcare, 5 years with Valley Bus and the Fargo School District, 2 years at Innovis, and 10 years at the Good Samaritan Center in Phoenix, Arizona.

***What do you enjoy doing in your spare time?***

I enjoy movies, books and college sports.

***What made you want to work at F-M Ambulance?***

This job gives me a chance to combine my healthcare experience with transportation, and hopefully get my EMT and paramedic certification.

## RN-to-EMT in Oakes, ND

F-M Ambulance's second RN-to-EMT class was held September 21<sup>st</sup> – 23<sup>rd</sup> in Oakes, ND. Congratulations to Penny Briese, Robin Iszler, Karen Johnson and Jeri Christensen for completing the intense 24-hour course.

If you are interested in the RN-to-EMT course, or for more information about the course, please contact Sherm at (701) 364-1754.



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### Pamela Gertz Ready Wheels



#### **Where are you from?**

I am from West Fargo. My husband Tom and I have a son, Robert, and two daughters, Katie and Steph.

#### **What did you do before working at F-M Ambulance Service?**

I worked at Blue Cross Blue Shield.

#### **What do you enjoy doing in your spare time?**

I love to garden.

#### **What made you want to work at F-M Ambulance?**

I thought I would enjoy working for Ready Wheels, and I love being around people all day!

## EMS Rendezvous

The North Dakota EMS Association will be holding the 34<sup>th</sup> Annual Spring Conference – EMS Rendezvous April 17<sup>th</sup> – 19<sup>th</sup>, 2008 in Minot, ND.

This conference is designed for the EMT-B, EMT-I, EMT-P, Nurses, First Responders, Physicians, EMS Instructors and Coordinators, Law Enforcement Officers, Military Emergency Personnel, Fire/Rescue Personnel, EMS Dispatchers, and other emergency personnel. The conference is approved for continuing education hours.

## Did You Know...

- A shrimp's heart is in it's head
- No one knows why a duck's quack doesn't echo
- It is physically impossible for pigs to look up into the sky
- Butterflies taste with their feet
- A snail can sleep for three years
- Elephants are the only animal that can't jump
- All polar bears are left-handed
- A crocodile cannot stick its tongue out

# The Merigen Minute MEDICAL

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.

The staff at Merigen Medical is trained to highest level possible. Each member of the staff is an expert in their field which ensures our clients receive the most up to date product information available. Their reputation is built on a history of honesty, integrity, innovation and a commitment to excellence.

Each new issue of Vital Signs will contain a “Featured Product” offered by Merigen Medical. To kick off this first edition of the Featured Product, we proudly introduce to you the Welch Allyn Propaq LT. This new vital signs monitor is one of the smallest, most rugged, durable and accurate vital signs monitors on the market today. Small enough to fit in the palm of your hand, yet rugged enough to perform in even the toughest situations. Weighing in at less than 2 pounds, the Propaq LT is a multipurpose patient monitor that’s flexible enough to be used in any pre-hospital emergency situation. For more information or if you would like a product demonstration, please call 877-528-1582.

## Key Features:

- Weighs less than 2 lbs.
- Shock resistance of up to 75 g. (Up to a 6 ft. drop)
- Up to 24 hrs. of battery life
- Heart rate, 3 or 5 lead ECG, SPO2, NIBP and respiratory rate
- SmartCuf motion tolerant NIBP
- Neonatal, pediatric and adult monitoring modes
- Color LCD display
- Combo kit combines Propaq LT with AED 10
- Stores all baseline vital signs every 60 seconds with timestamps
- Ability to print 8 ½ X 11 vital signs report



## Did You Know...

That the Emergency Medical Education Center at F-M Ambulance Service recently got a new database? This new database is easy to navigate and will help course participants in many ways, including:

- Much easier online registration with safe and secure credit card payments
- Allowing participants to create a user profile to see when they took a class and look up when their certification expires
- Participants will receive a course confirmation email with course information (course location and any other important information)
- Participants will receive a reminder email before their certification is about to expire

Check out our new database while you’re signing up for classes on-line at [www.fmambulance.com](http://www.fmambulance.com)!



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](mailto:kristi.engelstad@fmambulance.com).