



F-M AMBULANCE SERVICE

VITAL SIGNS



Summer 2011

Compassion, Excellence, Community

F-M Ambulance Open House



F-M Ambulance Service hosted an Open House on Wednesday May 18th. Thanks to everyone who helped out and stopped by to see all of the emergency vehicles on display!

Did You Know...

F-M Ambulance Service holds a Citizens Academy every fall. The Citizens Academy is a hands-on opportunity for community members to see and learn what F-M Ambulance paramedics and EMT's do every day. Participants will have the opportunity to ride along with crew members and see how they deal with actual emergencies. The academy will educate participants about F-M Ambulance Service and teach them skills that they can use in an actual emergency.

If you are interested in the Citizens Academy, please contact Kristi – kristi.engelstad@fmambulance.com

DOT Instructor Rollout

Sherm Syverson, Jodi Holston, Ron Lawler, Kristi Engelstad, Bob Klein and Kathy Lonski recently took part in the DOT instructor rollout. This rollout was held by the National Association of EMS Educators to provide training on the new EMS education standards.

F-M Ambulance has been implementing some of these new standards for the past year. Some of the highlights are:

- First Responder will now be called Emergency Medical Responder (EMR)
 - There have been a few minor changes in the curriculum of this course.
- EMT-Basic will now be called EMT
 - There is a lot of new and additional information provided in the new EMT curriculum.
- EMT-Intermediate will now be called Advanced EMT (AEMT)
 - There are some additions to the AEMT course – current EMT-I's will have to decide whether they will take the bridge course to the AEMT or become an EMT.
- EMT-Paramedic will now be called Paramedic
 - There are additions to this course, as well as new regulations on teaching and testing.

In the upcoming months, we will highlight the changes to each course more thoroughly.

Lawler Awarded Research Presentation

The UCLA Prehospital Care Research Forum (PCRFF) chose Ron Lawler to present research at this year's National Association of Emergency Medical Services Educators (NAEMSE) national symposium.



Ron's research is entitled "Let 'em Play in the Street: Optimizing Internship Rotations for Paramedic Student Competency." During paramedic education, students must attend internship shifts at hospitals and on ambulances. This research found that the greatest benefit to increasing a student's critical thinking skills comes from increasing the number of ambulance shifts rather than by any number of hospital shifts.

Ron will be giving an oral presentation at the NAEMSE Symposium in Reno, NV on Saturday, September 17, 2011. Ron also gave an oral presentation last year. That research, also presented at the annual NAEMSE Symposium in Chicago, won the PCRFF 2010 Best Research Award.

Ron is the Program Coordinator for the North Dakota State College of Science/F-M Ambulance Paramedic Program.

Student of the Year

Ted Werre has been named "Student of the Year" for the North Dakota State School of Science / F-M Ambulance Service Paramedic Technology Program.

This award goes to the student who demonstrates excellence in academics, commitment to the program and leadership in the classroom, laboratory and clinical sites.

Ted is from Bowman, ND and intends to work as a paramedic in Fargo.

Congratulations Ted!



F-M Ambulance Appreciation Banquet

F-M Ambulance Service held an Employee Appreciation Banquet on Thursday May 12th at Season's at Rose Creek. Everyone had seemed to have a very fun evening!

Congratulations to:

- Brendan Krupich – National Society of the Sons of the American Revolution Honor Guard Award
- Steve Siedschlag – Achievement in Excellence Award
- Taylor Fontaine – Achievement in Excellence Award
- Chris Neu – Achievement in Excellence Award
- Pam Gertz – Achievement in Excellence Award
- Nathaniel Dutt – Achievement in Excellence Award
- Deann Krupich – 15 Years at F-M Ambulance Service
- Rick Cameron – 20 Years at F-M Ambulance Service



Achievement in Excellence Award winners



Amanda and Denise having a good time



Bob rocking out with some F-M girls



Bob decided to grow some hair for the event



The scavenger hunt – lots of fun!



Rick and Ashlie bowling

Did You Know...

- A dime has 118 ridges around the edge.
- A duck's quack doesn't echo, and no one knows why.
- A shark is the only fish that can blink with both eyes.
- The king of hearts is the only king without a moustache.
- A "jiffy" is an actual unit of time for 1/100th of a second.
- No piece of paper can be folded in half more than seven (7) times.
- No word in the English language rhymes with month, orange, silver, or purple.
- "Stewardesses" is the longest word typed with only the left hand and "lollipop" with your right. (Bet you tried this out with your fingers, didn't you?)

The Rural Roundup

Greetings from Bob Klein, a.k.a. Farmer Bob.

Good motorcycle riding weather is finally here!

For the past few months Tom Fennel with SafeTech solutions has been in Cass County interviewing ambulance services and First Responders, collecting data about rural EMS in North Dakota. This was funded by a grant from the 2009 legislature. The purpose of the study was to find out where EMS needs to be and should be in the state of North Dakota. The information should be released in a report released some time after June 30th 2011. Tom Fennel is from St. Cloud, MN and is currently employed with Gold Cross Ambulance Service. I am very excited to see the results from this study.

On February 20th Buffalo QRU had their 28th annual pancake breakfast. They served slightly more than 400 people this year. All donations were matched by Thrivent Financial Cass County Chapter. In two short years, they will have been flipping pancakes for 30 years. Good Job Buffalo!

Felton also recently held a pancake feed. People from as far as Twin Valley, Ada, Fargo and Moorhead came to enjoy the made-from-scratch Swedish pancakes, sausage and plenty of coffee and juice. It was a pleasure to meet and greet all those who support the volunteer emergency medical services that Felton Rescue provides. In addition to the meal, a raffle was held that included donated prizes from area businesses as well as a handmade quilt. The proceeds from this fundraiser go to help operate Felton Rescue for the coming year. Despite the impending flood and threats of a snowstorm that day, there was a great turnout and show of support for Felton Rescue!



Did You Know...

Summer is finally here, and summer weather brings busy times for the ambulance – not only on the street, but also working at public events. F-M Ambulance Service recognizes the benefits of showing the general public what emergency medical services (EMS) is all about.

- Tours are provided at no cost to the public whenever the schedule allows.
- Non-dedicated ambulance coverage.
- Community celebrations – an ambulance will be on site for tours and to answer questions from the public.
- Short presentation
 - F-M Ambulance also provides short talks (10 – 15 minutes) on what to do before an ambulance arrives for free.
- Long presentation
 - Longer presentations on specific medical emergencies can be provided for a fee.

If you are interested in a tour or talk, please call Kristi at (701) 364-1759 or email kristi.engelstad@fmambulance.com.

What's Happening in Thief River Falls

Thief River Falls Area Ambulance (TRFAA) has partnered with Lincoln High School in Thief River Falls to offer an EMT course as part of their 2010-2011 school year course electives. Students successfully completing the class will receive one credit towards their overall high school course requirements. The EMT class began on January 25th and concludes approximately May 27th. The class meets at TRFAA weekdays from 11:30am to 1:00pm. The course content consists of 120 total hours of education plus five patient contacts.

Presently there are 11 students enrolled in the program. LHS students include Nathan Bates, Emily Blue, Freya Carpenter, Courtney Green, Brooke Hornseth, Brandon Housey, Sarah Korpi, Greg Martinez, Caitlyn Nelson, Orlando Peralta and Cody Wolters.

During the first two months of the class, students were introduced to the EMS system, medical, legal and ethical issues, the human body, and principles of pharmacology. Students then began with hands-on skills of patient assessment and introduced to oxygen therapy and airway management. More recently they have perfected splinting, spinal immobilization, communications and patient moving and transportation.

The high school curriculum was designed to provide lecture topics, in conjunction with a considerable amount of lab time that later integrates the hands-on application of assessing patients with providing the appropriate treatment based on findings. Throughout the course there are chapter quizzes, which students are required to maintain a minimum passing percentage. During mid-term, students will be tested at the First Responder level for state certification. Upon completion of the EMT course, TRFAA will administer a final written exam, and state-approved practical exam. Successful students will then test the Entrance Ready Exam (ERE), which will determine eligibility to test the National Registry examination.



So far, the partnership with LHS has been very successful. Work began on the project with LHS Administration over one year ago. While there has been considerable time and effort expended from both LHS and TRFAA, we have finally arrived at the point of commencing with students in the classroom.

Mr. Shane Zutz, Principal at LHS, was gracious enough to take some time to comment on the class, as well as preparation for future careers of high school students:

"The EMT class allows our students to get customized training before leaving high school, which could lead to future full or part-time employment. This class is a great example of people in two different businesses (so to speak) working together to create a win-win for everyone. With a focus on college/career readiness, this is a perfect example of how education needs to move for our students in the 21st Century. Students need to be exposed to things to see if this is a career path they would like to pursue, while allowing for an exit point if the student feels this isn't a future career direction for them."

"The leaders of TRFAA have been so supportive of Lincoln High School in so many ways. We are thankful for their great interest in the youth in our community. "

TRFAA hopes to continue this partnership with LHS in the future.

Every 15 Minutes

On April 27th, F-M Ambulance Service took part in a program presented by the Moorhead Police Department called “Every 15 Minutes”. This nationally recognized program was held to help stop underage alcohol consumption and driving. It was a four part, two day program that involved over 800 juniors and seniors in the Moorhead School District.

Part I: “Living Dead”. Twenty seven students were removed from class during the first three hours of the day and made up with white faces and black shirts that represented them as an alcohol related death over the proceeding forty-eight hours. These students were not allowed to speak with any other students, staff or family for the next 24 hours.

Part II: Mock Vehicle Crash. All juniors and seniors were escorted to the Moorhead High School Football Stadium to see a real time simulation of a motor vehicle accident resulting from alcohol consumption. Moorhead Police & Fire Departments and F-M Ambulance Service assisted with this portion.

Part III: Student Retreat. Thirty-five students were taken to an overnight retreat where they continued to be secluded from family and friends. During the retreat, student had to write letters to their parents that began with the phrase, “today I died in an alcohol-related accident and never got the chance to tell you...” Their parents also wrote letters to their children.

Part IV: Memorial Service. There was a student assembly the following morning where all students attended and heard from two people who have been tragically affected by an alcohol related crash in very different ways. A funeral service was also held for the students simulated to have died in the mock crash, and some of the letters were read to the group.

Students from MSUM worked together with the Moorhead Police Department to put together a video of the event. To view the You Tube video of this event, visit our website and click on the “Every 15 Minutes” link.



New Employees

Welcome to the F-M Ambulance team!

- | | | |
|------------------------|------------|-----------------------------|
| • Melody Adams | EMT | F-M Ambulance Service |
| • Ben Frisk | EMT | F-M Ambulance Service |
| • Sam Heyen | EMT | F-M Ambulance Service |
| • Mike Lehmann | Dispatcher | F-M Ambulance Service |
| • Chris Sheldrew (TRF) | Paramedic | Thief River Falls Ambulance |
| • Ted Werre | EMT | F-M Ambulance Service |

Preceptor of the Year

Preceptors have a very tough job. Above and beyond what their normal job duties are, they are constantly being followed, asked to explain things, and questioned about every move that they make. Being an EMS preceptor is especially difficult because when you are explaining things, you are usually in a chaotic and stressful situation. An emergency situation is confusing for many people, and sometimes having someone watching you that closely isn't easy.



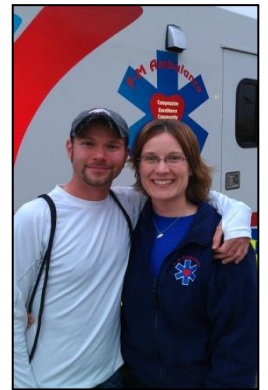
Reed Groth was awarded the 2010-2011 F-M Ambulance Service Preceptor of the Year Award. Reed is excellent at taking the time to answer students' questions and explain his answers to them so they understand. Reed also excels at communicating his observations, praises and concerns regarding students with paramedic instructors. He is in contact with the instructors on a regular basis and lets them know what skills the students are doing well on and where they need improvement.

Preceptors are an integral part of our team, and with a team effort we have a better chance of helping all students succeed. Congratulations to Reed, the F-M Ambulance Service 2010 – 2011 Preceptor of the Year!

Fargo Marathon

Months of planning and training paid off when nearly every ambulance in the F-M Ambulance Service fleet was out on an emergency call during the Fargo Marathon.

"It was like a perfect storm – a little bit of everything", stated field supervisor Don Martin about the marathon on Saturday, May 21st. Nearly two dozen calls for service came in for runners during the marathon, and 20 of those calls were between the hours of 9:49 and 11:13. Many of the calls were for heat-exhaustion issues due to the humidity. There were approximately 80 people treated at the end of the race by a medical crew stationed near the finish line. Mutual aid (ambulances from nearby cities) was ready to be called for help if needed.



Did You Know...

Paramedics Jason Eblen and Mike Scott traveled to Minneapolis on Friday, March 25th 2011. They received an award from the Minnesota State High School League and Medtronic at the Target Center for their efforts in the successful resuscitation of Zach Gabbard, who collapsed at a Perham/Glyndon Basketball game a few months prior. The award was given during halftime of the boys championship basketball game. Those who were on scene in the stands and helped as well as Glyndon Rescue were also honored.



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.