



F-M AMBULANCE SERVICE

VITAL SIGNS



Spring 2020

Compassion, Excellence and Community

Wigglesworth Awarded Star of Life

Every two years, F-M Ambulance recognizes an EMS professional through the Star of Life award. The American Ambulance Association's Star of Life program celebrates the contributions of ambulance professionals who have gone above and beyond the call of duty in service to their communities or the EMS profession. F-M Ambulance is proud to announce that Brett Wigglesworth is the 2020 Star of Life award recipient.

Brett was selected as the Star of Life recipient because of his dedication to EMS in the Fargo, Moorhead and West Fargo communities. During his tenure at F-M Ambulance, Brett has not only been passionate about serving the patients in our community, he has also taken a lead role in disaster preparedness for the region. Brett has been a member of the F-M Ambulance



Regional Disaster Operations team since 2009 and was appointed to lead the team in 2015. As the Disaster Response Team leader, Brett works seamlessly with local, regional and state agencies and hospitals to coordinate, facilitate and participate in emergency preparedness activities and exercises. Brett also serves as the Crisis Manager for the Fargo Marathon, is a member of the North Dakota Emergency Management Support Team and sits on multiple local emergency management committees. Whether it be a disaster response, a special detail or just daily business, Brett is quick to volunteer to help wherever he is needed. He takes time to mentor and teach new and existing employees whenever he is able. Brett will boast about the successes of other team members long before making his own successes known.

Throughout Brett's EMS career, he has shown a pattern of going above and beyond to accommodate the needs of F-M Ambulance patients and employees. F-M Ambulance co-workers will agree that Brett's humor and quick wit make him very enjoyable to work with. In May, Brett will travel to Washington, D.C. to receive his award. F-M Ambulance is proud to have Brett on our team!

Elim Fire

On January 23, 2020, F-M Ambulance, along with several other emergency responders from our community, responded to a fire at the Elim Rehab and Care Center.

When the initial call goes out for a fire at a large facility, our team quickly jumps into action. Many times, calls like this end up being false alarms or smaller incidents that are taken care of quickly using few resources; that wasn't the case at Elim. A fire had broken out in the ceiling of the facility, causing the need for over 100 residents to evacuate. Fortunately, staff at F-M Ambulance routinely train

on disaster preparedness. When the first crews from FMA arrive, they report back to FMA dispatchers and relay the need for any additional resources. At the same time, any team members that are working in the FMA offices start gathering all of the personnel and assets that are already in the building and get them ready to go.

Teams of EMTs and paramedics from FMA arrived at Elim and were assigned a job such as transportation, triage, treatment or staging. During the Elim fire, there were a total of 29 off-duty FMA employees that responded and helped in many ways, from taking care of patients to transporting residents in wheelchair vans to getting food and drink for the personnel who were working at the fire. The last FMA crew member that responded to the Elim fire left for home 12.5 hours after the 911 call came in.

How does FMA prepare for unexpected events like this? Every year, FMA works with local nursing homes and long-term care centers to create a tactical plan, which is a rough draft of what would happen at a large-scale event, like the fire at Elim. As soon as the call came in for a fire at Elim, the tactical plan was pulled out - this told us approximately how many residents Elim had and how many of these residents were able to walk, would need a wheelchair, or were non-ambulatory. This information helps us decide what resources are needed at the scene. The tactical plans are updated

each year, which also allows FMA to create a strong working relationship with the leadership at these long-term care centers. It takes a tremendous amount of work to prepare for major incidents in our community - and although we hope that things like this never happen, F-M Ambulance is well prepared if or when they do. We are proud of our staff - the EMTs and paramedics that we have are willing to jump in and help in any way, at any time.



Save a Life Saturday

Did you know that every 90 seconds, someone dies of cardiac arrest? Nationally, approximately 40% of pre-hospital cardiac arrest victims receive bystander CPR, while in our community 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 15, 2020, F-M Ambulance teamed up with other organizations from around our community to host the sixth annual Save a Life Saturday at West Acres. Participants were able to learn hands-only CPR as well as how to use an automated external defibrillator (AED). Almost 300 community members participated in the event and are now prepared to help save a life.

To learn more about hands-only CPR, please visit handsonlycpr.org. For more information on CPR courses please visit www.sanfordhealthsemseducation.org.



Tom D. VFW Award

F-M Ambulance Paramedic Tom Dobrzynski has been awarded the VFW Gold Medal Award for EMS. Tom was nominated for this award as a result of his consistent hard work and dedication to the field of emergency medicine.

Tom has been a dedicated employee of F-M Ambulance for 15 years; he has dedicated a significant amount of time teaching FMA employees and students how to provide high-quality patient care for our community. Tom is a tactical medic on the Red River Valley SWAT team and has committed his time to several local disasters to aid our surrounding communities in their time of need.

Tom's dedication to EMS and disaster services is unquestioned - he is a shining example of what EMS is all about. Congratulations, Tom - we are proud to have you on the FMA team!



Welcome to the Team!

Kaitlin Hanson	Paramedic	FMA
Sarah Murray	Dispatcher	FMA
Donald Thomas	Dispatcher	FMA
Kasey Larson	Paramedic	FMA
Lauren Bryan	EMT	FMA
Isaac Lillehaug	EMT	FMA
Nathan Moen	EMT	FMA

Are you an EMT or paramedic who is interested in working for F-M Ambulance (FMA), Hillsboro Ambulance (HAS) or Thief River Falls Area Ambulance (TRF)? Check out sanfordhealth.jobs to see what positions we have available! We'd love to have you join our team!



Cardiac Ready Communities

After looking at the increasing number of cardiac arrest deaths in our community, FMA paramedics Kathy Lonski and Kristi Engelstad made a goal: increase the number of cardiac arrest survivors in our community.

The Heart Smart Community Taskforce was created in 2016, and through hard work and dedication, the Taskforce submitted its proposal for the communities of Fargo and West Fargo to be designated as North Dakota Cardiac Ready Communities. After reviewing the proposal in May, the North Dakota Department of Health will announce if our communities received the designation. The Taskforce is proud of the work that they've accomplished and excited to continue their work into the future.

EMS Week Open House



Date: Tuesday, May 19

Time: 4:30 - 6:30 PM

Location: To Be Determined



F-M Ambulance and Sanford AirMed are teaming up to host an open house to celebrate EMS Week! Join us to help celebrate - we will have local emergency response vehicles to tour as well as hot dogs and chips for everyone! Please keep your eye on our Facebook pages for more information!

Did You Know...

Do these ambulance designs look familiar? Recently, the Sanford World Clinic in Kasoa, Ghana received two new Sanford ambulances thanks to the generosity of supporters of the Sanford Health Foundation.

Each year, Sanford EMS Education sponsors a paramedic student from Ghana. In the past five years, four students from Ghana have been enrolled in the paramedic program:

- Abdul-Rahman Mohammed and Christina Achena both completed the course and returned to their communities to provide emergency medical care to their friends, families and neighbors.
- Wondor Kponor successfully completed the course in 2019 and is working as a paramedic at F-M Ambulance for approximately one year before he returns to Ghana.
- Najeeb Mahama is currently in paramedic school and expects to graduate in 2020.

F-M Ambulance is honored that these students chose our paramedic program and proud that they are able to return to Ghana to help their communities.



What's Happening in our Community

Spring is finally here, and FMA is looking forward to several community activities and events in the upcoming months!

- **Buckle Up with Bucky** is a child passenger safety presentation that is geared to kids in grades K - 2. The 30-minute presentation creates a fun and easy way for EMS professionals to teach children about seat belt safety. Students receive a short presentation that covers the rules of riding in a car, watch an interactive video and end with a quick tour of an ambulance. Contact Kristi at 701-364-1759 for more information.
- **BLAST Babysitting Class** is a course 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 addresses staying safe and dealing with emergency situations. To register for a BLAST course, go to sanfordhealthemseducation.org.
- **Tours:** F-M Ambulance provides tours and talks for community members of any age. We will send a paramedic or EMT to your facility to do a 15-minute talk and tour of an ambulance or you can join us at our facility for a tour! Longer talks, including Boy Scout and Girl Scout readiness badge talks, are available for a fee.



Health Highlight



Here are some first aid fact & fiction trivia questions for you - how many can you get right?

If someone is choking, hit them on their back or raise their hands in the air.

NO! If someone is choking, that could cause the item to get lodged lower in their airway. Instead, do the Heimlich maneuver if they are awake; change to CPR if they aren't awake.



Only old people have strokes.

NO! Strokes are more common in older people, but they can strike people of all ages - even infants. Nearly 25% of strokes occur in people that are under the age of 65. After you turn 35, your risk of having a stroke doubles every 10 years.



I should apply butter to a burn ASAP.

NO! Covering a burn with an oil or grease-type substance causes the skin to retain heat, which is exactly the opposite of what you want to do. Applying butter to a burn makes it very difficult for medical staff to properly clean the area. Instead, cool the area with running water and get medical help immediately.



The Sanford Health EMS Education (SHEMSE) team has been busy! Check out all of the exciting things happening!

- SHEMSE was proud to sponsor the Southeast North Dakota Regional EMS Conference, which returned to Fargo after several years in Jamestown. Educators from our team provided several hours of NCCR content for conference participants.
- Our SHEMSE team presented or worked at several conferences this year, including some in Duluth, Grand Forks and Minneapolis.
- Tom Taylor was promoted to Supervisor of Hillsboro Ambulance Service. Dwayne Chevalier will be joining our SHEMSE team; he will be the liaison and EMR coordinator. Dwyane has over 22 years of EMS experience including rural and urban ground EMS, flight paramedic and prior EMS education experience. We are excited to have Dwayne join our team!
- The Code Blue EMS Camp will be held in June. The Code Blue camp allows high school students from across our region to experience what EMS is all about. Watch our Facebook page for more details!
- There are many upcoming changes that will impact EMS education. SHEMSE is proud to have staff members participating in these discussions and changes at both the state and national level.
 - The National EMS Education Standards are being drafted to match the new new National Scope of Practice model. Both Minnesota and North Dakota are working on finalizing rule changes to follow these national changes.
 - Over the last three years, SHEMSE has piloted an EMT portfolio project; this pilot project is coming to an end and is expected to be adopted statewide.
 - Practical skills examinations are changing - the "old style" practical exam won't exist; instead, students will be tested in a more "real-world" situation. Stay tuned for more info!
 - The NREMT has talked about making some recertification changes this year.



**CODE BLUE
EMS
CAMP**

**Wednesday-Friday,
June 17-19, 2020**

This hands-on camp will teach many components of Emergency Medical Services and what it's like to take care of people as a Paramedic or EMT.

*Open to high school-age youth.
Meals and Housing provided.*

NDSCS Wahpeton - 800 6th St. N.
COST: \$50 per person (non-refundable)

REGISTRATION & MORE INFORMATION
SanfordHealthEMSEducation.org/EMSCamp

NDSCS
NORTH DAKOTA STATE COLLEGE OF SCIENCE
NDSCS.EDU/PARAMEDIC

Offered in cooperation with
SANFORD
HEALTH
EMS Education

We hope that you have enjoyed this edition of *Vital Signs*, a quarterly newsletter distributed by F-M Ambulance. An electronic version of this newsletter can be found on our website, www.fmambulance.com. If you have an story ideas, comments or questions about *Vital Signs*, please contact Kristi Engelstad at 701-364-1759 or kristi.engelstad@fmambulance.com.



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