Maryland EMS News

For All Emergency Medical Care Providers

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Seat Belts Save Lives: Buckle Up Maryland

Beginning in May, Click It or Ticket campaigns are launching across Maryland and the nation. There are many reasons to wear a seat belt. Avoiding a ticket is only the financial reason.

Seat belts save over 13,000 lives every year on highways, city streets, and community roads. The Click It or Ticket campaign has shown that high-visibility enforcement works to educate the public, and public safety professionals have one goal: saving lives by preventing injuries from happening in the first place. Click It or Ticket is regularly cited for an increase in the national seat belt usage rate from 58% in 1994 to an estimated observed usage rate of 86% in 2012 (an all-time national high). In Maryland, public safety professionals take part in a nighttime enforcement effort, specifically watching to make sure that everyone is buckled up "Day and Night."

Maryland EMS, fire, and rescue stations are asked once again to display the "Buckle Up" banners throughout May and June. Many fire and EMS professionals will be driving to the Maryland State Firemen's Association Convention on June 16, so be sure to keep your banners up until at least that date. Banners remind Maryland's citizens and visitors alike that seat belts save lives. In addition to sending the message with the banners, we are asking you to be a role model: buckle up every time you are in a vehicle.

Below are five facts about seat belts from the National Highway Traffic Safety Administration (NHTSA). Please post and share them at your open houses throughout the year.

1) Buckling up is the single most effective thing you can do to protect yourself in a crash. During a crash, being buckled up helps keep you safe and secure inside your vehicle whereas there is a greater chance of death if you are completely ejected from the vehicle.
2) Air bags are designed to work with seat belts, not replace them. In fact, if you don't wear your seat belt, you could be thrown into a rapidly deploying frontal air bag. A movement of such force could injure or even kill you.
3) Buckle up safely by following the guidelines shown in the vehicle owner's manual. The lap belt should be secured across the pelvis and the shoulder belt across the rib cage, which are more able to withstand crash forces than other parts of your body.
4) Fit matters: check to see that your vehicle's seat belts are a good fit for you. If necessary, talk to your dealer about seat belt adjusters. Place the shoulder belt across the middle of your chest and away from your neck. Adjust the lap belt across your hips below your stomach. NEVER put the shoulder belt behind your back or under an arm.
5) Everyone needs to be restrained appropriately for his or her age, height, and weight.
   a) Everyone buckles up: front and back seat and in every row
   b) Infants and children must be in appropriate child safety restraints
   c) Tweens (generally anyone between the ages of 8 and 13) must to be in a three-point restraint in the back seat
   d) Teens need to be properly restrained and trained to be responsible drivers and passengers
   e) No texting, no talking on hand-held phones, and no reading electronic messages while in travel lanes—it's prohibited by law in Maryland
   f) Pregnant women must still use a three point seat belt to protect themselves and the baby
   g) Senior adults must continue to use the shoulder and lap belt in all seating positions, purchasing adjusters if necessary

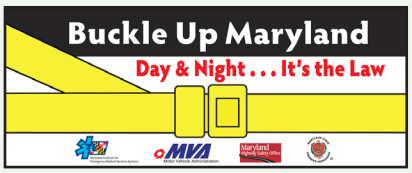
MIEMSS has distributed over 200 Buckle Up banners across Maryland. If you already have one, please hang it at your station. If your company is interested in obtaining a banner, contact the CPS and Occupant Protection project at MIEMSS by emailing cps@miemss.org.

Buckle Up Every Ride - Every Time! Thank you for your ongoing support of Safety for Life programs.

Buckle Up Maryland – Day and Night. . . *It's the Law* Program Kicks Off

The Click It or Ticket Campaign for 2013 emphasizes the importance of around-the-clock prevention education and enforcement through a multi-agency approach. In a joint letter to Maryland's EMS, fire, and rescue community, Dr. Robert R. Bass, MIEMSS Executive Director, and John Denver, President of the MSFA, are asking every EMS, fire, and rescue company to display the BUCKLE UP banners from May 19 through June 16 as part of Maryland's seatbelt usage educational program. You can read the letter here: http://bit.ly/MIEMSS-BuckleUp_2013.

For those that have outdoor signs, please display the message: "Buckle Up Maryland—Day and Night. It's the Law." Seatbelts are the single most effective way to save lives on Maryland's roads. Thank you for assisting in this important public safety campaign.



EMS Care 2013 – Ridin' the Wave

Annual Conference a Sensational Success

EMS Care 2013 was held in Ocean City, Maryland, featuring five days of continuing education programs including skills refresher courses, hands-on demonstration, and nationally renowned speakers. More than 300 individuals attended, including the pre-conferences as well as the full conference.

Pre-conference courses included a two-day EMT Skills Review Class and the Tactical Combat Critical Care course (TCCC). The TCCC course was presented in partnership with the U.S. Air Force's Center for Sustainment of Trauma and Readiness Skills (C-STARS), the Maryland Committee on Trauma, and the R Adams Cowley Shock Trauma Center. The TCCC Course included one day of classroom instruction and a second day of practical training held at Ocean City Paintball where participants rescued patients (manikins) while "under fire" in a life-like scenario-based training. Additional pre-conferences were offered in Critical Incident Stress Management, ACLS for the Experienced Provider, When the Stork Dials 9-1-1: Managing OB and Newborn Emergencies, and moulage application.

Over 34 classes were presented during the two days of EMS Care's full conference. The Rescue in the Waves session included a full beach rescue demonstration with the Ocean City Beach Patrol, Ocean City Fire Department, Ocean City Police Department, the US Coast Guard, and the Maryland State Police Aviation Command. Plans are underway for next year's EMS Care 2014. Watch the EMS Newsletter and MIEMSS website for information.

Participants at EMS Care practice ACLS for the Experienced Provider with like-like "patient" manikins.

During day two of the Tactical Combat Critical Care course, participants donned safety gear and practiced rescue missions using paintball "weapons."

Instructors and students of the EMS Care 2013 pre-conference Moulage Workshop get "wounded." Here, they gathered together to show off their work.

Here members of the Rescue in the Waves Session are shown pulling a "victim" from the ocean to the shore.

EMT Students in the Right Place, Right Time, to Help Save a Life

On a Sunday morning in April 2013, Herb and Ingrid Reynolds were teaching an EMT class at the Maryland Line Volunteer Fire Company when someone flew in the door asking for help. An elderly woman had fallen out of a car and was lying in the middle of the street, critically injured, just outside the fire station. Besides the Reynolds and their 18 students, the fire department was empty. So they did what they were being trained to do and jumped into action to help.

Maryland Line, as the name suggests, lies just south of the Pennsylvania border in a rural section of Baltimore County. Herb, a Paramedic, and Ingrid, a Critical Care Nurse and Paramedic, were teaching an EMT class in Maryland Line through the Maryland Fire and Rescue Institute. The husband and wife instructor team had recently taken their students to visit the R Adams Cowley Shock Trauma Center in Baltimore and the Maryland State Police Aviation Command at Martin State Airport to show them other components of Maryland's EMS system. The instructors, however, didn't expect that their students would experience saving a life as part of their curriculum.

EMT students and their instructors, shown here in a group photo, helped save the life of a woman who fell out of a moving car. Image courtesy of Herb Reynolds.

On that morning, a man and woman had been driving down the road in an antique pickup truck—one that was not equipped with seatbelts. The passenger door had not been secured properly and when the driver made a turn, the passenger was ejected from her seat, rolled out the door, and fell onto the road. A witness to the incident notified the Reynolds, who immediately called 9-1-1 for assistance, then—with all 18 students—rushed outside to help. At the direction of the instructors, the students assessed the injured woman, immobilized her, controlled her bleeding, fetched equipment, controlled the oncoming traffic, and packaged her for transport. The instructors and students found out later that the patient had suffered a fractured pelvis, fractured right arm, and internal bleeding.

Maryland Line certified EMS providers arrived shortly with an engine and ambulance, and Engine 60 from Baltimore County responded to the scene. The patient's injuries were so severe that medevac was requested and she was transported to the R Adams Cowley Shock Trauma Center.

After the morning's excitement, the Reynolds' students returned to class—after a well-deserved lunch break. Although Herb Reynolds has been teaching for more than 20 years, he said nothing like this had ever happened during one of classes before. The only exception was just a few weeks earlier when a parent with a child suffering from an asthma attack sought help from the Maryland Line VFC. The Reynolds and their students happened to be there to help that child too. These unusual circumstances, he says, presented great learning experiences for the students. And even better—both patients are now doing well thanks to the quick actions of the Reynolds and their students.

Montgomery County Fire and Rescue Service Receives National Award

Montgomery County Fire and Rescue Service (MCFRS) has received the Excellence in Fire Service-Based EMS award from the Congressional Fire Services Institute (CFSI). The Service was honored at the CFSI's 25th Annual Congressional Fire and Emergency Services dinner held in Washington, DC, on May 9, 2013.

Montgomery County Fire and Rescue Service was recognized for developing and implementing several critical care programs for improving survival rates in the community it serves. One of the programs MCFRS established is the Emergency Cardiac Care program, which allows emergency services providers to transmit critical data directly and securely from remote locations to area hospitals using sophisticated technology and equipment.

"This award reflects our ongoing investment in and dedication to excellence in our Fire and Rescue Service," said Montgomery County Executive Isiah Leggett. "I am very proud of the hard work of each and every member of the Montgomery County Fire and Rescue Service who has placed us in a position to be nationally recognized for this prestigious award."

"This award is testament to the commitment and dedication of the entire department and also reflects the hard work and collaboration of our hospital partners," said Fire Chief Steve Lohr. "We strive to stay on the leading edge of the most advanced technology and industry practices available which translates into providing the best possible—one patient at a time."

Congratulations to MCFRS on receiving this prestigious national award.

National EMS Week: May 19 – 25, 2013

EMS providers are heroes every day. EMS Week is a time to recognize the critical role these brave men and women play in health, safety, illness prevention, and lifesaving care every day. From MIEMSS, a very special thank you to all of Maryland's EMS providers.

Maryland celebrates EMS Week each year with the EMS Stars of Life Awards and EMSC Right Care When It Counts Awards for children and youth. MIEMSS awards Maryland citizens and providers by honoring those who have contributed to the EMS system and recognizing children who have identified an emergency and contacted 9-1-1. These awards were presented on May 21, 2013. Check out the June issue of Maryland EMS News for a full list of award winners and photos of the awards ceremony.

Visit MIEMSS' website (www.miemss.org) for a special EMS Week 2013 "thank you" video for EMS providers.

EMT/EMD/EMR Renewal Certification Cards

Reminder: EMT, EMD, and EMR Renewal Certification cards will be sent out mid-May. Please note that these cards are self-laminating to prevent wear and protect the printed information. To laminate the card, please follow the instructions below, which will also be provided in your certification/licensure letter:

1. Peel card from liner slowly
2. Place card face down in window
3. Punch card through back of sheet

Please contact the MIEMSS Office of Licensure and Certification at 1-800-762-7157 or 410-706-3666 with any questions.

eMEDS Monthly Maintenance Scheduled

As part of our continual effort to provide the latest technologies for reliable and scalable hosting solutions, MIEMSS has been performing monthly server maintenance on all our hosted sites with the exception of Resource Bridge production sites. All future server maintenance will take place on the last Wednesday of every month, between 10:00 PM and 12:00 AM. Each server maintenance window may result in a service disruption. We apologize for any inconvenience caused by the potential service disruption or the change in our procedures.

Due to regular server maintenance, the 2012 site-up time increased. Despite the brief interruption in service, we hope that the regular sever maintenance and support will continue to improve eMEDS performance.

Children In and Around Cars

Top Ten Things to Know to Keep Warm Weather Days Fun and Safe

May 24, 2013, is National Heat Stroke Awareness Day and MIEMSS has joined with the National Highway Traffic Safety Administration (NHTSA) and Safe Kids Worldwide in an effort to reduce these deaths by reminding parents and caregivers about the dangers of heatstroke in young children. Please share these ten facts and tips with your community.

You can help prevent these tragedies by educating the public about the dangers of leaving children in hot cars. And remember, pets are also susceptible to fatal heatstroke when left inside cars—even when it doesn't seem especially hot outside.

1. Heatstroke is the #1 cause of non-crash vehicle related deaths for children under the age of 14 years.
2. In 2012, 32 children died when they were left inside of a vehicle. Even one child is too many.
3. Children heat up three to five times faster than adults do because of a less-developed internal cooling mechanism.
4. At an outside temperature of 80°, the inside temperature of a car can rise to an unsafe temperature in just two minutes. In 10 minutes, the inside temperature of a car can rise 20°.
5. Heatstroke ("hyperthermia") deaths have been documented in 11 months of the year across the United States (February through December).
6. Eight children in Maryland have died from hyperthermia when left in a car (1996-2012). From 1998 to 2011, over 600 children died from vehicular heat stroke.
7. Children climbing into cars to play—and not being able to get back out—accounts for about one-third of vehicular heatstroke deaths. Always lock your car and ensure children do not have access to keys or remote entry devices. Teach your children that vehicles are never to be used as a play area.
8. More often (over half of vehicular heatstroke deaths), a lone driver forgot the child was in the car. Often this happens because the child is asleep or quiet, or the day included an atypical routine. Develop a safety routine and stick to it. Make "look before you leave" a routine whenever you get out of the car. When a child is put in the car seat, place a stuffed animal in the front seat as a reminder that he or she is in the car with you and place your purse or briefcase in the back seat with your child.
9. Have a plan that your childcare provider will call you if your child does not show up for daycare or school.
10. Never leave a child unattended in a vehicle—not even for a minute!

IF YOU SEE A CHILD UNATTENDED IN A HOT VEHICLE, CALL 9-1-1 IMMEDIATELY

Additional resources and factsheets can be found online:

National Highway Traffic Safety Administration – www.safercar.gov/heatstroke

Safe Kids – www.safekids.org

Kids and Cars – www.kidsandcars.org

San Francisco State University, Department of Geosciences – www.ggweather.com/heat/index.htm

MIEMSS Designates New Cardiac Interventional Center

On May 14, 2013, MIEMSS' EMS Board approved Nanticoke Memorial Hospital in Seaford, Delaware, as a Cardiac Interventional Center. Nanticoke Memorial joins three other out-of-state hospitals to be designated as Maryland Specialty Referral Centers. As a designated Cardiac Interventional Center, Nanticoke Memorial will now be able to accept Maryland STEMI patients that meet the criteria for transport to a specialty center per the *Maryland Medical Protocols for EMS Providers*.

For a list of other designated trauma and specialty centers, visit MIEMSS' Hospitals webpage at http://miemss.org/home/Hospitals/tabid/55/Default.aspx.

Save the Date!

2013 Mid Atlantic Life Safety Conference

"Confronting Today's Challenges"

September 24, 2013

Johns Hopkins Applied Physics Laboratory, Laurel, MD

Featuring Billy D. Hayes, Columbia Southern University

Visit www.fabscom.org or call 301-226-9962 for more information

MIEMSS, *Maryland EMS News*
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Governor Martin O'Malley
Lt. Governor Anthony Brown

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