



# Lifeguard Newsletter

# Celebrating 30 years



April 2011

Volume 7, Number 2

When contacting Lifeguard through your local dispatch or by calling (800) 223-6627, please be ready to provide the following:

- Your general location & type of Emergency
- Identify frequency that Lifeguard will be using to speak with ground units
- Identify who Lifeguard will be speaking with

*Lifeguard Air  
Ambulance  
1026 A Ave N.E.  
Cedar Rapids, IA  
52406-3026*

*Going the Distance to Save Lives*

## Celebrating 30 Years

by Sue Mincks, Paramedic

Lifeguard is celebrating its 30<sup>th</sup> year by throwing a party!! Please join us Saturday May 14<sup>th</sup>, from 1000-1400 for cake, cookies, fun and 'hopefully' tours of the helicopter. Many of the Lifeguard crew will be on hand to talk. But don't expect any candles on the cake, fire hazard, you know!

As many of you are already aware, when Lifeguard first came into existence in February 1981, it wasn't even positioned at St Luke's, it was located at the airport! It was staffed with paramedics from Area Ambulance. The paramedics would drive to St Luke's, meet up with the pilot and nurse, and go to the scene or hospital. The remaining paramedic from AAS would then run the streets by themselves if needed. As each service became busier, AAS stopped providing the paramedic, and St Luke's hired their own. Area Ambulance continues to dispatch Lifeguard.

The helicopter is owned by St Luke's. Over the years, the type of calls that Lifeguard responds to changed. Currently Lifeguard responds to scene calls 30% of the time, and 70% inter-hospital flights. Lifeguard is one of a few helicopters that can transport bariatric patients and has been known to transport corn augers at the same time.

Iowa County Ambulance Service is also celebrating its 30<sup>th</sup> year anniversary. How cool is that? Their celebration is also on Saturday, May 14<sup>th</sup>. If you can't make it to Lifeguard's party, try to get to Iowa County for theirs. Congratulations Iowa County!

## SAFETY, SAFETY, SAFETY

Because Lifeguard depends on surrounding services to assist in loading patients, safety is of the utmost concern at all times. Just as safety is at the top of the list with all EMS. If you are injured while on a call, you can no longer provide care for the initial patient, leaving your partner 2 patients to care for. It's necessary to keep up skills of securing the patients on the LG stretcher and loading them into the helicopter while it's running. We want you to feel as comfortable working around the helicopter as we are, yet remain vigilant. We are a team. Schedule a safety training class for your service soon. We look forward to working with you!!

## EMS Week

EMS Week is May 15-21. We hope you enjoy your week.

## Requesting Lifeguard:

Remember if you are unsure whether you'll need Lifeguard, you may tell dispatch that you would like to place Lifeguard on "stand-by". The crew will prepare for lift-off while awaiting the "go-mission" call. This saves minutes on lift-off time because the crew is already at the helicopter, and ready for lift-off.

To contact Lifeguard for a Safety Training or PR event, call (319) 369-8995 and ask to speak to a member of the flight crew.

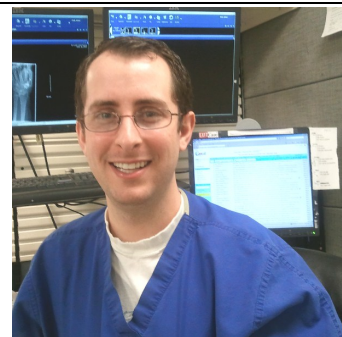
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Call 319-369-8995 to schedule Safety Training for your service. We're scheduling classes May 1-September 30

## Meet Dr. Josh Pruitt

Josh Pruitt, MD is the Assistant Medical Director of Lifeguard, and a new member. Josh came to us through the U of I Residency Program that St Luke's is a part of. He graduated from the University of Tennessee in 2003 with a degree in Sports Medicine and a minor in German. He went to East Tennessee University Quillen College of Medicine. In 2007 Josh started the University of Iowa Emergency Medicine Residency Program. While doing his residency, he received extra training in EMS and aeromedical transport and flew as a flight physician with the University of Iowa program. It was during his rotations at St Luke's that we all came to know and love him.



He accepted a position as a staff physician at St Luke's Emergency Department. Along with being on staff, Josh is the Assistant Medical Director for Lifeguard and a Linn County Deputy Medical Examiner. He continues as a Visiting Clinical Professor of Emergency Medicine with the University of Iowa.

Josh has been married to Janel, the love of his life, for 7 years. They live in Cedar Rapids with their two children, Emma 3 and Trent 1 and their 8 year old 'Heinz 57' mix dog named Daisy. The family enjoys spending time together outside; hiking, gardening and simply playing. In their spare time, the Pruitts are in charge of the young singles ministry of Friendship Baptist Church where Josh is a Deacon.

Dr. Pruitt looks forward to the many challenges and rewards that his position presents. He believes he is privileged to work with the great group of paramedics and nurses of Lifeguard and he's committed to remaining up-to-date with cutting edge research in the field of flight medicine. Josh is excited to care for the residents of the surrounding communities. Welcome, Dr. Josh Pruitt.

## Upcoming Educational Opportunities

May 14	30-year Anniversary of Lifeguard	St. Luke's
April 1	Trauma 2011	Mercy, Iowa City
April 18-27	CCP Class	EMSLRC/UIHC
April 22	ATLS Review	Des Moines
May 5-6	TNCC	EMSLRC
May 9-20	Shock	NEICC (online)
May 10-11	ACLS	EMSLRC
June 6-17	Pediatric SOB	NEICC (online)
July 11-22	Near Drowning	NEICC (online)

## Updates and Reminders

If you'd like to receive this and future newsletters via email, send a note to Debbie Julian at [JulianDJ@crstlukes.com](mailto:JulianDJ@crstlukes.com)

The Air Medical Safety Committee is asking that all services use law/mutual aid without tone codes for all communication with an incoming helicopter.

### DID YOU KNOW?

April is: National Pet Month	Sexual Assault Awareness Month	4/3 Don't go to Work Unless it's Fun Day	4/17-13 Medical Labs Week	Keep America Beautiful Month	April 1 April Fool's Day	4/24-30 is National Karaoke Week
May is: Foster Care Month	National Blood Pressure Month	5/1 May Day	5/11 School Nurses Day	National Barbeque Month	5/1-7 Nurse's Week	5/14-21 EMS Week & Police Officer's Week
June Is: Dairy Month	National Adopt a Cat Month	6/5 World Environment Day	6/21 Finally Summer Day	Candy Month	6/4 is Hug Your Cat Day	6/7 is National Chocolate Ice Cream Day
					6/23 is Take your Dog to Work Day	

*We'd like to send our most sincere apologies to Belle Plaine Ambulance Service for incorrectly stating in the last newsletter that the EMS Day was being held in Blairstown instead of Belle Plaine.*