



Lifeguard Newsletter

April 2013

Volume 9, 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

Scene Safety

When we talk about scene safety, it is always with an emphasis on how safe it is for you to enter. But how about after we enter it? How about when we leave? How safe is it for those that remain after we take care of their loved ones?

Looking for information on this subject was difficult to say the least. In fact one of the articles I did manage to find simply stated that “a bloody latex glove was left on scene of a car accident”. This tells me that we have done an outstanding job of cleaning up after ourselves! But let’s not get complacent and slack off. What can we do to keep on top of it? How can we make sure that the patient’s home, car, or yard is safe for their family members? We need to be very aware of the supplies we use at the scene.

Let’s talk about some of our scenes. Picture the respiratory difficulty at his home. He is an elderly man sitting in his recliner in the living room on Easter Sunday night. He and his wife have children and grandchildren visiting. When EMS arrives, depending on what community he lives in, there might be several vehicles and numerous EMS personnel on scene. You begin to care for him. You apply O₂, start an IV, place him on the monitor and proceed to give medications. You transport to the hospital. What mess did you leave behind? Let’s think about our list of supplies.

The wrapping from the cannula or non-rebreather, the IV supplies and needle, the monitor lead stickers. How about the medication vials, the caps from the medication syringes, the alcohol swab wrappers and swabs? How about the cap from your saline flush if that is what you use? What has been left for his grandchildren to pick up and play with? What might the family dog grab and eat and possibly choke on? What mess did we leave on the recliner when starting the IV? And this is the “simple” call.

How about the trauma scene? There will be bloody gauze, IV supplies, possible gloves that have ripped, caps from medications and clothing that has been cut away from the patient. What if it is extremely windy out? Is it in the back of our minds that our garbage might be blown away, down the road for wildlife to get into, onto someone else’s property? Do we assign someone to clean up? Do we assume that we, ourselves, will pick up before leaving the scene? We should always be placing needles in sharps containers as we use them, but what about the rest? We don’t carry a waste basket to the side of the patient. So how do we clean up? I don’t think there is one answer for that.

We must always be hyper-aware of the garbage that we create in order to assist the hurt and injured. It can be life-threatening to children, hazardous to family pets. We must always be aware that the garbage that we leave behind is contaminated. We don’t have a maid service that cleans up after us. We don’t usually assign someone to garbage duty. So we must clean up after ourselves always. But, whatever we have been doing, we have been doing it right. Good job!

1. Lehigh University EMS; Exposure Control Plan; September 2002
2. WRAL.com; Jan 1, 2007
3. Daily Collegian; Paul Resch; September 9, 1993



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.

You can also request Lifeguard to be an "in air" standby. This is a good option for when call are a distance away. There is no charge if Lifeguard is cancelled.

Updates & Reminders:

Get your calendars out! We start scheduling Safety Classes May 1st.

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

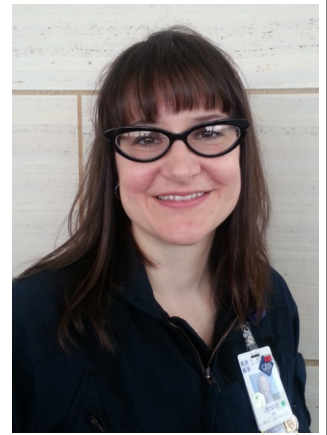
If you have an educational opportunity and would like it included in the Lifeguard Newsletter, let us know!

Call 319-369-8995
TODAY to
schedule your Lifeguard
Safety Training Class.
We're scheduling
classes that start
May 1st

To do
 Done

Welcome!!!

We'd like everyone to welcome the newest member of our flight crew. Jenny Reece, RN comes to us via a varied route. Jenny's been a nurse for over 6 years following graduation from Kirkwood Community College. She is currently in the Master's of Nursing program through Walden University. She began her career in health care working in the lab at St Luke's. She was often in the emergency department and she states that she was impressed with how "level-headed and smart the flight crew was" and decided that was what she wanted to do. And with that she began working towards it!



After obtaining her degree in nursing, she also obtained her EMT-B and volunteers with Hiawatha Ambulance Service. She's worked in the Critical Care Units at St Luke's, looking to expand her experience and horizons while continuing to work in the emergency department of both St Luke's and UIHC.

And if that wasn't enough...she had time to marry an awesome guy named Randy, and have 3 children, Caden (9y/o), Ella (6y/o), and Maggie (4y/o) . They also have 2 cats and several fish! Whew!

Jenny came on board the flight crew when there were several helicopter crashes in the Midwest, so naturally she has some concerns. Her biggest fear is leaving her children before they have a chance to build lasting memories of her. She also fears losing focus of what matters most in this job. But she is also very excited about having this opportunity to be part of something that can make such a difference in people's lives. And we all believe that Jenny can make a difference in many people's lives. So please join us in welcoming Jenny to our family!!

Upcoming Educational Opportunities

3/25-5/16	Emergency Medical Responder	Kirkwood
4/8-4/9	PHTLS	EMSLRC
4/9-4/30	Advanced Medical Life Support	Kirkwood
4/10	ACLS Renewal	EMSLRC
4/15-4/24	Critical Care Paramedic	EMSLRC
4/17-4/23	PALS	NICC
5/4-5/5	AMLS	NICC
7/8-8/14	Iowa Paramedic to Paramedic Transition	Kirkwood

Save the Date: LG EMS Day----September 28, 2013

Looking for other EMS opportunities? check out www.iaemstraining.org!

Did you know...

April is National Humor Month, Sexual Assault Awareness Month, and Stress Awareness Month.

The first week of April is Read a Road Map Week, April 7-13 is Garden Week, April 14-20 is **Emergency Dispatcher's week**, and the 3rd week is Medical Labs Week.

April 10th is Golfer's Day, the 14th is Look up at the Sky Day and the 20th is Volunteer Recognition Day.

May is Foster Care Month, National Blood Pressure Month, and Older Americans Month. The 1st week of May is **Nurse's Week**, the 3rd week is **National Police Week**, and the 4th week is **EMS Week**

May 1st is May Day, May 12th is Mother's Day, and May 15th is National Police Officer's Day.

June is National Dairy Month, Fresh Fruit and Vegetables Month, and Rose Month

The 1st week of June is Fishing Week and the 2nd week of June is E-mail Week.

June 14th is Flag Day Display them proudly!!! And June 16th is Father's Day.