



## Contact info

Contact LifeGuard through your local dispatch or by calling (800)223-6627

## Updates

Preferred frequencies to use when speaking with LifeGuard are:

- 155.340 VMED 28 (State EMS)
- 155.475 VLAW 31 (Law Mutual Aid)

Identify who will be speaking with LifeGuard

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.

Call now and schedule your safety training classes. These are recommended every 2 years, or every year if many new members on your service.



## Sleep Deprivation

Sleep deprivation occurs when an individual fails to get enough sleep. It can be either chronic or acute. Chronic sleep deprivation can cause fatigue, daytime sleepiness, clumsiness and either weight loss or gain. The amount of sleep that a person needs varies from one person to another, but the Mayo Clinic has recommended that adults get between seven and nine hours of sleep a night. It has been noted that most people get less than seven hours of sleep while 15% of adults sleep less than six hours a night.

There have been extensive studies done to show the effects of sleep deprivation on people including one comprehensive study done over several years that concluded in 2007. The study focused on Fire Fighters and EMS Responders, but also looked at seafarers, pilots and commercial motor vehicle operators. These groups have traditionally worked various shifts, long hours, rotations of nights and days and overtime. The studies, including The Effects of Sleep Deprivation on Fire Fighters and EMS Responders, tracked how lack of sleep can affect us. One of the most important aspects of these findings is the fact that once the person becomes sleep deprived, they may not even know it and think they are "fine" and "can handle it".

Many emergency medical responders across the country are volunteers and work other full-time jobs. Many paid emergency medical responders work in hospitals, on flight crews and ambulances and fire departments. The hours of these various positions vary. Some work 8, 12, 16 or 24 hour shifts. The rotation also varies within each area as in 24 hours on with 48 hours off. We chose a profession, not a work schedule, when we decided to go into EMS and Firefighting. But, we must try to be rested for the sake of our partners, the crews that we work with and our patients.

We all have occasions where we simply cannot get to sleep. We toss and turn, get out of bed, or watch a little television hoping it will make us sleepy, all to no avail. Sometimes we simply cannot turn our minds off, let go of the stress of the day, or the excitement of upcoming events. That is okay, occasionally. Unfortunately, there is a group of people who have been classified as having a sleep disorder called *behaviorally induced insufficient sleep syndrome*. This is a type of hypersomnia, involving a pattern of restricted sleep that is present almost daily for 3 months. Many times personal obligations restrict sleep time (providing care for a relative with illness), other times it is work hours that are required. The risk groups here are males and females of all ages, caregivers, people who perform shift work, those who work multiple jobs or overtime in a profession that has demanding work hours.

The results of this deprivation include daytime sleepiness, where if required to sit in a class or meeting, the person will most likely fall asleep. Often these people also experience drowsy driving and workplace injuries. They can be irritable, easily distracted, experience attention deficits, restlessness, lack of coordination, poor decision making, errors, forgetfulness and longer reaction times. In these professions, one cannot afford to be working with someone who is sleep deprived. We count on our partners to help keep us safe, to help keep our patients safe. And our partners and our patients count on us. More on this in the next newsletter, so stay tuned and get some sleep!

References: Sleep Deprivation; MedFlight 911; January 2013  
Effects of Sleep Deprivation on Firefighters and EMS; June 2007  
Sleep Disorders; February 2014  
Sleep Deprivation: Wikipedia  
WebMD



## Dr. Pruitt, LifeGuard Medical Director

Trust is a cornerstone of our ability to function in the EMS world. As providers, we trust our dispatchers to give us accurate information, we trust our pilots and drivers to transport us safely and efficiently, and we trust our partners to be there for us when it “hits the fan.” The problem with trust is that it is not free – it must be earned. This principle carries over to LifeGuard’s ability to function in the Eastern Iowa community as well. For many of you, we have earned your trust over years of reliable, rapid service. We are asking others of you to begin that journey with us. We are committed to earning your trust as we partner with you to provide medical care to the sickest and most injured patients in your community. LifeGuard operates under eight governing “Standards of Excellence.” These guide us in our interactions within the UnityPoint system and with you as our partners in the field. I’d love to discuss them with you any time. Drop me a line and let’s discuss ways to improve our cooperation and, most importantly, the outcomes for your friends and loved ones. ~Josh

## Welcome Randy Kluj, Pilot

Randy was hired by Med-Trans (LifeGuard’s partner) in early summer 2013. He came to LifeGuard in August 2013. Here’s what Randy had to say:

“I’ve been flying about 10 years now. I graduated with a Bachelor’s degree in Criminal Justice from Norwich University, but since I was a little kid I’ve always wanted to fly. I think it probably started when my parents took me to see a Blue Angels airshow. After graduating college I was accepted into the U.S Army’s Warrant Officer Flight Training Program.”

“I flew the AH-64D Apache Longbow during my Army career and was a Standardization Instructor Pilot. I deployed 3 times including Operation Iraqi Freedom (OIF) 06-08, OIF 09-10, and Operation Enduring Freedom (Afghanistan) 11-12. The thing I enjoyed the most about flying the Apache was conducting missions during my deployments. Providing support and firepower for ground troops in harm’s way and being able to help them out of dangerous situations was very satisfying. When I decided to get out of the military and into EMS flying one of the biggest attractions was that every time I flew I would have a specific mission. Additionally I love the 7 on and 7 off schedule.”

“I love being outdoors and physically active.....gym, running, hiking, hunting, fishing, fly fishing, and mountain biking. The EMS schedule allows me to get back into hunting and fishing, something I didn’t get to do in the military due to the lack of free time. I also enjoy going back to Maine where I was raised. I have a house in Maine on 80 beautiful acres in northern Maine. Ummm, what else..... just Mom and Dad back in Maine. No brothers or sisters, ‘cause I was so perfect my parents stopped at one... at least that’s my story!”

When you see Randy on scene or at your Safety Training Class, welcome him!

### Educational Opportunities

April 22	SHOCK	St Ansgar/NIACC
April 22	Pediatric Emergencies	KCC
May 5	ACLS Renew	NIACC
May 8/9	PALS	NIACC
May 13	PALS	St Lukes/HCC
May 12/13	ACLS	NIACC
May 15	ACLS & PALS Instruc. Renewal	NIACC
May 20	ACLS Instruct.	NIACC
May 22	PALS	NIACC
June 5	Basic Dysrhythmias	St Luke’s/HCC
July 22/23	TNCC	NIACC
August 6	PALS	St Luke’s/HCC

### Did you know...

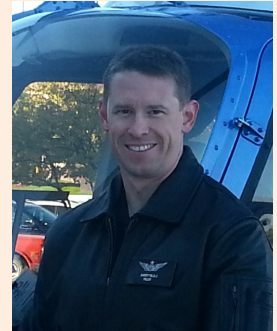
**April** is Stress Awareness Month and National Humor Month. April 13-19 is Emergency Dispatcher’s Week. April 23 is Administrative Professional’s Day

**May** is Foster Care Month. The first week of May is Nurse’s Week, the 3<sup>rd</sup> week is National Police Week and the 4<sup>th</sup> week is Emergency Medical Services Week. May 6 is National Nurse’s Day, May 11 is Mother’s Day, May 15 is Police Officer’s Memorial Day, and May 26 is Memorial Day

**June** is Dairy Month. June 14 is Flag Day and June 15 is Father’s Day



Dr. Josh Pruitt



Randy Kluj, Pilot

### Requesting LifeGuard:

Remember if you are unsure 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 calls are a distance away.

There is no charge if LifeGuard is cancelled.

UnityPoint Health  
**LifeGuard**  
Air Ambulance



1026 A Avenue  
Cedar Rapids, IA 52402  
unitypoint.org/cedarrapids