



April 2016

Contact info

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

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

For those services transmitting EKG's from the field to St Luke's ED, please use the following: SLHEKG@unitypoint.org



Broken Heart Syndrome or Myocardial Infarction?

We are all familiar with those stories of the long-married couple where one dies and the other follows soon after. We've also heard people say that they couldn't live without the other. But did you know there really is something called Broken Heart Syndrome or Takotsubo Cardiomyopathy? The name comes from the shape of a pot that is used in Japan for catching sea animals.

Broken Heart Syndrome is also called stress-induced cardiomyopathy. The incident occurs within minutes or hours following an emotionally stressful event. The event can be the death of a loved one, a divorce/separation, betrayal or rejection. The event can also be a very joyful stress such as winning the lottery.

The symptoms are essentially the same as a myocardial infarction—sudden, intense chest pain, shortness of breath, possibly diaphoresis, lightheadedness and dizziness, with EKG changes mimicking a myocardial infarction of the anterior wall, and can definitely be life-threatening. During this episode, the heart muscle can be so profoundly affected that it cannot pump blood throughout the body strongly enough which leads to heart failure. So, how do we know the difference and how do we treat it?

If you are paged out for a person with chest pain, possible heart attack, you will do exactly as you always do. Assess the patient obtaining a thorough history, establish an IV and do an EKG (if your service is of that level) and give the appropriate medications. Transport to the appropriate facility and give a full radio report. Upon arrival to the hospital, the patient undergoes a series of tests including another EKG, lab work, and possibly a cardiac catheterization. The EKG will look abnormal, the lab work will be abnormal, but the cardiac catheterization will be negative. To diagnose stress-induced cardiomyopathy, an angiogram must be negative (showing no arterial blockages) and an echocardiogram must show the tell-tale fishing-pot shape of the heart.

Approximately 2% of the people experiencing what seems to be a heart attack actually have broken heart syndrome. Most patients make a full recovery within one to two months. The heart muscle is not permanently damaged with this syndrome. Regardless, if you or someone you know are experiencing any of these symptoms, do not ignore them. Get checked out and quickly.

References:

1. Wittstein, Ilan/2010/Annals of Pharmacotherapy/WebMd,LLC
2. Eshthardi,P/July 2009/Transient Apical Ballooning syndrome clinical..
3. Wittstein, Ilan, MD/2007/The Broken Heart Syndrome

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 to schedule your safety training classes. These are recommended every 2 years, or every year if there are new members on your service.

MARK YOUR CALENDARS!

2016 Donate Life Conference

— The Ripple Effect —

Prairie Meadows Event Center • Altoona, IA

SEPTEMBER 29, 2016

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UnityPoint Health
St. Luke's Hospital



Call LifeGuard dispatch 24 hours a day. **800-223-6627**

Meet one of our newest members of LifeGuard----Mike Cochran, Pilot.

Mike comes to us from Florida. Yes, you read that right, Florida. Mike began his career in Florida in the law enforcement field as a Police Dispatcher and then became a sworn police officer. During his 17 year law enforcement career, he was on street patrol, specialty units such as Community Oriented Policing and Neighborhood Enforcement Team, and did undercover work with drug surveillance, prostitution stings and drug buys/sales. He was an undercover detective with Special Investigations, was on the Honor Guard, Dive Team and an advisor for the Police Explorers. In his last 7 years on the Police Department, he was in the Aviation Unit, flying helicopters and fixed wing.

Mike obtained his private helicopter rating, his commercial helicopter rating and then instrument rating (for low visibility conditions). He was also awarded his Airline Transport Pilot certificate (top certificate issued by FAA) and his Airline Transport Pilot certificate for single engine airplane and commercial certification and instrument rating for multi-engine airplanes.

Mike says that at the age of 8 he knew he wanted to be a pilot. When his uncle was an officer in the Navy, he was stationed on an aircraft carrier. Mike and his family were able to participate in taking the carrier back to Mayport, Florida from his uncle's last port of call. How cool is that? And that is when he decided he wanted to fly!

Mike's family consists of his parents, and one sister. His sister is married, with 8 children. Mike is still single, but says he is "ready to mingle". He's enjoying Iowa, as it has seasons!!! But, he was a bit disappointed in this past winter and looking forward to the next one. He is enjoying the flying here, because it isn't always in circles. He enjoys being a part of EMS and making a difference. When he first started here he was most anxious about making sure he knew where to refuel because it isn't always available everywhere all the time. And we like him to find fuel! Please welcome Mike to LifeGuard and EMS when you see him at Safety Trainings, at a scene flight or out and about.



Mike Cochran

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.

LifeGuard Outreach

LifeGuard Outreach (formerly RASCAL) is planning its first presentation of the year. It will be held in Marion at the Marion Fire Station #2 on April 18. The topic of "Heroin Overdoses" will be presented by Officer Al Fear of Cedar Rapids Police Department. Look for more information on our Facebook page as the date nears. If you would like more information about LifeGuard Outreach or would like the opportunity to host one, please call 319-369-8995

You can follow LifeGuard:

<https://www.facebook.com/LifeGuardAirAmbulance>

Educational Opportunities

4/11-13	CCTMC	Charlotte, NC
4/14	EMS Boot Camp SIM	NICC/Calmar
4/15	Trauma:Life in the ICU	Hennepin County, MN
4/22	Trauma Trends	Mercy, Des Moines
4/26	EMS Boot Camp SIM	NICC/Calmar
5/16-5/17	Trauma Care after Resuscitation	PCI/Cedar Rapids
5/18	Paramedic III	NICC/Peosta
5/18	Mission Lifeline: Reg STEMI Conf	Marriott, Cedar Rapids
5/13	TPATC	Des Moines
6/7	TNCC	NIACC
8/23	Paramedic I	NICC/Peosta

Did you know...

April is National Humor, Keep America Beautiful and Lawn & Garden Month. The first week of April is Read a Road Map Week, the second is Garden Week and the 4th is Administrative Assistant's Week. April 2 is Children's Book Day, the 7th is National Beer Day and the 27th is Administrative Assistant's Day.

May is Date Your Mate Month, Foster Care and Older Americans Month. The 3rd week is National Police Week and EMS week. May 8 is No Socks Day, the 15th is Police Officer's Memorial Day, and the 30th is Memorial Day.

June is Dairy, Fight the Filthy Fly and National Adopt a Cat Month. The 3rd is National Donut Day, the 4th is Hug your Cat Day, the 14th is Flag Day and the 24th is Take Your Dog to Work Day. Celebrate all of these and more!!

UnityPoint Health
LifeGuard
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