



Lifeguard Newsletter

Celebrating 30 years



January 2011

Volume 7, Number 1

February 2nd is the 30th Anniversary of St Luke's Lifeguard flying its first patient. Prior to this Lifeguard was based at the Eastern Iowa Airport.

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

STAYING SAFE AND WARM THIS WINTER by Sue Mincks, Paramedic

There have been several disasters, near disasters, and major inconveniences in the past decade. One would like to think that we're prepared to handle anything. Sadly, we aren't. Let's make a New Year's resolution: Be prepared for future problems that MIGHT happen.

First thing: your vehicle should've been winterized with fluids and tire pressures checked, cold temperatures can cause pressures to decrease. Keep your gas tank full, you never know when you might get stuck. Do you have an emergency kit in your vehicle? It should have items you can use by yourself. Think warm, food and light. The 'warm' part should include blankets, sleeping bags, extra mittens, scarves and hats. If you have room, maybe some thermal underwear. Food items should include non-perishables: peanut butter, jelly, granola bars, nuts, and dried fruits. Change these out as freshness decreases during the year. You should have some water bottles/jugs. Try to keep these in the cab to prevent freezing, but if no room, place them close to the cab. Your "light" items should include flashlights for you and flares for others to see you. If you should become stranded, do NOT leave your vehicle to walk to safety. Place brightly colored cloths on your antenna to enable others to see you from the road. Every hour, if possible, run your vehicle for about 10 minutes to warm it. Leave your dome light on when doing this so others might see the light. Keep a window, away from the wind, slightly open for aeration. Get out your blankets and 'warm stuff'. By keeping your water lukewarm, you won't have to use your energy and calories to warm it once it is drank. Eat high energy food so you can produce heat yourself.

If the power goes out in your home, are you ready? Again think warm, food and light. Many of us have generators. Put them into use, but use them appropriately and safely. If you're using a propane heater, make sure you have ventilation and a battery powered CO monitor. Do you have plenty of blankets, sleeping bags, etc. to stay warm? Again non-perishable food, but if the power will be out for several days, eat the food in the refrigerator first, as it will go bad. If you have plenty of water, you can use this to drink, clean up and flush your toilet. Try not to drink alcohol or caffeine as this won't help you preserve heat. Again, make sure you have flashlights and lanterns. If you have children, are there games to keep them occupied?

As a dog-lover to the nth degree, I can't finish this without including how to keep your pets safe and warm too. You must provide adequate shelter for them, whether that's inside your home or their own house. They should have clean bedding and their house should be insulated. Their bedding should be above the ground. If they're inside pets, wipe down their feet, legs and underbellies after being outside. They can pick up melting salts and antifreeze on these areas. Their paws can become encrusted with ice and snow from walking and can be cut. If your pet is short haired, get them one of those oh-so-darn-cute jackets to wear. It will keep them warm. Give them plenty to eat, they need those extra calories too!! Remember: if it is too cold for you to be out, it is too cold for your pet.

Stay warm and stay safe this winter, but above all, enjoy it!! You live here.

References:

American Red Cross; www.Redcross.org; 1/11
ASPCA; www.asPCA.org; 1/11
ASPCA Poison Control Center; 1/11
Waters, T; 2/2008; Home Improvement Contrib.
Melendez, J; 9/07; Assoc. Content. Yahoo

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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Meet Jackie Cufur

Meet the newest member of Lifeguard: Jackie Cufur! Yes, you read that name correctly. Jackie is the niece of one of our pilots, Michael Cufur. But enough about him! Jackie was hired as a Lifeguard Nurse this past summer. Jackie has been a nurse in St Luke's ER since the fall of 2007. She was working towards her BSN at Mount Mercy College while also working at St Luke's ER as a patient care tech. So she has quite a bit of ER experience under her belt.

Jackie is single at this time, although she is dating John. She has a dog named Jake and loves to spend time with both of them, along with her family and friends. She also likes the outdoors.

Jackie is looking forward to the challenge of learning the 'scene-side' of emergency medicine, AND to the many challenges and experiences that come with working on Lifeguard. She's excited to increase her knowledge in nursing and work with an amazing group of people! Join us in welcoming Jackie to our flight crew!



Upcoming Educational Opportunities

1/10/11-1/21	EMS Lawsuits-Documentation	NEICC (online)
2/4-5	24 hr Refresher	KCC
2/5	Blairstown EMS Day	Blairstown
2/5	Hiawatha EMS Day	Hiawatha
2/7-18	Alcohol Related Emergencies	NEICC (online)
3/10-12	2011 EMS Conference	Mayo Clinic
3/11-12	Code 1	KCC
May 2011	30-year Anniversary of Lifeguard	St. Luke's

Updates and Reminders

Please send your service's email and you can get the newsletter via email. You can email the address to Debbie Julian at 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.

January is...	<ul style="list-style-type: none"> Birth Defects Month Celebration of Life Month National Get Organized Month National Skating Month January 29 is Seeing Eye Dog Day
February is...	<ul style="list-style-type: none"> National Mend a Broken Heart Month American Heart Month Chocolate Lover's Month February 7-14 is Congenital Heart Defect Awareness week February 14 is Valentine's day and National Donor Day February 21 is President's Day
March is...	<ul style="list-style-type: none"> National Chronic Fatigue Syndrome Awareness Month Colorectal Cancer Awareness Month Eye Donor Month Fat Tuesday/Mardi Gras is March 8 Memory Day is March 21 American Diabetes Association Alert Day