



January 2014

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



L—R: Cathy Ross-Garron & Lynn Tschiggfrie



UnityPoint Health
St. Luke's Hospital

Saying Goodbye and Saying Hello.....

2013 has been a year of changes for LifeGuard. We have added and lost crew-members, brought in a new helicopter and partner, and had a change in our supervisor. Lynn Tschiggfrie stepped down from her role of Flight Supervisor as her husband Rick accepted a job in Ohio. Lynn's been with the program since 2005, as a flight nurse. She took the position of Flight Supervisor in 2011. Lynn will be missed.

As she was heading out the door, we talked with Lynn. Here's what she had to say. Lynn is very proud and glad that she was part of forming the partnership with Med-Trans. This partnership has been instrumental in minimizing the out-of-service times and has taken LifeGuard's culture of safety to a new level. She will miss the camaraderie of the hospitals and EMS communities that we have served over the years. She states, "It was so nice to meet up with the EMS crews, walk into the hospitals and know who you were working beside. I treasure the relationships that were formed and the mutual respect we have for each other." Lynn will be starting a new job in Columbus, Ohio with MedFlight, working on the ground service Mobile Intensive Care Unit. She hopes to move into air transport with MedFlight. Lynn is looking forward to her new position and leaves us with this sentiment "Words cannot express how blessed I am to have been part of such a great team and community. LifeGuard will always be in my heart."

Cathy Ross-Garron accepted the position of Program Manager. This position evolved from LifeGuard Supervisor. This is a return engagement for Cathy as she'd been one of our flight nurses. She flew for over 10 years, stepping down in 2010 to become an Advanced Practice Nurse in St Luke's Emergency Department.

Cathy obtained her nursing degree from College of Southern Idaho and her BSN from University of Dubuque. She completed her Master's of Nursing through the University of Phoenix. Cathy obtained her Paramedic through the University of Iowa EMSLRC in 2000. While doing her schooling, she gained experience at several locations. She got her "feet wet in the rural emergency rooms of Idaho and Iowa". Upon moving to the Cedar Rapids area, Cathy worked at Mercy and St Luke's Hospitals. She also worked at Finley in Dubuque in the ICU, St Luke's ICU and Dubuque Visiting Nurses Association.

Cathy has been very active with sharing her knowledge. She began teaching at Kirkwood Community College with the Paramedic program in 1999. She has been part of the adjunct faculty for the paramedic program, has traveled about to teach CEH's and has spoken at the Code I conference. She also has been the program director of the Paramedic program at Kirkwood.

Cathy is excited about all the changes with LifeGuard this year. She believes the most exciting change is the regularity of LifeGuard's availability to the outlying services and hospitals. While thrilled to be returning to the team, she is a bit nervous, too. The new structure of the program was in place before she came on the team so she is attempting to get up to speed. In her words, "In EMS, we don't do anything alone, it is all about team. And I have the privilege of working with this group. I trust them to take good care of me and our service as we head into a new chapter."

Cathy has been married for 10 years to Roy Garron, a deputy with the Linn County Sheriff Department. She has 4 grown children and 3 grandchildren with another on the way. Their family is rounded out with a couple of cats, the "perfect" black dog, 'Jake', and 2 horses that Cathy and her daughter ride competitively.

Help us welcome Cathy to our crew while saying goodbye to Lynn!



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

Dr. Pruitt, LifeGuard Medical Director

For this inaugural Director's Corner, I just want to take a moment to thank you for your continued support of LifeGuard over the 34 years we've been providing aero-medical services to eastern Iowa. As you've probably noticed, the program has undergone a lot of change in the past 6 months. We've partnered with Med-Trans Corporation to provide us with a helicopter and with pilots. In doing so, we traded in our 1997 navy blue Bell 407 for a brand-new 2013 royal blue Bell 407. (She still has that new-car smell!) Our tail number also changed from N407LG to N911LG. We've changed our script Lifeguard logo to the block-lettered LifeGuard logo you see on the newsletter. We've increased our safety efforts, including medical crew walk-arounds prior to take-off and use of night-vision goggles. We've also got a new program manager, as Lynn Tschiggfrie moved to Ohio and Cathy Ross-Garron joined us in that role.

With all these changes, I want to reassure you that we remain committed to the same standards of excellence with which we've operated for more than three decades. We still specialize in the rapid transport of your critically ill patients to any hospital. The lifting power of the Bell 407 allows us to take every patient every time, regardless of weight or age. Our medical crew remains committed to providing the best quality patient care, and we provide continuing education and skills training throughout the year in order to accomplish that goal.

So, here's your chance to let me know how we're doing. My business card is included with this newsletter. I encourage you to contact me either through e-mail or by phone. I want to know if you're pleased with our service to you. Good, bad, ugly, let me hear it all so that we can continue to be your partner in caring for your sickest patients. Don't think of us as "changed." Think of us as "new and improved!" ~Josh

Educational Opportunities

1/10-2/9	48 Hr Refresher	NICC/Peosta
1/15	EMS Rehab on the Fire Ground	Dubuque
1/25	Riverside EMS Day	Riverside, Iowa
1/25	Cedar County EMS Day	Tipton
1/28	Cardiac Physiology & Angina	KCC
2/4	Myocardial Infarction	KCC
2/4-13	Basic 12 Lead Interpretation	NICC/Calmar
2/11	Congestive Heart Failure	KCC
2/18-20	Advanced 12Lead Interpret	NICC/Calmar
2/25	Pacemakers	KCC
2/28-3/2	48 Hr Refresher Paramedic	KCC
3/4	Shock	KCC
3/7-8	CODE 1	KCC
3/8	EMS Day Conference	NICC/Calmar
3/11	EMTB-EMT Transition	KCC
3/11	Dependent Adult Abuse	KCC
3/25	Acute Changes on 12Lead EKG	KCC
4/22	Pediatric Assmnt/Airway Mgmt	KCC

Did you know...

January is Get a Balanced Life, Get Organized and National Skating Month. The 18th & 19th is Bald Eagle Appreciation Days and 1/29-2/8 is US Snow Sculpting Week. The 18th is Polar Bear Swim - Brrr!, the 21st is National Hugging Day, the 23rd is Snowplow Mailbox Hockey Day and the 27th is National Bubble Wrap Appreciation Day

February is Beat the Heat Month - Yes it is!! American Heart and National Mend a Broken Heart Month. The 7th—16th is the Winter Olympics, 9th—15th is National Pancake Week and February 16-22 is National Justice for Animals Week. The 2nd is Groundhog Day and Sled Dog Day, the 3rd is The Day the Music Died Day & the 20th is Love Your Pet Day

March is Colorectal Cancer Awareness Month, National Eye Donor and Save your Vision Month. March 1st—16th is the Iditarod Race in Alaska, March 1st, 2nd, 8th & 9th are National Maple Syrup Days, and the 16th—22nd is National Animal Poison Prevention Week. March 2 is Dr Seuss Day, the 4th is Fat Tuesday/Mardi Gras and the 13th is K-9 Veteran's Day



Dr. Josh Pruitt

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.



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