



## 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

## Update

For those services transmitting EKG's from the field to St Luke's ER, please make sure that you are using the following: [SLHEKG@unitypoint.org](mailto:SLHEKG@unitypoint.org)

The email address changed when St Luke's transitioned from Iowa Health System to UnityPoint.



## Hypothermia—Are We Part of the Problem or Part of the Solution

In the past, we've discussed hypothermia, how to recognize it and how to keep ourselves and our partner safe on scenes in cold weather. Have we ever considered we may be causing hypothermia or making it worse in our patients?

Our bodies lose heat 4 ways to the environment: radiation, conduction, convection and evaporation. *Radiation* is the loss of heat to the environment due to the temperature gradient. It is the difference between the temperature of the air and the temperature of the body. *Conduction* is the loss of heat through direct contact with a cooler object, such as a garage floor. The heat loss will be greater if the garage floor is also wet. Cold AND wet can cause 25-30 times increase in heat loss. *Convection* is the loss of heat to the surrounding air as the air moves across the surface. This is affected by the speed of the air and the temperature difference between the skin and the surrounding air. *Evaporation* is loss of heat due to the conversion of water from liquid to gas. "Insensible perspiration" is your body sweating in order to maintain a humidity level of 70% next to the skin. When in a cold dry environment, a great deal of moisture is lost this way. We must not fail to recognize the strong connection between fluid loss, fluid levels and heat loss. As moisture is lost through various processes (i.e. respiration, hemorrhage, defecation, urination) the overall circulating volume is decreased, leading to dehydration which leads to hypothermia and other cold injuries. While we're attempting to take good care of our patients and performing a thorough assessment of them in order to treat appropriately, are we exposing them to the elements for too long?

A 63 y/o female fell in her uninsulated garage. She'd been cleaning the garage yesterday afternoon. She is dressed in a short sleeve shirt, pants, shoes and socks. The temperature overnight dropped to 35 degrees F. She's been on the floor long enough that she has been incontinent of urine. She is complaining of pain to her hip and leg and being cold. Loss of body heat has been happening through radiation, conduction and convection with a smaller amount through evaporation. As we start our assessment, we cut away her clothing, establish an IV for fluid replacement and medication administration (is it warmed?) and splint her hip area. Have we cut AND removed the wet clothing? If not, she'll continue to lose more heat. (Remember, cold and wet can increase heat loss up to 30 times). Is the ambulance, whether aircraft or ground, warmed? By exposing her skin to the environment we cause more heat loss. Expose her as necessary, but be quick and thorough. Cut away and REMOVE the wet clothing. Cover her back up with warm, dry blankets. By remembering these small details, we can stop the cooling process more quickly. Stay warm and safe out there!!

1. Health Harvard Publications; Harvard Medical School; January 2010
2. Business Insider; How Long Does it Take to Get Frostbite or Hypothermia; 2010
3. Wikipedia; 2014

## RASCAL

Regional Ambulance Service Committee at Luke's (RASCAL) is coming to you! RASCAL has been in existence since 1982, it's a quarterly offering of CEH's for EMS and the staff of St Luke's. Since the beginning of RASCAL, it has been held on the St Luke's campus. After 32 years, we've decided to change things up and take it on the road!! Yes, we are coming to YOU!

RASCAL will be held in January, March, June and October 2015. The first location is Belle Plaine Ambulance Service, January 2, 2015 at 1800.

If you are interested in hosting RASCAL, give us a call at 319-369-8995.



## Dr. Pruitt, LifeGuard Medical Director

As we finish Thanksgiving festivities and the hustle and bustle of the Christmas Season, we should all take a moment to pause and reflect on our blessings. We truly have much for which to be thankful. We at LifeGuard are so grateful not only to have you as a part of our family, but also that you stand by to serve the immediate needs of your areas of service. We are encouraged to see such excellent care given to Iowans in communities large and small by members of the EMS community and the nurses and physicians of local hospitals. Truly, were it not for the care you provide, we would not have the success in treating patients that we do. Your dedication to the people you serve, to maintaining skills, and to continuing education is evident as soon as we arrive on scene. Thank you for being a part of our family. But most of all, thank you for the excellent care you provide to your patients long before we ever arrive. We recognize that any success we have depends on you.

As always, I am available to discuss any questions, comments, or concerns you might have. Simply email me at [Joshua.Pruitt@unitypoint.org](mailto:Joshua.Pruitt@unitypoint.org). ~Josh



Dr. Josh Pruitt

## Welcome to Our Newest Member of LifeGuard, Spenser Vande Voorde

Spenser began his career at Regional Medical Center in Manchester, working as an EMT. He obtained his Paramedic Certification 7 years ago through NICC, then earned his endorsement as Critical Care Paramedic. Spenser worked with Regional Medical Center during this time and works there today.

He decided to be a paramedic after watching and listening to his parents while he was in high school. His dad's an EMT and his mom is a 911 Dispatcher. As a member of LifeGuard, he is looking forward to further helping his community and others while being a valuable member of the team. We're pleased Spenser joined the LifeGuard Team.

Spenser enjoys hunting, fishing, snowmobiling, kayaking, running, biking, horseback riding and any other activity he can find. Along with his parents, Spenser has a brother, a sister, 2 nieces and 2 nephews. Welcome Spenser when you see him.



Spenser Vande Voorde

### Educational Opportunities

1/20	PALS	KCC
1/21	ACLS	KCC
2/17	ACLS	KCC
2/22	CCP 8HR Update	Hawkeye EMS
3/13	Code 1	KCC
3/17	ACLS	KCC
3/24	Acute Changes-12Lead EKG	KCC
3/31	Pedi Assess/Airway	KCC
3/31	Pedi Emergencies	KCC

### Did you know...

January is National Blood Donor, National Oatmeal and National Soup Month. January 10 is Peculiar People Day, the 12<sup>th</sup> is National Pharmacist Day and the 24<sup>th</sup> is Compliment Day.

February is American Heart, Great American Pie & National Children's Dental Health Month. February 4 is Thank a Mailman Day, the 14<sup>th</sup> is National Organ Donor Day along with being Valentine's Day, and February 22 is Walking the Dog Day.

March is Irish American, National Women's History & Social Worker's Month. March 3 is If Pet's had Thumbs Day and National Anthem Day, the 4<sup>th</sup> is Hug a GI Day and March 14 is National Pie Day.

### 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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