



January 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



Morgan Hansen, RN



UnityPoint Health
St. Luke's Hospital

Look, it's a plane! No, it's a bird! No, it...it ...it's a drone!!

Christmas has come and gone, hopefully everyone had a good holiday. It was predicted that one of the most popular gifts to be given was a drone. The FAA refers to these as unmanned aircraft systems (UAS). If you gave one, or received one and are now having fun with it, hopefully you know the legal issues that surround flying one of these.

In October of 2015, a task force of 25-30 representatives was formed. These representatives are from the UAS and manned aviation industries, stakeholders, and the federal government. This task force was created to designate which aircraft, including toys, should be exempt from registration due to low-safety risk. It'll explore options for a system that will make registration less burdensome while protecting public safety in the air and on ground.

Currently the FAA authorizes the use of UAS for commercial or business purposes on a case-by-case basis. You may not fly your UAS for commercial purposes without permission from FAA, including aerial video photography, real estate agents, flower delivery, universities and beer companies (delivering to fish houses in the winter). The FAA has launched an aggressive education and outreach effort with "Know Before You Fly" and "No Drone Zone" campaigns. If you purchased your drone for personal recreational, it's recommended that you DO fly with UAS at a local aircraft club, take lessons and learn to fly safely. Contact the airport or control tower when flying your drone within 5 miles of an airport. Do NOT fly near manned aircraft or beyond your line of sight. Do NOT fly an aircraft weighing more than 55 pounds unless certified by an aeromodelling community-based organization. Do NOT fly contrary to your aeromodelling base guidelines and do NOT fly your model aircraft for payment or commercial purposes. You can find information for flying drones at www.faa.gov

UAS can be a danger to air medical aircraft as the air-medical helicopters in this area routinely fly at approximately 1000 feet above ground. Drones are in this zone and without a pattern. Typically, there's no radio communication from the operator of the drone to inform other aircraft that he is in the flight pattern. Due to its smaller size, it is difficult to see, if not impossible. The flight crew is vigilant about looking for dangers while taking off and landing, but they could miss seeing this. If a helicopter was to be struck by a drone, the damage could cause the helicopter to set down or worse, crash. Have fun flying your drone, but be very aware of where and how you are flying it.

1. Federal Aviation Administration; Model Aircraft Systems; No Drone Zone
2. Federal Aviation Administration; 14 cfr. Part 91
3. Code of Federal Regulations; Title 14
4. UAS Integration Office; 9-AFS-UAS-inquiries@faa.gov

We would like to welcome Morgan Hanson, our newest nurse

Morgan was hired to flight in February 2015. She went to school at Mt Mercy University in Cedar Rapids, obtaining her BSN. She flew the coop, left home and headed to Atlanta, Georgia to work at Children's Healthcare in the Pediatric Hematology/Oncology and with the Bone Marrow Transplant Team. After a few years, she came back home! Morgan worked at St Luke's on 3W (surgical), then in the Emergency Department at St Luke's for 4 years and was on-call in the CCU at the same time.

Morgan has been married for 2 years to Ross, and they have a super smart and sneaky golden retriever named Fletcher. Ask her about him sometime! In her spare time, Morgan LOVES to read, coach and play volleyball, and card playing. She also just ran her first half-marathon this year. You go girl! She has also been learning how to make fancy coffee drinks and latte's at the church coffee bar.

When asked what she was most excited about upon becoming a crewmember of LifeGuard, she had this to say. "Every day there is something new. I love working with the medics. Besides being awesome, they are really great at MacGyver-ing and I just love being in their presence." Aww, thanks. She is also nervous, as she says she now sees exactly how much she doesn't know. She is looking forward to becoming a great flight nurse. We think she is already there. Welcome to the team, Morgan!!



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

Director's Corner

Iowa winter. Love it or hate it, it's here and we have to deal with it. As we encounter patients this winter, let's remember that cold patients fare much worse than patients whose body temperatures are maintained. Do whatever you can to keep your patients, especially those with trauma or sepsis, at normal body temperature. Here at LifeGuard, we are very excited to have the enFlow® Fluid Warming System. It is able to take cool IV fluids and warm them to 40° C in approximately 10 seconds and has a flow rate of up to 200 mL/min. So, stay warm, and keep doing what you do, because what you do MATTERS.

As always, I am available to discuss any questions, comments, or concerns you might have. Simply email me at Joshua.Pruitt@unitypoint.org. ~Dr. Pruitt

RASCAL (Regional Ambulance Service Committee at St Luke's)

RASCAL was recently held in Manchester at the Regional Medical Center. Dr Joshua Pruitt spoke to the more than 40 people on New Emergency Medications for the Provider. We're in the process of planning the first 2 meetings for 2016 in Blairstown and Marion. If you'd like to host a RASCAL class or are simply looking for more information, call 319-369-8995 and speak to one of the flight crew. We will post the 2016 RASCAL schedule on our Facebook page. Remember to 'like' us!

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.

You can follow LifeGuard:

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

Educational Opportunities

1/11	Emergency Medical Technician	NICC/Waukon
1/13	Emergency Medical Responder	NICC/Peosta
1/14	Emergency Medical Responder	NICC/Guttenburg
1/16-1/18	48 Hour Refresher	Eastern Iowa Comm College
1/20-1/27	Iowa CCP Update	Hawkeye Community College
1/29	48 Hour Refresher	NICC/Peosta
2/2	Advanced EMT	NICC/Calmar
2/20-2/21	PHTLS	Hawkeye Community College
2/20-2/22	48 Hour Refresher	Eastern Iowa Comm College
2/25	EMS SIMS Boot Camp (cardiac)	NICC/Calmar
2/26	48 Hour Refresher	Kirkwood Community College
2/27	24 Hour Refresher	Kirkwood Community College
3/11-3/12	CODE 1	Kirkwood Community College
3/19	AMLS	Hawkeye Community College
Upon registration	EMS Preceptor	Kirkwood Community College
1/20, 2/17, 3/16	To Be Determined	Dubuque County EMS and NICC

Did you know...

January is National Soup, National Blood Donor and Hot Tea Month. January 3 is Fruitcake Toss Day, the 6th is Cuddle-Up Day, the 12th is National Pharmacist Day, and January 21 is Squirrel Appreciation Day

February is American Heart Month and National Cherry Month. February 4 is Thank a Mailman Day, the 7th is Superbowl Sunday, the 9th is Fat Tuesday, February 10 is Ash Wednesday, the 14th is National Organ Donor Day, February 22 is Walking the Dog Day and February 29 is Leap Day

March is Irish American, Music in our Schools, National Women's History and Red Cross Month. March 4 is Employee Appreciation Day and Hug a GI Day, the 11th is Johnny Appleseed Day, the 13th is Earmuff Day, 14th is National Pi Day, the 15th is the Ides of March and the 31st is Bunson Burner 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.

UnityPoint Health
LifeGuard
Air Ambulance



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