



## 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

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



## Sleep Deprivation

In the last issue we discussed what sleep deprivation is, what the effects are on us and what the results can be like. We know how it can occur (long shifts, extended shifts and unusual scheduling, family obligations, rotating shifts, etc). So, now what do we do about it? What can we do about it?

As stated in the last issue, there are many people who say they “are fine”, and truly believe it, when in reality they are not. Those of us that have worked with them know they are not. Many believe they can get by on as little as 5 hours of sleep. As their partners, we have watched them trip on equipment, turn the O2 flow meters the wrong way, stuttered through their radio reports, fallen asleep writing their charts, among so much more. These are the minor incidents that are easily corrected.

We have worked with partners that are frequently ill, coughing, experiencing congestion, body aches and pains, etc. By not sleeping the appropriate amounts of time, they are not allowing their bodies to properly heal. While awake, the sympathetic nervous system is being utilized expending energy and tearing down the body. During sleep, the parasympathetic system is at work. The parasympathetic system is associated with rest, nurturing and regeneration of body tissues. If it is not allowed adequate time, illness develops, physical and mental performance suffers as well as one's work and relationships.

It is your responsibility to your crewmates and your partner to make every attempt possible to come into your shift well rested. There is always the possibility of a late flight followed by charting, a late fire call at the 23 hour mark, the next shift calling in sick which requires you to stay late. By coming in rested, you can finish strong.

Many of you volunteer in your communities because you feel a commitment to the community and you feel you have something to offer. Keep in mind that you cannot be there 24/7 as you also have a job, a family and other commitments. By not volunteering for every committee, every event, every opportunity, that makes it possible for someone else to step up to the plate. Many stand back until asked to help. Be the best you can be. If you offer to help everywhere, you cannot, and will not be your best. You must keep yourself healthy to be the best you can be. Remember, above all, if you become a patient while trying to help, you have hindered all other assistance. So, take care of yourself so you can take of others, which is exactly what we are all trying to do, isn't it?

### References:

- WebMD
- Sleep Deprivation; Wikipedia
- Sleep Deprivation: MedFlight 911; January 2013
- Effects of Sleep Deprivation on Firefighters and EMS; June 2007
- Sleep Deprivation; February 2014



## Dr. Pruitt, LifeGuard Medical Director

I hope you're enjoying your summer. I am! ~Josh

## Vicki Petersen, LifeGuard RN is our highlight veteran of LifeGuard

When asked a few questions, Vicki had this to say.

I have been a nurse for 15 years and a flight nurse for 10 years. I received my Bachelor of Science in Nursing from the University of Iowa. I love my job and appreciate the many opportunities it provides. Flight nursing provides great challenges and autonomy, as well as the opportunity to care for others and help others every day, which is very fulfilling. I enjoy working with a small group of amazing individuals who can do everything from land an aircraft on a sandbar to manage an extremely sick patient with only two crew members in a small area with limited resources. I have encountered many, many flight programs in my nursing career, and I am so very proud to be part of this excellent program serving eastern Iowa.

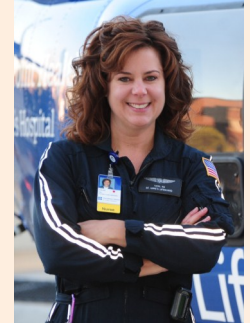
I have been married for 25 years and have three children, Lilly, Matt and Anna. We also have one pet, a boxer named Rocky. Anyone who has met my dog knows why we only have one pet. :)

My husband John and I own a property management company in Mechanicsville. I enjoy spending time with my family, cooking, reading, and running.

I would like to say it was a very powerful and moving experience for me to fly to my home town one night at 3am and look around the scene at the large number of my neighbors gathered around to help our VOLUNTEER firefighters and ambulance crew. Thank you to all those who volunteer their time and skills to their community, day or night!



Dr. Josh Pruitt



Vicki Petersen  
Flight Nurse

### Educational Opportunities

7/20	Sim Saturday	NICC/Calmar
7/22-23	TNCC	NIACC
8/19	Child Abuse/Mandatory Reporter	KCC
8/21	Paramedic I	NICC/Peosta
8/21	Emergency Medical Technician	NICC/Calmar & Peosta
8/26-1/15	Emergency Medical Technician	NIACC
9/3	<b>RASCAL</b>	St. Luke's Heart Center
9/3	NRP	NIACC
9/8-11/10	Emergency Medical Responder	NIACC
9/9	Cardiac and Pulmonary Assessment	KCC
9/15-1/28	Advanced EMT	NIACC/Northwood
9/16	Myocardial Infarction	KCC
9/23	Congestive Heart Failure	KCC
<b>9/24-25</b>	<b>TNCC St Lukes @ KCC</b> register w/ StL Staff Development 319-369-8750	
10/4	Farm Safety Simulation for Emergency Responders @ NICC/Calmar	
10/22-23	TNCC	NIACC
10/28	Acute Changes in 12 lead EKG's	KCC
10/28	Pulmonary Physiology	KCC
<b>11/3-4</b>	<b>TNCC St Lukes @ KCC</b> register w/ StL Staff Development 319-369-8750	
11/11	Advanced 12 Lead Interpretation	KCC

### Did you know...

July is National Anti-Boredom, National Hot Dog, & Cellphone Courtesy Month  
July 4<sup>th</sup> is Independence Day, July 27<sup>th</sup> is Parent's Day, and July 31 is Mutt's Day

August is National Catfish Month, National Golf, & National Peach Month  
August 3-9 is Simplify your Life Week, August 10-16 is National Smile Week, & August 24-30 is Be Kind to Humankind Week

September is National Baby Safety Month, Little League, & Self-improvement Month  
September 1st is Labor Day, the 7th is Grandparent's Day, and September 11th is 9/11 Remembrance 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.

UnityPoint Health  
**LifeGuard**  
Air Ambulance



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