



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

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



UnityPoint Health
St. Luke's Hospital

"The times are a'changin'

As the song by Bob Dylan says, 'The times are a changin.' It may seem like it came about very fast, but in reality, it has taken decades for this to happen. When many of us first went through our EMTA, EMTB, First Responder, etc., classes, we were taught how to properly immobilize a patient on a backboard. Then we practiced and practiced. And then practiced some more and thought we were doing well. As time went on, many of us were thinking that we could not possibly immobilize the spine *thoroughly*. We thought, quietly, "Isn't there a better way?" But we continued to do what we were taught. We learned how to pad, pad more, use more straps, use different straps, place the straps differently, try duct tape, etc. We took our time, moved carefully, did our best, only to watch as our "artwork" was quickly undone at the receiving hospital. Why, oh why?

Research has been taking place for many years and it's shown that we have not been doing our patients any good. In fact, many have been hurt more by the practice of immobilization. Many patients in busy ER's have been left secured to the board far too long and have developed skin breakdown as a result. If the patient becomes nauseated and begins to vomit while immobilized, the practice of turning the board up on its side causes a significant shift in body weight and distribution. This then causes movement to the spine that the immobilization process was intended to prevent. The respiratory issues that a patient with CHF, COPD or one who is morbidly obese already experiences, increases significantly if lying flat on a longboard, in fact a 15-20% reduction of respiratory capacity.

Additionally research has shown also, that there is no benefit, or at least limited benefit, to immobilizing a patient with penetrating trauma. In fact it shows that there is an increase in mortality. Immobilization, which can prolong on-scene times, has been shown to interfere with emergent care and can, in fact, delay it. New state protocols are out and many services have begun changing their practices.

Follow your service protocols. Learn all you can about this "new" procedure/practice of not fully immobilizing your patient. There are better ways of caring for our patients and we now have proof in the research.

References:

- B Bledsoe/August 2013/EMS World
- K Sporer/November 2012/EMS World
- M Rizo Patron/May 2011/EMS World
- J Morrissey/2013/JEMS

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.

RASCAL

RASCAL (Regional Ambulance Service Committee at Luke's) just had its latest meeting on June 3 at Clarence, Iowa. The topics covered were Spinal Immobilization, the Use of Tourniquets and TXA (tranexamic acid). Dinner and 2 CEH's were offered.

The next RASCAL meeting will be held in Manchester, Iowa in October. Topics have yet to be determined. If you, or your service, are interested in hosting RASCAL in 2016, if you have a topic that you're interested in learning more about, or want to know more about RASCAL and where it's being held, give us a call at 319-369-8995



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

Welcome Johnathan Cockrell!

John is one of our new LifeGuard Paramedics. When asked to give us a bit of information about himself and his past experiences, this is what he had to say: "I am honored to be in the newsletter. My career in EMS began as a volunteer firefighter. I then decided to become a paramedic because I enjoy serving others and helping people in need. I have been a paramedic since 2000, following my training at Southeastern Community College. Since then, I have worked for West Des Moines EMS as a lead paramedic, and as a firefighter/paramedic for Burlington Fire Department. Prior to joining the LifeGuard crew, I worked for 9 years at MedForce (Quad City Helicopter Emergency Medical Service). Along with continuing to work in the field, I also remain in the classroom, as I am the Director of Paramedic Education and Fire Science Program at Hawkeye Community College in Waterloo.

I really enjoy the clinical experience we receive here at St Luke's as part of the flight team. It helps me stay sharp with my critical care skills, and it gives me a chance to be involved in lots of patient care. As a member of LifeGuard, I look forward to participating in outreach education events, such as RASCAL, and I really enjoy working with EMS students who spend time in our ER, helping them develop their clinical skills."

When you see John, whether it be at a booth, at a conference, assisting you with patient care on a scene, or at a safety training class, give him a big welcome!! We are glad that John joined our crew.



Johnathan Cockrell

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.

Educational Opportunities

7/6	BCLS	Hawkeye Community College
7/14-7/15	TNCC	NIACC
7/16	PALS Update	NIACC
7/20-7/21	ACLS	NIACC
7/22	BCLS	Hawkeye
7/23-7/24	PALS	NIACC
7/27	ACLS Update	NIACC
8/10	BCLS	Hawkeye
8/18	BCLS	Hawkeye
8/28	BCLS	Hawkeye
9/15-9/19	EMS World EXPO	Las Vegas, Nevada
10/13-10/14	NRP	NIACC
11/12-11/14	IEMSA	Des Moines
FALL 2015	AEMT Class	NIACC

Did you know...

July is National Blueberry Month (super antioxidants!!), National Cell Phone Courtesy Month (speak quietly when in public, no one needs to know your business), and National Ice Cream Month. July 3 is Compliment Your Mirror Day (good for your esteem), July 16 is Fresh Spinach Day (healthy) and July 31 is Mutt's Day (awwww)

August is National Eye Exam Month (can you see this?) National Golf Month, and National Picnic Month. The first week of August is Simplify your Life Week and the 4th week is Be Kind to Humankind Week. August 1 is National Mustard Day (a fun museum in Middleton, Wisconsin), August 5 is Work Like a Dog Day (if it's like MY dogs, don't worry about it), and August 19 is Aviation Day (I say, 'Let's FLY!')

September is National Courtesy Month (be polite, don't interrupt, etc), Baby Safety Month, and Self Improvement Month. September 2 is VJ Day (Victory over Japan), September 11 is 9/11 Remembrance Day and September 16 is American Legion Day. Let's Honor all of our heroes and veterans from all branches of the service. "Thank You for all you have done for us."

Did you schedule your Safety Training Class?

UnityPoint Health
LifeGuard
Air Ambulance



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unitypoint.org/cedarapids