



July 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](mailto:SLHEKG@unitypoint.org)



## Texting and Driving

Today, I won't use my phone while dri.....ooh wait, that's my friend texting me... it could be something important.....

Distracted driving is all over the news lately, and for good reason. But, what exactly is distracted driving? It is the practice of driving a motor vehicle while engaged in another activity, typically one that involves the use of a cellular phone or other electronic device.

We all believe we do a good job of not using our cell phones while driving for talking or texting or GPS capabilities. But we should be honest with ourselves, if not everyone else. How often do you take your eyes off the road to check a text, an average length text? You do not need to answer out loud, just to yourself. Be aware though, if you are driving 55 mph, this is enough time to cover the distance of a football field.

There are 3 types of distraction. The first one is *visual*. You take your eyes off the road, looking at a passing field, people walking dogs. The second is *manual*. You take your hands off the wheel, rolling your window down/up, adjusting temperature, etc. Then there is *cognitive*. You are no longer thinking about driving, you are daydreaming, letting your mind wander.

So, the typical teenager and many adults are experiencing all 3 types of distractions when answering their cell phones. Talking on a cell phone **quadruples** your risk of an accident, as if you were driving drunk. Texting while driving doubles it again—8 times your risk!!

More statistics gathered from the Department of Transportation and NHTSA reveal that 6/10 teen crashes involve driver distraction. What are the culprits behind these distractions? 15% of these are interactions with their passengers, 12% are using their cellphones, 10% are looking at something in the vehicle, 9% are looking at something outside of the vehicle, 8% are singing, 6% are grooming and 6% reaching for an item. But these are just numbers. There is nothing here to actually make you think about not multi-tasking. We all multi-task several times a day, if not an hour, in every aspect of our lives. Please take a moment of your day, to stop and think, to **simply do one task**, to think about one thing. And then please log onto the link provided below to feel the impact that distracted driving did have on a family. <http://youtu.be/mKKw-QiM80o>

If you, or a group that you are involved in, are interested in a presentation on Distracted Driving, please contact Barb Devaney, RN, St Luke's Trauma Coordinator at 319-368-5571.

- 1) Department of Transportation, 2013
- 2) NHTSA 2008

## MARK YOUR CALENDARS!

2016 Donate Life Conference  
— The Ripple Effect —

Prairie Meadows Event Center • Altoona, IA  
SEPTEMBER 29, 2016

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

## We would like you to welcome Adam Hughes, our pilot.

Adam grew up in Hawkeye, Iowa, where he and his family farm corn and soybeans; he is preparing to take the farm over within the next several years. He's been married to Julie for 20 years and they have 3 children: daughter Lexus, who is married to Daniel and has 2 children, Emrich and Kariena, and 2 sons Noah and Brayden. Lexus and her husband live in Savannah, Georgia, where Daniel is a CH-47 Chinook mechanic in the Army. Noah just recently graduated from North Fayette High School and Brayden will be attending 2<sup>nd</sup> grade in West Union Elementary schools. Adam's family also includes 3 shelties, Mia, Trident and Kassik, and a cockatiel, Adee.

Adam always thought it would be neat and fun to be a pilot, but didn't seriously consider it. It was while he was in the service, around all the helicopters, that he thought about becoming a pilot. So he applied for, and was accepted, into flight school. Adam attended flight school at Fort Rucker, Alabama in 2003. His initial training (primary and instrument) was in the Bell 206. Following that, he received additional Basic Combat skills (NVG and tactical) in the UH-1 Huey, then the UH-Blackhawk. The Blackhawk was Adam's primary aircraft for the next 10 years. He spent 7 years in a MEDEVAC company, which included 2.5 years in Iraq. Once retired from the military, he came on-board with MedTrans (LifeGuard's partner).

Adam is proud to be a member of LifeGuard and MedTrans. He is really enjoying working with the crew of LifeGuard, and feels that MedTrans is an exemplary employer. While he is anxious about not being able to help every patient in need or not being able to get to the scene fast enough, he does look forward to continuing to work with people on the civilian side of EMS, and making a positive difference in many patient's lives. When you see Adam, give him a welcome.

### LifeGuard Outreach

The LifeGuard Outreach schedule is posted on our Facebook page. If you'd like more information or would like to host an Outreach event, call 319-369-8995.

You can follow LifeGuard: <https://www.facebook.com/LifeGuardAirAmbulance>

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.

### Educational Opportunities

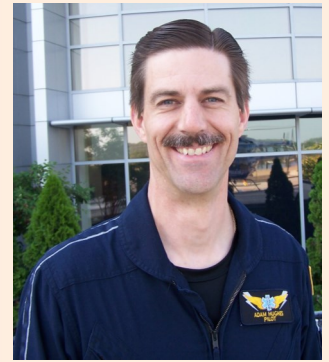
7/1	AEMT	NICC at Calmar
7/5	CPR	KCC
7/11-12	PALS	EMSLRC
7/13	ACLS	EMSLRC
7/19	PALS	KCC
8/3	PALS	EMSLRC
8/22-5/20	Paramedic Course	EMSLRC
8/23-12/15	Paramedic 1	NICC at Peosta
8/30	SimBoot Camp-Airway	NICC at Calmar
9/6-15	CCP	EMSLRC
9/19-1/30	Advanced EMT	NIACC
9/22-9/23	TNCC	EMSLRC at Mercy CR
10/24-10/25	PEEP	EMSLRC
10/31-11/1	GEMS	EMSLRC

### Did you know...

July is National Cellphone Courtesy, Hot Dog and Ice Cream Month. July 1<sup>st</sup> is Creative Ice Cream Flavors Day, the 4<sup>th</sup> is Sidewalk Egg Frying Day, the 24<sup>th</sup> is Amelia Earhart Day and July 31<sup>st</sup> is Mutt's Day.

August is National Catfish, National Golf and National Picnic Month. The first week of August is National Simplify Your Life Week, the 2<sup>nd</sup> week is National Smile Week and the 4<sup>th</sup> week is Be Kind to Humankind Week. August 4<sup>th</sup> is US Coast Guard Day, August 10<sup>th</sup> is National S'Mores Day and the 19<sup>th</sup> is Aviation Day.

September is Hispanic Heritage, Baby Safety, and Little League Month. September 1<sup>st</sup> is Emma M Mutt Day (first woman telephone operator!!), the 11<sup>th</sup> is Grandparents Day, September 16<sup>th</sup> is Stepfamily Day and September 27<sup>th</sup> begins Oktoberfest in Germany.



Adam Hughes

### 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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