



Lifeguard Newsletter

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When contacting Lifeguard through your local dispatch or by calling (800) 223-6627, please be ready to provide the following:

- Your general location & type of Emergency
- Identify frequency that Lifeguard will be using to speak with ground units
- Identify who Lifeguard will be speaking with

*Lifeguard Air
Ambulance
1026 A Ave N.E.
Cedar Rapids, IA
52406-3026*

Going the Distance to Save Lives

Traumatic Brain Injuries (TBI)

We all hear about concussions. We've even picked up patients that have had them. It seems that it's all the talk now when it comes to football. But what is it really? Do we know? Do we know what to look for? Do we know who is at the greatest risk of having one? Do we know how to treat it when are presented with one?

A concussion is a traumatic brain injury which alters the way the brain functions. This is usually temporary. Our memory, judgment, balance, concentration and coordination can all be affected. Usually a blow to the head causes a concussion, but in some cases the head and body being violently shaken can cause a concussion.

There are many signs and symptoms of a concussion. A person can have all or just one. These include a headache or a pressure in the head, nausea and vomiting, dizziness, double or blurry vision, sensitivity to light or noise, feeling sluggish, groggy or dazed, difficulty paying attention, memory problems, confusion and numbness or tingling. Some of these symptoms may appear right away, others may not be noticed for days or months after the injury. The person might have resumed his/her everyday life and demands are once again placed on them. This is when the brain is most vulnerable.

Often, in children, a concussion goes unrecognized and untreated. The child might not have informed an adult of trauma and might not have complained of vision changes. If he suffers a second brain injury while the first is healing, fatal brain swelling can occur. This condition is referred to as second impact syndrome.

In general, recovery may be slower among older adults, young children and teens. Those that have experienced a concussion in the past are at higher risk of having another one. It takes longer to recover from the second one.

The leading causes of brain injuries are falls (35.2%), motor vehicle collisions (17.3%), struck by/or against events (16.5%) and assaults (10%). Falls cause 50% of the TBI's among children aged 0-14 and 61% of all TBI's in adults aged 65 and older. Approximately 18% of all TBI-related emergency department visits involved children aged 0-4 years. About 22% of all TBI-related hospitalizations involved adults aged 75 years and older. Males are more often diagnosed with a TBI (59%) than females. Each year an estimated 1.7 million people sustain a TBI. Of them, 52,000 die; 275,000 are hospitalized and 1.365 million (nearly 80%) are treated and released from an emergency department.

Rest is very important following a TBI as it helps the brain to heal. Trying to "tough it out" can actually make the symptoms worse. You should slowly and gradually return to your everyday activities. Avoid activities that are physically demanding or require lots of concentration. Avoid activities that can lead to another concussion. An athlete should never return to sport or recreation activities the same day of the injury. They should wait until their health professional says they are symptom-free and ok to return to play.

Be alert and aware of any changes in your family members or co-workers. If you believe someone might have experienced a concussion, get them in to their health professional for treatment and care.

References

1. Mayo Foundation for Medical Education & Research (MFMER); 1998-2011
2. Faul, M, Xu L, Wald MM, Coronado VG. Traumatic Brain injury in the US: emergency department visits, hospitalizations and deaths. Atlanta: Centers for Disease Control and Prevention, National Center for injury Prevention and Control; 2010.



Debbie Julian

Meet Lynn Tschiggfrie

After 5 years as Lifeguard Supervisor, Debbie Julian is stepping down. Debbie's decided to remain as a Flight Nurse and will also work in the emergency department.

Taking Debbie's place is Lynn Tschiggfrie. Lynn began her nursing career as a LPN at the Solon Nursing Care Center. She worked there while finishing school for her nursing degree. She graduated in 1997 from Kirkwood Community College and began work at Mercy in Iowa City on a general medical unit. Tired of commuting, she went to work at Mercy in Cedar Rapids in 1998 in the float pool. She found that she preferred the ICU and ER. In the fall of 1999, Lynn started in the ER at Mercy full-time and hasn't left emergency nursing.

Summer 2005 found Lynn at St Luke's ER and in the Fall of 2006 she became a member of the Lifeguard crew.

Lynn grew up on a farm outside of Bernard in Dubuque county. Her parents and sisters remain in the area. Lynn's been married to Rick for 12 years and they live in Atkins with their 2 children, Abby (10 y/o) and Brady (5 y/o). They're kept very busy with all the sports activities the kids are in. Lynn is currently enrolled at Mount Mercy University in the accelerated RN-BSN program.

In her spare time, Lynn enjoys shopping, reading and shopping! She's very excited to get started in the Lifeguard Supervisor role and welcomes feedback and comments from all of our hospital and EMS peers. Please welcome Lynn and stop in and see her when you have an opportunity!



Lynn Tschiggfrie

Requesting Lifeguard:

Remember if you are unsure whether 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.

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.

Due to unforeseen circumstances, the LG EMS Day has been cancelled for this fall. We plan to reschedule in the Spring 2012.

Upcoming Educational Opportunities

11/4	Experience From Ground Zero	Peosta
11/9	NRP	St Luke's—CR
11/10-11/12	IEMSA	Des Moines
11/15-11/16	12 Lead Interpretation	Kirkwood
11/29	PALS	Kirkwood

Updates and Reminders

The Air Medical Safety Committee is asking that all services use law/mutual aid without tone codes for all communication with an incoming helicopter.

Did You Know:

October is...Adopt a Shelter Dog Month, National Breast Cancer Awareness Month & National Chili Month
October 28 is National Chocolates Day

November is...Adopt a Senior Pet Month, Adoption Month & Sweet Potato Awareness Month

November 1-7 is National Animal Shelter Week

November 6-12 is Nurse Practitioners' Week

November 20-26 is Family Week

November 4-6 is Pumpkin Chunkin Days, November 11 is Veteran's Day & the 30th is Rockefeller Center Christmas Tree Lighting

December is ...Colorectal Cancer Education and Awareness Month & Operation Santa Paws Month

December 1-7 is National Cookie Cutter Week

December 6-12 is Handwashing Awareness Week

December 26-January 1 is Kwanzaa

December 2 is National Mutt Day, December 6 is St. Nicholas Day , & December 26 is Thank-you Note Day