



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 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

Safety

Safety is one word that we've been taught to think about since we all started in our fields of practice. When you get the page to respond and you are on our way to the scene, are you thinking about the scene? What could be there to put you in danger? The type of call might give you an idea. If it's a semi-rollover, what was the truck carrying? Fuel? Livestock? Grain? If it is an assault, has the perpetrator been apprehended? Do you need to stand-by in a safe area? Is there law enforcement present?

When you receive the page, how are you feeling? Have you been awakened from a deep sleep and are now expected to drive? Have you been up all day at your "other" job? Have you been taking care of your body, getting exercise and eating/drinking right? Have you been sleeping well? If not, you are setting yourself up for injury when lifting or assisting others when lifting. It is very easy to make mistakes when sleep deprived.

This is true for us also. At the beginning of our shift, we receive pre-brief from our pilots. This includes the expected weather for the shift, our fuel amounts, our plan for pre-cautionary landings, etc. We also discuss changes in our equipment in the helicopter, our oxygen levels, etc. Then we go out to the aircraft and check supplies and make sure everything is in working order.

Are you in the practice of checking your equipment and your vehicle at the beginning of a shift, once a day, once a week? Do what your crew has deemed appropriate. Make sure you know how to use your equipment and can troubleshoot it when needed.

When we respond to your call for assist, we scan the horizon, looking for other aircraft in the area, looking down at the scene to determine if it is safe to land there. Is there snow, dirt, garbage blowing about? Have we seen all the wires, the signs and the hazards that can cause issues for us? If we cannot, we depend on you, the ground crews, to assist in that. You are the ones that keep us safe and help us land safely. If not for you, we wouldn't be flying at all. Never think that you are not important. *You are our safety nets.* Thank you for all you do already and what you'll continue to do.

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

The next RASCAL meeting is November 17 at 1800. Dr Joshua Pruitt will be speaking on TXA (tranexamic acid) at Regional Medical Center in Manchester. Dinner and 2 CEH's will be offered. Want to learning more about RASCAL? Call 319-369-8995.

Please welcome Michael O' Conner, 'Mo' to LifeGuard Air Ambulance

Mo joined us in October 2014 and has been a welcome addition. Mo graduated from Highland High School in 1976, Iowa State University in 1982 and Flight School in 1984. He has been an Air Traffic Controller (telling other pilots where to go) at Waterloo Air Traffic Control Tower from 1987-2008. He then went to Ft Rucker, Alabama and was a Flight Instructor (telling other pilots HOW to fly) for the US Army (2011-2013). Mo's also been a member of the Iowa National Guard since 1979.

Mo has been married to Christen since 2007 and they have 5 children; Taylor, 18, Caitlyn, 16, Noah, 5, Ryan, 4 and Sam 1. Mo has 5 siblings; Patrick, Susan, John, Tim and Sara. As he enjoys sports at several levels, Mo officiates for Junior High and High School sports, including baseball, wrestling and football. He also has done some traveling and has visited 45 of the 50 states.

Please make Mo welcome when you see him out and about at your safety trainings and such.



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

Director's Corner

Safety. I know, I know. You've already turned me off. If I can encourage you to read past this first line, I think you'll find something helpful. Many of you are volunteers working a regular day job and taking calls at night. Sleep deprivation and sleep cycle interruption are just a part of life. Research has shown (yes, someone paid for research to prove what we already knew) that this contributes significantly to medical errors among residents, which is why residencies have work-hour restrictions in place. There are, however, no work-hour restrictions in the "real world."

As EMS providers, you also deal with distractions on every call. Whether it's a distraught family member, an on-scene fatality, or simply your pager going off again for a back-to-back call, distractions threaten patient safety. Something we have instituted at LifeGuard is a "time-out" just prior to departing the scene for transport with any patient. We take about 10 seconds to confirm that both crew members know everything we need to know about the patient, that we have all of our equipment needed, and that everything is in place to keep the patient safe during transport. This small change has certainly improved our awareness and focus on the task at hand, and is one of several ways we are trying to combat distractions and keep ourselves and our patients safe.

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

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

Educational Opportunities

10/2	PHTLS	Kirkwood Comm. College
10/3-10/4	EMS Conference	University of Okoboji, Spirit Lake
10/6	Cardiac/Physiology/Angina	Kirkwood Comm. College
10/13	Myocardial Infarction	Kirkwood Comm. College
10/13	EMS Sim Boot Camp-Airway	NICC (Calmar)
10/16-10/17	Tri-State Conference	Dubuque
10/20	EMS Instructor Update	NICC (Peosta)
10/29	EMS Sim Boot Camp-Airway	NICC (Calmar)
11/13-11/14	IEMSA	Des Moines
2/26/16	NREMT 48 Hr Refresher	NICC (Peosta)

Did you know...

October is Adopt a Shelter Dog Month (don't stop until they all have a home), Breast Cancer Awareness Month (schedule that mammogram!) and American Pharmacist Month. The first week of October is Customer Service Week and the second week is Fire Prevention Week. October 6 is Physician Assistants Day, the 9th is Fire Prevention Day (have you checked your smoke alarms and practiced your escapes?) the 12th is Columbus Day and October 14 is Emergency Nurses Day (yay for nurses!)

November is Aviation History Month (let's all fly!), Child Safety Month (buckle them up!) and National Adoption Awareness Month. November 3 is Sandwich Day, the 10th is US Marine Corps Day, November 12 is Chicken Soup for the Soul Day and the 17th is Homemade Bread Day (we really should combine this with November 3)

December 5 is Repeal Day (end of Prohibition), the 7th is Pearl Harbor Day, December 24 is National Chocolate Day and December 27 is Make Cut-out Snowflakes Day (have a day of artistry)



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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