



October 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



UnityPoint Health
St. Luke's Hospital

"I AM ONLY THE....."

We often hear from services "I'm only a first responder" or "I'm only the driver". We hope you realize, deep down, how important you really are. If it wasn't for the driver of the ambulances, no one would get anywhere. If it wasn't for the first responders who arrive first on the scene and open an airway, those people may not live.

Many people have felt as if they have lost their identities throughout the years as Iowa has gone through its stages and growth with its emergency services revamping. Providers have transitioned or made the decision not to transition, as some of the levels have been discontinued.

As Iowa continues to move forward in its transitions, we must remember what we do and how important every level is. Currently, the primary focus of an **EMR** (*Emergency Medical Responder*) is to initiate immediate life-saving care to critical patients. Did you read that? Immediate. Life-saving. Care. You're NOT **just** a responder. An **EMT** (*Emergency Medical Technician*) provides basic emergency care and transportation for critical and emergent patients. That verbiage indicates you **are** important and special. Some of you have higher levels of certification, such as **AEMT** (*Advanced Emergency Medical Technician*) and **Paramedic**, but you never forget your basics.

Think about all the skills that you can and are able to do, not what you don't do. You provide that first touch, that first look at the scene and the patient. You make decisions in an instant on every call. You comfort the patient and their families. You provide shelter from the weather. You provide warmth in your voice when there isn't any other warmth to be had. You provide a hand to be held. You provide life-saving care. Be proud of what you do.

Every person that is volunteering or giving of their time to their community needs to remember that they are an essential part of EMS. Everyone is important. Thank you for all that you do.

1. Iowa Department of Public Health; Bureau of Emergency and Trauma Services; Provider Scope of Practice; 2015

LifeGuard Outreach is October 4, 2016 at 1830 at the Monticello Ambulance Station.

Topic: Ramifications of Body Piercings and Tattoos for Healthcare, presented by Rick Tresnak, MBA, CCP. Please RSVP to 319-369-8995 or Lifeguard@unitypoint.org

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.

Director's Corner

You may notice that I always sign off each director's corner by saying "What you do MATTERS." I want you each to know that this is not just some cliché that I've embraced over the years. We all understand the second-guessing and 'Monday-morning-quarterbacking' that goes on after a patient's care changes hands. That happens in the EMS-to-ED handoff as well as the ED-to-inpatient handoff. This kind of second-guessing can, at times, make it seem that what we do is unimportant, unappreciated, and unwelcomed. While this is awful behavior, it is behavior that we have little ability to change.

What is even more disturbing to me is that we within the EMS culture sometimes fail to see the absolute necessity of each team member. Dispatchers, first responders, EMTs, paramedics, RNs, pilots, mechanics, and medical directors are all absolutely vital and invaluable to the success of our mission, which is to serve the communities in which we live and provide the most exceptional medical care possible. So, let me say it again: Be encouraged and keep up the good work, because what you do MATTERS.

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



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

Welcome Chris Barkalow, Paramedic

Chris Barkalow recently joined the LifeGuard team. When asked several questions about himself and what brought him to us, here is what he had to say:

"I went through Kirkwood for Paramedic training 2007 and obtained my CCP through EMSLRC at UIHC in 2011. I was unsure of what I wanted to do with my life when I graduated high school. I considered going into the medical field but was unsure if I could "handle" this field. It was Springville Fire Department's Fire chief (Kevin Hulett) who talked me into going into EMS through the fire department. After I obtained my EMT credentials I knew that EMS was what I wanted to do as a career.

I have been a Paramedic since 2008. I have worked/volunteered as a Paramedic at Springville Fire Department, Northeast Linn Ambulance Service, Anamosa Ambulance Service, and currently volunteer at Central City Fire Department. I am happily married to Julie and we are currently expecting our first child later this year. We have a dog named Kesi. I was raised in the Springville area, but currently live in Central City. I have a wonderful mother and father and have several siblings (7 brothers and 2 sisters to be exact, but I'm the favorite).

I have thought over the years long and hard about my career path. Several years ago I decided that I wanted to be involved in rotor wing transport. I decided to work for LifeGuard because no matter the situation that you called them out they always treat the facilities and the ground services with respect and meet everyone with a smile. I have always held a high respect for this team not only for the respect they hold for all of their EMS brethren but also for their high standards in patient care. I am truly honored and blessed to be a part of this phenomenal team. I am excited to see where this career path takes me in the future.

I enjoy several different hobbies such as golf, fishing, reading, and being a beer enthusiast/snob. "

When you see Chris at your scene or hospital, give him a warm welcome!



Chris Barkalow

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.

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.

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

Educational Opportunities

10/3-10/4	ENPC	EMSLRC
10/5	PALS	EMSLRC
10/6-10/7	TNCC	EMSLRC (Davenport)
10/13	Sim Boot Camp~Cardiac	NICC (Peosta)
10/14	Trends in Trauma	Waterloo
10/15-10/16	PHTLS	EMSLRC (Guttenberg)
10/18	EMT	NICC (Guttenberg)
10/21-10/22	Tri-State Conference	Dubuque
10/31-11/1	GEMS	EMSLRC
11/11-11/12	IEMSA	Des Moines
11/28-11/29	PHTLS	EMSLRC
1/10/2017	Paramedic II	NICC (Peosta)
5/18/2017	Paramedic III	NICC (Peosta)

Did you know...

October is Adopt a Shelter Dog Month (don't buy, adopt!!), American Pharmacist and National Diabetes Month. The first week of October is Get Organized Week and the 2nd week is Fire Prevention Week. The 6th is Mad Hatter's Day, the 10th is Columbus Day and the 12th is Emergency Nurse's Day (well done nurses).

November is Aviation History Month, Child Safety Protection and National Adoption Awareness Month. The first week of November is Chemistry Week and the third week is Game and Puzzle Week. November 10 is United States Marine Corps Day (hoo-rah!) and the 11th is Veteran's Day (thank them for their service).

December 4 is Santa's List Day, the 6th is St Nicholas Day, and the 7th is Pearl Harbor Day.

LifeGuard will have a booth at the **Tri-State Conference** 10/21 & 22 and at the **IEMSA Conference** 11/10-12. Stop by to see us!

See you there!

UnityPoint Health
LifeGuard
Air Ambulance



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