



# EMS Newsletter

Volume 1, Issue 2

2011

## Important Dates:

- National Night Out  
Aug 2nd at 17:00  
Target Parking Lot
- Base Station Meeting  
Sept 21st at 08:30  
Hazel Hawkins Hospital
- Prehospital Advisory  
Committee Meeting  
Sept 21st at 10:30  
Hazel Hawkins Hospital
- EMCC Meeting  
Sept 21st at 13:30  
Hollister Police Dept.

## Inside this issue:

Statewide Disaster Exercise	2
Dixie's "Did you know?"	2
New EMCC Commissioner	3
The Medical Director's Corner	3
PLN Report	4
Local TENS Discontinued	4

## EMS Heroes Honored



The San Benito County Board of Supervisors honored 29 Everyday Heroes as part of National EMS Week in May.

Three individuals were recommended by their peers to be recognized for their contributions to the local EMS system. They are Hollister Hills Ranger David Dennis, former AMR Operations Manager Kris Mangano, and Hazel Hawkins Hospital Paramedic Liaison Nurse (PLN) Karen O'Connell.

Nine heroes were recognized for their life saving skills in the case of a 51 year old male who suffered a stroke and was able to make a recovery. They are San Benito County Communications Dispatcher Jodi Casada; Hollister Firefighter Nathaniel Pruitt, Engineer Dave Young and Captain Charlie Bedolla; AMR EMT Steven Sotomayor and Paramedic Daniel Clampitt; CALSTAR Pilot Evan Toolijian, and Flight Nurses Julie Haslam and Alison Horton.

Ten heroes were recognized for their life saving skills in the case of a 66 year old female who suffered a cardiac arrest and CPR was performed by police officers on the scene. They are San Benito County Communications Dispatcher Robbie Russell; Hollister Police Officers Ray Celano and Chris Wells; Hollister Firefighter Joseph Black, Engineers Mark Aguirre and Rodney Dover, and Captains Bob Martin Del Campo and

...Continued on Back Page

## EMD May Be Closer Than You Think

The San Benito County Board of Supervisors recently agreed County Communications would be eliminated in favor of contracting local dispatch services with Santa Cruz Regional 911 (SCR911). The change means the Emergency Medical Dispatch (EMD) already in place at SCR911 can be utilized for medical calls locally.

This service is not currently available in San Benito County.

EMD allows dispatchers to query callers on priority symptoms, dispatch appropriate units at appropriate response codes and give pre-arrival and post dispatch instructions to callers. The EMD used by SCR911 is an advanced medical

priority dispatch system, approved by the American Academy of Emergency Medical Dispatchers.

The EMS Agency will be working with SCR911 to implement this program locally. However, and exact start date has not been determined.



Efren Gomez  
Emergency Services  
Specialist

## 2011 Statewide Medical/Health Disaster Exercise

Efren Gomez, San Benito County Health Department

The California Department of Public Health (CDPH) and the California Emergency Medical Services Authority (EMSA) have announced the 2011 Statewide Medical and Health Training and Exercise. This year's exercise will focus on the disruption of the basic water system.

The San Benito County Health Department, which includes Environmental Health and the Emergency Medical Services Agency, has taken the lead to plan and implement the exercise at the local level. Other agencies like the hospital, water districts, law enforcement agencies, fire, etc., play an important role and will be invited to participate in the planning and implementation of this annual exercise. A tabletop exercise is planned for this summer and will be followed up by the functional exercise on November, 17 2011.

The purpose of this exercise is to provide participants with an opportunity to evaluate current response concepts, plans, and capabilities for a disruption in the public water system. The exercise will focus on effective communications, intelligence

and information sharing, media releases and how the county would respond to a medical surge caused by a disruption in the public water system.

The water disruption scenario can result from a variety of causes: system contamination, natural disasters, power failures or a collapse in the delivery system due to aging infrastructure or other factors. The impact will be the same: inability to provide basic water to the community. Water loss for medical and health providers is a significant concern and can further inhibit a community's response to such an event.

Over the years, many communities have been impacted by water disruption. The 1989 Loma Prieta Earthquake left the community and firefighting resources severely impacted with breaks in over 70 water mains 50 service lines in San Francisco alone. In June 2009, a water main break left Martin's Ferry, Ohio without water. To maintain firefighting and hospital operations required purchasing storage equipment and bottled water. In May 2010, a 4 day water outage in

Boston greatly impacted the largest hospital in the city. The level of preparedness and a coordinated response by the hospital and health care partners included use of sanitizers for hygiene and house-keeping, bottled water for nutrition and boiling of water to continue operations. In November 2010 a well in Barstow, California was contaminated by perchlorate, resulting in a community order to drink only bottled water thereby stressing the reserves within the community. In January 2011, a new chemical used for purification was introduced into the water system in Decatur, Alabama. The resulting change in the water closed down the treatment plants and cut the water supply to the community. City buildings, restaurants and schools were closed; hospitals remained open and became the site of refuge for many.

Local planning meetings between participating agencies will begin in June. The health department planning team is looking forward to working with different agencies to make this event an exciting learning experience.



**Register Today**  
HealthcareVolunteers.ca.gov

## Dixie's - "Did you Know?"

### Did you know....

Commissioner of Patents & Trademarks registered the "Star of Life" symbol in the name of the Na-

tional Highway Traffic Safety Administration on February 1, 1977.



**Do you have any interesting facts to share?**

### The six points starting at the top stand for:

*Top-Detection, Top Right-Reporting, Lower Right-Response, Bottom-On scene care, Lower Left-Care in transit, Top Left-Transfer to definitive care, The Staff-Medicine and healing.*

\*\*\*\*\*  
*Did you know* the middle ear contains the three smallest bones in the human body. They are Stapes, Incus and Malleus.

*Did you know* the ears of a cricket are located in the front legs, just below the knee.



## New EMCC Commissioner Appointed

Retired CALFIRE Captain Rick Espino was nominated by the Emergency Medical Care Commission (EMCC) to fill the vacant Commissioner seat for the Member-At-Large. The Board of Supervisors accepted the nomination and appointed Mr. Espino as the newest Commissioner on the EMCC.

During Commissioner Espino's tenure with CALFIRE he would often fill in as the representative for San Benito County Fire/CALFIRE. An interesting note about Commissioner Espino's prior involvement with the EMCC, he chaired more Commission meetings than any other chairman or vice chairman combined, even though he never officially held either title.

Commissioner Espino's term expires in December 2012.



## The Medical Director's Corner

A medic recently asked me. "So doc, what's this "Pit Crew" stuff and other new ideas in resuscitation that we've been hearing about?"

Good question. So here's the answer.

As most of you already know, the American Heart Association (AHA) has recently updated its recommendations for resuscitation of pre-hospital sudden cardiac arrest, much of which has been based on very encouraging reports on improved survival across the country. In addition, it's becoming obvious that almost any EMS system can now improve patient survival by applying some very basic principles. Survival rates have doubled, tripled or even quadrupled in communities that have applied these principles. The challenge for us is to build a seamless and integrated emergency system in San Benito County from the first call to 911 all the way through a hospital cardiac cath lab.

What are those cardiac resuscitation principles?

They can be summarized into what are being called the "The 4 Cs of modern cardiac arrest:" good Compressions, Cardioversion or defibrillation, Cooling, and rapid cardiac Catheterization.

For example, Ventura County in 2008 initiated a comprehen-

sive program which by 2009 had improved the survival of ventricular fibrillation/tachycardia from 32% to 52%. And as they report, "Better yet, every one of the survivors was awake and doing well." In Santa Cruz County in the two years from 2008 to 2010, by simply retraining our providers in Pit Crew CPR and the use of continuous compressions we almost doubled our cardiac arrest survivor rate. And like Ventura, these survivors were all awake, alert, and able to return to their homes and families.

Starting soon we'll be training to the latest advances and changes in resuscitation. And the Pit Crew approach is the key to success. The important message for EMS is that at least the first 2 Cs of resuscitation can be accomplished by Basic Life Support (BLS) providers backed up by only a minimal amount of Advanced Life Support (ALS). We'll be discussing the 3<sup>rd</sup> & 4<sup>th</sup> Cs in another newsletter soon.

So back to the original question – Pit Crew CPR.

**Pit Crew resuscitation prioritizes cardiac arrest resuscitation steps and organizes responders to provide highly coordinated care by understanding the following:**

- Establishing circulation in cardiac arrest is the top priority
- Compressions at 100/min, full recoil, all ages
- Ventilations every 10<sup>th</sup> compression, with only a very brief pause using BLS airway and no pause at all using ALS airway.
- Chest rise with ventilation indicates adequate ventilation
- CPR compressions should precede an AED or manual defibrillator placement, but the defibrillator should be activated as soon as ventricular fibrillation or pulseless ventricular tachycardia is identified.
- Compression providers should switch every 2 minutes
- Very short pauses should occur in the compressions during the provider switch (2 seconds at most during switch), or when pulses are being checked or defibrillation (2-4 seconds at most).
- Full chest recoil with each compression

Of course there will be much, much more covered in this training, but you've now got the idea. Our expectation is that all San Benito County EMTs as well as medics will be able to get this training. After all, that's what a team approach to saving lives is all about!



Kent Benedict, MD, FACEP  
EMS Medical Director



**SAN BENITO COUNTY  
EMERGENCY  
MEDICAL SERVICES  
AGENCY**

1111 San Felipe Road  
Suite 102  
Hollister, California 95023

Phone: (831) 636-4066  
Fax: (831) 636-4037

**STAFF**

Kent Benedict, MD, FACEP  
*EMS Medical Director*

Marcie Morrow, MICP  
*EMS Coordinator*  
mmorrow@cosb.us

Joseph Alvarado  
*Emergency Services Specialist*  
jalvarado@cosb.us

Dixie Zamzow  
*EMS Secretary*  
dzamzow@cosb.us

Visit us on the Web  
[www.SanBenitoCo.org/EMS](http://www.SanBenitoCo.org/EMS)

**EMS - Everyday Heroes!**

**Report from the Paramedic Liaison Nurse (PLN)**

**Karen O'Connell, RN, Hazel Hawkins Memorial Hospital**

Starting with the next Base Station and Prehospital Advisory Committee (PAC) meetings on September 21, 2011, the times and location will change. We will now be meeting in the great room on the second floor of the Support Services building directly behind the old location. The location change is due to the construction of the new Women's Center on the site of the former business office.

The Base Station meeting will begin a half hour early at 08:30 and last until 10:30. The additional hour allows for more CE opportunities for our local first responders. This means the PAC meeting will start 30 minutes later at 10:30, and continue until 12:00.

The next Base Station will include two presentations. One by the long-term care ombudsman, a program through

Department of Aging. The other will be on Sudden Infant Death Syndrome (SIDS), conducted by the health department SIDS Coordinator.

EMS providers are encouraged to stay for the PAC meeting and participate in the new clinical review process. CE's are provided for attending this meeting.

Base Station 08:30-10:30  
PAC 10:30-12:00

**Send Us Your Pictures!**

We want your pictures. The photos can be of EMS provider personnel, vehicles, equipment, events or the scene of an incident. We will ensure images appearing in the newsletter respect patient privacy by not displaying identifying information or patients' faces. You can also suggest a name for the newsletter.

**Local Telephone Emergency Notification Discontinued**

The San Benito County Office of Emergency Services announced in June the Telephone Emergency Notification System supplied by the San Benito County Operational Area is no longer available for use as of July 1, 2011; the service has been cancelled.

As Santa Cruz Regional 911 (SCR911) assumes 911 dispatch

and related services in San Benito County, SCR911 will provide local agencies with a similar Telephone Emergency Notification System at a later date. Necessary information has already been provided to SCR911 for the transition.

Emergency messages can still be broadcast through the Emergency Alert System (EAS)

to area media for broadcast via television and radio.

An additional service currently available locally is Nixle. This service is utilized by the Hollister Police Department to broadcast alerts and community messages via email and text.

To learn more or sign up, visit [www.Nixle.com](http://www.Nixle.com).

**EMS Heroes Honored**

...continued from Front Page

Charlie Bedolla; AMR EMT Tony Piccardo and Paramedic Michael Badano.

Nine heroes were recognized for their life saving skills in the case of a 79 year old male who suffered a cardiac arrest. This incident involved civilian bystanders who used CPR and an AED to save a life. They are civilians Josh Buzzetta, Jason Buzzetta and Joe Perry; San Benito County Communications Dispatcher Jennifer Zander; Hollister Firefighter Nathaniel Pruitt, Engineer Dave You and Captain Dave Lantis;

AMR EMT Steven Sotomayor and Paramedic Jeffery McPhail. In the last case, the survivor spoke before the Board of Supervisors during the presentation and personally thanked everyone that contributed to his survival.

At the end of the presentation everyone was invited to a reception at the Hollister Methodist Church for cake and refreshments. Invitations were handed out for a free night at the movies to watch episodes of the 1970's TV show "Emergency!" The movie event

was held May 19th at Hollister Premiere Cinemas with first aid kits and restaurant gift cards for door prizes.

**"Nothing makes  
one feel so strong  
as a call for help."**

**Pope Paul VI**