



F-M AMBULANCE SERVICE

VITAL SIGNS



Winter 2011

Compassion, Excellence, Community Service

A New Home in West Fargo

F-M Ambulance Service completed construction of a 3,200-square-foot, four-bay ambulance station in West Fargo just off of Veterans Boulevard in early November. Previously, the only fixed location in West Fargo was a small garage leased near Main Avenue and 45th Street.

Rapid responses to medical emergencies have always been the primary concern for F-M Ambulance. West Fargo has demonstrated a southerly growth pattern and the addition of the new station was essential to address the city's needs. The new station, which is near the major roadways of 9th Street (Veteran's Boulevard) and I-94, allows easy access to the fastest growing areas of West Fargo while still being able to respond to other parts of the city in the shortest time possible.

The new station's four-bay configuration allows F-M Ambulance's disaster response equipment to be housed in a single location. The Incident Command Unit (a converted medium-sized bus), provides workspace for unified command positions along with mobile radios and repeaters, a satellite phone, a wireless internet gateway and other radio equipment. The Major Incident Response Unit with enough ALS and BLS equipment to triage, treat and move 135 patients and the Major Incident Transport Unit (AmBus) capable of transporting up to 20 patients on stretchers at one time will occupy two of the bays. Having all of the disaster response equipment at one location will allow for more rapid deployment of resources in times of a crisis. There will also be an ambulance crew stationed at the new post at most times depending on call volume and system demands.

Dean Lampe, Executive Director of F-M Ambulance says, "We are excited to be moving in to this new neighborhood and to have a permanent home in West Fargo. The move will allow us to better serve this rapidly growing community for years to come."

A grand opening was held at the new station on Wednesday, November 2, 2011, with a ribbon cutting and a public open house with picnic style food and tours throughout the day.



Dedicated to our Fallen Heroes

You came into this lifetime for a purpose,
You may have followed someone's footsteps,
or
May have followed your dream,
Maybe you just joined to drive with lights and sirens,
but
You made it your life.

Your family had joined a larger family of caregivers,
Professionals, friends, and team mates.
As the days go by, you are called upon to assist
Someone in need,
Leaving your family known to you and love,
Knowing someday – something may go wrong.

Having this knowledge makes the Fire Fighters,
Police Officers and EMS Personnel
OUR Heroes
of the Past, Present and Future.

The times you saved a structure, a life
or
Doing the unthinkable,
You were there.

For all of you that have fallen,
There will be someone to continue your work
of
Caring and Heroism.
You will truly be missed,
and
Always Remembered.

On May 23, 2011 the Fargo/Moorhead EMS community lost a friend. Nicole (Greenley) Mosser (F-M Ambulance Service Paramedic Class 2004) was diagnosed with Vulvar



Cancer in August of 2010 after undergoing treatment of a wound that failed to heal for months. Harwood Fire and Rescue helped sponsor a benefit in November 2010. Nicole volunteered with Harwood Fire and Rescue for many years. Nicole's family would like to thank the entire first responder community for their support both at the benefit and the services for Nicole. This poem was chosen in dedication to all first responders – police, fire, EMS and others. Nicole touched many lives and made a difference, thank you for doing the same.

Poem written by Katharine Blohm

Lampe Retiring

Dean Lampe, Executive Director of F-M Ambulance Service since December 2007, will be retiring in January 2012.



Though he has had many accomplishments during his time at F-M Ambulance Service, Lampe states that the two things he is most proud of are securing a collective bargaining agreement for the company and completing the new permanent post in West Fargo.

Lampe will most likely stay in this area after retirement. He is looking forward to doing more skeet shooting, golfing, flying, playing more music, and most importantly, spending some time with his grandkids.

Everyone at F-M Ambulance Service wants to wish Dean a very relaxing retirement and say thank you for everything that he has done for the company.

F-M Ambulance will name a new Executive Director in early 2012.

Winter Car Seat Safety

Bundling children in bulky coats and snowsuits may affect the safety of their car seat. Here are four ways to keep children safe and warm as you travel this winter:

- If you are able, warm your vehicle before putting children in their car seats for travel. Do not leave the car running inside of a garage.
- Use an infant seat cover that fits over the top of the infant car seat. Do not place anything behind the baby.
- Even in cold weather, choose a well-fitting jacket made with fleece or another warm, lightweight fabric that will allow the car seat harness to fit the child snugly.
- Pack snowsuits and snow pants. Do not have children wear them in the vehicle. The extra fabric will not allow the harnesses to protect your children in a crash.

The Rural Roundup

Holiday Greetings from Bob Klein, aka Farmer Bob!

In May of 2006 I took a full time position at F-M Ambulance Service as the Liaison Coordinator and Educator after being a street paramedic for a number of years. Wow does time fly! Five and a half years ago seems like just yesterday. Is anyone getting tired of seeing me yet? (Hold your comments please!)

Early this spring, Horace Fire and Rescue hosted Life Flight training, which consisted of learning about landing zone preparation and landing the helicopter. Even though the weather was cold, cloudy and misting rain, the course was very well attended. After being involved in EMS for many years, hearing the helicopter still gets my blood flowing. Anyone that has been involved in a scene flight knows exactly what I am talking about. Nice job Horace Fire and Rescue and also a big thanks to the Life Flight Team.

At the Rural Ambulance Association meeting in June, Jim Jager (Buffalo Quick Response Unit and president of the RAA) received a very special award. The Jerry Decker award is given annually to an EMS provider for outstanding dedication and service to the community. Jerry was an EMT from Hunter, ND and served on the Hunter Ambulance for many years. Jerry died very suddenly and unexpectedly while on an ambulance call. This was a huge loss to the squad and to the community. Jerry was instrumental in recruiting members for the Hunter Ambulance squad.



Since Jim is the president of the Association, it was very difficult to keep this from him prior the meeting. The award has been on the agenda and discussed at meetings prior to this one. We decided to be very sneaky about it, and gather the troops outside of the building just before the meeting – Jim had no idea what was going on! It takes months to prepare who will receive this award, and we pulled it off!

Jim's late father Leroy, mother Bev, brother Scott and wife Jean were present when Jim received the award. Paul Tinjum, a long-time friend and fellow member of Buffalo QRU presented the award. Jim has been instrumental in Cass County EMS for many years. Congratulations Jags!

I was very busy throughout the summer teaching the Emergency Vehicle Operations Course (EVOC). The State of North Dakota has required all ambulance services and rescue squads to be compliant in EVOC by July 2011.

Refresher time is here again. We continue to use the block system for face-to-face refreshers. The refreshers are also available online.

Happy Holidays!

Did You Know...

The first gasoline powered ambulance in the history of ambulances was heavily armored and had a single steering wheel and tracks. It was designed for military use.

This photo shows a gasoline powered ambulance in 1908.



The Clinical Corner

Can a 33-year-old really have a heart attack? The answer is yes, and F-M Ambulance paramedic Jason Jordahl learned that the hard way.

Jordahl was a pretty average 33-year-old male – he was a little bit overweight, didn't exercise on a regular basis, and smoked about ½ pack per day. On November 19th Jason was at home cleaning, relaxing and watching TV. He started having some abdominal pain that wouldn't go away. He thought it was probably an epigastric issue which he had dealt with before. At first the pain wasn't very bad. He soon started having some back pain and his hands felt heavy. He called his mom and told her what was going on, and she talked him into going to the doctor. His mom came over and drove him to the walk-in clinic.

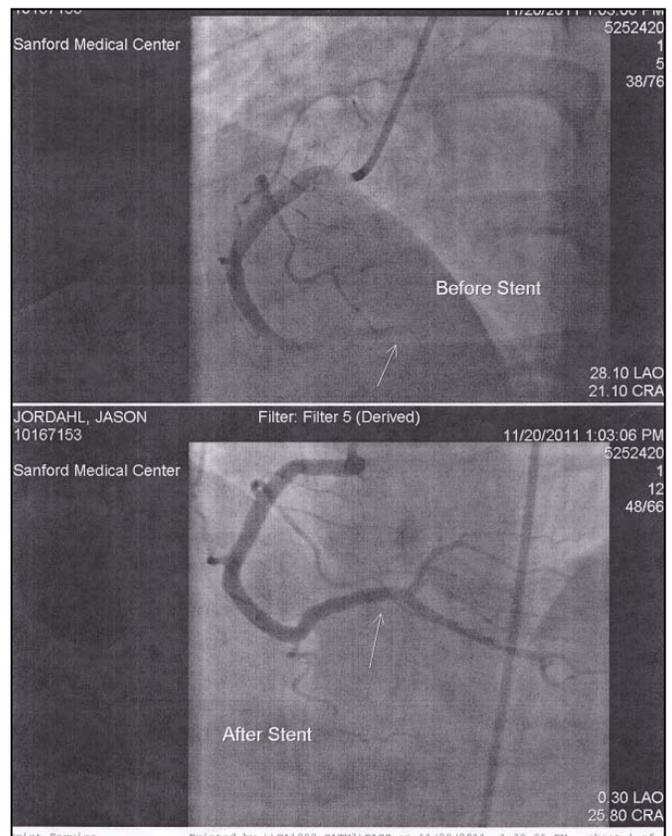
At the walk-in clinic they did a 12-lead EKG, which is an extensive look at the heart. The nurse looked at the 12-lead and then had Jordahl look at it. Before his 12-lead, Jordahl would have rated his chest pain at about a 2 (out of 10). When he looked at the EKG and realized what he saw, his pain went from a 2 to a 10. He requested another 12-lead EKG, which showed the same thing – Jordahl was having a heart attack.

The walk-in clinic called 9-1-1. Jordahl couldn't believe that this was happening to him – he was used to being on the other end of this – he was the one that was supposed to pick up the patient and bring them to the ER. As he was lying in the hospital bed, co-worker Kari Zak walked into his room with the stretcher. At first she was somewhat confused – why was Jason laying in the bed? Jordahl handed Zak the 12-lead and she turned white. Zak and her partner immediately got Jordahl loaded into the ambulance and drove to the emergency room with their lights and sirens blaring. Jordahl had transported many people with chest pain as a paramedic. At the age of 33, he never thought he would be the one riding in the back of an ambulance with a cardiac monitor attached to his chest. Jordahl was very scared – he had seen this before, and sometimes the outcome was not good.

Jordahl, who was used to pushing the cot into the Emergency Room, was now riding on it, on his way to the cath lab, where they would put a camera into his arteries to see where his blockage was. When he arrived in the emergency room, his blood pressure was 230/120 and his heart rate was around 140/minute. In the cath lab it was discovered that Jason had a 100% occlusion of the right coronary artery. Doctors decided to insert a stent to help keep this artery open. From the time of the 12-lead EKG in the walk-in clinic to the time the stent was inserted was less than 30 minutes.

Jordahl spent 3 days in the hospital. He now attends cardiac rehab, which includes walking on a treadmill, biking and strength training, every day. Doctors say that as long as cardiac rehab goes well, Jordahl can possibly return to work around December 19th.

Jordahl said his heart attack was a big wake-up call – he has since made some significant lifestyle changes, such as quitting smoking, eating healthier and working out. Jordahl encourages friends, family members and co-workers to do the same. He never thought he would have a heart attack at age 33, and doesn't want anyone else to have to go through what he did.



This is the picture of Jordahl's heart from the cath lab. It shows the blockage before the stent and the blood flow once the stent was inserted.

Nine Lives

In late November, F-M Ambulance paramedic Sondra Bergem and her partner were called to a house fire in Moorhead. Everyone had gotten out of the house in time except for the cat, Krispy.

Approximately 40 minutes after they were on scene a firefighter found Krispy and brought her to Sondra. The cat was limp and barely breathing. Sondra brought her to the ambulance and gave her some oxygen using a pediatric non-rebreather mask. After about 5 minutes, Sondra heard a small “meow”, and after 10 minutes, Krispy was lifting her head and looking around.

Krispy is doing well today due to Sondra’s care after the fire. Krispy is not the first cat that Sondra has saved – she also saved a cat from a house fire in 1998! Good job Sondra!



Steve Siedschlag and Ron Lawler represented the Emergency Medical Education Center at F-M Ambulance and NDSCS at the South Dakota EMS Conference in Aberdeen. Since then, we’ve had quite a few SD EMTs apply for paramedic school at F-M Ambulance Service!

Mission Lifeline

The American Heart Association has announced the implementation of Mission Lifeline, a community based initiative aimed at improving care for heart attack victims throughout North Dakota. The project has secured \$7.1 million in funding that will be used to improve the system of care for patients who suffer from STEMI (ST Elevated Myocardial Infarction) and other heart attack patients. The project will provide assistance to every ambulance service in the state in acquiring 12-lead EKG equipment and training, transmission and receiving equipment for hospitals, a system wide data tool for quality improvement, ongoing provider training and education, development of STEMI protocols, regional plans for rapid transport or transfer of patients and public education on signs and symptoms of a heart attack.

Did You Know...

Tim Meyer, director of administration at F-M Ambulance Service, was recently named Alternate Regional Director for the West Central area of the Minnesota Ambulance Association. The Minnesota Ambulance Association is a member advocacy organization that represents ambulance services at the state and federal level. The MAA primarily works on legislative matters that affect EMS operations and EMS providers in Minnesota.

Meyer was appointed as the West Central Alternate board member last year to fill Todd Hockert’s vacated position. This year he was elected by the ambulance service members of the West Central Region to fill that seat for a two-year term. There are 22 board members representing geographic areas or special groups on the MAA.

Childhood Drug Poisonings Increase

More young children now visit U.S. emergency rooms for drug poisonings than for car crashes. This is mostly due to an increase in the number of children who find and swallow prescription drugs at home.

The most dangerous prescription medicines for children are

- pills to treat diabetes;
- opioid (narcotic) pain relievers;
- drugs to treat anxiety, muscle spasms, and sleep problems;
- drugs to treat heart disease and high blood pressure.



Why are dangerous childhood poisonings increasing? More and more adults are taking more and more prescription medicines. This is especially true for opioid pain relievers – drugs like oxycodone, hydromorphone, morphine, methadone, and fentanyl. Older children also are taking more medicines – to treat attention deficit disorders and, increasingly, to treat Type 2 diabetes. If more medicines are present in young children's homes, there are more chances for them to find and swallow them.

It can be very difficult for parents and caregivers to keep every medicine locked up all the time. Some medicines must be taken frequently. Travel also complicates safe storage. Even the most diligent parent can be interrupted while taking medicines. To help decrease childhood poisoning, researchers propose that medicine packaging limit the amount of drug available at one time. For example, children can't open many child resistant blister packs at once. Liquid medicines could also be dispensed in containers that permit only one dose at a time to be released.

For now, poison prevention measures are more important than ever:

- Use child-resistant packaging. Replace caps tightly after use.
- Lock all medicines up high, out of sight and reach of children.
- Take medicines when children aren't looking, because children will imitate adults taking medicines.
- Be sure that all family members and visitors are vigilant about locking up their medicines.
- Take special care when traveling to be sure that medicines are locked away from children.



If you think a child may have swallowed too much medicine or someone else's medicine, call the poison center right away! The 24-hour number is **1-800-222-1222**. Do NOT wait to see if the child becomes ill – by then it may be too late to prevent a tragedy.

Article from www.poison.org

New Employees

Welcome to the team!

• Shannon Butler	EMT	F-M Ambulance Service
• Jordan Butler	EMT	F-M Ambulance Service
• Jaymes Feil	EMT	F-M Ambulance Service
• Callie Katers	EMT	F-M Ambulance Service
• John Lettner	Paramedic	F-M Ambulance Service
• Scott Nelson	EMT	F-M Ambulance Service
• John Oker-Blom	Paramedic	Thief River Falls Area Ambulance
• Chris Schwartz	EMT	F-M Ambulance Service
• Robert Wagner	Dispatch	F-M Ambulance Service



F-M Ambulance Awards

Saving another person's life isn't an everyday occurrence, which is why it was very surprising to have so many awards handed out this fall!

On September 30th, Kandy Hartson was participating in a water aerobics class at the YMCA in Fargo. She wasn't feeling well, so she got out of the water. While Kandy was sitting in a chair, Lorna Crowell noticed that she wasn't breathing very well. Hartson went unresponsive, and the pool alarm was pulled. Brenda Bauer, who was teaching in a different pool, responded to help, along with Brett Selbo, the aquatics director. CPR was started immediately, and the AED was applied to Hartson's chest. A shock was not advised, so Crowell, Bauer and Selbo continued CPR until advanced care arrived. All three ladies were awarded the F-M Ambulance Service Lifesaver Award, which is presented to community members who are instrumental in an emergency.

On October 24th, Tom Kramer went over to a neighbor's house to help unload some tools with his tractor. While stepping out of his tractor, Kramer went unresponsive. Neighbors Ken Schaub and Bruce Larson immediately started CPR and called 9-1-1. Both Schaub and Larson were awarded the F-M Ambulance Lifesaver Award.

Also in October, paramedics Jane Lyons and Tyler DeKrey, along with Moorhead Fireman (and paramedic) Wes Dahl and Moorhead Police Sergeant Clint Stephenson helped deliver a baby girl in their ambulance. All were awarded the Stork Award, which is given to emergency responders who assist during a delivery.

On November 20th, Josh Weber and his partner responded to a call in which a woman's vehicle struck several light poles, then crashed into a garage and started on fire. Upon their arrival, Weber noticed that the trunk of the car was on fire, and the patient appeared to be slumped over the steering wheel. Weber made the decision to rapidly extricate the patient due to the fire and her apparent condition. A bystander helped him pull the woman from the burning car. Weber and his partner immediately began caring for the woman once she was extricated from the vehicle. Weber was awarded the F-M Ambulance Service Medal of Merit, which is given to personnel who are part of an emergency response team and are trained in emergency response skills, yet they go above and beyond their normal responsibilities in order to help.

Congratulations to all who received awards!



We hope that you have enjoyed this edition of "Vital Signs", a quarterly newsletter distributed by F-M Ambulance. An electronic edition of Vital Signs can be found on our website, www.fmambulance.com. If you have any ideas, questions, or comments about "Vital Signs", please contact Kristi at (701) 364-1759, or kristi.engelstad@fmambulance.com.