



F-M AMBULANCE SERVICE

VITAL SIGNS



Winter 2012

Compassion, Excellence, Community Service

STEMI Protocol Saves a Life

Have you ever wondered exactly what would happen if you had a heart attack at your home or office? In August of 2012, Erv Inniger was planning on spending the day at his NDSU office when plans suddenly changed.

“I woke up that August morning feeling 100 percent. The last thing I expected was to be having heart surgery an hour and a half later that day.

While headed to my office at NDSU, I suddenly felt like several people were standing on my chest. Because of the chest pain and nausea, I walked into the athletic trainer’s office. The staff called 911 and got the AED, as my symptoms got worse. In minutes the ambulance and fire department arrived, performed a 12-lead EKG and notified the hospital that I was having a major heart attack.

Thanks to F-M Ambulance Service and the American Heart Association’s Mission: Lifeline protocol the cardiac surgery team was prepared and waiting for my arrival. I bypassed the emergency room and went directly into surgery. My right coronary artery was opened in 37 minutes from the time of the EKG performed by the ambulance crew at NDSU. Amazing. They hadn’t even located my wife by the time the artery was opened.

I’m forever grateful for the work of the two organizations I mentioned above. Together they work to get us the fastest and best emergency care possible. It saves lives.

I’m sharing my story because heart disease can affect anyone at any age. My dad died of a heart attack when he was only 58. He collapsed while watching my brother’s high school tennis match. That loss motivated me to make my heart health a priority – keeping physically active, having regular check-ups and eating well.

I urge you to support the work of F-M Ambulance Service and the American Heart Association because they make your health a priority and so should you. Don’t hesitate to seek medical assistance when you think something is wrong.”

Erv Inniger

NDSU head basketball coach 1978-1992
Retired Senior Associate Athletic Director
Senior Director of Community Relations



Mission: Lifeline is a community-based initiative aimed at improving the system of care for heart attack patients throughout North Dakota, led by the American Heart Association. Each year, hundreds of thousands of Americans have a type of heart attack known as an ST-elevated myocardial infarction (STEMI), in which blood flow is completely blocked to a portion of the heart. Unless the blockage is eliminated quickly, the patient’s health and life are at serious risk. *Mission: Lifeline* seeks to save lives by closing the gaps that separate STEMI patients from timely access to appropriate treatments.

Giving Thanks

Thanksgiving is a time that people are usually thankful for the good things in their life. David Burrous was thankful in a different way – he was thankful that he was alive.

Earlier this year, David was found unresponsive and 9-1-1 was called. Paramedics Shannon Butler and Denise Vetter responded to the call and used their advanced life support skills to help save David's life.

In November, David decided to stop by F-M Ambulance Service to personally tell the paramedics who helped save him how appreciative he was of their kindness and service that day. Great job Shannon and Denise!



Check It Out!

In September, a film crew hired by NDSCS came to Fargo to produce a commercial advertising the F-M Ambulance Service paramedic program. Several instructors as well as past and present students helped with creating the commercial. Just enter "F-M Ambulance Service" into the You Tube search!

Thank You

F-M Ambulance Service would like to thank Rodney Stueland for his 4 ½ years of service at Ready Wheels.

Enjoy your retirement Rodney... don't forget to come back to visit!



Winter Is Here!

It's that time of year again when the colder weather brings along with it snow and ice. Unfortunately, during the nice summer months, many people seem to forget how to drive on the snow and ice that comes with winter! Here are some winter driving tips:

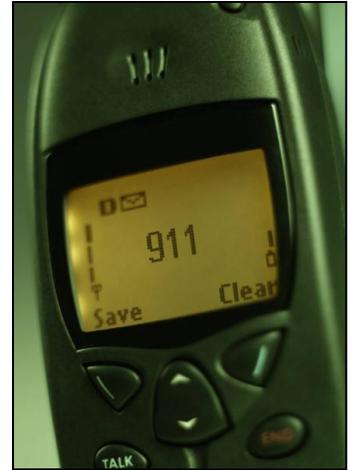


- Let your engine warm up while you clear off any snow or ice on your car.
- Remember to clear snow off of the front and rear lights and all windows.
- Carry a car safety kit – this should include blankets, matches, candles, high energy dry foods, a flashlight with spare batteries, a first aid kit, map, ice scraper, flares, tow and battery jumping cables, folding shovel, a bag of sand, winter gloves, cell phone, and an emergency HELP sign that you can put in the back window if you need help.
- Try not to travel if blizzard conditions are expected.
- Decelerate well in advance of a stopping point or turn.
- Bridges and overpasses freeze quickly, be careful on these surfaces.
- Always keep your gas tank at least half full in case you get stuck somewhere.
- Make sure your windshield wipers are in good shape and work well.
- Check your tires. Make sure they are properly inflated and the tread is in good condition.
- Be more observant. Visibility is often limited in winter by weather conditions. Slow down and watch for vehicles that have flashing lights, such as snowplows.
- Allow extra time to get places when weather is not perfect.
- If stalled, stay with your vehicle and try to conserve fuel while maintaining warmth.
- Always wear your seatbelt – it could save your life.

The Clinical Corner

Imagine one of these things happening to you or your family:

- You are sitting at home, when all of the sudden you feel a strange pain in your chest. You have never felt anything like this before – and it's getting worse. You think to yourself, "I should probably go to the doctor".
- You are having dinner with your parents when suddenly your dad starts slurring his speech and drops his glass of milk. You remember earlier in the night he said that he had a terrible headache.
- Your child accidentally cuts herself, and it's bleeding badly – it's bright red blood and it's squirting. You know she will need stitches.
- You see your neighbor putting up Christmas lights on his house when he falls off of the top step of the ladder. He is lying on the ground, and he doesn't seem to be moving.



Which one of these events should you call 9-1-1 for? The answer is ALL OF THEM. Whenever there is a serious medical problem, such as chest pain, shortness of breath, slurred speech, serious bleeding or a significant fall, 9-1-1 should be called right away.

What will happen when I call 9-1-1?

- When you call 9-1-1, the call will be taken by a dispatcher, who takes your information. Then the appropriate fire, police, or medical team in your area will be dispatched to the emergency.
- Local dispatchers use EMD – Emergency Medical Dispatching. EMD provides life saving instructions, whether it is giving simple airway maintenance instructions, controlling bleeding, delivering a baby or CPR instructions, to a person over the phone.
- When you call 9-1-1, the dispatcher will ask you many questions. Answering these questions does not delay response. As they ask questions, keep your answers as short and direct as possible. They are dispatching the appropriate people as you talk to them.

Why can't I just drive myself or my loved one to the hospital?

- Paramedics and EMTs can begin treatment immediately – BEFORE arriving at the hospital. Some of this treatment can be life-saving.
- Paramedics and EMTs can call in to the hospital before arriving – thus giving the nurses and doctors a "heads-up" so they can get everything ready for you.
- During certain emergencies, the heart could stop beating. This is called sudden cardiac arrest. Emergency personnel have the equipment to try to make the heart start beating again.

A basic rule to follow – if you are asking yourself the question, "should I call 9-1-1 or not", you should call. Time can be critical in a medical emergency – if you think you need medical help, call immediately!

Welcome to the Team!

Welcome to our new employees!!

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|----------------------|--------------------------|--|
| • Brent Anderson | Paramedic | F-M Ambulance Service |
| • Samantha Fike | Administrative Assistant | F-M Ambulance Service |
| • Rick Omang | Dispatch | F-M Ambulance Service |
| • Bjorn Sogge | EMT | Thief River Falls Area Ambulance Service |
| • Kandace Strohmeyer | Dispatch | F-M Ambulance Service |
| • Miranda Tunheim | EMT | Thief River Falls Area Ambulance Service |

The Rural Roundup

By Brendan Krupich, Outreach Coordinator

I know there was a brief introduction about me in the last Vital Signs, but I would personally like to let each of the rescue squads in Cass and Clay Counties know how excited I am for the opportunity to work with each of them. I have had a chance to meet each of the rescue squads over the last 3 months and I truly look forward to the challenge of filling "Farmer Bob's" shoes.

For those of you who haven't met me, my name is Brendan Krupich. I have been a paramedic at F-M Ambulance Service since 2006. I grew up in the country between Comstock and Wolverton, MN. I now live in West Fargo with my wife Leah and "her" dog Charlie.

As the Outreach Coordinator, part of my job is similar to what Bob did. I will be traveling to the Cass and Clay County rescue squads and helping with training. The other part of my job is to reach out to the ambulance squads in the Sanford Health system and see if there are any areas of need. The Sanford Health Network owns 10 ambulance services throughout North Dakota and Minnesota.



In other news:

- Did you know that every minute someone dies in the U.S. from a coronary event? The State of North Dakota has recently implemented a STEMI grant program. The rescue squads in Cass and Clay Counties that received the new cardiac monitors and training on how to use them include Casselton, Hunter, Kindred and Page. The program is designed to help educate the community as well as the rescue squads about the importance of early notification and rapid transport in cardiac emergencies. There were 134 ambulance services across the state of North Dakota that were eligible for the 12-lead STEMI training, which is a tool to help identify a heart attack. The machines that are used through the STEMI program are Life Pack 15's. These cardiac monitors can help EMTs identify specific findings displayed on a cardiac rhythm strip, which can then be faxed to the receiving emergency room physician or cardiologist. The ER physician then reads the findings and advises the rescue squad whether there is an acute cardiac event happening or not. This system has the ability to drastically speed up the treatment time for serious cardiac events, which can save countless lives. It is extremely important to spread the word to your friends, family, and community of the importance early detection and rapid treatment of any cardiac event.
- Wolverton Fire Department and Rescue Squad have been busy this fall raising money for the new FCC radio communications compliance upgrade that takes effect January 1, 2013. On September 8th, the Wolverton Community Center board held a fundraiser for the Wolverton Fire and Rescue squad. They were able to raise \$10,000.00 in just one day, and since then they have received donations from Lake Region Electric Coop "Operation Roundup", the City of Comstock and Gate City Bank. All together, thus far, Wolverton Fire and Rescue will receive over \$13,000.00 in donations.
- Also, every fall the Wolverton Rescue Squad holds their annual Bingo and Brats. This year over \$1000.00 was raised, which is highest amount ever raised during this event! This money will go toward the Rescue Squad operating budget. The Wolverton Fire Department and Rescue Squad would like to take this opportunity to say "Thank You" to everyone who has help raise the money for the squad.
- Just a quick reminder about refreshers... even though it feels like a long time away, refresher time is sneaking up on us. Please don't wait until the last minute to complete your refresher! We have many options available for you. Please check our website or contact me at any time.

Local Heroes Given Lifesaving Awards

A group of local heroes have recently been honored with the F-M Ambulance Service Lifesaving Award and Medal of Merit.

On October 9, 2012 Colton Janousek, Cameron Janousek and Thomas Pink all ran into a fiery crash scene and helped pull a 25-year-old female out of her burning car. On November 6th, all three were awarded the Lifesaving Award and Deputy Mark Empting was awarded a Medal of Merit for their heroic acts that evening. Clay County Sheriff Bill Burgquist said that the group of men undoubtedly saved a life.

Also on October 9, 2012 Jeffrey Dahl collapsed at the Schlossman YMCA. Bystanders Amber Bach-Gorman, Ross Balstad and Ryan Narlock started CPR and applied the AED within 1- 2 minutes of Dahl's collapse. One shock was immediately given to the patient and as paramedics arrived on scene the AED advised a second shock. Shortly after paramedics arrived they hooked up a cardiac monitor and Dahl was shocked two more times. He was transported to Essentia Hospital and eventually released.



Jeffrey Dahl along with his rescuers.

On Tuesday November 20, 2012, Roxanne Burnside collapsed near Broadway and NP Avenue in Fargo during the

Downtown Fargo Holiday Lights Parade. Nurses Nicole Christensen and Cindy Troftgruben were watching the parade when they saw Burnside collapse about 10 feet from them. The pair ran over to help and immediately started CPR. Officer Shawn Gamradt arrived on scene and realized that the closest AED was at the MAT bus depot, a couple of blocks away. Gamradt ran to grab the AED while Christensen and Troftgruben and Dr. Lara Lunde continued CPR. Once the AED was applied to Burnside it advised a shock. As paramedics from F-M Ambulance Service arrived on scene, Burnside was starting to wake up. She was transported to Sanford Hospital and released a few days later. Paramedic Kyle Rittenbach, who helped take care of Burnside, says, "Cindy, Nicole and Lara were great – they are trained to handle a cardiac arrest situation in a hospital, but probably didn't think that they will use that training while watching a parade. They did everything perfectly. This situation could have turned out much worse had they decided not to help or had the CPR or AED been delayed."

In both cardiac arrest cases, immediate CPR and use of the AED were essential in the patient's survival. CPR alone is unlikely to restart the heart; its main purpose is to restore partial flow of oxygenated blood to the brain and heart. Once the AED is applied, it reads the heart rhythm and advises if a shock is needed. The AED will not shock every patient – it will only shock a patient if their heart is in a rhythm in which a shock may be accepted. For every minute that an AED is not attached, a victim loses 10% chance of survival. When the AED is used along with CPR, the chance of survival dramatically increases. Without immediate CPR and AED use, Dahl and Burnside both most likely would not have survived.



Roxanne Burnside along with her rescuers.

On Wednesday November 28th, Bach-Gorman, Balstad, Narlock, Christensen, Troftgruben and Dr. Lunde received the F-M Ambulance Service Lifesaving Award, which is given to community members who are instrumental in helping during an emergency. Fargo Police Officer Shawn Gamradt received the Medal of Merit, which is given to personnel who are trained in emergency response skills, yet they go above and beyond their normal responsibilities in order to help.

Congratulations to all of the award recipients, and thank you for your help!

Rally in the Valley

Are you an EMT, EMR or paramedic who is looking for some continuing education? On Saturday February 9, 2013 F-M Ambulance Service will be holding its first Rally in the Valley EMT Conference.

The cost for Rally in the Valley will be \$40 per person, and fees are non-refundable and non-transferrable once paid. To register, go to www.fmambulance.com and under education, click on register for a course. There will be a light breakfast from 8:00 – 8:30. Cookies and coffee will be provided during breaks. Conference attendees will receive a t-shirt after the conference is completed, as well as a certificate for 6 hours of EMS continuing education.



Speakers will include Katie Lyman (concussions), Steve Siedschlag (cardiology), Ron Lawler (heart and lung lab), Amy Haugen (seizures), Deric Swenson (triage), Kathy Lonski (case studies) and Sherm Syverson (dealing with dying).

For more information, call Kristi at (701) 364-1759.

Special Delivery

On Monday, September 10th, Shawn Holter (Paramedic, F-M Ambulance Service), Mike Sylstad (EMT, F-M Ambulance Service), Tom Hamm (EMT, Barnesville Ambulance), Nick Pinsonneault (EMT, Barnesville Ambulance) and Jessica Dabbert (EMT, Barnesville Ambulance) all received the Early Bird Award for helping deliver a baby in an ambulance.

On Monday August 27th, Barnesville Ambulance received a call for a woman in labor. F-M Ambulance was dispatched to intercept on the call. Sallie Armstrong was about 39 weeks pregnant and had been experiencing contractions for approximately a month. On the morning of Monday August 27th Sallie got up to use the bathroom and noticed that something wasn't right – she was pretty sure she was in labor. Sallie and her husband Gary called the birthing unit at Essentia Hospital and after hearing how close her contractions were they told her to hang up and call 9-1-1.



Law enforcement arrived on scene just before Barnesville Ambulance. Barnesville Ambulance EMTs got Sallie loaded onto the stretcher and started transporting her to Fargo. F-M Ambulance Service intercepted on I-94 near mile marker 10, and paramedic Shawn Holter assessed Sallie. "I knew that the baby was coming soon – Sallie had started to push before we got there, so we didn't have a lot of time before Baby Armstrong arrived." Holter asked the ambulance driver to stop, and shortly after, baby Ronan James Lerado Armstrong was born.

The Armstrong family stopped by F-M Ambulance Service for the award ceremony to meet those who had helped them that day and watch them receive their 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.