



SANFORD AMBULANCE

VITAL SIGNS

Winter 2022

Compassion, Excellence and Community

New West Fargo Post

In September, Sanford Ambulance officially opened a new post in West Fargo, located at 2255 Sheyenne Street (near RJ's Tesoro & Truck Stop). The post location allows convenient and easy access to Sheyenne Street. The main building is a large garage which houses many of the MCI vehicles, including the AmBus, the Incident Command Trailer and the Supply Truck. The garage also has room for an ambulance when a crew is stationed there. This is Sanford Ambulance's second location in West Fargo; the other WF station is on the northeast side of Veteran's Boulevard and I-94. Sanford Ambulance has proudly served the community of West Fargo for over 60 years.

Sanford Ambulance uses a system status management (SSM) model to deploy ambulances, meaning that our system uses data to match supply to demand. SSM allows us to strategically position ambulances in the communities that we serve during various times of the day based on historical data that aids in predicting demand. As more data is gathered about when and where ambulances are needed, staffing is adjusted to have more resources available during busier times, and station those resources closest to where the next call is likely to occur. The goal of system status management is to do the most amount of good, for the most amount of people, without wasting resources.



Tactical EMS - TEMS Medics

What is Tactical EMS (TEMS)?

TEMS stands for Tactical Emergency Medical Support. TEMS medics are an integral part of the Red River Valley SWAT team because they provide medical care for the police officers, suspects and bystanders whenever the team is deployed. The difference between typical emergency medical services (EMS) and TEMS is the mission; the delivery of medical care is the mission of EMS, while for TEMS teams, medicine is a tool to help achieve the overall tactical mission.

How many paramedics are on the TEMS team and what kind of training do they receive?

There are six paramedics on the Red River Valley SWAT TEMS team. TEMS medics train with the SWAT team every month and also attend a week-long training with the team at Camp Ripley each year.

TEMS medics spend the first two days at Camp Ripley going through the military Medical Simulation Training Center. At the center, medics learn tactical combat casualty care and then practice what they've learned in scenarios with life-like simulators.

How are TEMS medics selected?

Candidates who are interested in joining the TEMS team are required to be experienced paramedics. Candidates need to pass a physical test and an interview.

How closely do TEMS medics work with the SWAT team and law enforcement?

TEMS medics are embedded with the SWAT team; they are right there with the officers on all high-risk operations. The reason behind having medics alongside of officers on the SWAT team is if an officer, or anyone involved in the situation, is injured, TEMS medics are able to be at the patient's side, providing aid within seconds. Having medics on the team reduces the liability of all agencies involved and gives officers peace of mind, which makes them more efficient. TEMS medics also help provide care and monitor officer's health during training, and assist in teaching team members how to provide their own care for times that TEMS medics can't get to team members.



"Just Doing Our Job"

What seemed to be a routine call turned into an act of kindness that went viral for Sanford Ambulance paramedics BJ Carlson and Jay Huseby.

On Monday, October 3, Kristen Modine and her daughter were involved in an accident in downtown Fargo. Modine said that after the accident, she was in shock and was hoping that everything was OK with her daughter. When Carlson and Huseby arrived on scene, they not only offered their medical services, but also emotional support. Modine was visibly upset about the accident, so Carlson offered to hold her daughter while Modine composed herself.

Modine said that the moment was exactly what she needed, and it really made a difference in their day. After Modine posted the story to TikTok, a local news outlet chose to interview the crew, Modine, and her daughter. Both Carlson and Huseby said that they were just doing what was expected of them. Carlson said that paramedics are often called on someone's worst day, and that he and Huseby were just trying to provide the best care possible and make Modine's day better by doing anything that they can.



Fall Appreciation Lunch



In early October, Sanford Ambulance crew members were treated to a picnic lunch to show appreciation for the hard work that they do each day and night. Sanford Ambulance leadership members grilled hamburgers and hot dogs and served beans and potato salad to crew members during the day shift and night shift. Crews were rotated back to Post 1 in order for them to be able to sit down and enjoy their lunch.

HEALTH HIGHLIGHT

Cardiac Arrest vs. Heart Attack

Do you know the difference between a heart attack and someone in cardiac arrest? Many people don't know that these terms are not the same.

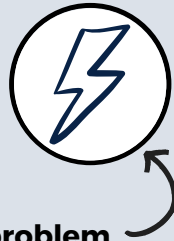
CARDIAC ARREST

VS.

HEART ATTACK

WHAT IS CARDIAC ARREST?

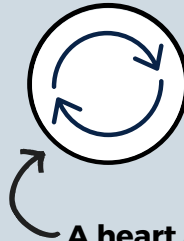
CARDIAC ARREST occurs when the heart malfunctions and stops beating unexpectedly.



Cardiac arrest is an "electrical" problem

WHAT IS A HEART ATTACK?

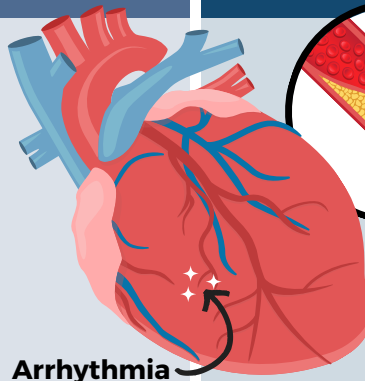
A **HEART ATTACK** occurs when blood flow to the heart is blocked.



A heart attack is a "circulation" problem

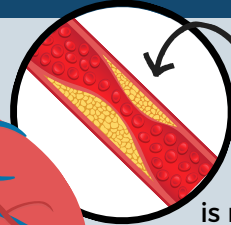
WHAT HAPPENS

An electrical malfunction in the heart causes an irregular heartbeat (**arrhythmia**). With its pumping action disrupted, the heart cannot pump blood to the brain, lungs and other organs. When this happens, the person becomes unresponsive, is not breathing, or may be gasping. Death occurs within minutes if the victim does not receive treatment.



WHAT HAPPENS

A **blocked artery** prevents oxygen-rich blood from reaching a section of the heart. If the blocked artery is not re-opened quickly, the part of the heart normally nourished by that artery begins to die. The longer a person goes without treatment, the greater the damage to the heart.



WHAT TO DO

First, call 9-1-1 and start CPR right away. Then, if an Automated External Defibrillator is available, use it as soon as possible. Cardiac arrest can be reversible in some victims if it's treated within a few minutes.

WHAT TO DO

Even if you're not sure it's a heart attack, call 9-1-1. Every minute matters! EMS can begin treatment as soon as they arrive - up to an hour sooner than if someone goes to the hospital by car.

To learn more about hands-only CPR, go to cpr.heart.org
Information from the American Heart Association - www.aha.com

Long Term Care Community Exercise

On Thursday, November 3, Sanford Ambulance participated in a community-based emergency preparedness exercise involving long-term care facilities from across the state of North Dakota. The exercise was led and moderated by Doug Murphy, the Fargo Cass Public Health Emergency Preparedness Regional Coordinator. Sanford Ambulance Director Rick Cameron spoke about the importance of long term care tactical plans and planning for an evacuation. Other topics included the incident command system, fire department response, tracking movement of resident in an emergency, responding to the media and working with the coroner's office.

At the end of the exercise, the goal was to have participants feel confident that they are able to create emergency preparedness plans for their facility. Participants were asked to meet with their facility management to review their plan and to make sure that it's ready to go if an emergency takes place. This exercise helped provide facilities with the tools, information, and resources that they need to create and implement those plans.



Did You Know...

Many EMS agencies use the Star of Life symbol in their organizational logo. Each bar on the Star of Life represents one of six EMS functions: detection, reporting, response, on-scene care, care in transit and transfer to definitive care. The serpent and staff in the symbol portray the staff of Asclepius, an ancient Greek physician deified as the god of medicine. Overall, the staff represents medicine and healing, with the skin-shedding serpent being indicative of renewal. The Star of Life has become synonymous with emergency medical care around the globe.



Welcome to the Team!

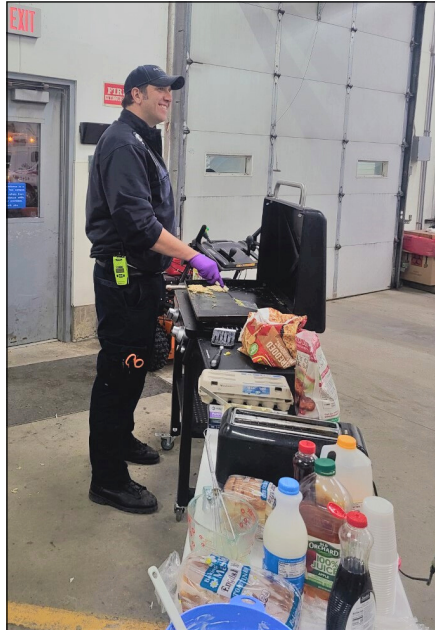
Laura Ewert	Dispatcher	<i>Are you an EMT or paramedic who is interested in working in a fun, fast-paced atmosphere? Sanford Ambulance is hiring!</i>
Tayle Kaczmar	Paramedic	
Raeann Rohrbeck	EMT	<i>Check out sanfordhealth.jobs to see what positions we have available! We'd love to have you join our team!</i>
Sampson Donkor	Paramedic	
Gracie Baumgarten	EMT	
Courtney Wallace	Dispatcher	
Taylor Jacobson	Dispatcher	
Andrew Manske	Dispatcher	



Holiday Happiness

Sanford Ambulance employees participated in some holiday fun over the last few months!

- The Sanford Ambulance Halloween Monster made several appearances around the station in October.
- Supervisors Sam Heyen and Login Wysocki surprised crews with a Thanksgiving breakfast in November.
- Sanford Paramedics rang the Salvation Army bell at West Acres in November.



Community Collaboration

Often times, the Fargo, Moorhead and West Fargo fire departments respond to medical calls with Sanford Ambulance – the firefighters are trained to provide immediate life-saving care if they are on scene before the ambulance arrives. Because firefighters work so closely with paramedics and EMTs, it's important that they are comfortable with the equipment that is carried on an ambulance, but not on a fire truck. Each year, the three local fire departments spend time at Sanford Ambulance reviewing key procedures and refreshing on ambulance equipment. Sanford Ambulance is thankful for the help that our local firefighters provide prior to our arrival.



EMS Education

The Sanford Health EMS Education (SHEMSE) team has been busy! Check out all of the exciting things happening!

- After a summer full of parades and park activities, the SHEMSE staff and students transitioned into attending several career fairs and other high school activities this fall. SHEMSE staff interacted with several thousand students at events throughout Fargo, Moorhead, West Fargo, Cass and Clay counties and even as far away as Wahpeton and Grand Forks.
- SHEMSE educator Trista Berg attended several "Trunk or Treat" events during the weeks leading up to Halloween. Trista shared treats as well as safety tips for the trick-or-treaters.
- In October, SHEMSE director Ron Lawler presented on his experience working with the American College of Surgeons workgroup to update the National Field Trauma Triage Guidelines at the national EMS Expo in Orlando, Florida.
- Year three of the SAMHSA grant is underway. The grant provides EMT scholarships for rural students; there are also scholarship possibilities for paramedic-level applicants. The SAMHSA grant also provides funding for free mental health training to rural EMS squads. For more information about the grant qualification guidelines, or if you know someone who is qualified and interested, please have them contact the SHEMSE office at 701-364-1750.
- The Spring 2023 EMT course begins on January 10. Lectures will be held online only on Tuesday evenings at 6:00 PM. Lab options are Wednesdays from 6:00 - 10:00 PM, Thursdays from 8:00 AM - 12:00 PM, or Thursdays from 6:00 - 10:00 PM. For those that live outside of the Fargo region, there is a weekend lab option that meets five times throughout the semester on Friday evenings and all day Saturday. For more information, please go to shemse.org.



Sanford Ambulance

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