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The Pulse

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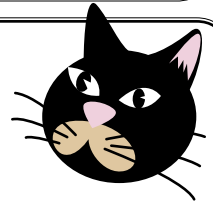
Volunteers since 1967

The “Heartbeat” of the Huntington Community First Aid Squad



PRESIDENT'S REPORT

Reeve Conover



I grew up as a big baseball fan; family vacations back to see my relatives in Minnesota were road trips scheduled around various ballparks. I have been in over 20 ballparks in my life, from the cozy confines of Crosley, Forbes, Fenway and Wrigley to the modern likes of Turner Field and Camden Yards. The impending replacements of Yankee and Shea Stadiums (where I saw my first games in 1964) got me thinking about change. The new stadiums are reputed to be technological marvels.

Ten Years down the road, however, even these stadiums will undoubtedly be ho-hum places, gone down the road of cassettes, 8 tracks, VCR's, 33 LP records, and carburetors on cars. The question nowadays is no longer “will things change” – it's about the speed of change.

When I walk through the building, and go on the ambulance, change is obvious – message boards, computer aided dispatch, navigation systems in the 3 responders, needles to stick critically injured patients in the tibia, end-tidal capnography, EMT's giving 4 medications – change. Lots of it, every day.

Yet as humans our tendency is to be leery, even afraid of change. We resist it because it takes us out of our comfort zone. Like almost all change, however, we quickly grow accustomed to power steering, escalators, TV remote controls, email and the internet, cellphones and microwaves – and then wonder what we did without these innovations.

As my run as President comes to a close over the next 3 months, I am proud of the organization for embracing the significant changes over the last three years, and urge you to continue to do so. The next challenge? Clearly turning on the Computer Aided Dispatch – please practice with it and play with it – as it will be live shortly. Lets keep the momentum we have – especially in recruitment, training, technology, communications and vehicles – going forward. That way HCFAS won't become the next 8-track!

Editor's Note:

New member's is not featured in this edition, but we will continue where we left off in next's months issue.
Thanks!

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CHIEF'SREPORT

Mary Conover

Children are back to school, the weather is providing us with a little bit of those chilly nights. Everyone seems to be falling back into a regular routine.

September brought us many Citations and Awards. I was so excited to implement the HCFAS Scholarships to our members. Congratulations to Ozlem Bilgen, Michael Smith, Elizabeth Cappola and Matthew Valle for being the award reciprocates of the four \$500 Scholarships. We wish you all the best as you work towards your goals to further your education.

These Scholarships will be drawn again at every May General Membership Meeting.

If you didn't hear, Christopher Winter was nominated and won the 2008 Fire/EMS Worker of the Year 2008 from Legislator Lou D'Amaros office. He received this prestigious award in front of his family and the legislative committee. What an honor.

Members of HCFAS continue to work professionally and diligently and WON the Unit Citation from the NYSVARA. Again thank you for being the premier squad we all strive to be.

REMSCO Award Winners, President Reeve Conover for ALS Provider of the Year, Chief Dispatcher Jonathan Stone for Communications Specialist and Carl Schramm (AKA Mr Carl) for Nurse of Excellence will all be receiving their awards on Friday October 24th in Sag Harbor. Job well done.

Fall Festival will be held Friday October 10th-Sunday October 12th. We need help, if you are available to F/A, CL, or DR please sign up in the ready room.

I'm sure everyone has heard by now but Ex Captain Brian Bielanski has moved with his family to Virginia. We wish him and his family all the best.

Congratulation to Grandpa Orr, 1st Deputy Chief became a Grandpa on September 10th.

Member Stephanie Moore was a beautiful Bride when she wed the love of her life, Joseph Caracciolo. Smoorsey Caracciolo, has a nice ring!

We have been experiencing a problem, which I hope the membership will be able to help us with. Expired needles are still being found in the ALS bags. The ALS committee and ALS provider Alyssa Axelrod has been diligently checking all areas for expired medications etc. They have cleared out the stock room, bags ets for all expired equipment, yet just last week we found a 2006 expired needle in on of the ALS Bags.

I am asking that all ALS Providers stock only from our supply, or if they get replacements from the Hospital to check the expiration date upon receipt of the med or needle. We feel at this time that someone is intentionally putting expired Medications and needles into our ALS equipment. I am asking all ALS providers to (#1) not take any supplies from anywhere but our stock or the hospital. (#2) Do not bring any needles etc from your department or your job. If you see anyone putting expired Meds or needles on any HCFAS rig or supply closet, please see a Chief Officer immediately. Criminal charges will be filed and a recommendation to the BOD for expulsion will be made.

I am saddened by this and hope that whoever is doing this, that it comes to a halt immediately.

Reminder to watch out for all those Ghost and Goblins as we celebrate Halloween.



CHIEF DISPATCHER REPORT

Jonathan Stone

Everyone be on the lookout for October's review training. This review training will be outlining the changes we have made to dispatching guidelines, please be sure to read over the material and make a copy for yourself. One item that has been brought to my attention is that some members have been addressing our dispatcher as "HQ", "Headquarters" or "Base" this has led to some confusion with some trainees. We should not be addressing the dispatcher this way. Please address the dispatcher as "2-15-0" or "Zero". Some confusion has come up as if officers should be contacted regarding 13/35's (working Fires), The Chief and Day Captain should be notified after dispatching the appropriate crews. Two crews should also be dispatched, and try and obtain an in house crew to cover the district. These are some of the things covered in the review training.

Portable radios still remain an issue. Please be careful not to leave them on scenes. Sometimes accidents happen and they get left somewhere, make every effort to be aware of the whereabouts of the portable radio.

Members that still don't have a username and password for the CAD system, please contact Jim Malillo at hmfd41@optonline.net. Send Jim a username which should consist of the first letter of your last name and your membership number. Your password must be 7 or more characters and must consist of numbers and letters.

Members, who have been contacted by your day captain to return radios, please return them. I have many members who are available for backup and there are no radios left to give out. With our signal 24 rate increasing the officers are looking for ways to decrease this number.

Congrats to our new dispatchers who passed their test. Also be on the lookout for our Post members, who are now dispatching after taking a weekend full of classes on our procedures and the CAD system, Good Luck Post Members. Thank You to Reeve Conover, Brian Miliken, Mary Brenner, Dave Mohr, Richard & Lorrie Stone for teaching the classes and running out for calls. I think I got everyone, sorry if I missed you.

WEDNESDAY CAPTAIN
Dominic Heavey

*Just want to thank everyone for all the help. Need Dispatcher and CL on the 11.00 hr,
every week. I will be on Vacation till October 3rd.
Thanks - Dominic*

SOP Change

I am proposing a SOP Change to the BOD this month and would like your input either at the GM meeting or by email.

Regarding the Return to Duty from a Medical Leave- seems to have everyone talking all the time. I have heard some members will take an Operational LOA instead of a Medical LOA because they don't want to have to go to a "Squad Doctor". They feel their Doctor knows their history better than a Doctor that they will see once. A member even stated "How do we know they are even telling the Squad Doctor the truth as to why they were out on a Medical?"

I want members to feel comfortable taking a MLOA. I believe your own Doctor knows your condition better, and can better evaluate your ability to return to duty. Can a member stand for more than 10 minutes? Can they carry up to 50lbs? can they climb stairs etc? By using a revised RTD Form that includes specific requirements of EMS, such as lifting, standing, etc. we can better protect both our members health and our organization.

Upon entering the squad the "new" member would go to a Squad Doctor but leave of absences after that would be cleared thru either their own personal physician or a Squad Doctor.

The BOD has the power to change this SOP but I would like to see what you, the members feel.

I urge you to attend to October GM Meeting so your comment and concerns can be heard. If you cannot attend please email me your thoughts at MJIrishEMT@optonline.net.

PROPOSED CHANGE

Currently Reads:

Before a member can return to duty he must submit a Return to Duty form (HCFAS #301) that must be completed by his personal physician and approved by the Squad Physician, or by a member's Squad Physician. If a member can not return to duty by the expiration date of the initial leave request they must make a written request to extend the LOA

Change To:

Before a member can return to duty he must submit a Return to Duty form (HCFAS #301-to be updated) that must be completed by his treating physician or a squad physician. If a member can not return to duty by the expiration date of the initial leave request they must make a written request to extend the LOA

2-15-30

*New York State Volunteer Ambulance & Rescue Association
District 7 Delegate Andrea Golinsky*

The Annual Meeting and Educational Conference of the Association, Pulse Check 2008, was held at the Hudson Valley Resort & Spa in Kerhonkson, NY Sept 18th – 21st. The conference offered many interesting seminars for which attendees received CME credits. Topics included Behavioral Emergencies, Recognizing Child Abuse, EMS Leadership, Infectious Diseases and Spinal Immobilization among others. Of special interest was the NYS DOH Updates presented by Marjorie Geiger.

Voting for State Association Officers was held Friday and Saturday with the results announced at the Banquet Saturday evening. The slate as presented was elected. Congratulations to Bob Franz on his re-election as Treasurer of NYSVA&RA. The 2 by-law changes that were on the ballot were defeated.

The dates and site for the 2009 Educational Conference will be announced at the October board meeting.

Military Service Plaque- Andrea Golinsky

HCFAS has a plaque that recognizes members of our corps that have left us to go into military service. However I realized there is no plaque to honor our members who have served our country. I have asked and received permission to make up such a plaque. I would ask members of our department who have served in the military to put a copy of their DD 214 in my mailbox (Class A Uniform). Please indicate if, during your time of service, you served in a combat campaign and where.

If you have any questions, please give me a call 427-4896

History is made at HCFAS



Liz became the first Explorer Post member to dispatch. She began this Saturday on the 11-3 shift and by 12:30 she was running three calls, first responders on the road and had paged out for ALS, and additional members several times.

Post 215 members take a more active roll in the organization. Saturday Sept 20th Chief Liz Mohr took on the challenge of joining the HCFAS Dispatch program. With the assistance of HCFAS dispatcher Laura Treulich, Liz ran three calls, with first responders on the road and made additional pages for ALS.

Be on the look out for additional Post 215 members who will be behind the console very soon. Congratulations to Liz, the Post Members, and all the Advisors who have made this possible.

2-15-30

SOCIAL COMMITTEE LIAISON, MARTHA BRENNER

For those of you who missed the September General Meeting and the anniversary dinner for Andrea Golinsky you missed a great meal. Tons of thanks to the following:

Stefanie Mirabelli

Tom Lemp

Lorrie Stone

Richard Stone

Adriana Dovi

Cecelia Renderos

Pinky Vaghela

Rich Gierbolini

Mary Lemp

If your name was missed I apologize.

The October meeting dinner is in the capable hands of Matt Cappola, Dominic Heavey and Tom Lemp. This will be a simple dinner as there will not be an anniversary celebration.

Suffolk REMSCO SURVEY Reminder – Bob Franz

The Suffolk REMSCO response committee survey has been posted on the bulletin board and can also be downloaded from their website www.suffolkremSCO.com for all EMS individual providers to reply to and share their thoughts and ideas on improving the EMS system and patient care in Suffolk County. The response committee would like to receive more replies and would like you to complete the survey. Thank you to everyone who already completed the survey.

NYS Volunteer Ambulance & Rescue Association Annual Meeting – Bob Franz

As part of the annual meeting, a memorial service was held to remember all our departed EMS members from around NYS. It was a very memorable and moving ceremony. As each person's name was read, a flower was placed in the memorial plaque and a candle was lighted in their memory. Two of our departed members, Ex-Chief Marc Meyer and Associate member June Carr were remembered at the ceremony. They will always be remembered in our thoughts and prayers.

Congratulations! The Association bestowed their unit citation award on Huntington Community First Aid Squad in recognition of our outstanding outreach programs, membership recruitment & retention and for remaining 100% volunteer and not to mention our ability to answer close to 6,000 calls. I had the honor to receive this award on our behalf and the award rightfully recognizes all the work that you do each and every day – congratulations to all of you. Thank you Martha Brenner for doing the great nomination write up.

Congratulations also goes to Ex-Chief Andrea Golinsky who was totally surprised to be awarded the 2008 President's Award by Association President Michael Mastrianni, Jr. Andrea was recognized for her dedication and hard work in membership recruitment & retention, legislation and fund raising. This was like an added bonus after being recognized for her 35 years as a Squad member at our September general membership meeting.

LOSAP 2007 Benefit Statements – Bob Franz

The December 31, 2007 LOSAP benefit statements were recently distributed to all participants in your member mail folder. Please review this statement carefully and if any of the information is incorrect, please put a detail note with any corrections in Director Bob Franz's mailbox. If you require a change of beneficiary, please use HCFAS Form # 430 which can be found on the form rack outside the dispatch office. Thank you to the fund drive committee and Margaret Cornelius for your assistance in distributing all the reports. If you have any other questions, please contact Bob Franz.

HOLIDAY GIFTS - VICE PRESIDENT MARTHA BRENNER

Selection flyers were placed in all mail folders. Please remember to put your name on the form before you return it to the Vice President's mailbox. If you prefer you may email your selection to me (please reply one way or the other only). MB236@optonline.net. In-active Life Members will receive a Visa Gift Card unless you send a request for a Waldbaums Gift Card.

The cards will be available to pick up at the November General Membership Meeting.

Please call me with any questions or send an email to the address above.



BASICS - October 2008

By Mark Brenner



Elections are fast approaching. For whom will you cast your vote? I'm not referring to the national, state and local races, but those that will occur within our organization. Every year, we have the opportunity to promote new personal, professional and organizational growth by electing new officials.

I compliment the many men and women who have held office in our organization. For one thing, in the past few years, we have witnessed a rise in call volume, not to mention a rise in the demands on how we as EMS professionals train, staff, equip our members and vehicles, as well as manage and lead the almost 200 members who respond to emergencies.

There is no denying that being a member in an EMS agency with high call volume and/or holding office in that same organization come with tremendous responsibility, and subsequently increased stress. And when we are stressed, we sometimes say things with an attitude and those attitudes come across as harsh and callous, whether we are a trainee or a line officer.

I'm not suggesting that we simply let misdeeds go unnoticed, but rather we should engage in fraternal correction rather than constructive criticism. Fraternal correction is the method whereby one party wishes to bring another party whose behavior has fallen outside the norm of acceptable behavior to behavior that is more consistent with the ideals and practices of the organization. Similarly we need to continue to model the acceptable behavior to act as role models for others to follow.

As members, we should be open to fraternal correction ourselves. We must be open to having the organization continue to develop and adapt to new practices that are adopted. After all, as the saying goes, the only thing constant is change. And look how far we have come in forty years, let alone in a few short years.

One of the basics tenets of BLS care that has not changed over the years is the importance of a patent airway. This month's questions focus on airway issues.

1. You respond to a call for a man who has fallen from a ladder while he was cleaning his gutters. The patient is supine and unconscious. How would you open his airway?

- a. Head-tilt chin-lift
- b. Jaw-thrust maneuver

2. What if you find the patient of the pervious scenario face-down? You should:

- a. Keep the patient face-down to allow for drainage.
- b. Log roll the patient maintaining head stabilization
- c. Once supine, use a jaw-thrust maneuver to open the airway
- d. Both b & c

3. You attempt to open the patient's airway. You assess his breathing; there is no chest rise and there are no sounds of inspiration. You attempt to provide artificial ventilation but you are unable to affect a chest rise. You should:

- a. Call for ALS to respond to place an advanced airway.
- b. Reposition the airway with a jaw thrust and attempt to ventilate again.
- c. Attempt to ventilate with a bigger bag valve mask resuscitator

Basics Cont'd

4. Your second attempt to position the airway has proven to be successful, but you notice that, with each ventilation, only one side of the chest is rising. What should you consider?

- a. You need to provide greater pressure with each ventilation to adequately inflate both sides of the chest.
- b. You are not getting an adequate seal with the BVM's mask over the patient's mouth and nose.
- c. You are ventilating into the right mainstem bronchus and need to pull back on the BVM until you observe equal chest expansion.
- d. Your patient might have a flail chest which might have been caused by striking an object during his fall from the ladder.
- c. After assuring that the scene is safe, and stabilizing his c-spine, open the airway with a jaw-thrust maneuver
- d. Your patient might have a flail chest which might have been caused by striking an object during his fall from the ladder.

5. It's a lovely autumn day and you sense that it is a "high gravity" day when you are dispatched to another man who has fallen from a ladder while cleaning the gutters. Upon arrival at the scene, you notice he appears to be unconscious and is lying in a pool of blood on the driveway. You should:

- a. First move to control the bleeding
- b. After assuring that the scene is safe, and stabilizing his c-spine, open the airway with a head-tilt, chin-lift maneuver.
- c. After assuring that the scene is safe, and stabilizing his c-spine, open the airway with a jaw-thrust maneuver.

6. An ALS provider is attempting to place an E/T tube and asks for a BLS provider to administer "cricoid pressure". You should:

- a. Push down on the patient's Adam's apple.
- b. Cup your fingers, place a thumb on one side of the larynx and the four other fingers on the other side, at the Adam's apple, and apply slight downward pressure.
- c. Push harder and deeper while performing cardiac compressions.

7. After the E/T tube has been placed on the adult cardiac arrest patient, the tube has been confirmed with capnography, and it is secured with a commercial tube holder, the BVM will ventilate through this new device_____.

ANSWERS: 1b, 2d, 3b, 4d, 5c, 6b, 7 Res-Q Pod

October 2008 • Service Awards

35 yrs. Sharon Cullen

October 2008

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			1  <i>Happy Birthday!</i> Brendan Fitts Mary Sisinni	2	3	4  <i>Happy Birthday!</i> Joseph Gander
5	6	7  <i>Happy Birthday!</i> Clara Elliot Lehti Laas	8 Officer Meeting 1915 <i>Happy Birthday!</i> Sal Signorelli Joanne Vogel	9 Board Meeting  <i>Happy Birthday!</i> James Lupo	10  <i>Happy Birthday!</i> Paul Rittenhouse	11  <i>Happy Birthday!</i> Joseph Nappi
12  <i>Happy Birthday!</i> Heidie Magerie	13 Columbus Day	14  <i>Happy Birthday!</i> Harold Noonan	15	16	17  <i>Happy Birthday!</i> Carmela "Millie" Gabriel Orlando Salcedo	18
19 Recruitment Sunday 2:00 pm	20  <i>Happy Birthday!</i> Clara Elliot Bobby Loysch	21	22 Officer Meeting 1915  <i>Happy Birthday!</i> Roger Winter	23 Board Meeting  <i>Happy Birthday!</i> Joseph Danadio	24	25
26  <i>Happy Birthday!</i> Claudy Grimadeau	27	28	29  <i>Happy Birthday!</i> Lori Bernardo	30  <i>Happy Birthday!</i> Kathy Hayes	31 Happy Halloween! 	

The First Jack O'Lantern

The Irish carved Turnips and put coals or small candles inside. They were placed outside their homes on All Hallow's Eve to ward off evil spirits. They were also known to use potatoes and Rutabagas.

When Irish Immigrants came to America, they quickly discovered that Jack O'Lanterns were much easier to carve out and began using them. This truly neat tradition quickly spread to the general population in America and elsewhere.

HUNTINGTON COMMUNITY FIRST AID SQUAD ANNUAL PHYSICAL AVAILABLE TO ALL MEMBERS

New York State Department of Health's guidelines recommend that all EMS providers have an annual physical.

In order to address these recommendations, your Board has contracted with On Site Medical Services to perform the physicals at Headquarters. On Site is comprised of a team of experienced board-certified Internal, Emergency and Occupational Medicine Physicians who specialize in performing E.M.S., Fire Service Medical and "fit-for-duty medical exams" for Fire Department and EMS agencies throughout Long Island.

The service being provided by the "On Site" physician's annual examination program is different from that provided by your Squad Physician whose responsibilities will continue to be to conduct "new member and return to duty physicals." This year On Site will be at Headquarters to perform member's physicals on:

Thursday, October 23, 2008 between 7 to 9 PM

On Site will return to the Squad in November for those who are unable to attend on October 23, 2008.

The scope of the physical will include:

- Medical history and occupational exposure history,
- Height and weight,
- Color Vision Testing,
- Blood Testing for CBC with differential, electrolytes, renal function, hepatic profile, lipid profile and PSA for gentlemen over 40 years of age,
- 12-lead EKG
- Audiometry
- Physical examination
- Annual Flu Vaccination (if desired) and PPD (mandatory for all Health Care Providers)
- A review of all results by a physician, with recommendations and referrals as needed.

ALL MEMBERS ARE URGED TO PARTICIPATE IN THIS PROGRAM.

Please indicate the time and date that is most convenient for you by completing the "sign up" sheet that will be posted at Headquarters.

If you any questions regarding the physical or are unable to attend, please contact Tom Hogan by email at **tomhogan2@yahoo.com**, by telephone at **516- 759-4270 (day) or 631-367-4798 (evening)**.

September 16, 2008

To the First Aid Squad, Fire Department and the Police Department,

I live in Westchester, my daughter Ashley lives in Huntington Station. I came to visit her this past weekend. She has recently joined the EMS squad and was excited for me to come at the end of her shift to meet the crew she works with, which I did and was very impressed with the facility and the people were all so nice.

That evening an event happened which has affected me in many ways. At about 4:30am a booming noise abruptly sprung me out of bed, a spark on the air conditioning outside the window, then silence. Ashley said "it must be the transformer again...no that was a car", then we heard a woman moaning. A car had crashed into a utility pole right outside of Ashley's apartment. We both scrambled in the dark to find shoes running to the scene the car stuck to the utility pole upside down so distorted you could not tell what type of car it was. Ashley ran to her own car to get her mask and gloves, the driver was severely bleeding, Ashley instructed me to go get towels. The car had initially hit a utility pole a block ahead of the one it slammed into, the impact was so hard that it broke the first pole and it was on the ground with the car, partially lodged into the driver. I thought there were two poles at the site and the one had fallen. Other people started to mill out to the scene, a man went to pull the pole out of the driver, but Ashley commanded him to stop. She told me to get her EMS shirt and proceeded to assess the scene, having a woman who spoke Spanish ask the driver how many were in the car, there were four, also confirming there was not a baby because Ashley saw a car seat. When I got back with her shirt she told people to stay back that help would be there soon, sure enough within 10 minutes from the booming noise, an amazing event started to happen. Police cars, EMS & fire trucks came in as if they knew exactly where to park. They came out to the accident and the only comparison was like worker bee's each working in harmony with each other in this tragic situation. It was surreal and time seemed to stop for a bit, watching these people come together to help total strangers. As if rehearsed to perfection they took the steps to rescue the four in the car. There seemed to be fifty plus people with one goal, to save the people from the car.

From a mother's perspective, the pride runs too deep for words to express for my daughter. How she handled the situation and joined this mass of incredible people who devote their free time to help others. It was incredible to watch this flow that happened between the EMS, Fire Fighters and Police. My highest respect goes to each of you.

The next day I commended her for her poise and calm throughout the event, she said "that's what you learn". I said that the event keeps running through my head, she said that it would happen and it was good to talk about it. This event has made me feel blessed for my life and the people in it, but it could all change in a second. It's hard to explain but I look at life with a different perspective now and am restored that there are good people in the world. Ashley does not know that I have written this letter; I felt compelled to share my experience and honor her and all the people who selflessly devote their time to help save others.

Sincerely,
Penny Taylor



SO MUCH FUN...IT'S ALMOST CRIMINAL!

There has been a murder at the Huntington Community First Aid Squad and it is your job to find the killer, so come join us for a night of fun, food and prizes.

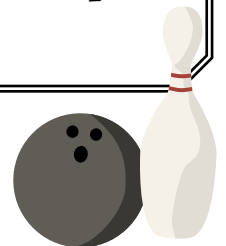
Saturday, November 1, 2008 at 7:00pm

- Cocktail Hour, Dinner, Dessert, Show Door Prizes and Raffles
- *Tickets \$35 PP Contact David Mohr 631-988-1433*

BOWLING AFTERNOON

Saturday, October 18th 1:15pm – 3:30pm at Larkfield Lanes in East Northport.

Sign-up sheet & more info in ready room.



*Contact Director Lehti Laas at llaas@hotmail.com or 631-942-4633 if interested in:
October General Membership Meeting Raffle for Blue Jackets shown at September's
GMM. Only sizes 2X, 3X & 5X remain.*

You do not need to be present to have your name entered.

Workshirts:

If you did not receive one from Vice President Brenner a few months ago & need one.

September Service Awards



*President Conover and Chief Conover
congratulate Andrea Golinsky for her
35 years of Service*

*Congratulations to Chris Winter for the 2008 Fire/EMS Worker
of the Year 2008 from Legislator Lou D'Amaros office.*



September General Membership Meeting 08



Ducks Game



Only ONE first responder is to respond directly to the scene of a 16, unless more personnel is requested by an officer or the scene of the 16 has multiple patients. Any member responding to the scene is to alert the dispatcher. Inform the dispatcher of your status as well (CL, DR, FA, ALS).