



Patricia Salajka, Editor
psalajka@verizon.net

The Pulse

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Volunteers since 1967

The “Heartbeat” of the Huntington Community First Aid Squad

PRESIDENTS REPORT

Roger Winter

*** (This article was originally submitted for the October 09 Pulse)*

Rules, Safety, Guidelines - what do they all mean?

The Squad has a lot of rules as I mentioned in my last Pulse Article. To keep up with the rules and regulations and the safety issues that are associated with them can be a daunting task, especially for new members and even some of the older members. I guess that most of the rules are driven by common sense and as you all know our command structure is based on a military style of command structure.

Keeping that in mind, after you have read the By-laws and SOP's any questions that you might have should be directed to the person in charge of that area. Crew responsibility; the Crew Leader is responsibility for the crew, and many crew leaders share that duty with other members of the crew. Many of us do not have all answers to all the issues on many calls and it is always calming to know that you can rely on your crew to help out. On personnel issues, the order you follow is Crew Leader, Day Captain, 1st Deputy Chief, Chief. Something to do with a medical issue should be directed to the Crew Leader, Day Captain, 2nd Deputy Chief, and then the Chief. Building and vehicle maintenance issues should be directed to the Crew Leader, Day Captain, 3rd Deputy Chief and then the Chief. Dispatching issues should be again directed to the Dispatcher On Duty, Crewleader, Day Captain, Chief Dispatcher and lastly the Chief. We seem to be following a pattern here. The Chief is ultimately in charge of all operational matters.

The chief officers are in charge of running the day to day operations and the Board of Directors is in charge of trying to make the available funding stretch to the needs of the operational membership.

We seem to be having some issues with safety... well let's think about this for a second. There are many aspects to this safety statement; personnel safety, crew safety, driver safety, getting to the scene, on scene, in route to the hospital, etc. Vehicle safety after the transport of a patient has been received at the emergency room and what should we be doing to insure our own personnel safety also needs to be considered. Washing of the hands after every call is paramount - if you have touched a patient or equipment you definitely should wash your hands. There is also a tremendous amount of secondary contact that you must be alert to as well. So again, I say, “WASH YOUR HANDS”. The cleaning of the pram with a disinfectant and the interior of the ambulance should be done after every call. All used disposable equipment should be thrown out at the hospital. Clean out the garbage pail after every call. The ambulance should be clean and stocked after every call.

(President's Report cont'd)

Apparently we give a lot of equipment to wear and have on your person. Let's start with the basic uniform. HCFAS supplied boots, blue pants or blue EMS pants, a white shirt and or white golf shirt. If you do not have any part of this uniform, contact your Day Captain or a member of the Uniform Committee to be in compliance. Why do we have this basic uniform? Well it is a command type of uniform and people who view you in this uniform have respect for the uniform and they have a respect for the medical knowledge that they feel you have attained. All members should have a stethoscope, protective eye wear, gloves, in some cases protective face masks. We give you EPG equipment for special situations, hazardous materials, infectious or a profuse bleeding patient, motor vehicle accidents with a degree of risk involvement, Hurst Tool, multi-vehicle involvement. To boot we give you a safety vest whenever you are in a roadway, so you can be visible to other drivers, who have that urge to look upon your accident scene and rubberneck the accident thus placing you in danger. One of the least misunderstood pieces of equipment is the ID cards. We give you three; one is your personnel ID card, which in most cases you keep in your wallet. The next two are really important, they are identical and are called accountability cards. On the back is the information you need to know if you are admitted or get treated to/at the hospital if you get hurt on a call. This card should be worn at all times. It is on a pull cord and should be worn on your pants or on your shirt for quick identification. The other is on a D-Ring and should be attached to your EPG equipment. This is used when there is a multi-agency response and this card should be given to the driver of your vehicle. The driver? Yes the driver, the driver should never leave the vehicle unattended in a multi agency response. The driver will secure the cards until a safety officer takes control of the cards and puts them on an accountability device. Hence the term accountability card.

The list could go on and on, we are in a dangerous business. Keeping a proper command system up and running, following the rules, being safe, providing the best possible care for our residents of Huntington is what we should be doing. Insuring your safety is all of our jobs as a proud members of the Huntington Community First Aid Squad.



PRESIDENTS REPORT

Roger Winter

In November we have the end of Daylight Savings Time, Election Day, Veteran's Day and of course we have that big turkey day - Thanksgiving. At the squad it is an important month because it is time to nominate members for office. A nomination is very important, members who wish to run for office should think of the total responsibility of that office for which they are running. Being in office requires that you must put in some additional time to make that position successful.

November and Thanksgiving is a time to remember the past and to be thankful for what we have today. Many of the members of the community that we help are very thankful, and at times they might thank you at the time of service and other times we get some very nice notes and letters. These people, their kind thoughts and kind words make the work we do more pleasurable and it makes us want to continue to volunteer our time to the community.

We at Huntington Community First Aid Squad have strived for excellence in our ability to treat the sick and injured. We shouldn't lose sight of that goal, be it personally or as a squad. We have monthly review trainings to keep us informed about new techniques and teachings. Most of the trainings are relatively short and to the point. The goal here is to educate you and keep you up to date. We have lectures occasionally before our General Membership Meetings with the same goal, to educate. We have sent many members to conferences and to CME classes, again, the goal to educate. Every month we have the "Basics" article by Mark Brenner. These great articles and quizzes are always goal orientated and again the theme is to improve your overall understanding of your education in the field of prehospital emergency medicine. The word excellence sometimes scares members. We are looking to provide you with the opportunity to enhance your abilities and to become the best that you can be. When the squad's new headquarters was built we stated that we are not just a building that houses the ambulances and crews, but we would be a leader in education. We have maintained that goal by conducting EMT, First Aid, CPR, CME, Driver Safety, and other county run Classes.

As part of our development and our continuing goal of excellence at HCFAS "mentoring" of our members is very important. Mentoring of our fellow members is a great teaching tool. Mentoring fosters insight, identifies needed knowledge and expands growth and knowledge. This assistance should supplement the teaching and coaching that a member receives from our training development staff. The mentoring relationship consists of a more experienced person providing guidance and advice from a fellow member to a member with less experience. We can all be a mentor in some way. While mentoring a member, not only does the mentoring member learn something but it also enhances the mentor's skill. It also lets you strengthen your teaching and leadership skills, improves your performance in the field, sets a good example for the member. The pursuit of excellence is a very personnel challenge. Being a mentor can provide you with that experience.

CHIEF'S REPORT

Dominic C. Heavey

Let me start by thanking everyone for all the good work that was done while I was away on Vacation.

Well the Fall Festival is now behind us and again I want to thank everyone for all the hard work, big thanks goes out to David Mohr who took this project under his wing, and did a great job.

I now would like to take this Opportunity in thanking Pam Brenner Biersack for all the hard work in setting up the CME Courses for our member. Keep up the good work.

November:

Getting ready for Thanksgiving and thinking of the Holiday Season ahead of us, knowing that the Officers will be looking for help during these Holidays. What a pain do they ever stop? Sorry NO. The month when we Nominate members for Office, whether it be for the BOD or Operations. I would ask any one that is thinking of running to take a look at what has to be done as an Officer at HCFAS. It is no easy task, between the day to day running of the squad and the meetings you have to attend does not leave a lot of time left, all I ask is that you have a hard look at what is expected of you. Best of luck to everyone.

A lot of topics were discussed at the GMM on October 12th 2009, all I ask is that everyone look out for some New Chiefs Orders that have being posted.

- (1) Uniforms*
- (2) The 80, 81 and 82 Cars.*
- (3) Van 88 and Car 89.*
- (4) EP Gear and Vest.*
- (5) The Gator.*

Cleaning up:

It has come up before and it will keep coming up, PLEASE remember to clean up after your self; it is NOT up to anyone else to CLEAN up after you or your Crew.

Have a Happy Holiday Season.

The Chief

Roll on 2009



November 2009 • Service Awards

5 years
Adriana Dovi



1st DEPUTY REPORT
Joe Denimarck

November 2009 Pulse

November is here; time to get your annual physicals. This year N95 mask fit testing will be Mandatory for everyone who will be involved in any patient care. Onsite Medical will be taking care of this during posted physical hours. So if you're not doing a physical you have to at least be fit tested. It is a NYS requirement and for your own safety.

Drivers over the last few months we have been flooded with vehicle damage paperwork, with significant damage to the Rigs. And tires being blown out from hitting curbs. What's going on out there do we need more training hours? Can anyone tell me what happened to the back of 2-15-18? That went undocumented and unreported. And there is a lot of damage to the light bar and rear step, so you backed into something hard. It's advisable for the crew involved to step forward and let me know and take care of the appropriate paperwork. The day captains are going through pcr's to see who drove it recently; we have the damage time frame narrowed down. Just don't let me find you before you come to me.

We are in need of members to help out with the call volume. The day time crews and dispatchers are getting slammed with calls. We need everyone to try and help out with a back up call or two. Are call volume and mutual aids to other departments are hitting all time highs. As some of you may have heard already some of our neighboring departments have made complaints about us, and not handling our calls. So we ask everyone try and do a little extra so we can remain an all volunteer agency.

Uniforms, as some of you noticed the day captains are enforcing the uniform policy, and some of you don't like that. Too bad when you're on duty you need to look professional and be in your issued uniform. If you need uniforms or BOOTS reach out to the appropriate committees and get it. For those of you who like to do calls in your fire department shirts, some of you have been sent home already. You were issued everything put a sweatshirt or your EPG jacket over and go.

First responder vehicles, a lot of people are following the ambulance to the hospital. There is no reason for this. If we have to, we will go back to locking the cars up at the scene and getting them after the call is complete. There is a chief's order from the beginning of the year.

Nominations are just around the corner. There are rumors flying and "master plans" already. The only thing I ask is THINK before you nominate somebody for a position. Think if they will put a strong effort and complete their job. And not just take up space. As for me at this point I Will Not Be accepting any nomination for next year.

2nd DEPUTY REPORT

Anne Gabriel

A second KED has been placed on both 2-15-16 and 2-15-21. It's located in the cabinet with the first KED.

The Ambulance Orientation committee has been expanded. In an effort to expedite training, it now includes at least one member from each day of the week. Anyone interested in joining the committee should contact Nancy Courtemanche or Joe Frisenda.

A billion thank yous go to the Explorer Post, especially Chelsea Miller, Ray Salcedo, Isaiah Salcedo, Nicole Menditto, Paul Terenzi, and Rich Rodriguez, and Kristin Tierschi who, under the direction of advisers Jeremy Boehm, Joe Frisenda, Sheryl Roach, and Mindy Scalzetti, recently cleaned and organized the disaster closet. Let's keep the closet organized, and remember to clean any equipment prior to putting it back there.

Please remember that Yankauer suction catheters are sterile, and as such, should not be opened until ready to use. It's ok to package one with the portable suction tubing, but please do not open the catheter and attach it to the end of the tubing until you are at the patient's bedside.

I want to thank my committee chairs who have been invaluable over the past 2 months: Alyssa Axelrod who has been a whiz with ALS, Donna Smith and Laurie Hoffman, who have kept BLS supplies stocked and organized, Hugh O'Brien who has kept our oxygen supply consistent, Cindy Cairl for her work with QA/QI, and Mary Winter, Nancy Courtemanche, and Joe Frisenda who have helped reorganize and streamline ambulance orientation. I also need to thank my crew, who has consistently put up with my mania and all the extra "little projects" I've enlisted them for.

If you have any questions, comments, or concerns, please drop a note in my box, or shoot me an email at 32.hcfas@gmail.com.

CHIEF DISPATCHER

Richard Stone

Fall is here and we are busier than ever.

We congratulate Sheryl Roach, Dillion Harvey, Emily Schaffert and Post Members Amanda Manning and Kristin Tiersch on passing their dispatch test.

I would also like to tell you about a change in the collecting of our PCR's. Starting in October, PCR's were placed into a special box for that purpose. Every day they are collected and copied. The originals are filed by me and the copies are returned to the Day Captains for them to archive and QA/QI.

I'd would like ask all dispatchers to please check that the run number on PCR's as well as the date corresponds with the information on the CAD. Also as a reminder please keep checking that PCR's have been signed at the hospital.

I have noticed that some people have been stapling sheets to the PCR's. As these are legal documents, all extra papers should be attached with a small piece of scotch tape.

Thank you all for coming in and doing extra shifts. It is always hard to cover our daytime shifts and all help is always appreciated.

Richard Stone 2-15-35

SUNDAY CAPTAIN
Chris Winter

Hello all,

As we begin to enter into the holiday season, I want to thank everyone for their help on Sundays each week. We see a huge increase in mall shopping and driving on the weekends over the holidays, which means an increase in calls on Sundays. So please keep me in mind if you have any free time to help out the Sunday shifts.

Thank you to Israel Cortes for all his help on Sundays. Also thank you to Mark Cappola, Martha Brenner, Brian Canty (the overnight king), Keith Rubenstein for always hanging out when he sees we are short. There are so many others who have directly helped our community on Sundays whom I am not listing here, but please know, I truly appreciate everyone's help.

I have several folks trying to ACL and get advanced to First Aider status that end up having to dispatch because we are light on crews. If you can come down to dispatch on any of the first three shifts, I and the crews would be grateful.

Congratulations to Dillon Harvey for passing is dispatch test and to Mindy Scalzetti for passing her ambulance orientation test! Great job to both!

Get well to Eileen Burns. I hope things are continuing to improve for you. We miss you.

My last note is regarding a serious check out issue. I went on a fire stand-by back up call on the Sunday of the Fall Festival. When we got to the scene and started taking out equipment, we found there were no collars. The bag was missing. We had to have someone come to the stand by and give us a bag of collars. We left the fire stand-by and subsequently got dispatched to two MVAs back to back.

Had we not seen the bag of collars missing, we would have been in a lot of trouble.

Please, do a check out. If you are asked to do a check out on a rig other than first due, please do it. There are serious consequences to us and our patients if we don't.

I was lucky. Someone came down and brought me collars. The next crew may not so lucky. The one area we have control over is doing better check outs. We can't stop people from not replacing equipment, but we can do the best we can to take care of their poor behavior. Please help.

Thank you,

Chris

TUESDAY CAPTAIN
Casey Stone

Welcome new member #1277 Anel Vargas to the Tuesday 0700 shift.

Congratulations to Martha Brenner #236 and Chris Fusaro #1190 on becoming drivers. Also congratulations to Peggy Coyle #1247 on becoming a First Aider.

Thank you to everyone for all of the help that you have given me on Tuesdays.

Thank you to all of my Tuesday crews for being compliant with your uniforms.

HELP HELP HELP...

Help is needed on Tuesdays.

1100-1500 needs two full crews.

This is a very busy time of the day, you'll get a lot of riding time. If you can help out any part of the shift please email me at c.stone920@yahoo.com

*Respectfully submitted,
Casey Stone
2-15-53*

SATURDAY CAPTAIN
Jeffrey Brenner

Help needed

1900- dispatcher

2300- dispatcher, CL, Dr, FA's – as I said at the membership meeting Martha Nancy and Mike are doing the Halloween overnight(If they can not only do- but choose to do probably the busiest Saturday night then everyone can!)

*I'd like to thank everyone for their help!!!!
Backup is always welcome. keep your radios and pagers on help reduce our 24's!!!!*

Capt Brenner

These Hands
These hands have touched the warmth of life
These hands have touched the icy emptiness of death

These hands have felt the numbing pain of the sick injured
These hands have soothed their petrifying fears

These hands have desperately grabbed for life slipping away
These hands have felt anger at senseless death

These hands have searched for answers
These hands have seen comfort in another's eyes from an outreached hand

These hands find happiness in living
These hands find joy in helping others

These hands passionately hold onto the hope that they never have to do it again
These hands live with the reality they will

These hands have made a difference



December General Election HELP NEEDED.
If you are available to help Monday, December 14th please contact
Secretary Laas at HCFASlehti@yahoo.com or 631-942-4633.

Welcome!



***Dennis Vangroski #1274
Mon 0700x1100***

- *Resides in Huntington*
- *Employed at BestBuy*
- *Joined HCFAS to give back to the community*
- *Future goal is to become a paramedic*



***We would like to recognize the following shown with
President Roger Winter, Annteete Hershkowitz, 25 Years,
Jerry Giacomini, 35 Years and Phil Orlando, 25 Years***

Congratulations for your many years of Service to HCFAS

By-Laws Article X

Section 4 - Absentee Ballots

Absentee ballots for the General Election may be obtained upon request from the Secretary, subsequent to the November Meeting. The Secretary will provide a ballot and an envelope clearly marked "Absentee Ballot" on the front. All ballots must be placed in an unmarked envelope then placed in the official envelope, sealed and signed at the appropriate line on the back of the envelope over the seal. These ballots may be returned personally to the Secretary prior to the day of the election, or if mailed, postmarked no later than ten days before the December meeting.

The Secretary shall secure all ballots and keep a log of all ballots received. On the day of the election, the Secretary shall place all sealed absentee ballots into the ballot box. The vote auditors will verify that all absentee ballots were sealed and that the number in the box corresponds to the Secretary's log.

First Aid Corner

by Laurie Hoffman

Welcome to the Holiday Season! This month we have Thanksgiving Day. Thanksgiving Day is a Harvest Festival. Traditionally, it is a time to give thanks for the harvest and express gratitude in general. It is a holiday celebrated primarily in the United States and Canada.

The date and location of the first Thanksgiving celebration is a topic of modest contention. Though the earliest attested Thanksgiving celebration was on September 8, 1565 in what is now Saint Augustine, Fl, the traditional "First Thanksgiving" is venerated as having occurred at the site of Plymouth Plantation, in 1621.

Today, Thanksgiving is celebrated on the fourth Thursday of November in the United States and on the second Monday of October in Canada. Thanksgiving dinner is held on this day, or over the course of the associated weekend in Canada, usually as a gathering of family members and friends.

So lets take this time to give thanks to each other and continue to show each other gratitude for all we each do.

This year Thanksgiving Day will fall on November 26th. Captain Samantha Ryan would very much appreciate anyone willing to come in for any shift to give coverage for the day. If you have any time that day that you will be available, leave a note in her mailbox with your name, membership number and status. I will be unavailable that day myself, but I will be baking cupcakes for the crews that do come down.

Also coming up soon will be the Holiday parties. We have the Holiday party on December 19th. Each member will be allowed to bring one adult guest. The childrens Holiday party will be on December 12th. The childrens party rules and criteria will be posted with the sign up sheets. These will be posted soon, so keep an eye out for them on the board.

***HCFAS LOSAP AMENDMENT VOTE
(DECEMBER 8, 2009)***

***HCAD REGISTERED VOTERS NEEDED
(SPECIAL VOTER REGISTRATION FOR THIS VOTE ON NOVEMBER 24, 2009)***

The Huntington Town Board approved a resolution setting Tuesday December 8, 2009 for a referendum vote to amend the Squad's LOSAP program.

This amendment will allow active members to continue to receive service award credit after they reach the program's entitlement age and receive a service award.

Members who are not registered voters and reside in the Huntington Community Ambulance District (combination of the Huntington & Huntington Manor Fire Districts) are urged to fill out a voter registration form which must be received by the Suffolk Board of Elections by November 10th OR register at a special registration for this vote at Town Hall on Tuesday November 24 in Room #114 from 12PM to 8PM.

Voter Registration Forms Can Be Found On The Duty Tour Sign In Counter Or Ask Andrea Golin-sky Or Bob Franz.

Members are asked to encourage family members, neighbors and friends to register and vote on our behalf on December 8th. Absentee ballots can be obtained from the TOH Town Clerk's office.

The location & time of the December 8th vote will be announced at the November General Membership Meeting; posted on the bulletin board and sent via email.

Pulse November 2009

CHILDREN'S HOLIDAY PARTY REMINDER

Date 12/12/09 at 2:00 pm- 5:00 pm

******PLEASE NOTE******

Any child who is signed up, must be in attendance and remain throughout the entire length of the party in order to receive their gift from Santa.

NO EXCEPTIONS!!

November 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2  <i>Happy Birthday!</i> Nancy Eckhardt	3  <i>Happy Birthday!</i> Tomoko Hirasawa	4	5  <i>Happy Birthday!</i> Arlene Lindsay Carmen Schlieben	6  <i>Happy Birthday!</i> Timothy Quigley	7
8  <i>Happy Birthday!</i> Patricia Reciniello	9	10	11  <i>Happy Birthday!</i> Gina Angevine Alex Withowski	12  <i>Happy Birthday!</i> Laura Treulich Joseph D'Andrea	13	14
15 Recruitment Open House 2:00 pm	16	17  <i>Happy Birthday!</i> Bernard Hershkowitz	18	19	20  <i>Happy Birthday!</i> Pamela Brenner Caroline Masten	21
22  <i>Happy Birthday!</i> Mary Beth Kraese Rachel Zuno	23  <i>Happy Birthday!</i> Karen Reim	24  <i>Happy Birthday!</i> Martha Brenner	25	26  <i>Happy Thanksgiving!</i>	27	28  <i>Happy Birthday!</i> Mark Cappola Donna Trainor
29  <i>Happy Birthday!</i> Adriana Dovi	30					



BASICS - November 2009
Respiratory Emergencies
By Mark W. Brenner



It seems that when the weather turns colder, our calls for patients with respiratory emergencies increase. Here are some questions to help us prepare for those calls.

- 1. Which of the following respiratory emergencies can be treated with nebulized Albuterol?**
a. Congestive Heart Failure (CHF) b. Asthma
c. Bronchitis d. None of the above
- 2. According to the NYS BLS Protocols, what is the age range for the administration of nebulized Albuterol?**
a. Birth to 70 b. 1 to 65
c. 9 – 65 d. There are no age guidelines associated with this protocol.
- 3. Which of the following is a contraindication for the administration of nebulized Albuterol?**
a. Chest pains, palpitations, or pulmonary edema
b. Systolic blood pressure below 120 mmHg
c. There are no contraindications for the administration of nebulized Albuterol
- 4. Which of the following lung sounds are frequently associated with asthma?**
a. Rales
b. Wheezing
c. Congestion
d. None of the above
- 5. Which of the following medical conditions can also result in wheezing?**
a. Allergic reaction/ anaphylaxis
b. Congestive heart failure
c. Stroke
d. Both A and B

On the first really cold night of the season, you respond to an adult male with shortness of breath. He is upstairs in the back bedroom. As you perform your assessment, you find that the man, age 67, with a history of COPD, was awoken by sudden onset shortness of breath. He has a prescription for Albuterol. His vitals are: pulse of 112, B.P. 152/92, respirations of 28, shallow and labored. Lung sounds show wheezes. You notice that the patient has several pillows at the head of his bed.

- 6. You would deliver oxygen via:**
a. Nasal cannula at 10 lpm
b. Non-rebreather Mask
c. BVM
- 7. Under BLS protocols, which medication would you administer to the patient?**
a. Albuterol
b. Aspirin
c. Nitroglycerin
d. None of the above
- 8. How would you move the patient to the ambulance?**
a. Walk him downstairs
b. Place him supine on the gurney
c. Seat him on a stair chair
d. Perform a fireman's carry

ANSWERS: 1b, 2b, 3a, 4b, 5d, 6b, 7d, 8c

Explorer Post 215

of the

Huntington Community First Aid Squad



Pasta Dinner

Saturday, November 14, 2009

5:30 – 7:00pm

All you can eat pasta, salad, bread and refreshments

Adults - \$10
Under 12 - \$5
Under 3 – Free

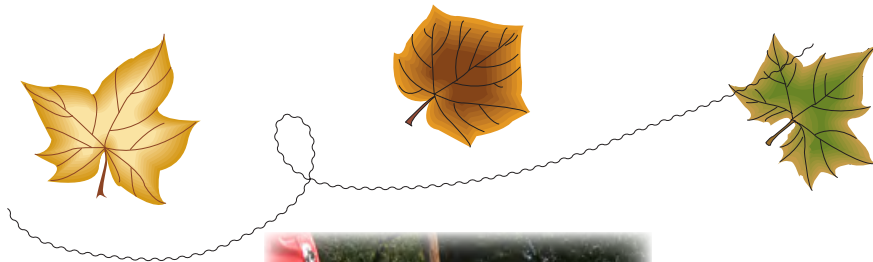
2 Railroad Street, Huntington Station

For tickets call David at 631-988-1433
or email at davidmohr@yahoo.com



2009 HUNTINGTON FALL FESTIVAL





HCFAS 1st Annual Golf Outing 2009



