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The Pulse

February, 2009

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Volunteers since 1967

The “Heartbeat” of the Huntington Community First Aid Squad

CHIEF’S REPORT

Dominic C. Heavy

Well with 2009 here and we are off to a good start as off 01-20-2009 we have 358 Calls under our belts. Is Huntington on Fire or what! As of 01-17-2009 we had 5 Working House Fires. Great job done by all, There were Two Ambulances and 2-15-25 along with 2-15-81 and 82 on all scenes, Well done Captain Mat, Sam and Jeffrey who all handled the jobs on there days. Thanks to the extra Dispatcher’s and Crew members who came in and helped out. Big thanks go out to Green Lawn F.D. and Hale Site F.D. along with Cold Spring Harbor for covering our area as we were at the Fire’s.

*Congratulation’s! Ann Donegans 25th Anniversary (January 2009)
Christopher Winter 15 (January 2009)*

Saturday 01-10-2009 Snow Storm Coverage and 17 Calls in 6 hours 8 of them M.V.A. all covered by 5 Ambulances with full crew’s again thanks to every one for showing up. Thanks to David M for getting the food ready for the crew’s. Coagulation to Jeffrey Brenner on being elected to Saturday Day Captain.

A Christmas Miracle

As I mention at the G.M. that the Crew that saved the baby life on Saturday, December 20, 2008 they will receive an award from the T.O.H. at there meeting on February 10 at 7pm. Let’s all get out and support the crew, be at H.Q. no later than 18.30hr.

The crew was as follows.

*Dispatcher Mike Barker # 862
EMT CC Harvey Lapidus # 1141
EMT Patricia Salajka # 1164
F/A Jonathan Korets # 1219
EMT Kathy Gearey # 368
Reina Gomez # 1121
EMT Keith Rubenstein # 1154
EMT Mark Cappola # 1087
215 Post Tyler Gibbs
Well done CREW!*

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(Chief's Report Cont'd)

CHIEF'S ORDER'S

Operation order's for 2009

Order # 09-001 Fire Standbys: *Is out and working. There is a binder outside the Dispatcher Office that will have all Chief's Orders in it. They will also be posted on the bulletin boards and on the web-site.*

Order # 09-002 Safety Vest: *The Vest is being handed out to all riding members of H.C.F.A.S. Please keep this Vest with your EPG Gear and be ready to wear them at any time.*

REVIEW TRAINING

The Re-View training is out for January and all Members should be doing it. If you do your Re-View training on line please print out a copy of the exam, fill out a LOSAP form and staple them together and put them in the proper mail box.

To Contact the Chief:

1-631-921-0181

dheavey@hunterambulance.com

dominic.heavey@yhao.com

The Chief

ROLL ON 2009

PRESIDENT'S REPORT

Roger Winter

This is my first Pulse article for 2009. I thank you for giving me the opportunity to help guide the Squad and membership to another successful year. As a rookie President I would like to thank the many Chiefs and Presidents before me; Reeve Conover, Mary Conover, Brian Canty, Robert Franz, Jim Barkocy, Andrea Golinsky, Sal Signorelli, etc., for their suggestions and guidance. As John F. Kennedy once said ... "my fellow Americans: ask not what your country can do for you – ask what you can do for your country"... I feel that this quote should be our guide this year. The Squad provides us many opportunities to demonstrate our talents and skills. Let us give a little back in the form of understanding, tolerance and civility. Help us move forward with your commitment to excellence in the emergency medical field.

Newly elected President Obama said in his inaugural address; "In reaffirming the greatness of our nation, we understand that greatness is never a given. It must be earned. Our journey has never been one of shortcuts or settling for less. It has not been the path for the faint-hearted — for those who prefer leisure over work, or seek only the pleasures of riches and fame. Rather, it has been the risk-takers, the doers, the makers of things — some celebrated, but more often men and women obscure in their labor, who have carried us up the long, rugged path towards prosperity and freedom". Again I have the Presidents to thank for their wisdom. I feel that it is generally agreed upon that an organization's most valuable assets are its members. There is wisdom in those words - let us take heed. My door is generally open when I am working at the building almost daily. If you have a concern drop in or write me a short note.

I look forward to working with you to continue making Huntington Community First Aid Squad one of the premier organizations on Long Island.

February 2009 • Service Awards

5

Alyssa Axelrod

5

Jean Wilkins

2ND DEPUTY REPORT
Joe Denimarck

By the time you are reading this were into our second month, over 300 calls already. I would like to start by asking if everybody for a little bit extra since our call volume is consistently increasing. If you have the time to do a backup call or two it would be greatly appreciated, the daytime crews and the captains could use a hand. During the day is our heaviest call volume. In this month's pulse you will also find to operations orders, and you thought you wouldn't see any. This month's review training is Blood Bourne Pathogens.

Committees

BLS Supply: is now chaired by Donna Smith if you're on the committee you should have heard from her by now. If you would like to be contact her. I would like to thank JoJo for all the years and time she put into it before turning it over to Donna.

Als Committee: is now chaired by Alyssa Axlerod. Any ALS supply issues or equipment issues should go through her.

CLASSES: the following classes have been scheduled as of this article.

AHA CPR Recertification Saturday February 28th at 1400 at HCFAS.

Suffolk County Ems Will be in house doing the following courses:

PCR writing class. It is non core cme. On Thursday February 12th at 1900hrs.

Capnography and CPAP for the ALS providers Saturday March 7th at 0900. Yes I know what day that is. But it's the only date the county could secure for us.

To Attend these to classes you must call Suffolk ems and pre register at 631-853-5801

From the Treasurer...

PLEASE PAY YOUR DUES TODAY!

Don't be "Expelled" from membership for \$3.00!!

Put your dues in an envelope with your name and member # on the outside and place it in the treasurer's mailbox.

Operations Order 09-001

Fire Standbys

Upon receipt of a fire stand by. We will automatically send 2 Ambulances and 2-15-25. The first *CREWLEADER* or *Officer* on scene will give dispatch a scene size up. And identify the need for additional resources ie: ambulances, manpower mutual aids etc. and will utilize Smart triage procedures, incident command, and Rehab. Then switch all personnel on scene to F2 only the IC will communicate with dispatch. Also will set up triage/treatment sector, in a safe area. Dispatch will notify the chief officers and appropriate day captain of the situation, and try to obtain a second dispatcher. For Fire Rehab please refer to Suffolk Ems protocols appendix 22 & 23, copies will be placed in the folder in Crew leaders door.

Auth: Chiefs Office

Huntington Community First Aid Squad

STANDARD OPERATING PROCEDURE Safety Apparel While Working In or Near Moving Traffic

PROCEDURE #09-002 • EFFECTIVE DATE:01/20/2009

PURPOSE

The purpose of this Policy is to describe the required personal protective apparel to be worn by HCFAS members when working at an incident that places the member in or near moving traffic. Incidents such as vehicle collisions/injury crashes, extrications, fluid spills, dangerous conditions, and vehicle fires are typical situations where this policy is applicable.

BACKGROUND

For incidents where exposures to the hazards of moving traffic are present for EMS personnel working on foot, this department policy can be summarized in the statement: "If your feet are on the street, your vest is on your chest." Conforming to this policy places the member in compliance with Federal law 23 CFR Part 634 and applicable provisions of the Federal Highway Administration's Manual on Uniform Traffic Devices (MUTCD).

PROCEDURE

Specifically, when the nature of the incident requires the member to work in or near moving traffic the following personal protective apparel shall be worn;

- o Helmet with chin strap properly donned
- o ANSI 107-compliant Class II vest, Class III Highway Safety garment, or ANSI 207 Public Safety vest
- o Protective Footwear

If a member prefers to wear their EPG turnout coat due to inclement weather; i.e. rain, cold, etc, or is required to wear their EPG turnout gear due to duties assigned at the incident scene, the ANSI highway safety vest must be donned over the EPG turnout coat. Turnout coats are not acceptable as high-visibility highway safety apparel when donned without the ANSI-compliant vest on the outside of the coat.

All members on-scene performing duties or involved at activities other than those listed above are required to don ANSI-compliant vests when working in or near moving traffic.

SOP Change

SOP Committee • James J. Barkocy, Chair

The purpose of these SOP changes is to fine-tune the original SOP passed last month. The Crewleader will be assuming responsibility for the minor while riding on the ambulance, acting in the place of the parents. It should be up to the Crewleader (and is indeed their right) to decide whether or not they want to take on this responsibility. The second change would add a restriction that, for safety reasons, Explorer Post Members ride only in ambulances while in emergency mode.

Currently Reads:

Section II - Operational Members Guidelines

Paragraph B - On-Duty Crews

Sub-paragraph 11 – Explorer Post Members

c. Explorer Post members that are above the age of seventeen (17), are in good standings in the Post and have passed the dispatch training may take the ambulance orientation course. If they pass ambulance orientation they may ride as an Observer in response to emergencies as follows.

1. They may ride on any shift, with the exception of the 2300-0700 shift.
2. They may not ride during their school hours.
3. They must have the permission of the Day Captain.

The change to the SOP's would be:

Section II - Operational Members Guidelines

Paragraph B - On-Duty Crews

Sub-paragraph 11 – Explorer Post Members

c. Explorer Post members that are above the age of seventeen (17), are in good standings in the Post and have passed the dispatch training may take the ambulance orientation course. If they pass ambulance orientation they may ride as an Observer in response to emergencies as follows.

1. They may ride on any shift, with the exception of the 2300-0700 shift.
2. They may not ride during their school hours.
3. They must have the permission of the Day Captain and the Crewleader.

Add:

7. When on a call, they made ride only in Squad ambulances and in no other vehicles in emergency mode.

CHIEF DISPATCHER

Richard Stone

Dear Members,

As we begin a new year at HCFAS as well as a new and historic inauguration, I am thinking about where we have come and where we would like to be. Like our country, we face many challenges albeit on a much smaller scale, however I think they can be met in the same way. Our country has always been at its best when we have had to overcome great obstacles. It is at these times that we remember we are all Americans under one flag. The same is true for HCFAS. If we remember the one reason we are all here, and that is to provide the best pre-hospital care for our patients and to serve our community for the better, we can not fail. This is the reason we are all here and this is what unites us.

It is in this spirit that I call upon all our members to rededicate themselves to this goal and make this a year of great accomplishments.

Chief Dispatcher Richard Stone

P.S. We are always in need of people to dispatch especially during the day on the 1100-1500 shift. If you have a few extra hours to spare, even once a month, just let me know and I'll find you a place.

TUESDAY CAPTAIN

Casey Stone

Tuesday Captain

I would like to thank everyone for my re-election this year and support over the last two years. I look forward to another great year with all of you. Thank you for everyone doing your shift and beyond and everyone for filling in when it's needed. Help is still needed on Tuesdays, 1100-1500 needs a driver, a dispatch trainer and an ALS provider and the 1500-1900 needs an ALS provider.

If there are any questions or issues on Tuesdays during February and I'm not available due to being a new mom I will email my crews with whom they are to contact for what.

Casey Stone

2-15-53

THURSDAY CAPTAIN

Samantha Ryan

I would like to thank everyone on Thursdays for doing a good job with coming in and doing their checkouts. So far on Thursday we have had two fire calls and a good job was done on both. We had the first one on January 1st on the overnight, we had two rigs on scene and 25 MCI truck, on that call we had the chief there and three officers Matt, Brendan, and myself. The next fire we had was January 15 and that happened on the morning shift 7-11am and they also got two ambulances out and the MCI truck. On that call we had the chief there and myself, and everyone there did a great job on both calls.

*Help is always needed on the morning shift 7-11am –dispatcher.
Also on the 1500-1900 shift -Driver*

FRIDAY CAPTAIN

Brendan Fitts

To Members and Officers,

I would like to thank everyone for electing me to be your Friday day captain. I am honored and excited to be able to serve the organization and its members. I feel that Friday's ended the year on a good note. I would like to extend thanks to all of the members that responded to the December 26th traumatic cardiac arrest. The 26-year old male was trapped for several minutes under a vehicle he was working on when it fell and pinned his chest between the floor and the car. He was found without a pulse and not breathing by the crew. All members on scene worked quickly and tactfully under the command of current captain Jeffrey Brenner and were able to save this young man's life; certainly a job well done by all involved.

Beginning the New Year, Friday seems to be off to a smooth start. It has been a good couple weeks getting to learn my crews and being able to work with them on various calls. I hope to be present on all of the shifts in the coming weeks. Though many of my shifts are covered, my 1500-1900 shift is in desperate need of a full crew. If anyone is around and can share a few hours or even take a responder truck it would be greatly appreciated. Touching base on the department as a whole the only word that comes to mind is BUSY! Not surprising half way through the first month we have seen over three hundred calls. More so, there have been to date five Fire Standbys. These calls can sometimes be long but serve as a vital piece to what is often a dangerous situation. We must all challenge ourselves to review proper procedures and protocols. As for the past five fires this year alone, all has gone smoothly with many thanks to all involved. Let's all continue this good start to the New Year.

*Sincerely,
Brendan Fitts
2-15-56*

SATURDAY CAPTAIN

Jeffrey Brenner

Happy New Year to you all, and many thanks for the chance to serve as Saturday Day Captain. Thank you to the large number of people who came out to vote at the last general membership meeting, it showed that the spirit of the organization is alive and well in this New Year. Speaking of coming out, to everyone on Saturday 1/10 thank you for coming out to help with the 18 calls that were handled during the snow event of that day. I would also like to thank the officers and the Friday 1900 crew for their help in preparing for the oncoming snow.

To the morning crew I applaud you in your effective efforts to revive a new born baby in the early hours of that Saturday morning several weeks ago . Pediatric calls are the ones we generally fear the most and you provided great care to allow a new life to enter our world, outstanding work.

But what there's more..... This past Saturday 1-17-09 we started my year off in a very exciting fashion, we had a working structure fire on Nathan Pl. and E. 23 St. We immediately dispatched one BLS and one ALS ambulance, 2-15-25 and Halesite Rescue to the scene and Cold Spring Harbor F.D. responded to headquarters to cover our district. Once again, many thanks to our members and the other departments for their continued hard work. We transported two civilians from the house to Huntington Hospital with minor injuries. For Saturday's we are still looking for a dispatcher on the 1500 shift and anyone who would like to come play on the 2300 shift please feel free to come down (Co.8 people get your time on an open shift).

You are all doing an amazing job keep up the good work!!!

Attention All Military Service Personal

A plaque is planned to recognize those squad members who have served in the military.

Please put a copy of your DD-214 in my mailbox so your name and military service can be included on the plaque.

Andrea Golinsky

Standby Request

WWHS Cheerleading
Competition
Sun. Feb 1, 2009

830 - 1430
2 full crews needed
competition can't go on
without coverage

Commack Fire District
Sun Feb. 8 2009 • 700 - 1300
Driver and ALS needed to
cover Commack District

*Anyone available contact; tanna422@yahoo.com
516-380-9093*

I'd like to express thanks to the following people for the standbys that were covered the month of January 2009; Chief Dominic Heavey, Kurt Vetter, Isreal Cortes, Joe Frisenda, Jeremy Boehm, Keith Rubenstein WWHS Cheerleading, Keith Rubenstein and Tommy Romano Greenlawn District installation dinner.

Donna Smith

Good & Welfare



Congratulations!!

*Christine Russo got engaged to
Peter Tedone on 12/28/08.
They plan to wed in October 24, 2010*

David Mohr – Chief Advisor

Elizabeth Mohr – Post Chief

On Sunday, January 18th, Tyler Gibbs became the first Post member to ride with the Squad on a call. He responded to a 6-D-1 along with Tomoko Hirasawa and Israel Cortes. He continued riding on Monday and answered three more calls. A big thank you to the Board of Directors, for approving the Post Participation Program. To the Operational Officers, for all their support and for including the Post as part of your Officers Meetings. Most especially, to all the past Post members for their support as we move forward, without your past dedication, we would not be where we are today. The Post now has four members involved with the Squad. Amanda Manning was just approved to start the Dispatching program, Tyler Gibb is now riding, Emily Schaffert has passed her Dispatch training and will be starting to dispatch and I (Liz) have passed the Dispatch training and am now available to dispatch alone.

The Post had its second recruitment meeting on January 17th. We added eleven more members to our ranks bring our total membership to thirty. The Board of Directors also approved a new category of membership call Adult Leaders. These are Post members that have turned eighteen and have joined the Squad, but have not yet reached the age of twenty-one and can become an advisor. The Adult Leaders will assist the Advisors and help the Post members if running the Post. Five former Post members have been approved as Adult Leaders and as they become twenty-one, they will become Advisors.

HCFAS BACK UP CALL-IN SYSTEM

631-421-1020

Members may now start utilizing the call in system when responding to back up calls. At the number listed above. When calling in the automated system will prompt you for your badge number. Just enter it, and your name and status will appear on the dispatcher's top left screen. When using the call in system you must respond to headquarters.

The article on the following page is reprinted from the January 2009 EMS magazine. I've heard Thom Dick speak at a couple EMS conventions I've attended and he's always been right on track with either new ways of managing situations or bringing us in EMS down to basics when we sometimes forget what our purpose is. I felt the article might be good for all of us to read and consider.

Reprinted with the permission of Chief Heavey.

Submitted by Mary Winter #485



EMS Reruns

By Thom Dick

Kindness

EMS' whole other dimension

EMS Reruns addresses dilemmas in EMS. If you think of an example like the one that follows, send it to us. If we to publish your dilemma, we'll pay you \$50. E-mail ideas to Nancy.Perry@cygnusb2b.com.

The lady seated on the bench in front of you looks about as whipped as anybody you've ever seen. She says she's 32, but she looks old enough to be your mom. It's four in the afternoon. There's a chill in the air, and the sky above you is like a featureless layer of old lead. It's surely toxic, too, for this woman. Her many layers of clothing are worn, stained and full of holes, and they punctuate her state of suffering with that air of unwashed feet, stale perspiration, old cigarette smoke, dried urine and dead skin you find so often in people who live on the street.

For a moment you note the sameness in the color of the clouds above you, the urban neighborhood around you, and generally, the person in front of you. It's the hue of despair, and it transcends your medicine.

You've been called because somebody told somebody that Marilyn, here, was having trouble breathing. You certainly see no such physical signs. But she confirms it for you (ever so vaguely), and, as inevitably as the coming storm, she wants to go to the hospital. In minutes, you're on the radio shopping for an ED bed. You find one halfway across town, and soon enough, you're on your way.

Q. There's no way this lady was ever having any trouble breathing; she just wants to get out of the weather. But our protocols say that if somebody wants to go to the hospital, we have to take them. Our system doesn't have a lot of resources. Isn't there some way we can stop wasting them like this?

A. I hear you, but are you so sure of her intent after such a brief encounter? The problems of people like Marilyn are so much bigger than we are, and our part of their solution is so small. Why not just transport them? Besides, maybe this is not such a waste. Today's poor have been overlooked for years, and in many towns they simply have nowhere to turn but to EMS. Make no mistake, exposure to a snowstorm without the possibility of shelter is as deadly an emergency as any you can experience. It'll only take a few minutes to get Marilyn somewhere safe.

Q. It's hard to argue with any of this, but we're here to address people's medical emergencies, and we can't do that when we're tied up on non-medical calls. That "M" in EMS stands for "Medical." Admit it, this isn't a medical call.

A. You're probably right about the "M", especially if you ignore the "E" and the "S." (You're smarter than that!)

There was a saying in the 1970s that if you aren't part of the solution, you're part of the problem. Personally, I think there's another whole dimension to our roles, and those of us who engage it find our work so much more fulfilling. It's human kindness, and it lets you reach out and touch the spirits of people like Marilyn, healing what no mere technician can ever touch.

Q. What does that mean, exactly? It sounds like a lot of Kumbaya to me.

A. I have seen the lowliest, poorest-paid EMTs quietly slip money into the pockets of people like Marilyn while they thought nobody was watching. I have known others who returned to the homes of the elderly on their own time to make sure they got to their doctors' offices or to a grocery store.

Q. No matter how generous you are, how much good can you do with a few bucks now and then? It'll be spent and forgotten in no time at all. Not only that, but so many people do those kinds of things just to be recognized by others. Nobody respects them.

A. True. There are no perfect people, only perfect intentions. But for every few phonies, there's at least one who's the real deal. Sometimes their secrecy is preserved and we never learn about them. But when it isn't, their actions can inspire those around them. We all have our ups and downs in this business, and we all get tired sometimes. But I don't think we ever have to hate our jobs. We may never be wealthy, but we do get to return to lives that are so much more blessed than the lives of people we see every day.

You can't help everybody with money, especially on an EMT's wages. But often, you can help somebody. What if everybody did? ■

Thom Dick has been involved in EMS for 38 years, 23 of them as a full-time EMT and paramedic in San Diego County. He is the quality care coordinator for Platte Valley Ambulance Service, a community-owned, hospital-based 9-1-1 provider in Brighton, CO. Thom is also a member of EMS Magazine's editorial advisory board. Reach him at boxcar_414@yahoo.com.



Human kindness lets you touch the spirits of people like Marilyn.

"The lady in front of you looks about as whipped as anybody you've ever seen."

HCFAS New Members



Kenneth Manning
#1236 - Friday 0700 x 1100

- *Resides in Huntington*
- *Graduated from Hicksville High School*
- *Associate Degree in Plumbing*
- *Employed at Pipe Works & Son Inc*
- *Join HCFAS to give back to the community*
- *Currently attending the EMT course*

Welcome!



Diane Tanko
#1240 - Tuesday 1500 x 1900

- *Resides in South Huntington*
- *Graduated from Walt Whitman High School*
- *Graduated from The Cooper Union School of Art, Engineering & Architecture*
- *Employed as Vice President of Creative Services for Henry Schern Inc.*
- *Joined HCFAS to give back to her community and perform meaningful volunteer work*
- *Interested in becoming an EMT*

Welcome!



Meaghan Meyer
#1244 - Tuesday 1900x2300

- *Resides in Huntington Station*
- *Graduated from Walt Whitman High School*
- *Employed as an Unit Secretary in the ICU at Huntington Hospital*
- *Joined HCFAS to help her community*
- *Is the daughter of beloved HCFAS Ex-Chief Marc Meyer*
- *Currently attending the EMT course*
- *Her ambitions consist of becoming a paramedic and a nurse*

Welcome!

February 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  <i>Happy Birthday!</i> <i>Jim Barkocy</i>	2 Groundhog Day <i>Happy Birthday!</i> <i>Felicia Kelsey</i>	3 	4	5	6  <i>Happy Birthday!</i> <i>Audra Desjardins</i>	7
8  <i>Happy Birthday!</i> <i>Laurence Scott</i>	9 General Membership Meeting <i>Happy Birthday!</i> <i>Ann Donegan</i>	10 	11	12	13	14  Happy Valentine's Day <i>Happy Birthday!</i> <i>Brian Milliken</i>
15 Prospective Member Open House 2:00p  <i>Happy Birthday!</i> <i>Kathleen Leonard</i>	16 President's Day	17  <i>Happy Birthday!</i> <i>Megan Sarcona</i>	18	19  <i>Happy Birthday!</i> <i>Jane La Sorsa</i>	20	21  <i>Happy Birthday!</i> <i>Gerado Vasquez</i>
22	23	24	25	26  <i>Happy Birthday!</i> <i>Walter Bolz</i> <i>Debbie Rudilosso</i>	27  <i>Happy Birthday!</i> <i>Paul Skirbie</i>	28  <i>Happy Birthday!</i> <i>Norma Signorelli</i>

February starts on the same day of the week as both March and November in common years, and August in leap years.

Having only 28 days in common years, it is the only month of the year that can pass without a single full moon. It is also the only month of the calendar that once every six years and twice every 11 years, will have only four full 7-day weeks. Where the first day of the month starts on a Sunday and the last day ends on a Saturday, this will be observed in 2009 and can be traced back 11 years to 1998, another 11 years back to 1987, and 6 years back to 1981; and so on twice 11 years consecutively and once six years either forward into the future or back into the past, unless the pattern is broken by a skipped leap year, but no leap year has been skipped since 1900 and no others will be skipped until 2100. A year of this kind would be a common year starting on Thursday. It cannot happen in a leap year. 2004, which was a leap year would have observed this format had it been a common year



I can't remember a time when I didn't enjoy being a student. It's not wonder then, that I became a teacher. But some of the best lessons I have learned were when someone else shared newly learned information or a hard-learned life lesson with me. I thank Ex-Chief Sal Signorelli for sharing his vital signs information in last month's Basics. I have attached a vital signs quiz to this month's column.

A few months ago, my son Kevin shared some insights with me. Everyone must know that I am fiercely proud of my children, all of whom are accomplished EMS providers. But just after Christmas I had the privilege of running an ALS call with Kevin. Wow, what a pleasure! And after that call I realized that his insights were most appropriate. Although they were written with ALS providers in mind, most are also applicable to BLS providers as well. So this month I am pleased to have Kevin as Guest Editor.

TRICKS OF THE TRADE • By Kevin Brenner – Guest Editor

1. Don't panic! There is only so much we can do and when in doubt, head towards the hospital.
2. Work efficiently.
3. Learn your equipment. When all goes to hell we work up to our level of training and the comfort level we have developed. If you don't know where your equipment is in the ET kit and you fumble with it for 2 minutes, you probably will have a hard time calming down to tube the pt. (Substitute the name of any piece of equipment we rarely use.)
4. BLS comes first!
5. On an ALS call, BLS providers should do the BLS skills. Don't wait for the ALS provider to provide BLS direction.
6. You get 10 minutes in the house. At the ten minute mark your patient should be on the way out to the ambulance. This includes cardiac arrests!
7. Know your protocols and medications. Medical control is NOT your protocol book.
8. Call medical control when you need to, not because they are the first person who needs to know you are running ALS. Remember, we get 20 minutes of patient contact time to operate under "no contact" protocol. Most chest pain and respiratory calls should fall well within this time frame.
9. Do not bring 10 bags into a house with you!!! Because you need to bring 10 bags and a pt back out to the ambulance.
10. The clipboard has never saved a life. It is a better self defense tool then it is an instrument for saving a life. Take in a PCR for those pesky RMAs but take your notes on a pad, or the alarm worksheet or call printout or the back of an EKG strip. You only need the patient's name, address, date of birth, medications and history.
11. Treat the patient, not the monitor or pulse ox. Talk with the patient, ask them questions, listen for answers and don't ask open ended questions such as "do you know where you are?"

Vital Signs

By Mark Brenner

When assessing patients, some of the most useful information can be obtained from the patient's vital signs. But you have to be able to understand this data. These questions should be able to help.

1. Which of the following are vital signs?

- a. Respirations and pulse
- b. Blood Pressure
- c. Skin and pupils
- d. All of the above

2. When assessing the breathing and circulation, the EMT should assess both of these for:

- a. Accuracy
- b. Rate
- c. Quantity
- d. Both b and c

3. At a minimum, the EMT should assess and document:

- a. Baseline vital signs
- b. On-going assessment vital signs
- c. Both a and b

4. You are treating a patient with an exacerbation of asthma. After you administer an Albuterol treatment under standing orders, the EMT should:

- a. Reassess and document vital signs
- b. Give a second stacked treatment under standing orders
- c. Follow the Albuterol with Aspirin
- d. Administer Aspirin and Nitroglycerin

5. You are treating and transporting an unstable patient with a flail chest. How often should you reassess and document vital signs:

- a. At the scene and upon arrival at the hospital
- b. Every 5 minutes
- c. Every 10 minutes
- d. If the patient's mental status changes

6. Your elderly male patient is found outside, unconscious next to the mailbox on a cold winter day. His pulse is slow and barely palpable, respirations are 4 per minute and shallow, and you cannot auscultate a blood pressure. You suspect that he is suffering from cold exposure. If this is true his:

- a. Skin should be cool, pale and dry
- b. Skin should be moist and pale
- c. Pupils should be constricted
- d. Pupils should be dilated and sluggish
- e. Both a & d.

7. You respond to an unconscious patient who has slow and shallow respirations, a weak pulse and a barely palpable blood pressure. His skin is cool and pale and his pupils are constricted. Based on this you suspect:

- a. A head injury
- b. A stroke
- c. A narcotics overdose
- d. A heart attack

8. You are called to an elderly male patient with altered mental status. His pulse is 96 strong and regular, a blood pressure of 180/108, regular respirations of 22, skin warm and dry, and pupils that are unequal. He does not have a history of diabetes nor shows signs of a head injury. You suspect:

- a. A stroke
- b. A heart attack
- c. Diabetic ketoacidosis
- d. A narcotic overdose

9. You respond to a motor vehicle collision. You are met by a police officer who reports that he is considering placing the patient under arrest on suspicion of DWI. You find the patient with altered mental status, with pupils are equal but dilated and sluggish. His skin is cool, pale and clammy. You see no evidence of a head injury. Plus, the patient has an odor to his breath that reminds you of nail polish remover. You suspect:

- a. The patient to be having a heart attack.
- b. The patient to be suffering a stroke
- c. The patient to be having a diabetic emergency
- d. The patient to be under the influence of narcotics.

ANSWERS: 1d, 2d, 3c, 4a, 5b, 6e, 7c, 8a, 9c

Special Event Committee News

Brian Canty, Chairperson



Belated Thanks!

Where does time go, I neglected to thank everyone for their hard work during the holiday season, so Thanks to Stephanie Moore-Caracciolo (and Joe and Steve) for her hard work in putting this years Adult Holiday party together. Of course she could not do this alone, so special thanks go out to Suzie Martin (and Colby), Joanne Vogel, Mary Conover, Reeve Conover, Tom O'Leary, Donna Smith, Bernard Poole, Jake Cunningham, Karen Martin, Rich Fernandez, Sue Manning, Heidi Magerle (and Casey & Peter), Linda Guadagnin, Roger Winter, Mary Winter and anyone else we may have forgotten.



Thanks to Suzanne Otto for her hard work in doing the children's holiday party year after year. An additional thanks to John Maier for assisting Sue. Oh and thanks to the big guy himself Phil Orlando.



2009 Installation Dinner

By now everyone should have received their Installation Dinner Invitations. If you have not, please put a note in the Vice Presidents' mailbox. Please make sure you submit your RSVP cards as soon as you can, put them in the VP's mailbox. Additionally, table arrangements will be accepted until 2/27. Please make sure everyone you put at your table has responded with the number you state, also make sure the people you are putting on your table have not committed to be at someone else's table. The max at each table is 12. Any table request received after 2/27 will NOT be accepted.

St. Patrick's Day Parade Refreshments

I need volunteers to assist with setting up, preparing, serving, and cleaning up for the St. Patrick's Day parade event. Unfortunately the event is the day after the Installation Dinner, and two days after a certain couples wedding, so I need a little assistance. If you can lend a hand, please email me at bcanty@yahoo.com or drop a note in my mailbox. Thanks in advance.

NYS Income Tax Claim for Volunteer Firefighters' & Ambulance Workers' Credit for 2008 – Bob Franz

The NYS Department of Taxation and Finance has issued Form IT-245 to claim the \$200 refundable credit for 2008. As per the instructions, if you receive a volunteer ambulance real property tax exemption you cannot claim this credit. The ambulance workers' credit is available to full-year NYS residents who are active volunteer ambulance workers for the entire year for which the credit is claimed. A copy of the Form IT-245 is posted on the bulletin board. If you have any technical questions, consult your independent tax advisor.

10 % Property Tax Exemption – Bob Franz

The 10 % Property Tax Exemption filing deadline is Monday March 2, 2009 for property tax year 12/01/09 to 11/30/10. Members who are currently receiving the tax exemption will be recertified by the Squad by the deadline date. Current recipients who moved or sold their home prior to March 2, 2009, please drop a note with your detail information in Director Bob Franz's mail box. If you moved and purchased a new home, you must fill out a new application form for your new residence. Members who will be eligible for the first time (achieved 5 years of service or purchased a home by 3/2/09), please complete an application form and place it in Director Bob Franz's mailbox before Friday February 20, 2009. To be eligible, your name must be on the property deed, the property must be your prime residence and be in the Town of Huntington and you must have 5 years of active squad service by March 2, 2009. For members with 20 or more years of service by March 2, 2009, the property can be located anywhere in Suffolk County (Call Bob Franz at 631 421-9121 for specific details).

Note for members currently receiving the property tax exemption: If you do not want the Squad to renew your property tax exemption for 2009 (12/01/09 to 11/30/10) because you intend to take the \$200 NYS income tax credit for calendar year 2009, please put a note in Bob Franz's mailbox prior to February 22nd.

Volunteer Ambulance Workers' Benefit Law Coverage – Bob Franz

Effective January 1, 2009, the Squad became a member in the Public Employer Risk Management Association's group self insurance plan. PERMA will provide the mandated coverage required under the workers' compensation law. A PERMA Workers Compensation Carrier ID Card has been placed on all squad vehicles in the vehicle registration and insurance card plastic case. The ID card has the information necessary to give to a medical facility or doctor that provides medical care to an injured member. The back of members' accountability identification cards will also be updated with this revised information in the near future. If a member is injured on duty, claim forms are located in a folder after the letter "Z" in the members' mail folders file draw.

LOSAP 2008 Points – Bob Franz

The 2008 LOSAP Point listing posted on the bulletin board is being updated periodically. It is requested that each member review their points and report in writing any discrepancies to Andy Ball of the LOSAP point committee. The final list will be sent to the Town of Huntington in mid March for Town Board approval.

FIRE STANDY-BY - 1/15/2009

Huntington Community First Aid Squad responded to its forth house fire this year at 30 Rancher Place in Huntington this morning. Chief Dominic Heavey and Captain Samantha Ryan lead more than 15 volunteers and 5 pieces of equipment, including the Squads Mass Causality Vehicle, two Advance Life Support Ambulance and two First Responder Vehicles. Greenlawn Fire Department was also called in to assist in covering the district during the fire. They responded with a full crew.







*Ann Donegan at the GMM honoring her for 25 years of service
with Chief Dominic Heavey and President Roger Winter.*

We are implementing a new method for notification of any changes to your information and/or status so that all Squad records can be updated simultaneously. All changes will be submitted on our revised Change of Information Form as they occur in the future. A copy can be found here in this month's Pulse and extras are available on the sign-in desk at the Squad. In the meantime, in order to verify our records, we are asking **EVERYONE** (active and inactive) to please fill out the new form completely and submit it as soon as possible. If e-mailing it to me please be sure to put HCFAS on the subject line or else it will end up in my spam folder.

After I receive your info, Squad records will be checked, updated if necessary and new Rolodex cards will be issued for everyone.

We would also ask, if you need to look up someone's phone number in the Rolodex, please do not remove the card to do so. Paper and pens are always available in the dispatch office so that you can write the number and take it with you to a phone outside the dispatch office. As you know, many of the cards go missing and when the next person needs to find a number, it is not there.

Thanks for you cooperation.

Millie



USE FORM ON FOLLOWING PAGE

HUNTINGTON COMMUNITY FIRST AID SQUAD

Change of Information

Please fill-out this form for all changes, i.e.: name, address, phone #s, e-mail, shift, status, new EMT number. Once completed, please e-mail the form to momgabe@aol.com or place a hard copy in the Rolodex mailbox (second from bottom in the last column of mailboxes). In submitting this form all "need-to-know" persons/committees will be notified automatically.

Thank you.

Squad Member # _____ Today's date _____

First Name _____ Last Name _____

Address _____
Street Town State Zip Code

Home Phone _____ Cell Phone _____

e-mail _____ Work Phone _____

EMT # _____ Your Duty Tour

Day _____ Shift _____

Day _____ Shift _____

Company 8

Please check/circle one, if applicable

Status (please check/circle)

CFR
RET
EMT-B
EMT-CC
EMT-P

Administration
Aide
Crew Leader
Driver
Dispatcher
First Aide
Dispatch trainee
Observer

hcfas _____ Rev. 1/09