



September, 2009

Volume 42 • Issue 9

Patricia Salajka, Editor
psalajka@verizon.net

The Pulse



Volunteers since 1967

The “Heartbeat” of the Huntington Community First Aid Squad

PRESIDENT’S REPORT

Roger Winter

September marks the following days of remembrance Patriot Day, Labor Day, Grandparents Day, Mexican Independence Day, Citizenship Day, Rosh Hashanah, the first day of autumn and Yom Kippur. September also marks the new beginnings of a new school year, and for many parents it's the beginning of freedom for the next few months until the next vacation. So what do all these days mean to us? Well, it is a time of renewal. A new school year seems to bring on fall cleaning at home and at the Squad. We seem to get reenergized and this is a good thing.

All year long I get questions from members regarding issues at the Squad. They range from how do I sign up for a EMT class, to how do I get my money back from a class that I took recently, to what uniform do I wear while on duty, or what is considered a Class A uniform, what uniform do I wear at parades, funerals, what do I do for an LOA, what are the rules for the truck room and parking lot, etc? Some of the questions are of a more serious nature, regarding behavior at the Squad to questions regarding advancement issues. Many of the questions can simply be researched easily by understanding the Standard Operating Procedures and By - Laws of the Huntington Community First Aid Squad. Also many of the financial issues regarding refunds for classes taken and conferences attended can be obtained by reviewing the Purchasing Policy and Procedures manual. The next question that you might ask is where the heck are all these manuals? Well there is a copy above the mail boxes in the foyer by the dispatch office. There is a copy on line on the Web Site. You can get to the Web Site by going on line to hcfas.org. Also, you might find them on the squad's computers in the crew lounge area. It is also my understanding that everyone was given a copy upon entering the Squad recently and the older members have been given updates as they come out. Just having the manuals is nice, but you will have to actually read them. Keeping yourself informed by reading the SOP's, By-Laws, and PPP's is very important. Not everybody has all the answers all the time, we all must read the the above mentioned documents yearly. I hope this answers many questions. Hey, if not, ask a Board Member, Officer or any member.

Recently I had an issue with a injury to my back that happened a few years ago that just required surgery. I would like to thank all the members and the squad for thinking of me by sending cards, telephone calls and of course visits and the wonderful fruit basket that was sent to me. Again I would like to thank all of you for your kind thoughts and remembrances.

CHIEF'S REPORT

Dominic C. Heavey

As we enter September the summer begins to end and we look forward to the fall season. I would like to thank all the members who showed up for the Parades and Stand by during the summer months. Our last parade will be in Greenlawn on September 3rd, 2009.

As always the Officers would like to thank all the Crews for all the hard work and for all those members that do extra tours and back up calls. We have noticed the call ratio going up and more pressure is being put on crews and members to get them done. If you have any spare time we would love you to come in between 1100hr and 1900hr and help out just, call the Day Captain.

Co. 8 members I would remind you to call the Captain before you come in to do a tour. We are finding more that some Co. 8 members are coming in on tours where they are not needed.

UNIFORM'S and EP-GEAR

The issue of Uniform's keeps coming up from members. All members on duty will be in full uniform at all times, which is White Squad Shirt, Navy Blue Pants and Black Boots. These are the only items to be worn while you are on duty, I ask that all Crew Leaders makes sure that your team members are in uniform at the beginning of your tour. If you are NOT in uniform you can be sent home. If you have any concerns about this please leave me a note in my mail box and I will address this with you.

HIGH VIS VEST.

The Vest that was supplied to you must be kept with your EP-GEAR so that in the event that you are on a roadway you can use it. It is a Federal Law that anytime that a member of the Squad is on a roadway working or looking after a patient they must be wearing there vests. Remember this equipment is for your safety.

Driving/Driver's

I would like to remind all drivers to take care while driving. I would also like to remind drivers that the use of Lights and Sirens does NOT give us the right of way, and that we must stop at all Red Lights and Stop Signs before proceeding through. I also remind drivers on the overnight to PLEASE remember the citizens of our Town when using sirens at night.

Ambulance and Driver Checks Out's

Every Tour and Every Crew on the Tour must do a Check out. That means the Driver must complete a Check out and the Crew must make sure that everything is in place. The ALS provider if you have one must also do a check out. Remember the Crew is responsible to Check out First and Second Due. In the event that the crew is busy you should still submit a check out sheet just stating running calls, we must have this paper work done.

Enjoy the remainder of the Summer.

*Thanks
The Chief.*

SUNDAY CAPTAIN

Chris Winter

I hope everyone had a fun summer as we wind down and turn into fall. Lots of change happens in fall. The leaves change color, the college students go back to school and Christmas decorations already start appearing on the shelves in store!(I hate that last one)

When I started to develop my Pulse article, I began to think of whom to start thanking, usually for back up calls. I don't think we can ever say "thanks" enough. We have a lot of people to thank any given month for all the great things people do in our organization.

This month I decided to focus my Pulse article solely on back up responders.

Back up, to me, is just as much of the foundation of our organization as our in house crews. Without back up responders, we would not survive. Back up responders answer calls when they are not on duty, when they may be in the middle of a family function, out to dinner or the toughest one, when they are fast asleep.

I know we all know this, but sometime we need to acknowledge it. Being a Captain again after not doing the job for over 10 years,(I'm old) I have a new found appreciation for those who go above and beyond their 4 hours a week.

Answering a back up call means saving a 24(mutual aid). It means getting to a patient quicker than having to ask another department to come to our district and leave their own district unmanned. It means helping your fellow members with manpower.

I ask that we all think about when we might have some time to answer a back up call and turn that radio or pager on. Even if it for an hour or two. We never know when our services will be needed.

Let's not think about who is on duty or what day we prefer to do back up. Let's just help when we can. Please continue to respond to back up calls. I appreciate it. I know my fellow officers appreciate it and the patients whom you help appreciate it.

One final note: Thank you to everyone who responds to back up calls on Sunday.

A special thank you to Mark Brenner and Paul Kelly who responded to a back up call for my Pop, (a.k.a. The President.) Hearing you key up the mic during that difficult time made me feel assured that the best care was on the way to help my Dad.

Respectfully,

*Chris Winter
Sunday Captain*

EDITOR'S NOTE

My new e-mail address is psalajka@verizon.net.

***I noticed I left my old e-mail address on the past issues of the Pulse.
Please use the new address for all correspondence. Sorry for the confusion.***

TUESDAY CAPTAIN

Casey Stone

I hope everyone is enjoying their summer so far. Even though it is vacation time calls are still coming in as fast and as often as ever. All backup and additional shifts are very much appreciated. Congratulations to Peggy Coyle #1244 on passing her dispatch test, good job and have fun riding. Welcome back Maryjane Woznick to the 2300 shift you were missed.

Everyone please remember to do all of your checkouts for driver, ambulance and ALS!!!! I cannot stress enough how important checkouts are for every crew to do.

Lots of people have been helping out on Tuesdays. Thank you to Matt Valle, Tom O'Leary, Luke Bartolomeo, Allison Russo, Ann Donegan, Chris Fusaro, Ferd Neumann, Lorrie Stone, Sally Staszak, Jim Malillo, Tyler Gibbs, Alex Witkoski, Paul Kelly, Jim Lupo, Keith Rubenstein, Todd Atkin, Joe Frisenda, Isreal Cortes, Brian Milliken, Brendan Fitts and Jeremy Bohem. Also to all of my crews, of course, for coming in and getting replacements.

On a sadder note we have to say "goodbye" to Lori Bernardo-Strong #1027. Lori will be missed by her crew, her friends, and fellow members. Thank you for all of your volunteer time to HCFAS and good luck with everything to come.

HELP! HELP! HELP!

Tuesday 1100-1500 needs a dispatcher and a crewleader or first aider. If anyone can help out for any shift or even a partial shift please contact me at c.stone920@yahoo.com or my cell 631-873-9777.

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

Gripes

Everybody here has a gripe about something. The General Membership Meetings are full of people with gripes and ideas. "There is something going on", "They're at it again", or "Why don't we have ____?" The Squad has tried to accomplish some things, but???

Every November, the membership is given the opportunity to learn what candidates for Squad offices will do for them by reading their letters in the Pulse. If the person that you voted for, has come through for you, great. But if not, I want to know. Not who, but what. Drop a note in my box. Remember, you elected me last year and I said that I would be a voice of reason (?) on the Board. Let me know where you stand. Leave a name or not. I promise, I won't agree with all of you, but I will think about it and bring it up to Board members so maybe, if I don't agree, maybe someone else will champion your cause. A very intelligent person once told me that I was here to represent you, not my own rather disjointed view of the world.

So, give it a shot. Let me know. We now provide a chance to go sailing, so any idea is worth pursuing.

John Palmieri

The Kitchen Speaks

I would to say thanks to all the people who helped cook and clean- up during the department meeting last month. I was asked to write down some of the recipes that we had for dinner at the July meeting, so here they are:

Classic Macaroni Salad:

Ingredients: 4 cups uncooked elbow macaroni (1 pound), 1 cup mayonnaise, ¼ cup distilled white vinegar, 2/3 cup white sugar, 2-1/2 tablespoons prepared yellow mustard, 1-1/2 teaspoon salt, ½ teaspoon ground black pepper, 1 large onion, chopped, 2 stalks celery, chopped, 1 green bell pepper, seeded and chopped, ¼ cups chopped carrots.

Directions: Boil macaroni about 8 minutes, rinse under cold water and drain. In a large bowl, mix together the mayonnaise, vinegar, sugar, mustard, salt and pepper. Stir in the onion, celery, green pepper, carrot and macaroni. Refrigerate for at least 4 hours before serving.

I went a little easy on the mustard and refrigerated overnight. It was a little bit dry the next day so I added a little more mayo.

Southern Fried Chicken:

Ingredients: 3 eggs, 1/3 cup water, about 1 cup hot red pepper sauce (Texas Pete), 2 cups self-rising flour, 1 teaspoon pepper, house seasoning, recipe follows, 1-2 pounds chicken pieces, Oil, for frying.

House seasoning recipe- 1 cup salt, ¼ cup black pepper, ¼ cup garlic powder, mix together.

Directions: In a bowl, beat the eggs with the water. Add enough hot sauce so the egg mixture is bright orange. In another bowl, combine the flour and pepper. Season the chicken with the house seasoning. Dip the seasoned chicken in the egg, and then coat well in the flour mixture. Fry the chicken in the oil until brown and crisp. Note: I put it into the oven for a few minutes after because the chicken was under-cooked. I'm not a salt person so I didn't use as much salt as stated. It's all based on your taste.

The menu for the September 14th meeting is as follows:

7pm- Appetizers:

Stuffed mushrooms w/crabmeat
Deviled eggs
Pigs in a blanket

7:30- Dinner:

Cesar Salad- anchovies on the side

Roast beef with brown onion gravy
Garlic mashed potatoes
String beans and Corn

Italian rainbow cookies
Fruit salad
Brownies



Boneapite, Tom



BASICS - September 2009

Allergic Reactions

By Mark W. Brenner



As we approach the fall, we can expect to be doing standbys at football games and the Huntington Fall Festival. And, like the swallows returning to Capistrano, we can expect the bees and yellow jackets to return to outdoor events. But patients allergic to bee stings aren't the only ones who could develop anaphylaxis. So, here are a few questions geared to preparing us to treat all those who might need the intervention of a BLS Epi-pen.

1. You respond to a seafood restaurant for an adult female with an allergic reaction. You find the woman, conscious and alert, able to maintain her airway, breathing normally with clear lung sounds, with a strong rapid pulse, and dry skin with blotches on her arm. She states that the blotches have been worsening over the past "couple of hours". She has no history of allergies, past medical problems, and denies being on any medications. You would:

- a. Administer epinephrine by adult auto-injector and transport.
- b. Administer epinephrine by pediatric auto-injector and transport.
- c. Administer oxygen, Benadryl and transport.
- d. Administer oxygen, place in a position of comfort, obtain vitals, transport, and perform an on-going assessment to assure that she is maintaining her airway, and is not developing an anaphylactic reaction.

2. For an EMT to administer epinephrine by auto-injector pen, the patient must be having a severe allergic reaction and:

- a. Be experiencing abnormal respiratory or cardiac status
- b. Have a history of a severe allergic reaction
- c. Have a prescription for epinephrine
- d. All of the above

3. In Suffolk County, if your patient exhibits signs or symptoms of severe allergic reaction, but has no history of severe allergic reaction or has not had epinephrine prescribed by his/her physician:

- a. Begin immediate transport
- b. Contact Medical Control while enroute to the hospital for authorization to administer epinephrine by auto-injector
- c. Both a & b.
- d. Call for ALS and await their arrival, administering oxygen by nasal cannula.

4. You are called to a local park. A day camp group is having a picnic when a 7 year old, 55 pound boy is stung by a bee. You are told he is highly allergic. His tongue and face are swollen, he is drooling and has difficulty maintaining his own airway and is struggling to breath. He does not have his epi-pen and the camp forgot to pack theirs for this outing. You should:

- a. Call Medical Control for authorization for this pediatric patient
- b. Administer on adult auto-injector of epinephrine.
- c. Administer on pediatric auto-injector of epinephrine.
- d. Transport the child back to camp to retrieve the camp's epi-pen.

5. What are the age/weight parameters for a patient to receive epinephrine by auto-injector?

- a. Under five years/weighing less than 50 pounds
- b. Under nine years/weighing less than 66 pounds
- c. Under 13 years/weighing less than 75 pounds
- d. None of the above

6. As you transport the child to the hospital after administering an Epi-pen, you reassess his vitals. You note that in the two minutes since administration, his condition hasn't improved; in fact, it's worsened. You should:

- a. Instruct your driver to proceed faster to the hospital
- b. Administer a second pediatric Epi-pen
- c. Administer an adult Epi-pen, more epinephrine is obviously needed.
- d. Contact Medical Control for orders for a second pediatric dose.

BASICS - Cont'd

7. *You are dispatched to a local park for an adult with a bee sting (a Charlie response). Should ALS be dispatched since you have Epi-pens on your BLS ambulance?*

- a. Yes
- b. No

8. *How should you dispose of an Epi-pen after usage?*

- a. Leave it at the patient's house so as not to have a sharp object in the back of the ambulance.
- b. Bring it to the hospital for the nurse to document its use and dispose of it.
- c. Place it in a sharps container.

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

Welcome!



Danielle Milione #1258

Friday 1500x1900

- *Resides in Huntington*
- *Graduated from Walt Whitman High School*
- *Currently attending CW Post with a major in Pre-Med*
- *Employed as a dental assistant/secretary*
- *Interested in the medical field*
- *Future is to become a physician*



Vincent Maltese #1262

Fri 1100x1500

- *Resides in Huntington Station*
- *Graduated from Walt Whitman High School*
- *Currently attending Suffolk Community College with a major in Liberal Arts*
- *Join HCFAS to give back to the community*
- *Future goal to become a Paramedic and join the bike team*

The new check out forms are at the printer.
Thank you to the people who sent in comments, they are appreciated.

The goal of this process was two-fold: to update what should and should not be on the ambulances in accordance with Part 800 of the Health Code, and to try to streamline the check out process. Please review the back of the new form. All "sealed" bags are listed along with the contents of that bag. The seals are in the BLS closet. If a sealed kit is opened please re-fill and reseal it.

Changes were also made to the clipboard. The clipboard now holds only PCR's, continuation forms and RMA's. There is a folder on each ambulance with all other forms. This "forms folder" is in different locations based on space issues of the different vehicles.

Please continue to provide feed-back. Updating a form like this is a work in progress all the time; equipment changes, ambulances change and protocols change. It is hoped that making the process easier will help assure that the checks out are completed. The new form requires the name of ALL members assisting in the check out process.

The changes are as follows:

O2/Suction

Pediatric non-re breathers from 4 to 2
Oxygen tubing added to check out (2)
Pediatric BVM 3 sizes or one with 3 masks
Suction tubing added to check out (2)
Bulb syringe added (1)

Misc.

Activated Charcoal removed
Brown Bags removed
Plastic Bags removed
Temptra dots removed
Sterile Water from 3 to 2
Sterile Saline is in the burn kit

Duffle: large

BVM for child removed
Pediatric: non-re breathers, NC and BP cuff
were removed and placed in the NEW pediatric bag.
XL BP cuff removed

EXPOSURE CONTROL

Red bags from 6 to 2
Infection control kits from 5 to 4
Face mask with eye shield changed to
goggles and respirator, 4 each
TB masks removed
Laundry Packet Removed
Triage Tags added

LINEN

towels from 6 to 4
pillows from 3 to 2
pillow cases from 4 to 2
blankets from 3 to 2

PEDIATRIC/CHILDBIRTH

One OB kit and ped BP, NC and non-rebreathers are in the new Ped. Bag. This bag has two sealed sections; one holds the ALS ped supplies and the other the BLS. The tags should be labeled with the date of the soonest expiration date of that specified bags contents.

CARRYING AND IMMOBILIZATION

KED from 2 to 1
Sand Bags removed

(Check out form changes con'td)

DRESSINGS AND BANAGES

Cold packs from 6 to 4
5X9 from 10 to 6
Multi Trauma dressings from 6 to 3
plastic wrap removed
Sterile burn sheets added (2)
sterile towels removed

FIRST AID KIT

SL band aids removed
4X4 from 12 to 10
5X9 from 6 to 4
Triangle bandages from 6 to 4
occlusive dressing removed
finger splints removed
cold packs from 3 to 4
Ped BP cuff removed

PLEASE, PLEASE do not over load the cabinets, 20 is not better than 5 it just makes a mess and creates a more difficult check out for the next crew.

PLEASE, PLEASE, do not add things back to the bags. The large duffle bag was so over filled it was difficult to close. A pediatric and XL BP cuff are with the O2 supplies on board.

FINALLY, please keep the comments coming, but please make them in writing to the 2nd DC or to me by email. They will all be taken into consideration when the form is reviewed for future updating.

*Martha Brenner MB236@optonline.net
auth.2-15-32*

Good & Welfare

Get Well

Speedy recovery to Roger Winter recently hospitalized.

Death Notices

Deepest sympathy to Greg Orr on the loss of his mother.

Our thoughts are with Lori Bernardo-Strong on the loss of her father.

Deepest sympathy to Mary Brenner on the loss of her sister.

September 2009 • Service Awards

35 years

Jerry Giacomini

25 years

Phil Orlando

15 years

Eric Autz

SPECIAL ELECTION

In accordance with Article X, Section 3 - Special Elections, This is to advise you that a special election will be held at the September General Membership Meeting on September 14, 2009 for the position of 2nd Deputy Chief.

Nominations will be accepted from the floor and the voting by members present will take place at the close of the nominations. Please note that the possibility could exist for an additional election at the meeting is a current officer holder runs for the vacant position and creates another vacancy.

If you plan to run for office and would like one e-mail sent to membership, please e-mail Brian Canty at bcanty@gmail.com

**Sincerely Yours,
Lehti Laas
Secretary**

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

All members as of Jan 2009, please look in your mail folders for your NYSVA&RA proxy for the Annual Meeting to be held at the educational conference starting Oct 1st. Please sign the proxy form and place it in the District 7 mailbox. They must be returned by Sept. 28th. If you have any questions call me at 427-4896 or 241-5155

September 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1  Happy Birthday! Maryann Schramm	2  Happy Birthday! Margaret Stephenson	3	4	5
6  Happy Birthday! Margaret Cornelius	7 GMM	8  Happy Birthday! Taha Aiman Richard Fernandez	9	10	11  Happy Birthday! Cindy Cairl	12  Happy Birthday! Chris Fusaro
13	14	15	16	17	18	19 First Day of Rosh Hashanah
20 Recruitment Sunday 2:00 pm  Happy Birthday! Donna Smith	21	22 First Day of Autumn 	23	24	25	26
27  Happy Birthday! Alyssa Axelrod	28 Yom Kippur	29	30  Happy Birthday! Sal Romano			

***** BIRTHDAYS!** In order to update the Birthday calendar, I need every **NEW MEMBER** from 2008-2009 to send an e-mail of their birthdate to psalajka@verizon.net or drop a note in the Pulse mailbox.

If you do not want to be in the calendar, or I have your b-day incorrect, just let me know.

Thank you,
Patty Salajka

First Aid Corner

by Laurie Hoffman

What a great summer this has been at HCFAS! I would like to thank everyone for their positive feedback on my first article. If anyone has any input that they would like to offer you can contact me via email at Lauriello0722@yahoo.com.

I would first like to start off with thanking everyone for some of the small changes I've noticed around the building. There is now a sign up sheet you can write your name on to be called if a crew is needed. This is a very helpful tool for all dispatchers. Please if you are available write your name down with your availability. Also, new clipboards were put on all of the rigs and WMD folders were made. Phone lists were made available to the people who wanted them. The finger reader is now being used for the GM meetings. The computer and copy machine maintenance that is constantly being done. Hand sanitizer has been made available for the members. Also, all of the vehicles are always clean, we as a crew maintain the cleanliness on the inside, but did you ever wonder how the outside is always so nice and shiny? Well, thank you to all of the people who are constantly making an effort to improve the quality of how things are done around here. As a new member not quite knowing everyone and how things are done, the best thing you can do to learn is to ask. If you see someone doing work around the building ask if they need help, everyone is here volunteering not only for the community but also FOR Community we should all help each other to alleviate the work load, A little will go along way!

With that said, if you are interested in doing a little bit extra to help out there are many committees' that need some extra help. The committee list is posted above the sign in sheet. Also keep in mind a lot of the committee work can be done on your shift, so you can still help out even if you can only commit to your shift.

A great way to find out about any committee work is to attend the General Membership meetings. They are held the second Monday of every month at 8:15 PM and dinner is offered at 7:30. The meetings are the best way to stay up to date on everything that is going on in this organization.

Any member may also sit in on the Board of Directors meetings and Officers meetings. The dates for those meetings are posted on the calendar next to the sign in sheet.

Last but not least, this month many of our younger members have left to go back to school, leaving extra openings for shifts generally not open. If you would like to help out please contact the appropriate Day Captain as this is an excellent opportunity to get to ride with new people and expand your skills.