



## Southbury Ambulance Upgrades

After months of preparation and obligatory paperwork, Southbury Ambulance Association has upgraded to the Paramedic level for the first time in its 66 year history.

On November 8, shortly after going into service, the first ALS call was received by Southbury's 911 center. At that moment, a new era of EMS was ushered in to Southbury. The new addition is not yet a 24/7 operation however. SAA will provide medic level service during specified 50 hours each week and will gradually increase those hours, rounding up to full time within the year. "We wanted to crawl before we walk", explained SAA's longtime President GERALYN Hoyt. "It was really important that we take the appropriate amount of time to make it work correctly". Hoyt refers to both the operational and financial components of service provisions.

Fortunately for Southbury, they have a longstanding relationship with Trinity EMS (formerly Campion Ambulance) that provides contacted Paramedic service to town when SAA does not operate an ALS unit. That relationship has been in place for more than 20 years.

During its first week of upgraded operation, the association responded to more than two dozen ALS calls. - *Jeremy*



### Upcoming Events:

**Wednesday, December 18, 2019 (17:30 – 21:00),**

#### **OEMS CME and Holiday Dinner**

- Joel Demers of OEMS will be returning to answer questions and talk about the new EMS recertification process all while eating a tasty holiday meal.  
\*\*\*Please RSVP for catering\*\*\*

**Wednesday, January 15, 2020 (17:00—20:00)**

#### **CME—Cardiac Necrosis**

- Dr. Steven Widman will be talking about the Wavefront Theory of Cardiac Necrosis.
- **See the attached flyers for information regarding both events.**

## *A message from Mark Holtz, Senior Vice President and Chief Operating Officer at Waterbury Hospital*

To My EMS friends,

It's hard to believe that another year is almost in the history books. Where does the time go? It seems like yesterday that we were together celebrating EMS Week!

Well, as the year draws to a close, I want to express my gratitude and appreciation to our EMS partners. When I arrived at Waterbury Hospital nearly five years ago, I was so warmly welcomed by the EMS community. Since arriving here, I have done my best to support and showcase the great work that you do. I have said this over and over. Health care delivery is a team sport. We cannot do what we do inside the four walls of the hospital without the excellent work of our first responders. You set us up for success and for that we thank you!

I try to make a habit of stopping down to the ED several times a day as that department is the front door and pulse of our hospital. During those visits, I constantly notice you working so hard in service to our patients and the community.

Please take some time this holiday season to enjoy your friends and family. Reflect on the past year and be assured that you are a force for good in this world. I am proud of the Waterbury Hospital relationship with the EMS community we are and will always be a steadfast supporter and admirer of what you do every day.

From all of us at Waterbury Hospital – Happy Holidays!

- Mark



# FILE OF LIFE

**KEEP INFORMATION UP TO DATE !!  
Review At Least Every Six Months !**

MEDICAL DATA REVIEWED AS OF		MO.	YR.
Name:			Sex: M F
Address:			
Doctor:	Phone #:		
Preferred Hospital:			
EMERGENCY CONTACTS			
Name:	Phone #:		
Address:			
Name:	Phone #:		

## EMS File of Life's

We started handing out EMS File of Life's out to all of our patients, providers and EMS Services. Please keep an eye out for these as they will make your jobs a little easier by giving you all of the essential patient information. We have told people to put them on their refrigerators however as EMS we know we find them in a all sorts of places.

## MENTAL HEALTH FIRST AID

BE PREPARED YOU CAN HELP

## Seymour Ambulance to Host Mental Health First Aid Training

Seymour Ambulance is running a 5 day adult instructor certification training course for "Mental Health First Aid" from March 9, 2020 through March 13, 2020 at the Seymour Ambulance Training Center. The cost is \$2000. If you have any questions, please contact:

Chief Kyle Kelley  
[kkelley@seymourem.org](mailto:kkelley@seymourem.org)  
or  
Deputy Chief Bryan Ryan  
[bryan@seymourem.org](mailto:bryan@seymourem.org)

# Waterbury Hospital – Trauma Time

Trauma Activations – Penetrating Injuries.

Nationally, penetrating injuries account for 9.5% of the trauma cases treated. Here at Waterbury Hospital, the percentage for penetrating injuries is approximately 5%. Although relatively uncommon, this mechanism is more likely than not to injure deeper structures. Here are some tips regarding penetrating injuries that the trauma team follows – so the more information communicated via pre-hospital patch, the better:

- All penetrating injuries (with some exception to the distal extremities) should be a **trauma activation**.
- Penetrating injury *with* hypotension will need to go to the **operating room (OR)**. Initial infusion of fluids and blood will help, but hypotension signifies that the leak needs to be surgically fixed.
- Hypotension also means that the **Massive Transfusion Protocol (MTP)** will need to be activated, as well as consideration for **tranexamic acid (TXA)**.
- Complete the secondary survey – **always look at the back** for any potential missed injuries.
- A **single x-ray** of the affected area is quick and can help plan exploration when the patient goes to the OR.
- **Marking all penetrating wounds** helps predict the trajectory and any injured structures, lighting up on radiology images.
- Watch out for your own **safety!** Make sure proper personnel are aware and appropriate security precautions are in effect.

The communication that is received from pre-hospital settings can set important protocols and preparations into motion before the patient even arrives. Patient's age, mechanism of injury, **vital signs** (with emphasis on blood pressure), and GCS are of the utmost importance, and essential in providing the best and most appropriate care quickly.

<https://www.ncbi.nlm.nih.gov/pubmed/30830055>  
<https://thetraumapro.com/tag/penetrating-trauma/page/2/>

Any questions, thoughts, ideas, concerns, or feedback in regards to the care of the trauma patient at Waterbury Hospital? - *Monika*

Monika Nelson  
Trauma Program Coordinator  
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## What our EMS Providers want in their EMS room

I recently walked into Beacon Hose Fire Company No. 1 and spoke with Gretchen who is one of their paid EMS employees during the day. One of the first things she asked me was in regards to the new ED and what we were planning for food in the new EMS Room. She then proceeded to ask, "Have you ever tried gas station chicken?" At first I thought she was messing with me but I quickly realized she was serious. To me, gas station chicken is not something I would ever consider eating but Gretchen states it's the best fried chicken in New England and would love to see it in the EMS room. I explored the idea a little more and decided to ask around. Jeremy himself stated he enjoys gas station chicken. Maybe its something in the "Naugy" down in Beacon Falls, but they both stated gas station chicken in the EMS room would be great. Back in the day, when I used to work in Morris for Vintech, with the one and only, Mr. Robert Duguay, EMT-P. Rest in Peace my friend. Bob loved getting food at the gas station and it just made me queasy. We all know that most gas stations are dirty but gas station chicken apparently is clean and really good. So we all need to try it and see if its worth presenting to the boss at Waterbury Hospital.

I decided to ask around, what would you want in our EMS Room?

- "Roller dogs" (rotating hot dog cooker)
- Slushie machine
- Salad bar
- Cough drops
- Totino's pizza rolls
- Variety of chips

I think the gas station chicken is my most favorite still.

- *Ryan*