

# Maryland EMS News

For All Emergency Medical Care Providers

Vol. 39, No.1

July 2012

## MIEMSS Honors Maryland Youth, EMS Providers, and Citizens at Annual Awards Ceremony

*In a two-part ceremony on May 22, 2012, MIEMSS honored children from across Maryland and also presented its annual Stars of Life Awards to honor EMS personnel, program, and citizens. Children whose actions ensured that people in Maryland receive “the right care when it counts” received awards during the first part of the ceremony. This year, a special award, Safe Kids Maryland for Bicycle Safety, was also presented to a Maryland youth. The second half of the event recognized Annual “Stars of Life,” individuals and groups nominated and selected by a statewide review committee for distinguished EMS service. Maryland Governor Martin O’Malley provided two Proclamations, one recognizing EMS Week, May 20 – 26, and a second naming May 23, 2012, as EMS for Children Day.*

For the first part of the ceremony, MIEMSS honored Maryland youths with Right Care When it Counts and Safe Kids Maryland awards. The Right Care When it Counts program recognizes children and youths that took action to provide a life-saving service to someone in their community. Four young Marylanders, **Aaron Miller (Allegany County)**, **Zach Yucis (Cecil County)**, **Bryan Bell (Cecil County)**, and **Chyna (Campbell) Livingston (Prince George’s County)**, received this award. Another accolade, a Safe Kids Maryland award for Bicycle Safety, was awarded to **Noah Godlove (Allegany County)**.

First to receive awards were Aaron Miller and Noah Godlove. On April 7, 2011, 10-year-old Aaron called 9-1-1 using his brand new, and first-ever, cell phone after witnessing a frightening crash. Aaron and his friend Noah were bicycling at a local high school. Noah could not get his bicycle to stop, falling over a railing and down 12 feet into a cellar

with a concrete floor. Aaron stayed with his friend until help arrived. His quick thinking and compassion ensured that his friend would get the help he needed. Noah was wearing his bicycle safety helmet that morning—a decision that may have saved his life. Following this incident, the school installed a 12 foot fence around the railing so that no other children would risk an injury like Noah’s.

The next award to Zach Yucis, who was out of town traveling with his family, was accepted by Holly Trego of the Cecil County Department of Emergency Services. On February 8, 2011, 11-year-old Zach witnessed his stepfather have a seizure and called 9-1-1 for help. He was able to relay vital information to the call-taker to send emergency personnel to their home. For his quick action in helping his stepfather, Zach also received a Certificate of Commendation from the Cecil County Department of Emergency Services.

Bryan Bell, 13, was presented with the next award for making a 9-1-1 call to Cecil County EMS when his grandmother experienced a seizure on February 22, 2011. Bryan relayed vital information to the call-taker and help was immediately dispatched to the home. Bryan’s grandmother was present to support her young hero at the award ceremony. Bryan also received a Certificate of Commendation from the Cecil County Department of Emergency Services.

The final Right Care When it Counts Award was presented to Chyna (Campbell) Livingston. At 12 years old, Chyna took the right steps in a fire emergency. Chyna was at home on October 27, 2011, when the 7th-grader heard a fire alarm and screams for help. Looking out her balcony window, she saw that the apartment building behind her own was on fire. She noticed two women and a small child trapped on their 3rd-floor balcony. Having learned previously what to do in an emergency, Chyna called 9-1-1 and calmly described what was happening, providing all the required information needed to dispatch firefighters and medics to the scene. As instructed by 9-1-1, she yelled out to the trapped family that the fire department was on the way and for everyone to stay out of the building. Fire and rescue soon arrived and helped the family escape from their balcony using ladders. Because of Chyna’s quick thinking, the family was saved and no one else was injured in the fire.

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*Pictured from left are Dr. Robert R. Bass, MIEMSS Executive Director; Noah Godlove; Aaron Miller; Cynthia Wright Johnson, MIEMSS EMS for Children Director and Safe Kids Maryland State Coordinator; and Dr. Allen R. Walker, Associate State EMS Medical Director for Pediatrics. Noah received a Safe Kids Maryland Award for Bicycle Safety and Aaron received a Right Care When it Counts Award.*

## MIEMSS Presents 2012 Statewide Awards

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For the next part of the ceremony, **EMS Stars of Life Awards** were presented beginning with the EMS Star of Life Award to rescuers from **Allegany County**. This award went to **EMT-B Andy Brown** and **EMT-I Daniel Siemer** of Oldtown Volunteer Fire Department; **EMT-P Lori Moyer** and **EMT-B Justin Blacker** of Allegany County EMS; **Sr. Trooper and EMT-P Robert Harsh** and **Trooper Al Sunday** of the Maryland State Police Aviation Command; and **Raymond Lehman**.

When Oldtown Volunteer Fire Department was alerted just after 6 AM on October 18, 2011, that a motor vehicle crash involving a young female pedestrian had occurred, Andy Brown and Daniel Siemer responded to the scene with BLS Unit 318. There, they found a bystander, Raymond Lehman, who had been on his way to work when he came upon the crash scene, controlling the patient's cervical spine and maintaining a patent airway while waiting for EMS.

The pedestrian had been struck by a motor vehicle traveling at 50 mph and was thrown over the guardrail and down a sloping embankment. Because the crash occurred in a rural area with poor lighting conditions along the road, Brown and Siemer quickly realized that they would have to light the scene to treat the patient using the fire engine on scene and hand-held flashlights. With Lehman helping provide lighting, the EMTs assessed the patient. She was conscious, but

not responding well to questions. Brown and Siemer discovered a large laceration on her head, bilateral fractures of both lower legs, and deformities of the left elbow and forearm. While performing this assessment, the young woman developed seizure-like activity. The EMTs applied a cervical collar to the patient and, with Lehman's assistance, log-rolled her onto a long board, then transported her up the bank, over the guardrail, and onto a cot.

While moving the patient to the ambulance, Allegany County EMS personnel, Lori Moyer and Justin Blacker, arrived on the

scene. Due to the severity of the patient's condition it was decided to evacuate her by helicopter for further care. EMS transported the young woman to the helipad at Oldtown Volunteer Fire Department where Maryland State Police Aviation Trooper 5, manned by Sr. Trooper Robert Harsh and Trooper Al Sunday, had arrived to fly her to the Western Maryland Health System trauma center in Cumberland.

Andy Brown and Dan Siemer performed exceptional care given

the patient's condition on their arrival and the adverse conditions under which they had to work. Lori Moyer and Justin Blacker provided much appreciated "helping hands" in the care of this patient. Troopers Robert Harsh and Al Sunday contributed to the success of this rescue. Raymond Lehman went above and beyond what an average citizen would have done after coming up on the scene of such a traumatic crash. He provided support and stabilization to a severely injured patient and voluntarily stayed at the scene to assist in any

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Bryan Bell received a Right Care When it Counts award for a life-saving call to 9-1-1. Pictured from left to right are Dr. Robert R. Bass, MIEMSS Executive Director; Bryan Bell; Jo Ann Howell, Bryan's grandmother; Holly Trego, Cecil County Department of Emergency Services; Cynthia Wright Johnson, MIEMSS EMS for Children Director; and Dr. Allen R. Walker, Associate State EMS Medical Director for Pediatrics.



Holly Trego, Cecil County Department of Emergency Services, center left, accepts the Right Care When it Counts Award for Zach Yucis, who was traveling with his family on May 22. Ms. Trego is joined by Dr. Robert R. Bass, MIEMSS Executive Director, left; Cynthia Wright Johnson, MIEMSS EMS for Children Director, center right; and Dr. Allen R. Walker, Associate State EMS Medical Director for Pediatrics, right.



Chyna (Campbell) Livingston was 12 years old when she made a life-saving call to 9-1-1. She accepts her award from (left to right) Dr. Robert R. Bass, MIEMSS Executive Director; Teresa Ann Crisman, Prince George's County Fire and EMS Department; Cynthia Wright Johnson, MIEMSS EMS for Children Director; and Dr. Allen R. Walker, Associate State EMS Medical Director for Pediatrics.

## MIEMSS Presents 2012 Statewide Awards

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 way he could. This rescue operation was truly a team effort.

Next, the **EMS Citizen Award** was presented to **Duncan Seguin (Montgomery County)** for initiating cardiopulmonary

resuscitation (CPR) on a critically ill soccer referee on September 3, 2011. When a senior referee suddenly collapsed on the field only 15 minutes into the start of a youth soccer game, Assistant Referee Duncan Seguin, 16, did not hesitate. He immediately jumped into

action to assess the man's condition. With the help of two parents at the scene, Seguin turned the patient over and determined that he was suffering from a life-threatening cardiac event. Without delay, he initiated life-saving CPR. The patient remained unresponsive, his breaths became increasingly erratic, and he was turning blue. Seguin continued to provide CPR until EMS arrived.

Upon arrival, the EMS providers discovered that a vehicle parked in front of the gate was completely blocking access to the field. Several spectators jumped into action, picked up the vehicle, and moved it out of the ambulance's way. Seguin had continued with chest compressions until care was transitioned to the paramedics. EMS assessed the patient and quickly placed him in the ambulance for emergency transport to the hospital. En route to the hospital the patient had to be shocked twice by a defibrillator to be revived.

The responding paramedics remarked that they have seen nothing like the teamwork and commitment they witnessed that morning on the soccer field. Because of Seguin's quick thinking and courageous actions, the referee survived.

The **MIEMSS Director's Award for Excellence in EMS** was presented to a remarkable team of rescuers from **Queen Anne's County**. The awardees this year are Sudlersville Middle School personnel

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### Maryland Star of Life Award

MIEMSS Executive Director Dr. Robert R. Bass presents the Star of Life award to (left to right): EMT-B Justin Blacker, EMT-P Lori Moyer, EMT-I Daniel Siemer, EMT-B Andrew Brown, and, accepting for the Trooper 5 crew of Robert Harsh and Al Sunday, 1st/Sgt R. T. Bruns.



### Maryland EMS Citizen Award

Maryland EMS Citizen of the Year award winner Duncan Seguin, center, with MIEMSS Executive Director Robert R. Bass, left, and Montgomery County Fire and Rescue Chief Richard Bowers, right.



### MIEMSS Executive Director's Excellence in EMS Award

Dr. Robert R. Bass, MIEMSS Executive Director presents this award to a team from Queen Anne's County: (back row, from left) EMT-P Lt. Rob Morris; EMT-P Patricia Dilworth; EMT-B Alex Marvel; EMT-P Jeffery Kelly; Kevin Kintop; and 1st/Sgt R. T. Bruns, who accepted the award for Trooper Chris Tappan and pilot Craig Thompson; (front row, from left): Tobie Perry, who accepted the award for her husband, EMT-P Paul Perry; Scotta Higdon; Lisa Palmatary, RN; and Darrell Downs.

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**Scotta Higdon, Lisa Palmatary, RN, Kevin Kintop, and Darrell Downs;** Queen Anne's County Department of Emergency Services personnel **EMT-P Lt. Rob Morris, EMT-Ps Patricia Dilworth and Jeffrey Kelly, and EMT-B Alex Marvel;** Baltimore County Medic 12 Unit personnel **EMT-P Paul Perry and EMT-B Henry Lasek;** and pilot **Craig Thompson and Trooper and EMT-P Chris Tappan** of Maryland State Police Aviation Command.

The successful resuscitation of 13-year-old Brett Rochester from sudden cardiac death exemplifies the chain of survival at its best. On April 5, 2011, Brett was running sprints in gym class at Sudlersville Middle School when he suddenly collapsed and began seizing. Scotta Higdon, the gym teacher, immediately sent two students to retrieve the school nurse, Lisa Palmatary, while placing Brett in the recovery position. Palmatary instructed school staff to call 9-1-1 while she rushed to the gym, finding Brett struggling to breathe. After directing Darrell Downs, the custodian, to retrieve the school's automated external defibrillator (AED), Palmatary initiated CPR, with the assistance of Higdon and Kevin Kintop, the school Principal. At this time, Brett regained a pulse but had not resumed spontaneous breathing.

The school staff was relieved at that point by EMS providers from Queen Anne's County Department of Emergency Services. Lt. Rob Morris, Patricia Dilworth, Jeffrey Kelly, and Alex Marvel began advanced care including assisted ventilations with a bag-valve-mask device, the insertion of an IV, and continuous electrocardiography (ECG) and vital sign monitoring. Brett's teeth were clenched and he continued to have only agonal respirations, compelling Lt. Morris to consult and receive on-line medical direction, due to the patient's young age, to perform a rapid sequence induction (RSI) to insert an endotracheal tube.

Early in the call, Maryland State Police had been requested to transport Brett by helicopter from the scene to the appropriate pediatric center for definitive care. Trooper 1, manned by Chris Tappan and piloted by Craig Thompson, arrived at the scene and Brett, accompanied by Lt. Morris, was on his way to The Johns Hopkins Children's Center. Unfor-



### **Outstanding EMS Program Award**

Members of the Aberdeen Proving Ground Fire and Emergency Services receive the award for Outstanding EMS Program. Pictured from left to right are MIEMSS Executive Director, Dr. Robert R. Bass; Chief Ed Budnick; NREMTs Michael Davis, Scott Kauffman, and John Williamson; and Assistant Chief Michael Slayman.

tunately, hazardous weather forced Trooper 1 to land at nearby Martin State Airport where they were met by Paul Perry and Henry Lasek of Baltimore County EMS. Perry and Lasek transported Brett by ground to Johns Hopkins where, remarkably, he began to wake up and follow commands.

The pediatric team at Johns Hopkins was impressed at the speed and effectiveness of the resuscitation. They felt that the Brett's excellent outcome was a direct result of the chain of survival that began with the care provided by the first responders and continued with the excellent care delivered by the Queen Anne's Department of Emergency Services at the scene.

If it was not for the quick response from the school staff and the exceptional, aggressive, and assertive care provided by the crews of Queen Anne's County Department of Emergency Services, Maryland State Police Aviation Command, Baltimore County Fire Department, and the medical team at Johns Hopkins, the outcome may have been much different.

**Aberdeen Proving Ground Fire and Emergency Services (Harford County)** received MIEMSS's **Outstanding EMS Program Award**. Accepting the award this year were Chief Ed Budnick, Assistant Chief Michael Slayman, and NREMT-Ps Michael Davis, Scott Kauffman, and John Williamson.

In 2011, the Aberdeen Proving Ground (APG) Fire and Emergency Service increased its public education initiative and expanded its Public Access Defibrillator Program. APG paramedics and firefighters taught over 2400 students, and almost 11,000 student hours, in 168 public classes. Public access defibrillators on base were increased to 496. Last year, three individuals went into cardiac arrest at APG. Members of the public initiated CPR prior to the arrival of EMS, resulting in the Return of Spontaneous Circulation (ROSC) in all three cases. Two of the individuals were able to return to work with no further neurological deficiencies. This company has done an excellent job at educating the public about CPR.

The next award, **EMD Provider of the Year**, was presented to **EMD Derrick Leonard** from **Queen Anne's County**. Leonard showed "what it takes" to be a public safety dispatcher when he demonstrated extreme poise and control over the phone after receiving a call concerning a woman in labor.

On November 6, 2011, a frantic individual called 9-1-1 to report that a pregnant female on location was having contractions and her water had broken. Dispatcher Leonard calmly reassured the caller and proceeded with the Emergency Medical Dispatch Protocols. Once preliminary information was obtained, Leonard dispatched units to the scene. He

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continued to stay on the line with the male caller, who was getting very anxious at this point. Leonard was able to determine that a birth was imminent and began to convey delivery instructions to the caller—who was very hesitant about getting involved. Leonard reassured the caller that help was on its way, empowering him to assist with the delivery. Paramedics arrived shortly after the birth, and both mother and baby were doing well.

If it weren't for Dispatcher Leonard's calm demeanor and steady reassurance to the caller, the delivery would likely not have gone smoothly. He did an excellent job at calming the caller and making sure the newborn was taken care of until paramedics arrived. Dispatcher Leonard performed well in his training and discipline, and demonstrated that utilizing EMD protocols is an effective life-saving practice.

**NREMT-P Chuck Boone (Baltimore County)** received the 2012 **EMS for Children Award** for his tireless advocacy on behalf of pediatric patients and their families. As the Quality Assurance Officer/Risk Manager for LifeStar Response, Inc., Boone has served as liaison for the pediatric specialty teams at The Johns Hopkins Hospital, Children's National Medical Center, and Shady Grove Adventist Hospital.

Chuck Boone served as the first Commercial Ambulance Service Advisory Committee (CASAC) representative to the Maryland Pediatric Emergency Medical Advisory Committee (PEMAC), using experience gained as a hospital liaison to advocate for the specialized needs of pediatric patients, families, and providers during inter-facility transport environments. Boone remained on this committee for ten years, actively participating and providing thoughtful and timely feedback. His initial willingness to join the committee led to the establishment of a permanent position for a CASAC representative. As a direct result of Boone's service on the PEMAC, consistent review of protocols and training resources now takes place to ensure that they meet the needs of EMS providers caring for pediatric specialty patients during inter-facility transport. Boone has consistently supported the development of clinical policies and training programs to support the care of children in both the pre-hospital and inter-facility transport environments.



### **EMD Provider of the Year Award**

MIEMSS Executive Director Dr. Robert R. Bass presents Derrick Leonard with the EMD Provider of the Year award.



### **EMS for Children Award**

NREMT-P Bill Adams (center) and Elizabeth Berg, RN (right) accept the award for NREMT-P Chuck Boone, this year's winner of the EMS for Children award, from MIEMSS Executive Director Dr. Robert R. Bass.

MIEMSS's top honor, the **Leon W. Hayes Award for Excellence in EMS**, was presented to **EMT-P Charles Arcadipane (Charles County)** for having selflessly devoted his personal time to provide EMS care and education to others for over 40 years.

Interest in EMS began at young age for EMT-P Arcadipane when he joined the emergency services of the New York Police Depart-

ment. After graduating from college, he moved to Maryland where he began a long volunteer EMS career. Arcadipane joined the Kentland Volunteer Fire Department where he graduated from EMT to Paramedic. He later joined the Bowie Volunteer Fire Department, and then relocated to Charles County where he joined the Waldorf Volunteer Fire Department

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### *The Leon Hayes Award for Excellence in EMS*

Dr. Robert R. Bass, MIEMSS Executive Director, presents EMT-P Charles Arcadipane with MIEMSS's highest honor: the Leon W. Hayes award.

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and the Charles County Mobile Intensive Care Unit (CCMICU). Arcadipane has served as a founding member, First Assistant Chief, and Second Chief for the Dentsville Volunteer EMS, Assistant Chief and Chairman of the Board of the CCMICU, and is a founding member of the National Association of EMTs.

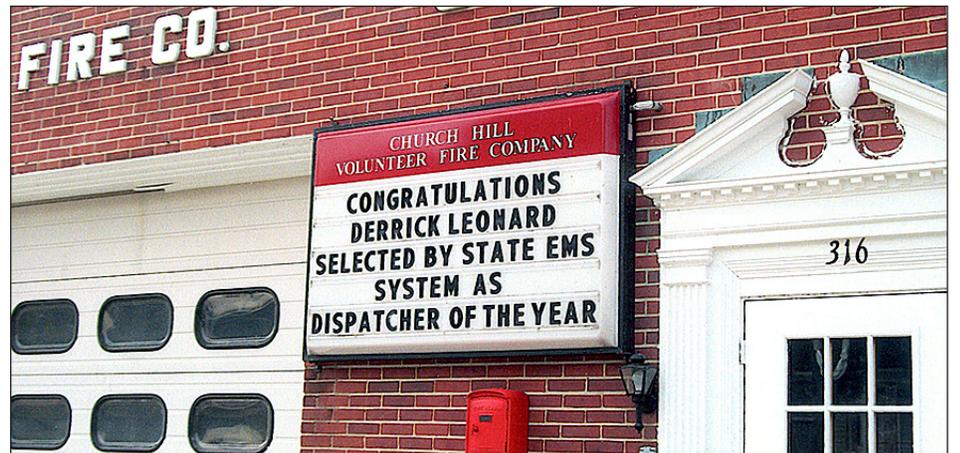
Training is of the utmost importance to Arcadipane and he takes great pride in his students. He has served as the training officer in various companies and is a Level II Maryland Fire and Rescue Institute (MFRI) instructor. Even years later, former students approach him at public events to say "thank you."

Arcadipane never hesitates to help someone in need, work for which he has won numerous awards on local, state and national levels. He routinely responds to medical calls while at work and from home to assist as needed. In 2001, he stopped at a crash scene in St. Mary's County while off duty and headed to his day job. He had come upon a 16-year-old boy who was unconscious after his car had been hit by another vehicle. Arcadipane secured the scene, gained access to the vehicle, and then opened the victim's airway to keep him breathing until a helicopter arrived. For this act, Arcadipane won the Maryland Shock Trauma Hero Award.

MIEMSS congratulates the 2012 award winners and thanks all EMS professionals for their service.



EMS Providers from Queen Anne's County attended the May 22 ceremony in Annapolis in support of their honored colleagues.



Emergency Medical Dispatcher of the Year Derrick Leonard, is honored on the marquee of the Church Hill Volunteer Fire Company (photo - Joyce Hurlock).

## A Message to ALS Providers about Diazepam for Patients with Active Seizure

As the shortage of Midazolam goes on and EMS Operational Programs (EMSOPs) continue to have trouble stocking the medication, MIEMSS has inserted Diazepam into the ALS provider's armamentarium for the management of active seizures.

Before being replaced by Midazolam in 2009, Diazepam was the medication used by Maryland ALS providers to treat patients with active seizures. Effective immediately, ALS providers are authorized to administer Diazepam to active seizure patients if Midazolam is not available.

This change in protocol does not absolve the EMSOP's responsibility to restock Midazolam when it becomes available; Midazolam is still the preferred medication for active seizure management. This change in protocol does empower ALS providers to deliver ALS care to active seizure patients when the first-line medication is not available.

Please contact the MIEMSS Office of the Medical Director at 410-706-0880 or email [ralcorta@miemss.org](mailto:ralcorta@miemss.org) or [jkelly@miemss.org](mailto:jkelly@miemss.org) with any questions.

## *Cardiac Arrest Resuscitation Experience Symposium (C.A.R.E.S.) Educates EMS Leaders from Maryland and Beyond*

Cardiovascular disease is the number one cause of death in Maryland and the nation. Over a quarter million people experience sudden cardiac arrest across the nation each year. On May 6 and 7, 2012, over 60 participants converged at the James N. Robey Public Safety Training Center in Howard County to learn how to achieve one goal—improve the rate of witnessed cardiac arrest survival across the nation. The Cardiac Arrest Resuscitation Experience Symposium (C.A.R.E.S.), co-presented by Howard County Department of Fire and Rescue Services (HCDFRS) and the Resuscitation Academy (RA) of Seattle, Washington, and sponsored by MIEMSS and the Heart Rescue Project, hosted invited guests from Maryland and as far away as Montana. Four of the five EMS regions in Maryland were represented, including:

- Region II: Washington County and Frederick County;
- Region III: Annapolis, Anne Arundel County, Baltimore City, Baltimore County, Harford County and Howard County;
- Region IV: Cecil County and Queen Anne's County; and
- Region V: Montgomery County and St. Mary's County.

Dr. Robert R. Bass, MIEMSS Executive Director, delivered a welcome address to the attendees. Following a brief discussion of CPR's historical roots in Baltimore, Dr. Bass delivered a pledge to Maryland EMS providers. MIEMSS will invite EMS providers statewide to engage in the process of resurrecting its Cardiac Arrest Task Force. The agency will also help create the infrastructure and provide assistance in overcoming barriers to make cardiac arrest management work throughout the state.

Other guest speakers at the symposium shared the science behind CPR, shared stories of successes, or discussed topics including measuring and reporting data, conducting high-performance CPR, and improving dispatch-assisted telephone CPR. Howard County Executive Ken Ulman was also on hand to thank first responders for their service. Howard County EMS, according to Ulman, has focused on improving response times to emergencies.

Maryland providers at C.A.R.E.S. were joined by representatives from across the region hoping to bring back knowledge informing their own cardiac care management programs. David Glendenning, EMT-P, came

to C.A.R.E.S. from New Hanover Regional Medical Center (NHRMC) in North Carolina to learn how to build a platform for provider and public training in CPR. After holding their first Cardiac Arrest Academy in late March, the staff at NHRMC hopes to strengthen future CPR training for over 700 EMS providers, and 200,000 residents, throughout New Hanover County with lessons learned from C.A.R.E.S. lecturers. "After networking at this symposium," said Glendenning, "we feel empowered to be able to accomplish our goal."

### **The Resuscitation Academy, Seattle**

Dr. Mickey Eisenberg, who has more than 30 years of experience in cardiac care and is the Medical Director of King County

Emergency Medicine Services, talked to the attendees about the quality improvement. "It takes a system to save a victim," he stated to the audience, and that system must be constantly measured and improved. The best metric for measuring EMS performance, says Dr. Eisenberg, is witnessed VF survival rates. Most EMS jurisdictions and companies, however, do not collect this information and have no means of measuring the success of their cardiac care programs. Dr. Eisenberg stated three goals he hopes to inspire by sharing his experience:

- 75% involvement of bystander CPR
- AED applied in less than 4 minutes, 50% of the time
- 60% survival rate for all communities

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## **Cardiac Arrest Survivors and EMS Providers Join Forces to Promote CPR**

The first week of June was designated as "National CPR/AED Awareness Week." This week brings attention to the use of CPR and AEDs as being essential in preventing deaths from sudden cardiac arrest.

In recognition of this week, the Baltimore County Fire Department held a celebration event to acknowledge several survivors and the emergency services personnel that made a difference in their outcomes. The event was held on June 1, 2012, at the Parkville Fire Station with County Executive Kevin Kamenetz, Delegate James Malone, and Fire Chief John Hohman in attendance. The Fire and EMS crews involved in many of these calls also attended.

The survivors of cardiac arrest that attended and shared their stories included:

- Breanna Sudano, a 14-year-old field hockey player for Perry Hall High, who had just scored the winning goal in OT when she collapsed on the field, a victim of sudden cardiac arrest.
- Dick Magnani, who 20 years ago left a gym in Towson, suffered chest pains and made it to a pay phone where he called 9-1-1. He was too ill to explain where he was, but a Baltimore County 9-1-1 operator helped figure out his location. The two have stayed in contact ever since.
- Anne Thiessen, a Baltimore County Health Department animal shelter employee, who was at work at the shelter when she suffered sudden cardiac arrest. Co-workers started CPR and called 9-1-1.
- Scott Miller, a Baltimore County police officer assigned to the Wilkens precinct and a volunteer with the Arbutus VFD. He was jogging at UMBC when he suffered sudden cardiac arrest. Students started CPR and called 9-1-1.
- Lisa Payne of Fork, a mother of two young children, had no history of health problems, but one day she was at home, not feeling well, when she went into sudden cardiac arrest.

Baltimore County's Public Access Defibrillation (PAD) program is called "Project Heartbeat." Project Heartbeat's goal is to install AEDs in public places and to train businesses, schools and other organizations to use them. Through Project Heartbeat, Baltimore County has installed AEDs in all public schools and county buildings such as county offices and courthouses. Private businesses and organizations in Baltimore County are encouraged to begin a PAD program. The Baltimore County Fire-Rescue Academy offers monthly CPR classes that are open to the public. In addition, many county volunteer fire companies offer CPR training, as does the American Heart Association.

## Cardiac Arrest Resuscitation Experience Symposium (C.A.R.E.S.) Educates EMS Leaders from Maryland and Beyond

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After the symposium, Dr. Eisenberg remarked, "it was readily apparent that the contents of the Academy, the attentiveness and positive "buzz" of the attendees, and the engaging questions and positive feedback were identical to our academies in Seattle/King County. It is so gratifying to see the Academy goals and messages germinating across the country and growing so quickly. I am happy to report that the Academy in Maryland hit a home run on its first at bat."

Ann Doll, Medical Quality Improvement Manager for King County EMS, shared some tools with the attendees for creating their own cardiac arrest registry. Collecting data on cardiac arrests may greatly improve survival rates by giving EMS a tool with which to measure the success of particular efforts in care improvement. King County EMS is offering the use of their database model, which is adaptable to local needs and preferences and includes flexible reporting capabilities. The Cardiac Arrest Tracking System (CATS) database template is available for Microsoft Access, free of charge, by contacting the Resuscitation Academy (<http://bit.ly/LG5chU>). The variables included in the model CATS database meet Utstein criteria.

The Resuscitation Academy has a number of other toolkits for EMS agencies on its website, including step-by-step instructions for creating a C.A.R.E.S. program in your own jurisdiction. Ms. Doll encourages EMS providers to take advantage of these tools for use in their own companies. "I was very impressed with the leadership shown by Maryland's local jurisdictions," she stated, "in spearheading cardiac arrest management in the State."

### Howard County Initiative

The Howard County Department of Fire and Rescue Services is hoping to establish a Resuscitation Academy, using Seattle's RA model, here in Maryland. Already, changes in the way cardiac arrest are managed in the field are improving the survival rate of witnessed ventricular fibrillation (VF) in Howard County. At the scene, cardiac care includes what Captain Dale E. Becker, NREMT-P and EMS Supervisor at HCDFRS, and his team call "The Dance." Using this strategy, each provider on the rescue team has a pre-determined role and the entire sequence of tasks is timed

down to the second. This high-performance CPR effectively increases the total time that the victim receives chest compressions and may increase survival rate and Cerebral Performance Category. A demonstration of this technique, conducted by members of HCDFRS's Station 8, took place on the first day of the symposium. According to Capt. Becker, utilizing this technique is one example of how cardiac care in Howard County has become BLS, rather than ALS, driven. In practice, BLS providers are now empowered to focus on CPR, time management, patient packaging, and extricating the patient. High Performance CPR is not in conflict with current Maryland Medical Protocols, according to Dr. Richard Alcorta, MD, FACEP, State EMS Medical Director.

For 2010-2011, Howard County asserts a survival rate (with witnessed arrest, shockable rhythm with bystander CPR, and neurologically intact outcome) of 40%. Only a few regions in the country are able to claim success that high; namely, Seattle's King County has a witnessed VF survival rate of 50%. Captain Becker indicated that the RA in Seattle has been a terrific resource for Maryland. "I believe the support we have received from the Resuscitation Academy gives Howard County tremendous credibility as a national leader in cardiac arrest management," he stated in an email to MIEMSS. "In the future I hope Howard would be known as the Gold standard for Maryland EMS and one of the best EMS systems in the country." "We are so happy to be able to share what

we learned in Seattle," said Dr. Kevin Seaman, medical director for the HCDFRS. "I am very proud of our EMS providers who have attained phenomenal results by implementing these techniques. We look forward to working with other jurisdictions as they execute some of these best practices. Stay tuned and we will release more information about future courses as it becomes available."

HCDFRS anticipates that the new academy will continue offering symposiums such as C.A.R.E.S. at least twice a year and/or one-day courses on more specific topics such as high-performance CPR and dispatch-assisted CPR.



*Pictured during the Howard County C.A.R.E.S. presentation are from left to right: Norm Nedell and Dr. Mickey Eisenberg from the Resuscitation Academy in Seattle, Washington; Howard County Executive Ken Ulman; Dr. Robert Bass, MIEMSS Executive Director; and Dr. Kevin Seaman, Howard County Medical Director.*



*Attendees at the Howard County C.A.R.E.S. Program observe members of the Howard County Department of Fire and Rescue Services performing a resuscitation demonstration.*

# Bicyclists Honor Fallen EMS Workers with Memorial Ride During EMS Week

## Cyclists Stop in Maryland on Last Day of Week-Long Ride



The 2012 National EMS Memorial Bike Ride came through Maryland on May 25, 2012, with a stop at the Taneytown Volunteer Fire Department. Pictured here with two Proclamations are Mark Hawkins, President of the National EMS Memorial Bike Ride, Inc. (left) and James L. McCarron, Jr., Mayor of Taneytown (right) (photo – Joe Jordan).

On Friday, May 25, 2012, participants in the National EMS Memorial Bike Ride (NEMSMBR), about 150 in all, took a break from pedaling to visit the Taneytown Volunteer Fire Department. A proclamation from Governor Martin O'Malley was presented to them naming May 25 National EMS Memorial Bike Ride Day in Maryland. The cyclists, who call themselves the "Muddy Angels," began their journey in Massachusetts on May 19 and reaching Alexandria, Virginia, on May 25.

The bike ride honors EMS personnel by organizing and implementing long distance cycling events that memorialize and celebrate the lives of those who serve every day, those who have become sick or injured while performing their duties, and those who have died in the line of duty. NEMSMBR's objectives are to:

- Remember EMS workers who have died in the line of duty
- Raise public awareness about line of duty deaths and disabilities in the EMS profession
- Honor EMS workers who continue to work despite dangerous safety conditions
- Advocate for a national tracking of injuries, near misses and a line of duty deaths in EMS
- Provide a safe, friendly and supportive environment for registered participants to bicycle
- Promote healthy lifestyles for EMS providers through physical activity and nutrition

Additional rides this year are scheduled for June in Colorado and September in Louisiana. More information about the NEMSMBR can be found at [www.muddyangels.com](http://www.muddyangels.com).

**MIEMSS, Maryland EMS News**  
**653 W. Pratt St., Baltimore, MD 21201-1536**



**Governor Martin O'Malley**  
**Lt. Governor Anthony Brown**

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 653 W. Pratt St., Baltimore, MD 21201-1536  
[www.miemss.org](http://www.miemss.org)

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 (unless noted otherwise for specific photos)

**Save  
 the  
 Date!**

**The 2012 PRMC Trauma  
 Conference**  
 will be  
**November 2, 2012**  
 at the  
 Clarion Hotel in  
 Ocean City, Maryland

**Details coming soon!**