

Window Safety for Children: Tips for Preventing Falls

With the coming of spring, April brings changes in the weather and windows are opened to allow fresh, warm air into homes. With children in the home, please consider these two important reminders when leaving windows open:

- ☑ Window screens are not designed to stop a child from falling but to keep bugs from coming in. Window guards and locks are essential to keep children safe.
- ☑ Windows are a secondary escape route during a fire. Window guards must have a quick release mechanism

Each year, over 5,100 children younger than 18 years of age are treated in US hospital emergency departments for injuries related to falls from windows. The number of falls from windows has remained steady for the past 10 years, with children under four years of age at the greatest risk. Depending on the height of

the window and the surface on which the child lands, falls from windows result in a variety of injuries. These falls occur more frequently between noon and early evening, the most common playtime for children.

Home Safety Recommendations:

- In homes with children, install window guards that have a quick release mechanism on all second-story or higher windows.
- Install locks on sliding windows to prevent children from pushing them open more than 4".
- Open windows from the top down when possible.
- Keep all furniture away from windows so children cannot climb up.
- Teach older children to understand the dangers of climbing out of or jumping from windows.

- Do not allow children to play on fire escapes, roofs, or balconies.
- Young children should never be left at home unsupervised.
- Practice emergency escape plans with the entire family. Help children to learn to use windows, safely, and only in emergencies.

To learn how to install window guards properly, watch this online video: <http://bit.ly/ZvcpJr>.

Additional resources can be found by visiting:
www.nfpa.org – search on “escape planning”
www.nsc.org – search on “home safety”
www.safekids.org – search on “window safety”

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National EMS Week 2013 Observed May 19–25

This year, National EMS Week is May 19–25, 2013, and the theme is “EMS: One Mission. One Team.” In addition to National EMS Week, Wednesday, May 22 is Emergency Medical Services for Children (EMSC) Day. Maryland celebrates EMS Week each year with the EMS Stars of Life Awards and EMSC Right Care When It Counts Awards for children and youth. MIEMSS awards Maryland citizens and providers by honoring those who have contributed to the EMS system and recognizing children who have identified an emergency and contacted 9-1-1. These awards will be presented during EMS Week.

National Emergency Medical Services Week brings together local communities and medical personnel to publicize safety and honor the dedication of those who provide the day-to-day life-saving services of medicine’s “front line.” EMS Week was first established when President Gerald Ford declared November 3–10, 1974, as the first “National Emergency Medical Services Week.” For additional information, please visit www.acep.org/emsweek.

LEEMCC Qualifies for Protection under Good Samaritan Law

The Law Enforcement Emergency Medical Care Course (LEEMCC) was developed by MIEMSS in 2007 and 2008 in response to the Maryland law enforcement community's request to create a medical course with specificity and applicability to law enforcement's needs. The course addresses medical, trauma, and resuscitation situations encountered by law enforcement officers, including a unique

Care under Fire and Hazardous Circumstances segment.

On July 13, 2010, the Maryland State Emergency Medical Services Board (the EMS Board) approved the LEEMCC educational programs of the Towson University Police Department, the Maryland Police and Corrections Training Commission Academy, the Aberdeen Proving Grounds Police Department, the East-

ern Shore Law Enforcement Agency, and the East Coast Ambulance Service.

Under the provisions of Education Article 13-516 (b)(2)(vii), a law enforcement officer who successfully completes the LEEMCC is not required to be licensed or certified as an EMS provider by the EMS Board provided:

- the officer provides services within the scope of his or her LEEMCC training, and
- he or she is not dispatched as an emergency medical services provider.

Recently the Secretary of the Department of Health and Mental Hygiene determined the LEEMCC to be an equivalent of an American Red Cross course in advanced first aid for the purposes of Section 5-603 (b)(2)(ii) of the Courts and Judicial Proceedings Article of the Annotated Code of Maryland.

As a result of this determination, individuals who successfully complete the LEEMCC will receive the same protection under Section 5-603 as individuals who are certified or licensed as Maryland emergency providers.

Section 5-603, sometimes referred to as the Maryland Good Samaritan Act, provides in general that persons who have specified EMS or first aid training are not liable for any act or omission in rendering assistance or medical care at the scene of an emergency if they are not grossly negligent and the assistance or medical care is provided without fee or other compensation (salary does not constitute compensation for the purposes of this law).

Maryland Division of American Trauma Society Present Award to Meritus Medical Center Trauma Services

On Wednesday, March 20, 2013, the Maryland Division of the American Trauma Society (ATS) presented its Distinguished Service Award for 2013, which recognizes efforts of service to the community and support of trauma-related activities. This year's recipient was the Meritus Medical Center Trauma Services of Hagerstown, Maryland.

The Medical Center was honored for their dedicated support and commitment to Maryland's emergency medical services (EMS) and trauma system through injury prevention efforts. The Meritus Medical Center is a designated Level III trauma center located in Maryland's EMS Region II. The hospital was recognized for being extremely active in its community with injury and trauma prevention programs. The hospital is particularly committed to its Distracted Driving prevention and Youth Occupant Protection programs. These efforts have led to a reduction in injury and deaths.

The American Trauma Society is a voluntary, non-profit organization dedicated to preventing traumatic injuries and reducing their consequences. The main missions of the ATS are to provide injury prevention information through public education and to serve as leaders in the development, advocacy, and maintenance of trauma systems. For more information on the American Trauma Society, and how you can join them, please go to www.amtrauma.org.



From left to right: American Trauma Society Board Member Susanne Ogaitis Jones presented the Distinguished Service Award to Meritus Medical Center Trauma Services' Susie Burlinson, Corey Thomas, and Kelly Llewellyn.



EMS Care 2013 *Ridin' the Wave*

May 1-5, 2013

Ocean City, Maryland

Still Time to Register!

Visit <http://bit.ly/EMSCare2013>
for program and registration form

Stellar Service Awards Highlight Extraordinary EMS Responses in Region I

Awards Banquet Took Place at 2013 Miltenberger Emergency Services Seminar

The Maryland Institute for Emergency Medical Services Systems (MIEMSS) Region I, along with the Stellar Service Awards planning committee, hosted the first annual Night for the Stars program to recognize and honor extraordinary efforts in emergency medical services. A dinner and ceremony was held at the Wisp Resort on Friday, April 5, 2013, during the 11th Annual Miltenberger Emergency Services Seminar.

“In the hustle and bustle of prehospital and hospital care, we often forget to recognize those who play an essential role in the positive outcomes of our patients in Region I,” said Western Maryland Health System’s, Crissy

Cessna, BSN, who is also a NREMT-P with Mt. Savage Volunteer Fire Department and coordinator of the event. “Recognition for their stellar services is often forgotten. The Region I Night for Stars Stellar Service Awards banquet gave us the opportunity to say ‘thank you’ to just a few of the many providers in Region I who provide exceptional care to our patients on a daily basis. As the Night for Stars coordinator, it was a magnificent feeling to see the many looks of appreciation and thanks on the faces of each Stellar Service Award recipient. The gratitude of the award winners made the time spent constructing the first annual Night for Stars event worth every second.”

Ninety-six individuals from Allegany and Garrett counties who were involved with an exceptional EMS call in 2012 were presented with awards at the Friday evening gala. Two incidents, both of which involved a cardiac arrest, cardiopulmonary resuscitation (CPR), and application of an automated external defibrillator (AED), were chosen to highlight the remarkable actions of bystanders, EMS providers, and medical staff. Because of their actions, two local men survived their ordeals.

Ceremony guests were treated to a video production, featuring first-hand accounts by those that were involved in each life-saving incident, along with live narration by Dr.

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Awardees from Allegany County (top) and Garrett County (bottom) are joined by Dr. William May, Region I Medical Director, and Dr. Robert Bass, Executive Director of MIEMSS.

Stellar Service Awards Highlight Extraordinary EMS Responses in Region I

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William May, Region I Medical Director. Along with Dr. May, Dr. Robert Bass, MIEMSS Executive Director, presented each awardee with a commemorative plaque.

Among the 235 guests at the ceremony were several Garrett County Commissioners who attended in support of their local providers and hospital staff.

“There are [emergency medical ser-

vices] systems in place to ensure our citizens and visitors get the best quality emergency care possible,” said Dwayne Kitis, MIEMSS Region I Administrator. “There are vital parts required for these systems to provide successful outcomes, but it is the people that are the most critical link in the process—the people that constantly work that system. The Stellar Service Awards presented at Night for Stars recognize how a system, and the people in

that system, can make all the difference saving lives.”

A second annual Night for Stars is already being planned. The committee is asking for nominations for its 2014 Stellar Service Awards, due no later than October 1, 2013. For more information about the awards, contact the MIEMSS Region I office at 301-895-5934.



Region I Administrator Dwayne Kitis hosted the banquet and ceremony.



Guests at the first annual Night for Stars Stellar Service Awards enjoy a video presenting first-hand accounts of the award-winning EMS calls.

National EMS Memorial to Honor Nineteen This Year

The National EMS Memorial Service has announced that 19 individuals will be honored at the 2013 National EMS Memorial Service in Colorado Springs, Colorado, on June 22. At the non-denominational service, friends and family of the deceased will gather to remember their loved one, and families will be presented with a US flag that has flown over the nation’s Capitol building, a white rose, and a medallion. The name of each honoree will be engraved on a bronze leaf, which will then be added to the Memorial’s Tree of Life. Previously honored at the National EMS Memorial are 601 Providers that have lost their lives in the line of duty. More information can be found at www.nemsms.org.

2013 Protocol Update Reminder

As a Maryland EMS Provider, you **MUST** complete the 2013 Protocol Update (*Meet the Protocols*) matching your level of licensure **before July 1, 2013**. There are four editions of *Meet the Protocols*: ALS, EMT, EMR, and Hospital Base Station. For questions about *Meet the Protocols*, you can email OnlineTraining@miemss.org or call the MIEMSS Office of Licensure and Certification at 410-706-3666 or 1-800-762-7157. To view the full version or just the updated pages of the *Maryland Medical Protocols for EMS Providers* visit www.bit.ly/2013ProviderProtocols.

Howard County EMS Captain Receives National Award

One of Maryland's own EMS Providers has received a distinguished national award for helping establish high-performance CPR in Howard County. Captain Dale E. Becker, NREMT-P, of Howard County Department of Fire & Rescue Services (HCDFRS) was honored with one of the top awards for EMS in the country: the Journal of Emergency Medical Services (JEMS) EMS10: Innovators in EMS Awards, now in its fifth year. The EMS10 Awards recognize only 10 honorees each year, publicizing their work in EMS innovations. Captain Becker was nominated for his dedication in establishing a high-performance CPR procedure for his crew, HCDFRS 8B, which was eventually adopted as standard procedure by all of Howard County Fire and Rescue.

Several years ago, Captain Becker, along with other members of HCDFRS, attended the Resuscitation Academy in Seattle, Washington, where they were trained in high-performance CPR. This procedure involves maximizing chest compressions to achieve a Return of Spontaneous Circulation (ROSC) in the field; rather than focusing on transporting the patient for definitive care, it is provided by EMS. To accomplish this, each member of the crew is assigned a role at the beginning of his or her shift so that no time is wasted when attending to a patient in cardiac arrest. To fulfill his fellowship commitment to the Resuscitation Academy, Captain Becker trained his crew in this procedure; it eventually took hold in other shifts and became standard operating procedure for HCDFRS in 2012.

There have been measurable results of implementing this procedure in Howard County. Over a period from 2001 to 2010, patients with ROSC were delivered to the hospital at a rate of about 19%. During that time, outcomes were not reported, so it is unknown how many of those patients survived or were neurologically intact. In contrast, about 54% of the cardiac arrest patients transported to hospitals in 2011 had ROSC. Of those, 38% of those patients were discharged neurologically intact based on the Cerebral Performance Categories (CPC) scale. A more personal measure, according to Captain Becker is that the expectation of achieving ROSC in the field is so high in his crew, that it has become the new "normal."

On his winning of an EMS10 Award, Captain Becker stated that while he is humbled, his colleagues "should be proud of themselves; they are the ones that, together, made this work." He is proud to represent Howard County for the award, Captain Becker stated to MIEMSS, but is especially thankful to the men and women of HCDFRS who had the courage to embrace such a drastic change in procedure. Captain Becker was honored at an awards ceremony and dinner at the EMS Today Conference in Washington, DC, on March 6, 2013.



Captain Dale E. Becker, NREMT-P, of Howard County Department of Fire & Rescue Services (HCDFRS) was honored with an EMS10: Innovators in EMS Award for his work in bringing high-performance CPR to his jurisdiction.

ALS Providers: Reminder to Renew!

All ALS Providers should have submitted renewal applications to MIEMSS by April 16, 2013, to ensure that they will receive a new card by the end of month. If you are an ALS Provider and have not yet renewed, please do so as soon as possible. The preferred application process for Providers with NREMT I-99 and Paramedic certifications is via the on-line application. To log on and renew, visit www.miemss.org, then click on Provider login on the right-hand side of the screen.



Members of HCDFRS demonstrate high-performance CPR at the Cardiac Arrest Resuscitation Experience Symposium in Howard County on May 6, 2012. Each Provider is assigned a specific role during the resuscitation, and the method is timed precisely.

April is Distracted Driving Awareness Month

April is designated as national Distracted Driving Awareness Month, and MIEMSS is supporting this campaign with a series of social media posts. Did you know there are a number of ways you can get distracted while driving?

- Texting (including reading, writing, or sending electronic messages)
- Using a cell phone to have a conversation, even hands-free
- Eating and/or drinking
- Reading or writing
- Personal grooming
- Interacting with other passengers, including pets
- Using a GPS
- Adjusting the radio, CD player, or portable music player
- Watching or listening to videos

By far, the most risky behavior is texting while driving. The Virginia Tech Transportation Institute published a research study in 2009 in which it found that texting while operating a vehicle is 23 times more dangerous than abstaining from distracting behaviors (the research focused on commercial motor vehicle operations).



Texting uses all three physiological functions that are critical for driving: visual, manual, and cognitive. This is what makes it so dangerous to do while driving. Reading, writing, or sending electronic messages while in a travel portion of the roadway are prohibited by Maryland law.

Your brain is incapable of being fully engaged in more than one task at once. For example, drivers tend to lose about one-third

of their visual image processing function—which is critical in driving—when listening

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Welcome MIEMSS' New Region V Administrator



Jonathan Bratt has joined MIEMSS as the Region V Administrator.

Jonathan Bratt, a Certified Emergency Manager and a Critical Care Paramedic, has joined MIEMSS as the Region V Administrator. He comes to the Agency from the Oak Ridge Associated Universities in Washington, DC.

Jon is a graduate of UMBC with a BS in Emergency Health Services and an MS from the Rochester Institute of Technology in Counterterrorism: WMD Detection and Defense Systems. He is currently a PhD candidate in the Disaster Science and Management Program at the University of Delaware, where he is focused on leadership and community integration during disasters. As a first responder, Jon worked at the World Trade Center during the 9/11 attacks and continues to volunteer his services as a volunteer Paramedic/Firefighter in Baltimore County. Jon is also an instructor for MFRI.

Jon has engaged in a variety of assignments worldwide. He was an emergency management specialist for the California Office of Homeland Security, studied pre-hospital medical services and emergency management with the London Fire Brigade's Multi-Agency Initial Assessment Team, and served with FEMA as a program manager for the joint DHS/FBI Domestic Emergency Support Team in the Chemical Biological Radiological Nuclear and Explosives Branch. Most recently, he traveled to Azerbaijan, the Ukraine, the Democratic Republic of the Congo, and Tajikistan to conduct counter-nuclear proliferation and medical consequence management training on behalf of the US Government.

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April is Distracted Driving Awareness Month

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to phone conversations (Carnegie Mellon study). Distracted drivers also suffer from what is called “inattention blindness” in which they look at objects—such as red lights and children playing near the street—but don’t actually see them.

Maryland State law prohibits hand-held cell phone use by drivers while in motion as well as texting while occupying a travel lane on a roadway—an elaborate way of stating that texting is illegal even at stop lights and stop signs. And did you know that drivers under the age of 18 are prohibited from cell

phone use—even if they are using hands-free devices? As of this writing, a violation of any of these statutes is a secondary offense, meaning law enforcement can only cite drivers when another, primary offense is committed. However, this may soon change as legislation to make them primary offenses is pending.

No matter if it’s a primary or secondary offense, the facts are that lives are at risk when drivers become distracted. Here are some tips to stay focused while on the road:

- If you must make a phone call or text someone, pull off the road before even picking up your device. If you have a passenger that is capable, ask them to make the call for you.
- Eat before you get in the car, or after you arrive at your destination.
- Remind other passengers, especially children, that engaging the driver can be distracting and stressful. Provide quiet activities that are engaging for them. If a child needs attention, pull off the road so that you can give them that attention safely.
- Don’t let pets sit anywhere near the driver of a vehicle. The best option for your safety—and theirs—is to use a travel crate if possible. For most pets, this is less stressful than being free in a moving vehicle.
- Set your GPS to your destination before you start moving. If you have to adjust it during the ride, pull over to the side of the road.
- Don’t put reading material on your lap or on the passenger seat. Wait until you reach your destination to read that fascinating article or engrossing book. You’ll enjoy the reading more, anyway, if you’re not being jostled.

Remember, no text (or phone call, or snack, or favorite song) is worth a life.

New APIC Implementation Guide for EMS Now Available

In early April, the Association for Professionals in Infection Control and Epidemiology (APIC) published its 2013 Guide to Infection Prevention in Emergency Medical Services. The Guide is available as a free download from the APIC website at www.apic.org/Professional-Practice/Implementation-guides, or you can purchase a hardcopy from the APIC store (www.apic.org/APICStore/Products). Topics covered in this guide include:

- The role of infection prevention in patient and EMS system responder safety
- Infection prevention standards, regulations, and best practices applicable to EMS setting
- Overview of epidemiology and pathogenesis of communicable diseases in EMS setting
- Instruction, examples, and tools to perform surveillance, develop an exposure control plan with post-exposure management, and conduct risk assessments
- Emergency, disaster, and bioterrorism preparedness
- Forms and templates for infection prevention education, training, and compliance monitoring



Save the Date: May 8 is Bike to School Day 2013

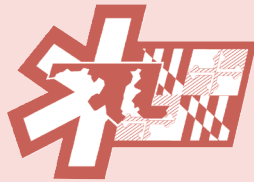
Bicyclists from across the United States will celebrate National Bike to School Day on May 8. Bike to School events work to create safer routes for bicycling

and walking, and emphasize the importance of a range of issues such as increasing physical activity among children, cyclist and pedestrian safety, traffic congestion, concern for the environment and building connections between families, schools and the broader community. Remember, safety first!

- All riders should wear appropriate safety gear and helmets should pass the “fit test” (www.nhtsa.gov/people/injury/pedbimot/bike/EasyStepsWeb/index.htm)
- Make sure your bike is in good riding condition
- Plan, map, and test the route to school with your child before Bike to School Day
- Obey all traffic laws

Watch for more safety tips on MIEMSS’ Facebook page (www.facebook.com/MarylandEMS) as Bike to School Day approaches.

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Governor Martin O'Malley
Lt. Governor Anthony Brown

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