

Maryland EMS News

For All Emergency Medical Care Providers

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2014 Traffic Fatalities Decline to Lowest Point in 66 Years

Maryland Transportation Secretary Pete K. Rahn joined elected officials and highway safety advocates recently to announce the number of traffic fatalities on Maryland roads in 2014 was 442, the lowest number since 1948. It was noted that through the collaborative work with federal, state, and local partners, along with strong support from members of the General Assembly, Maryland has implemented comprehensive and aggressive initiatives to enhance highway safety over the past five decades. Advances in technology and life-saving medical care, including Maryland's world renowned trauma and EMS system, have been key to saving lives. Many of these efforts are achieved through the four E's of highway safety: Engineering, Enforcement, Education, and EMS.



During a press event in Annapolis, Maryland Transportation Secretary Pete K. Rahn announced that the number of traffic fatalities on Maryland roads in 2014 was the lowest it has been since 1948.



EMS Week 2015: "EMS Strong"

For the week of May 17–23, EMS providers across Maryland will be honored for their dedication to being on the medical "front line." Wednesday, May 20 will be observed as Emergency Medical Services for Children Day.

MIEMSS also holds its annual Star of Life Awards and Right Care When It Counts Awards ceremony during EMS week to recognize and thank those Maryland providers who provided extraordinary care in EMS in 2014. For more information about EMS Week, visit www.acep.org/emsweek.

Night for Stars Award Ceremony Honors Dozens at 13th Annual Miltenberger

Individuals from Allegany and Garrett Counties who were involved with two exceptional EMS calls in 2014 were presented with awards at the recent Night for Stars program. MIEMSS Region I, along with the Stellar Service Awards Planning Committee, hosted the event to honor 120 people for their extraordinary efforts in EMS. A dinner and ceremony were held during the 13th Annual Miltenberger Emergency Services Seminar, a continuing education program for fire, EMS, and hospital personnel, held at the Wisp Resort in McHenry, Maryland.

Two incidents were chosen to highlight the remarkable actions of bystanders, EMS providers, and medical staff. Because of their actions, two local citizens survived cardiac arrest through the utilization of CPR and application of an AED. The EMS call in Garrett County that was recognized at the event involved a woman with muscular dystrophy. She suffered a sudden illness in her home and her husband was coached by 9-1-1 dispatchers to start CPR as their 7-year-old son looked on. In the second call, a man in Allegany County suffered a major heart attack in the parking garage at the Western Maryland Regional Medical Center. He had fallen unconscious, which caused head trauma as well.

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Road and Traffic Safety: A Global Concern

Maryland Safety Advocates Can Make a Difference

#SaveKidsLives

Parents and safety advocates in Maryland have long been concerned about deaths and injuries to children due to motor vehicle crashes. Through advances in vehicle and occupant safety, road engineering, stronger occupant protection laws, increases in restraint use, and other factors, Maryland observed the lowest child fatality numbers in years in 2013: 64 motor vehicle-related deaths among children under age 16. But even one death is too many, so many efforts are underway in Maryland and across the United States to do more to improve children's safety related to motor vehicles.

The picture in some other countries is not so encouraging. A growing epidemic of traffic injuries is devastating the next generation of children around the globe. More than 500 children are killed every day as a result of road traffic collisions, and tens of thousands are injured, often suffering lifelong disabilities. Children living in poorer nations are most at risk. In fact, more than 90% of child road deaths occur in low- and middle-income

countries. Safe Kids Worldwide reports that unless we take action now, the global toll of traffic injuries will explode, placing millions of children at risk. Road traffic injuries will become the leading health burden for children over the age of 5 years in developing countries, and by 2030, road traffic injuries are projected to surpass HIV/AIDS, malaria, and tuberculosis as a cause of death worldwide. The impact of road traffic crashes goes beyond the fatalities and injuries. Crashes are undermining the world economy: it is estimated that road traffic collisions cost at least \$500 billion USD per year, keeping as many as 70 million people in poverty and increasing costs for businesses worldwide.

Yet global road safety is not getting the priority it deserves. Safe Kids reports that while 88 countries experienced a decrease in the number of road traffic deaths from 2007 through 2010, 87 others experienced an increase. Only 7% of the world's population is covered by laws that address all five risk factors (speed, drinking and driving, helmets, seat belts, and child restraints). And children have been left out of most safety efforts. Only 23% of low-income countries have laws

requiring that young children ride in the back seat or be appropriately restrained in cars, and many do not have any laws requiring children to wear helmets while riding on motorcycles or bicycles. Thousands of children die each year on their way to and from school.

The United Nations has launched an official campaign for Global Road Safety called #SaveKidsLives. This campaign invites individuals and organizations around the world to engage with policymakers about the importance of road safety. The #SaveKidsLives campaign believes that children being killed or injured in traffic collisions can be prevented without costly fixes by focusing on what safety advocates know works: lower vehicle speeds, increased use of motorcycle and bike helmets, consistent and proper seat belt or car seat use, pedestrian safety measures, enhanced road infrastructure, graduated licensing programs for new drivers, reduced drunk or distracted driving, and improved health care for injured children. With more of these interventions, millions of lives could be saved. In preparation for the recent Global Road Safety Week, children from around the world came together to create a "Youth Declaration" that makes clear what children need in order to be safe on roads. Go to www.safekids.org/safe-roads-safe-kids to read the call to action, join the campaign, sign the Youth Declaration, and take strong action steps to make roads safer for children.

Adapted from Safe Kids WorldWide's Global Road Safety Week 2015 Event Toolkit.

Maryland County Receives "Best Use of Social Media During an Emergency" Award

The Howard County Department of Fire and Rescue Services (HCDFRS) Public Information Office recently won the Government Social Media Golden Post Award for "Best Use of Social Media During an Emergency" at the 2015 Government Social Media Conference & Expo. This conference, for city, county, and state government personnel, was held April 29 to May 1, 2015, in Reno, Nevada. The Golden Post Award is the first major awards program exclusively designed to recognize the outstanding use of social media by US local and state government agencies. The award was for their use of social media during emergencies that occurred throughout Howard County. The HCDFRS Public Information Office uses a team effort to keep information flowing and up-to-date 24 hours a day, 7 days a week.



Howard County Department of Fire and Rescue Services lead PIO, Jackie Kotei (left), accepts the award with Digital Media Specialist Maria Hogg.

New Primary Stroke Center: Carroll Hospital Center

As of March 24, 2015, Carroll Hospital Center is now designated as a Primary Stroke Center and is accepting stroke patients who meet the criteria for transport to a primary stroke center as directed by *The Maryland Medical Protocols for EMS Providers*.

New Courses Make for an Exciting EMS Care 2015

EMS Care 2015, held in Ocean City, Maryland, featured four days of continuing education programs including skills refresher courses, hands-on demonstrations, and nationally renowned speakers. More than 300 individuals attended, including the pre-conferences and the full conference.

Pre-conference courses included a two-day *EMT Skills Refresher Class* and the *Statewide CISM Coordinators Symposium*. Additional pre-conferences were offered in *Cardiac Review and 12-Lead for BLS*, *Improving Quality and Efficiency with the eMEDS® QA/QI Module*, and *Suicide Awareness: An Introduction for Crisis Responders*.

More than 40 courses or presentations took place during the two days of EMS Care's full conference. Some new courses offered this year include *An Arresting Story: Johns Hopkins and the Management of Sudden Cardiac Arrest* with speaker David Efron, MD, FACS, and *Backboards for Spinal Trauma* with Michael Millin, MD, MPH, FACEP. MIEMSS Executive Director Dr. Kevin Seaman presented the EMS State of the State to kick off the event as well *An Ounce of Prevention: EMS Innovations in Cardiovascular Care Improve Fire Fighter Health*, one of the many full conference courses.

EMS Care 2016 will take place April 28 through May 1. Plans are already underway! Watch *Maryland EMS News* and MIEMSS' website for more information.



Participants engage in hands-on practice at one of the EMS Care 2015 courses for pediatric emergency care.



MIEMSS Executive Director Dr. Kevin Seaman presents the State of the State address at this year's EMS Care conference.

EMRC 40th Anniversary

May 12, 2015, was the 40th anniversary of the first call made to Maryland's Emergency Medical Resource Center (EMRC). As the link between EMS providers in the field and hospital-based medical consultation, the EMRC has played a pivotal role in the development of Maryland's statewide EMS system.

The new SYSCOM/EMRC is anticipated to go live in late May 2015. The new center will house modern interoperable communications equipment, be compliant with the Americans with Disabilities Act (ADA), and meet all fire protection and life-safety codes. This is an important, but not final, step in improving the State's medical communications through a statewide EMS communications systems upgrade project.



This photo of the EMRC dates from the late 1970s when the Center was located in Sinai Hospital in Baltimore. The new EMRC will feature state-of-art technology and equipment.

Closed POD Bulk Distribution Exercise for Montgomery County

The Montgomery County Department of Health and Human Services, Public Health Services (DHHS/PHS) conducted a full-scale Closed Point of Dispensing (POD)

bulk distribution exercise on April 22, 2015. The exercise was sponsored by the Maryland Emergency Response System of the National Capital Region program under MIEMSS.



Volunteers at Montgomery County's Closed POD Drill practice loading medical countermeasures for distribution in response to a scenario involving a public health emergency.

This exercise was designed to assess Montgomery County's ability to distribute medical countermeasures (such as antibiotics) in bulk to 64 local nursing homes and large assisted living facilities serving as Closed POD partners. Closed POD refers to specific businesses or organizations that have agreed to work with the local health department to quickly dispense emergency medical countermeasures to their staff and family members (and in some cases, patients or clients).

Participating agencies in this exercise included DHHS/PHS, nursing homes, and large assisted living facilities in Montgomery County, with support from Montgomery County Fire and Rescue Service and Montgomery County Police Department personnel. Response capabilities assessed in this exercise included the County's ability to activate and operate a bulk distribution site for Closed POD partners, to communicate effectively between response partners, and to maintain fluid movement of resources and personnel.

The exercise allowed Montgomery County to obtain real-time, quantifiable data for processing Closed POD partners that can be utilized to determine the best methods for distributing medication at a bulk pick-up site. The estimated processing time for drivers to pick up medication was a minute and half. The one lane set-up worked very well to process the Closed POD partners and the rate was steady and continuous.

This Closed POD exercise built upon a tabletop exercise held in February 2015, which brought together partners to discuss key planning issues related to the activation of Closed PODs that are likely to arise during a public health emergency in Montgomery County.

First Annual Statewide Recruitment Day

Maryland volunteer Fire/Rescue/EMS Departments held the First Annual Statewide Recruitment Day Event on April 12, 2015. There were 166 fire and rescue departments that took part in the event and over 300 new candidates filled out applications to join Maryland's departments. The event gave members of the public an opportunity to learn how to volunteer as a responder or administrative staff member at their local departments. If you know someone interested in volunteering for the Fire/Rescue/EMS services in Maryland who missed the event, more information is available at www.mdvolunteer.org.



Fire and EMS personnel at Parsonsburg Volunteer Fire Company, one of the dozens of Maryland departments that participated in the First Annual Statewide Recruitment Day, demonstrate equipment and suppression techniques for the attendees. Photos courtesy of Parsonsburg Volunteer Fire Company.

Night for Stars Award Ceremony Honors Dozens at 13th Annual Miltenberger



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Ceremony guests were treated to a video production featuring first-hand accounts by those who were involved in each life-saving incident. The ceremony was narrated live by Crissy Martz, the Education and Project Management Coordinator for the Western Maryland Health System, and Dwayne Kitis, MIEMSS Region I Administrator. Dr. Richard Alcorta, the State EMS Medical Director, introduced the audience to Dr. Kevin Seaman, MIEMSS' Executive Director. Dr. Alcorta and Dr. Seaman, along with Region I Medical Director Dr. William May, presented each awardee with a commemorative plaque.

"The Night for Stars program was developed to give thanks to those who give of themselves every day to ensure the citizens of Allegany and Garrett Counties are safe and cared for in their time of need. What if there were no ambulance services, 9-1-1 dispatchers, fire-rescue services, emergency health care staff, or public safety providers?" said Kitis. "Awarding a small contingent of these heroic individuals every year is the very least we can do to ensure they are appreciated for their service."

The Fourth Annual Night for Stars is already being planned. The committee is asking for nominations for its 2016 Stellar Service Awards, due no later than October 1, 2015. For more information about the awards, contact the MIEMSS Region I office at 301-895-5934.



Over 100 individuals received awards at the Night for Stars program for their life-saving actions in incidents that took place in 2014. EMS and hospital personnel were honored for their work during this annual ceremony. MIEMSS Executive Director Dr. Kevin Seaman, State EMS Medical Director Dr. Richard Alcorta, and Region I Medical Director Dr. William May presented the awards.

National Trauma Awareness Month

The American Trauma Society, in collaboration with the Society of Trauma Nurses, is presenting National Trauma Awareness Month. This May, National Trauma Awareness Month celebrates its 27th anniversary with the 3D Trauma Prevention campaign, which focuses on three significant contributors to motor vehicle crashes: drugs/drinking, distraction, and drowsiness. This is an all-too familiar list that makes driving a risky endeavor. In 2013 over 32,000 fatalities and over 2.3 million injuries from motor vehicle crashes occurred in the United States. Of those, 31% involved an alcohol-impaired driver and 18% involved a distracted driver. While these numbers have decreased slightly over the past few years, the promotion of prevention strategies and education around risky behaviors must continue until these statistics are eliminated.



Campaign to End Heatstroke Deaths and Injury to Children



The 2015 campaign to end heatstroke death and injury to children kicked off on April 16 with print, television, and social media messages. While it doesn't feel terribly hot outside yet, it's never too early to start spreading the word about the dangers of leaving children in cars. Heatstroke in cars can happen **any month of the year**. Even at an outside temperature of 60 degrees, your car's inside temperature can reach 110 degrees quickly. Remember to **ACT** in order to reduce the number of deaths from heatstroke:

Avoid heatstroke-related injury and death by never leaving your child alone in a car, not even for a minute. And make sure to keep your car locked when you're not in it so kids don't get in on their own.

Create reminders by putting something in the back of your car next to your child such as a briefcase, a purse, or a cell phone that is needed at your final destination. This is especially important if you're not following your normal routine.

Take action. If you see a child alone in a car, call 9-1-1. Emergency personnel want you to call. They are trained to respond to these situations. One call could save a life.

This campaign targets parents and caregivers to prevent any more tragic deaths of children left in hot cars. Although 2014 had lowest number since 1998 of child fatalities from heatstroke as a result of being left alone in motor vehicles, 30 children still died last year, including 3 in Maryland. Every May since 1998, a child has died because they were left inside a car.

MIEMSS and Safe Kids Maryland have developed a poster to help get the word out on this preventable tragedy. The poster may be downloaded and reproduced for community events and public education activities from www.safekidsmd.org. Please contact safekidsmd@miemss.org, or visit www.safercar.gov/heatstroke or www.safekids.org/heatstroke for additional information.

Memorial Effort Underway for Those Lost in Trooper 2 Crash

On September 27, 2008, Trooper 2 responded to Waldorf, Maryland, to assist the Waldorf Volunteer Fire Department with a motor vehicle crash. First responders identified two patients for transport, making a second medical provider necessary to assist with patient care in the helicopter. While attempting to deliver the patients to a trauma center, Trooper 2 encountered poor weather and diverted to the Andrews Air Force Base. The helicopter crashed in Walker Mill Park on approach to the airport.

Killed in the crash were the flight crew, Maryland State Police Pilot Stephen Bunker and Flight Paramedic Trooper First Class Mickey Lippy; one patient, Ashley Younger; and the Waldorf VFD medical provider, EMT Tonya Mallard. One patient, Jordan Wells, was located, treated, and transported by rescuers, and survived her injuries.

To honor the victims of the crash, plans for a memorial marker are underway. The memorial will be located in the Walker Mill Park at the entrance to the walking trail leading to the crash location. A second marker will be placed at the crash site. Donations can be made on line at: <http://www.waldorfvfd.com> or via mail to: The Waldorf Volunteer Fire Department, Trooper 2 Memorial Fund, 3245 Old Washington Rd., Waldorf, MD, 20602. A memorial ceremony is planned for September 27, 2015.

MIEMSS Safety Corner

MIEMSS' EMS Liaison Mike Deckard shares some personal reflections for this month's Safety Corner. Thank you Mike!

A few weeks ago I happened to be sitting in a meeting of Fire Department Physicians from around the country who had gathered to discuss health and wellness of the fire and EMS service. One topic particularly struck a chord with me: cardiovascular health. As I continued to listen, I felt as if the group was speaking directly to me, the Fire/EMS provider who may not in the best of health.

So what does this have to do with safety? We **MUST** take care of ourselves so that we can continue to take care of those who call us in their darkest times of need. The Centers for Disease Control and Prevention reports that nearly 70% of firefighters are overweight or obese. It's time to take control of your wellbeing! Below are some steps that you can take to help improve your cardiac health.

Exercise regularly

Exercise is a great way to help prevent and control heart disease. You will find that you have more energy and a better mood. While we have active jobs, we still need to dedicate time to exercise. A goal would be 30 minutes of moderately intense exercise, five times a week. Before starting your exercise plan, consult with your family physician. Now get moving!

Eat healthier

Instead of pulling into a fast food restaurant in between calls, plan ahead for a healthier choice. Packing your lunch helps you avoid grabbing something fast, which may be the less healthy option. Eat more fruits and vegetables and make sure to eat a variety of them. Avoid saturated and trans fats. They both raise your LDL cholesterol, which also raises your chances of heart disease and heart attack. Strive to drink eight 8-ounce glasses of fluid per day to stay hydrated, but substitute sugary drinks—including juices—with water to cut your risk for obesity.



URGENT!

The Maryland Poison Center has witnessed a recent increase in synthetic cannabinoid exposures. Increased exposures have also been reported recently in NY, NJ, eastern PA, WV, Washington D.C., and the South, particularly Mississippi. For a map of the US with hot spots please see: <http://www.aapcc.org/alerts/synthetic-marijuana/>.

This week, police crime laboratories in Maryland identified new synthetic cannabinoid compounds in materials obtained from police investigations. These newly isolated compounds have an alphabet soup of names (sometimes >1 compound was isolated):

- MAB- /AB- CHMINACA
- FUBINACA
- FUB-PB-22
- XLR11

CHMINACA and FUBINACA (and other synthetic cannabinoids) are thought to be potent agonists at the cannabinoid receptors 1 and 2 (CB₁ and CB₂). By contrast, tetrahydrocannabinol (THC), the active ingredient in marijuana, is a partial agonist at CB₁ receptors. Because of this different pharmacology, synthetic cannabinoids are not synthetic “marijuana”; and exposure to synthetic cannabinoids is different from exposure to marijuana.

In PA last month, 31 patients exposed to suspected synthetic cannabinoids developed the following: agitation, CNS depression, or a combination of agitation/CNS depression. Seizures were also reported. Some patients presented with tachycardia, others with bradycardia and hypotension. No hospital and no “send-out” laboratory can isolate these new compounds currently. Synthetic cannabinoids do not test positive for THC in the urine.

Management of these patients includes supportive care, including intubation if clinically indicated. Agitation and seizures should be treated with benzodiazepines. Intralipid rescue has not been used. The Maryland Poison Center is interested in hearing about all synthetic cannabinoid exposures, 1-800-222-1222. We will also be tweeting additional information on this topic as needed. Follow us on twitter! @MPCToxidbits

Did you know that...

The first ever use of illicit “synthetic marijuana” in the medical literature dates back to 1976, when investigators reported that phencyclidine (PCP) was “misrepresented as synthetic marijuana” in Los Angeles. The original synthetic was PCP!

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Governor Lawrence Hogan, Jr.
Lt. Governor Boyd Rutherford

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