Goodbye, Mr. McGuire

Director of Emergency Services
Donald McGuire received a pin from the County Commissioners to commemorate 14 years of dedicated service to Charles County Government. McGuire’s last day will be on Friday, January 18, 2008. He plans to spend his retirement with his wife, Cheryl, in the Carolinas.

From The Editor….

The Pulse has undergone some changes! We originally wanted to publish maybe four, then 6 times per year. As the first issue was being put together, it became evident that we had enough for a bi-monthly publication, then a monthly. As you have seen, even our monthly issues are becoming lengthy and hard to open on some computers, so we have decided to streamline. Most sections you are used to seeing will still be here. Each month there will still be news and information from each area of operation. What will be changing is some of the outside news, information and some contributors. You will now see those articles in our quarterly issues, which will, of course, be a little bulkier. Also, QA has outgrown us and has its own publication, which includes distribution to volunteer service as well.

As Always, your input is welcome anytime by writing campbele@charlescounty.org

Looking for QA/QI? Coming soon, they will have their own, county-wide newsletter!
"Tuck in your shirt son, you’re in the pros now so act like it." Marvin Lewis, Head Coach of the Cincinnati Bengals at his first training camp made this statement to Chad Johnson, the Bengals’ star wide receiver.

It was stated to me at one point in time that "this job is just a hobby for me", I do it for fun. While this may be true and indeed I do want everyone to enjoy what they do, unless you make millions of dollars doing it then why should you choose a profession you do not enjoy. However, this profession, specifically as a professional emergency responder for Charles County Emergency Services; you are required to act and be as such eight days a month. Eight days a month, for 24-hours on those eight days your are asked to come to work and be a professional. That is 12 less days a month you have come to work and be a professional than most other people in the world. As a professional emergency responder for Charles County Emergency Services you are considered by the public to be a cut above the rest, performing outside the scope and reaches of amateurs. Think of how disappointed you’d be if you paid money to go see your favorite NFL Team and the local pee wee league showed up to play. When you walk through the doors of the Station those 8 days a month, who is the public getting? Are you a professional?

A professional learns every aspect of the job. An amateur skips the learning process whenever possible.

A professional carefully discovers what is needed and wanted. An amateur assumes what others need and want.

A professional looks, speaks and dresses like a professional. An amateur is sloppy in appearance and speech.

A professional keeps his or her work area clean and orderly. An amateur has a messy, confused or dirty work area.

A professional is focused and clear-headed. An amateur is confused and distracted.

A professional does not let mistakes slide by. An amateur ignores or hides mistakes.

A professional jumps into difficult assignments. An amateur tries to get out of difficult work.

A professional completes projects as soon as possible. An amateur is surrounded by unfinished work piled on top of unfinished work.

A professional remains level-headed and optimistic. An amateur gets upset and assumes the worst.

A professional faces up to other people’s upsets and problems. An amateur avoids others’ problems.

A professional uses higher emotional tones: Enthusiasm, cheerfulness, interest, contentment. An amateur uses lower emotional tones: anger, hostility, resentment, fear, victim.

A professional persists until the objective is achieved. An amateur gives up at the first opportunity.

A professional produces more than expected. An amateur produces just enough to get by.

A professional produces a high-quality product or service. An amateur produces a medium-to-low quality product or service.

A professional has a promising future. An amateur has an uncertain future.

The first step to making yourself a professional is to decide you ARE a professional.

Have fun and live life to the fullest in any fashion you choose the rest of the 22 days of the month, but for the 8 days a month you show up for work, be a professional. It is time to tuck in our shirts because we are now in the pros, for those who can't, go back to being amateurs.
Supply Officer Notes
By Lt. Cherry

I have noticed some of our supplies, such as ET tubes, IV needles, bags of fluid, being opened prior to their use. I would like to discourage this practice since those items must be thrown away. Our supply budget has been cut but the cost of supplies has remained the same. So please refrain from "preparing" your equipment when you arrive for your shift.

From the Office of Health and Safety
Extracted from Lt. Higgins’ 1-15-08 Safety Brief

Many of you have already purchased the black North Face winter jacket. They are nice coats, and they provide a lot of warmth and comfort. However, what they do not provide is visibility; especially at night. So this is a reminder that when operating on any road during a motor vehicle collision, or for any other reason, you must wear your safety vest for visibility. This applies to daytime and nighttime.

Flu Prevention Measures

- Wash your hands frequently, especially before meals
- Keep hands away from the mouth, nose and eyes
- Cough into a tissue or sleeve instead of into hands

GET VACCINATED
Don’t get flu. Don’t spread flu. www.cdc.gov/flu
Narcan (naloxone) is an emergency medication that counteracts the effects of opiate-related overdose. Opiates, like heroin and oxycontin depress the respiratory drive of the user - in an overdose situation, the user may stop breathing. Narcan blocks the effect of the opiate and the user begins to breathe.

It is safe, easy to administer, has no side effects and has no potential for abuse. Like nitroglycerine, narcan is rapidly absorbed across mucosal membranes. After intranasal (IN) mucosal administration, naloxone exhibits opiate antagonist effects almost as rapidly as the IV route with bioavailability approaching 100%.

The IV drug route has several disadvantages: altered patients, time to administer, combative patients, scene control issues and moving ambulances to name a few.

The IN route has several advantages: it’s easy and convenient, almost everyone has a nose, the nose is a very easy access point for medication delivery, no shots are needed, it is painless and it eliminates any risk of a needle stick to you, the medical provider. IN naloxone can be effective in the field (83% initial response rate).

How much of the administered medication actually ends up in the bloodstream?

*IV medications* are 100% bioavailable.

*Most oral medications* are about 5%-10% bioavailable due to destruction in the gut and liver.

*Nasal medications* range in the 55% to 100% bioavailability range - approaching IV delivery systems.
From the County....

A Message From:
Paul Comfort, Esq.
County Administrator

It’s a New Year! Hope you had a great holiday season.
A New Year reminds us that “the only constant in life...is change.” Seasons come
and go and life constantly renews itself. Organizations are no different. They go
through seasons and changes as well. We’ve had a year full of changes. Now
I’m looking forward to a New Year in which we can work together to create positive
improvements and exciting achievements in County Government. I hope you will
come with me this year on our collective journey with an attitude of hopeful
expectancy.

Our nation’s Constitution says governments are instituted among men to
secure their “rights of life, liberty, and the pursuit of happiness.” In other words, we
are here being paid as government employees to serve those who pay our
wages (in the form of taxes) to ensure they can enjoy “the blessings of liberty.” We
can do so with a heart of bitterness or gladness. I choose the latter. I encourage
you to do the same. Life is too short to allow it to be filled with regrets, bitterness,
and resentment. This is true in your personal as well as work life. Let’s take
the opportunity this New Year to ensure that the things that are really in our control—
our response and attitude—help make our life happy and productive.

This year, I will work toward creating a pro-employee culture that empowers you
to do your job to your fullest ability. I ask you to partner with me by coming to work
every day with a positive attitude and giving your best to serve our citizens. If
we both do our part, I believe we can create a culture of trust and respect that
will make our work life both enjoyable and rewarding. Thank you.

Extracted from The Eagle Eye, January 2008

Caption Contest

Cardiac Centers

MIEMSS has been developing draft regulations for the designation
of Acute Cardiac Interventional Centers. Once designated, these hospitals
will be able to receive ambulance-transported patients with
acute ST-elevation myocardial infarction
(STEMI) who need certain
catheter-based coronary intervention
techniques, including balloon angioplasty,
to relieve coronary vessel narrowing.
Centers will be required to
provide the needed cardiac intervention
within defined time limits after
patient arrival. MIEMSS is working
with the Maryland Health Care
Commission and cardiologists to
develop the draft regulations, which
should be completed in the upcoming
year.

Extracted from MIEMSS newsletter, Jan. 2008,
www.miemss.org

QUIZ OF THE MONTH:
MD Protocols: In an ALTE situation, when should you contact a pediatric base
station?
THE PULSE

Narcan, continued from page 4

How does IN narcan work?
- absorbed via the rich vascular plexus of the nose and directly enters the circulation.
- avoids the stomach and small intestine so is not destroyed by acid and digestive enzymes, nor delayed in its absorption to the blood stream.
- avoids the portal circulation, so is not subject to extensive destruction by the liver.
- can be absorbed directly through the olfactory mucosa into the CSF - giving rapid brain levels of the drug.

Compared to oral medications, intranasal medication delivery results in faster delivery to the blood stream and higher blood levels. Compared to IV medications, intranasal medication delivery results in comparable blood levels and higher brain levels if well absorbed across the olfactory mucosa.

Volume and Dosage

Too large a volume or too weak a concentration may lead to failure because the drug cannot be absorbed in high enough quantity to be effective. Larger nasal mucosa surface area = higher bioavailability. Particle size 10-50 microns adheres best to the nasal mucosa. Smaller particles pass on to the lungs, larger particles form droplets and run-out of the nose. Volumes over 1 ml per nostril are likely too dilute and may result in runoff out of the nostril, therefore a **maximum of 1mg per nare is recommended**. Nasal mucosal characteristics:

If there is something wrong with the nasal mucosa it may not absorb medication effectively. Examples: vasoconstrictors such as cocaine prevent absorption, bloody nose, nasal congestion, and mucous discharge all prevent mucosal contact of drug. Destruction of nasal mucosa from surgery or cocaine abuse = no mucosa to absorb the drug.

MAD - Mucosal Atomization device:

Device designed to allow emergency personnel to delivery nasal medications as an atomized spray.

Broad 30-micron spray ensures excellent mucosal coverage.

Photo from www.oregonems.org
I am writing this letter to thank Nancy Jones, and Meghan Hiponia for their help and concern. I was in an accident on Friday, February 1, 2008 on Poorhouse Rd, where I took a little ride up an embankment and then on my hood. Luckily I was able to climb out the passenger side door, and had minor injuries. PA 89 arrived shortly after I was removed from the car, and showed great concern for me. Of course I wanted to place the ambulance in service, but the Eng from 8 insisted that I get checked out. Meghan and Nancy, even though I refused care, walked me to the ambulance, kept me warm, obtained my vitals, and asked me continuously if I was sure that I didn't want to go to the hospital. Being stubborn I said no every time, knowing that I really should have been seen. I just wanted to write at letter of appreciation, because they were very thoughtful and kind, showed great concern for me while still remaining professional. I was relieved to see the two of them step out of the ambulance because I knew that I would be in good hands. Thanks very much for you help.

Brandy Pilkerton
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Mission Statement

The mission of Charles County Government is to provide our citizens the highest quality service possible in a timely, efficient, and courteous manner. To achieve this goal, our government must be operated in an open and accessible atmosphere, be based on comprehensive long- and short-term planning, and have an appropriate managerial organization tempered by fiscal responsibility.

Vision Statement

Charles County is a place where all people thrive and businesses grow and prosper; where the preservation of our heritage and environment is paramount; where government services to its citizens are provided at the highest level of excellence; and where the quality of life is the best in the nation.

Commissioners of Charles County:

Wayne Cooper, President
Dr. Edith J. Patterson, Vice President
Samuel N. Graves Jr.
Reuben B. Collins II
Gary V. Hodge

Mission Statement CCEMS

It is the mission of the Charles County Department of Emergency Services, EMS Division to provide superior quality emergency medical support to the citizens of Charles County, Maryland and requesting jurisdictions.

Vision Statement CCEMS

With well-trained, capable and professional personnel; The Charles County Department of Emergency Services, EMS Division will provide the best premium quality of preventative and emergency care in the fastest, most efficient and cost effective manner possible to the citizens of Charles County, Maryland and requesting jurisdictions. It is the goal of the Charles County Emergency Services, EMS Division to be at the vanguard of pre-hospital emergency care.

ANSWER TO QUIZ:
A physician should be contacted “when the parent or guardian refuses medical care or transport”