

# *EMS on the Go* With LewisGale Hospital Montgomery

## Blacksburg Volunteer Rescue Squad 2017 Governor's EMS Award for Outstanding EMS Agency



Members of Blacksburg Volunteer Rescue Squad accept their award at the 38th Annual EMS Symposium, Norfolk, VA (photo courtesy of David English)



Each year hundreds of EMS providers travel from all over Virginia and neighboring states to engage in a week of learning, renewed camaraderie, skill development and refinement, and EMS CE acquisition at Virginia's *EMS Symposium*. Long, but exciting and inspiring, days of presentations about the latest and greatest prehospital patient care, research, and evidence-based practices ensues during *EMS Symposium*. Sessions typically start at 0900 and last throughout the day until 1700 and are 1.5 hrs. in duration. On Saturday, 11 Nov. 2017, honors were bestowed upon

BVRS at the Annual Governor's EMS Awards Ceremony and Reception. BVRS was awarded the *2017 Governor's EMS Award for Outstanding EMS Agency*. Congratulations for a job well done.

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# Stop the Bleed



SAVE A LIFE



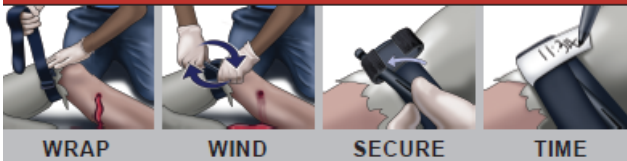
## 1 APPLY PRESSURE WITH HANDS



## 2 APPLY DRESSING AND PRESS



## 3 APPLY TOURNIQUET



CALL 911

As healthcare providers, we understand and appreciate the importance of being prepared for life-threatening accidents and catastrophes. By empowering the public to act in the event of an emergency, patients' lives can be saved. 31 March 2018, marked National *Stop the Bleed* Day. The *Stop the Bleed* campaign is the product of a federal interagency workgroup. The program promotes a national awareness, preparedness, and resilience for the public in the event of a life-threatening hemorrhage emergency. BleedingControl.org is an initiative of the American College of Surgeons, the Committee on Trauma, and the Hartford Consensus and has educational and promotional materials for teaching bleeding control classes.

It is through the desire to help and empower others a cooperative effort between

LewisGale Hospital Montgomery (LGHM), LewisGale Hospital Pulaski (LGHP), Carilion Giles Community Hospital (CGCH), Carilion New River Valley Medical Center (NRVMC), Regional EMS, Inc. (REMSI), and the Western Virginia EMS Council (WVEMS) was formed. The goal of the group is to train as many people as possible about basic bleeding control.



LGHM and WVEMS utilize BCon training kits that include training tourniquets, gloves, wound packing gauze, and simulated wound models (a.k.a. "fleshy logs") with which participants practice tourniquet application and wound packing.

Mike Garnett, NRP (WVEMS) and Lynn Baluh, DHSc, NRP (LGHM) conducted a "train the trainer" session for representatives from the respective healthcare provider groups, and on 23 January 2018, the first BCon class was held at the Montgomery County Government Center.





Train the Trainer attendees: Emory Altizer (LGHM), Nichole Davis (LGHP), Teresa Thornton (LGHP), Michele Shumaker (LGHM), Sherry Stanley (CNRVMC), Staci Bonds (CGCH), Katie Delp (CGCH), Elizabeth Woodyard (CGCH), Joshua Settlege (REMSI), Libby Woodyard (CGCH), Murdock Link (REMSI), Eddie Wood (NRVMC), Mike Garnett (WVEMS)

Neal Turner, Montgomery County Emergency Services Coordinator, secured funding for BCon kits which were distributed to the 25 class participants. LGHM has made sample BCon kits for distribution to schools and community groups. Local government department staff members, community members, and local business personnel have received the BCon training. Three BCon clas-



BCon class attendees : Local Emergency Planning Committee

ses were held in February 2018, and LGHM Trauma Services department members Emory Altizer, Lynn Baluh, and Michele Shumaker trained over 77 people in the NRV community. BCon classes are scheduled for the upcoming months. Community members in Giles, Montgomery, and Floyd counties will have the opportunity to learn how to *Stop the Bleed*.

## EMS Training in the NRV



VAVRS SPECIAL EVENTS & OFF-ROAD OPERATIONS TRAINING (SEOR-OPS)

This class will be held at the Showstville Volunteer Rescue Squad on Saturday, April 14, 2018 (9am-5pm) and Sunday, April 15, 2018 (9am-5pm).



All participants must register by going to VAVRS website [www.vavrs.com](http://www.vavrs.com) by Friday, April 8, 2018 in order to be guaranteed a spot. Students with their own ATV/UTV are encouraged to bring it to the class.



### ACCELERATED EMT COURSE

**Course Description:**  
This is a hybrid EMT course that utilizes the MyBradyLab online learning system and will only meet once per week. Students should anticipate spending at least four hours per week doing online work in addition to class time. Students will need to be disciplined and motivated.

**WHEN**  
Wednesdays  
6pm - 10pm  
MAY 9<sup>th</sup> - AUG 22<sup>nd</sup>

**WHERE**  
Blacksburg Vol. Rescue Squad  
1300 Progress St. Blacksburg VA

This accelerated course will combine online learning with hands-on class experience.

**Instructors:**  
Paul Floemer  
Nathan Davis

**Cost: \$400 plus purchase of MyBradyLab Access (approx. \$100)**

**Class size is limited**

**APPLICATIONS**  
Online applications will be available April 6th.  
Application deadline is April 23th.  
Online applications can be found at VITES website: [www.vites.org/vl](http://www.vites.org/vl)  
Blacksburg, VA only  
Montgomery County EMS applicants will get priority seating



### SLAM AIRWAY TRAINING

7 a.m. - 5 p.m. May 19

Christiansburg Rescue, 190 Depot St. NW,  
Christiansburg, VA 24073

Cost: \$500

Christiansburg Rescue is hosting a full-day Street Level Airway Management (SLAM) training course from 7 a.m. - 5 p.m. May 19. The course is approved for eight hours of EMS CE and is intended for anesthesia providers, paramedics, water care team practitioners, emergency room staff and respiratory therapists.



Find more information and register at <http://bit.ly/2F0Yw9x> or:



## National EMS Memorial Bike Ride

### East Coast Route

12-18 May 2018

Boston, MA to National Harbor, MD

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**Orientation (11 May)** – Boston  
(evening)

**Day 1 (12 May)** – Boston, MA to  
Coventry, RI

**Day 2 (13 May)** – Coventry, RI to  
East Haven, CT

**Day 3 (14 May)** – East Haven, CT to  
Yonkers, NY

**Day 4 (15 May)** – Yonkers, NY to  
Toms River, NJ; shuttle  
service from Lower  
Manhattan to Toms  
River, NJ

**Day 5 (16 May)** – Toms River, NJ to  
Cape May, NJ

**Day 6 (17 May)** – Cape May, NJ to  
Annapolis, MD; ferry  
boat from Cape May, NJ  
to Lewes, DE

**Day 7 (18 May)** – Annapolis, MD to  
National Harbor, MD

**National EMS Memorial Service**  
National Harbor, 19 May 2018

### Southern Route

20-22 May 2018

National Harbor, MD to Richmond,  
VA

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**Day 1 (20 May)** – National Harbor,  
MD to Fredericksburg, VA

**Day 2 (21 May)** – Fredericksburg,  
VA to Richmond, VA

**Day 3 (22 May)** – Richmond, VA

# Montgomery County Prevention Partners Hosts Community Forum

Montgomery County Prevention Partners (MCP) is a coalition of representatives from community entities such as local law enforcement, clinics, hospitals, community services, and court services, who work towards creating a safe, healthy, and drug free community for children in Montgomery County. In an attempt to assess and mitigate youth involvement in and practice of “risky behavior,” Montgomery County Public Schools administers the *Youth Risk Behavior Survey (YRBS)* to middle and high school students. The survey is conducted every two years, depending on funding, and is a culmination of student self-reported data about risky behavior that occurs at home, in school, and in the community. The YRBS contains questions about behaviors such as drinking and driving, suicide ideation, bullying, drug and alcohol use (both illegal and prescription), seatbelt utilization, cellphone and internet usage, sexual activity, and physical health.

A community forum was held on 20 March 2018, at the Christiansburg Aquatic Center. Approximately 50 adults and 15 youth attended the meeting. YRBS data for spring 2015 and spring 2017, was presented and a panel discussion ensued. Panelists included: Jennifer Baldwin (Montgomery County Schools), Dr. Noelle Bissell (New River Health District), Melissa Hipple (Montgomery County Public Schools), Mo McClanahan (Christiansburg Police Department), and Doug Poe (27th District Court Service Unit). Malinda Britt (Community Health Educator with Planned Parenthood) facilitated a focus group discussion with the youth present at the community forum, so a “youths’ perspective” about the



WHAT: Community Forum  
WHEN: Tuesday, March 20, 2018 6:30 – 8:00 p.m.  
WHERE: Christiansburg Aquatic Center

Sophie Maxwell with the Virginia Tech Center for Public Health Practice and Research will share results from the Youth Risk Behavior Survey (YRBS), administered to Montgomery County middle and high school students in the Spring of 2015 and 2017. The YRBS collects data on at-risk behaviors, covering topics such as bullying, cyber bullying, tobacco, alcohol and other drug use, sexual activity, depression, suicide, self-harm, abuse/violence, safety, physical health, eating habits, etc.)

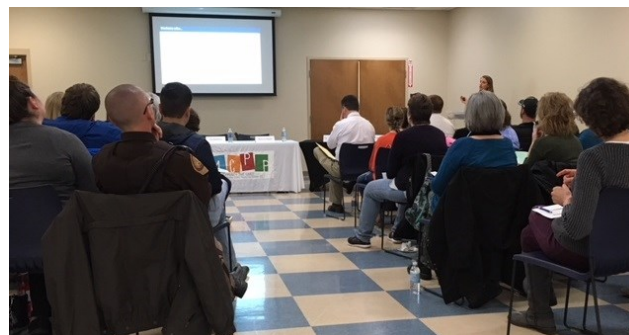
The evening will include a panel discussion, featuring:

- Doug Poe, 27th District Court Service Unit
- Mo McClanahan, Christiansburg Police Department
- Melissa Hipple, Montgomery County Public Schools
- Noelle Bissell, New River Health District
- Chris Taylor, NRVHC, New River Valley Community Services

The evening will also include a facilitated discussion for youth (students in 7th - 12th grade). Light refreshments will be provided.



Hosted by Montgomery County Prevention Partners



Montgomery County Prevention Partners' Community Forum

YRBS data results could be obtained and shared with the adults present at the forum.

## National EMS Memorial Bike Ride

The National EMS Memorial Bike Ride brings EMS personnel from all over the United States together for several days of cycling, camaraderie, and remembrance. These men and women may or may not be bicyclists, but they are united for the purpose of riding in memory of and honoring fellow EMS personnel who died in the line of duty or who have become sick or injured while performing their EMS duties.

There are five different memorial ride routes: The East Coast route will take place 12-18 May and is from Boston, MA to National Harbor, MD; the Southern route is 20-22 May and is from National Harbor, MD to Richmond, VA; the Midwest route is 25-30 June and is from St. Paul, MN to Chicago, IL; the Colorado route is 24-27 July and is from Fort Collins, CO to Littleton, CO; and the West Coast route is 24-25 September and is from Reno, NV to San Francisco, CA. Blacksburg Volunteer Rescue Squad and Christiansburg Rescue Squad riders and support personnel participating in the East Coast route include: Scott Davis, Devon Frasier, Jason Oberoi, Matt O'Rourke, and Scott Pritchard.

New River Valley EMS and Fire personnel who died in 2017, include: Steve Davis (Giles Rescue Squad), Ryan Hubbard (Christiansburg Rescue Squad), Wanda Moorehead (Longshop-McCoy Rescue Squad), Joseph Pack (Riner Fire Department), Maurice Smith (Christiansburg Rescue Squad), Karen Wagner, (VAVRS), and Scott Weaver (Christiansburg Rescue Squad).

To participate in the National EMS Memorial Bike Ride and for more information, go to [www.muddyangels.com](http://www.muddyangels.com).

## National EMS Week 2018

National EMS Week is 20-26 May 2018. It was established in 1974, by President Gerald Ford, to celebrate and honor First Responders, Emergency Medical Technicians (EMT), Advanced EMTs, and Paramedics. EMS agencies in the New River Valley (NRV) provide an invaluable service to their communities. High quality, up-to-date, evidence-based care is provided everyday by EMS personnel many of whom are volunteers.

LewisGale Hospital Montgomery will celebrate EMS Week with festivities, fun, and food. Stay tuned for events, dates, and times.

### Midwest Route

25-30 June 2018

St. Paul, MN to Chicago, IL

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**Orientation (24 June)** – St. Paul, MN (evening)

**Day 1 (25 June)** – St. Paul, MN to Lake City, MN

**Day 2 (26 June)** – Lake City, MN to aCrosse, WI

**Day 3 (27 June)** – LaCrosse, WI to Merrimac, WI

**Day 4 (28 June)** – Merrimac, WI to Whitewater, WI; ferry oat out of Merrimac across Lake Wisconsin to Okee, WI

**Day 5 (29 June)** – Whitewater, WI to Milwaukee, WI

**Day 6 (30 June)** – Milwaukee, WI to Chicago, IL

### Colorado Route

24-27 July 2018

Fort Collins, CO to Littleton, CO

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**Orientation (23 July)** – Fort Collins, CO (evening)

**Day 1 (24 July)** – Fort Collins, CO to Broomfield, CO

**Day 2 (25 July)** – Broomfield, CO to Golden, CO

**Day 3 (26 July)** – Frisco, CO to Idaho Springs, CO

**Day 4 (27 July)** – Idaho Springs, CO to Littleton, CO

**National Air Medical Memorial Service**

Littleton, CO, 28 July 2018

## ED News

### Key Points for Prehospital and ED Stroke Patient Care:

- ◆ Early stroke identification by EMS.
- ◆ Early ED stroke alert notification by EMS—>Call a stroke alert *as early as possible*.
  - ◇ On scene
  - ◇ Prior to departure from scene
  - ◇ Prior to arrival at the ED
- ◆ Early transport—>Limit scene time.
  - ◇ Establish IV access (20g, or 18g in an AC). Do not delay transport to obtain IV access.
- ◆ EMS Arrival: Quick pause in the ED.
  - ◇ ED physician will quickly assess the patient. Patient remains on the EMS stretcher.
  - ◇ ED and EMS transport patient to CT scanner and EMS transfers patient care.

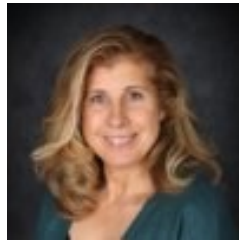
**Goal: Patient in CT scanner in 10 minutes or less.**

### LGHM ED Welcomes Rachel Hahn, PA-C



Rachel Hahn, PA-C

LGHM ED is pleased to welcome Rachel Hahn, PA-C, to the ED team. Hahn graduated from George Washington University with a MS in Health Sciences in 2010. She earned a BA in Biology and BM in Music Performance from the University of North Carolina at Chapel Hill in 2005. Prior to joining LGHM's ED team, Hahn worked at Central Carolina Hospital in the Emergency Department and at Hey Clinic for Scoliosis & Spine Surgery as a PA. In addition to Hahn's talent as a PA, she is a Cellist and played with the Raleigh Symphony Orchestra.



Julie McElwee, BSN, RN, CEN  
Emergency Department  
Director

Stroke care is acutely time sensitive and every second counts. As technology and stroke care evolves and advances, the barriers for early, safe, and effective stroke care and management are broken. By working together with EMS agencies and implementing EMS initiated field stroke alerts, patients are receiving early, evidence-based coordinated stroke care that begins in the prehospital setting and continues throughout his/her hospital visit.

On 5 March 2018, LewisGale Hospital Montgomery went "live" with teleneurology for stroke care. Teleneurology utilizes a portable video conferencing unit (named "Sheldon") that enables neurologists to see and speak with the patient(s) while conducting their stroke assessment. By implementing teleneurology, 24/7 access to a neurologist is available and, via Sheldon, the patient and patient's family, ED physician, and neurologist are brought together so a cooperative care plan and informed patient-centered decisions can be made.

### Teleneurology Goes Live at LewisGale Hospital Montgomery!



Devin LaPuasa, BSN, RN, CEN, Clinical  
Coordinator Emergency Department

### Emergency Department Members Earn Certification and Licensure

The LGHM ED has been a very busy place to be during the recent months. A fast-paced work environment does not daunt ED nurse Erin Moretz or ward clerk



Nancy Score, Ward Clerk, LMT,  
Emergency Department

Nancy Score. In her spare time when she was not working in

LGHM's ED or on an ambulance volunteering with Giles Rescue Squad,

Moretz was studying and completing class work to earn her board certification as a Certified Emergency Nurse.

Meanwhile, Score diligently was working to achieve her goal which soon came to fruition. She graduated from Miller Motte Technical College and is now a Licensed Massage Therapist.

Congratulations Erin and Nancy !



Erin Moretz, RN, CEN, Emergency  
Department

# EMS CE Night at LGHM

## Navigating Conflict Management: Situational Awareness

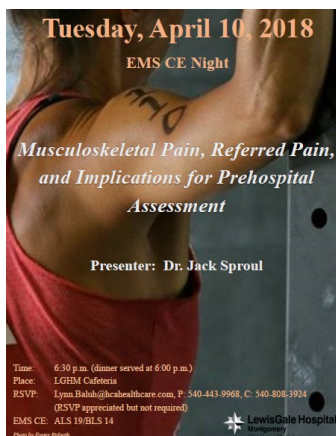
Have you wondered why conflict arises and how you might curtail and mitigate its formation and effects? EMS scenes often times have a host of people (i.e., the patient, the patient's family members, co-workers, bystanders, other professionals) present which means different personalities, perceptions, preferences, conflict styles, and leadership styles are also present. David Porter, DBA, PHR, SHRM-CP, started LGHM's 2018 EMS CE Night series off with his talk about



David Porter, DBA, PHR, SHRM-CP presents: Scene Safe? Navigating Conflict Management: Situational Awareness



Christiansburg and Riner Rescue Squad Operational Medical Director Dr. Susan Osborne, VT Rescue, and Christiansburg Rescue Squad members attend LGHM EMS CE Night



Dr. J. Sproul is the presenter for the April LGHM EMS CE Night. Dr. Sproul's lecture is, *Musculoskeletal Pain, Referred Pain, and Implications for Prehospital Assessment*. EMS CE Night is held bi-monthly. Announcements are posted in the EMS Room and are sent to agency leaders and training personnel. Please plan to join us for the next EMS CE Night on

23 May 2018, at 1830. Speaker and topic TBD.

## West Coast Route

24-29 September 2018

Reno, NV to San Francisco, CA

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**Day 1 (24 September)** – Reno, NV to South Lake Tahoe, CA

**Day 2 (25 September)** – Circumnavigate Lake Tahoe, CA (South Lake Tahoe start/end)

**Day 3 (26 September)** – South Lake Tahoe, CA to Rancho Cordova, CA

**Day 4 (27 September)** – Rancho Cordova, CA to Vacaville, CA

**Day 5 (28 September)** – Vacaville, CA to Petaluma, CA

**Day 6 (29 September)** – Petaluma, CA to San Francisco, CA

## Chief Hanks Receives Governor's Virginia Volunteer Fire Chief of the Year Award



Photo courtesy of the Town of Christiansburg

Christiansburg Fire Department Chief William ("Billy") Hanks was awarded the Volunteer Fire Chief of the Year for 2017, at the annual Virginia Fire and Rescue Conference, Virginia Beach, VA. Hanks has been Chief since 2009, and has served the Christiansburg Fire Department since 1981. Congratulations Chief Hanks!

## Blacksburg Volunteer Rescue Squad Open House



Photo courtesy of David English

In celebration of National EMS Week, Blacksburg Volunteer Rescue Squad is having its annual Open House event on Saturday, 26 May 2018, 1 p.m.—4 p.m.

There will be CPR, *Stop the Bleed*, extrication, and technical rescue demonstrations. Activities for children include face painting and how to summon help and call 911 in the event of an emergency. Mark your calendars and bring your friends to the BVRS Open House event.

## Giles and Newport Rescue Squad EMS CE Sessions a Success

Who would have thought short naps during the day might be beneficial? This was one of many research prompted discussions that was spawned during CE sessions. Flight Paramedic and Newport Rescue Squad volunteer Romney Smith held a series of EMS CE sessions in January, February, and March 2018. Category 1 CE hours for ALS and BLS providers were available. Classes took place at Giles and Newport Rescue Squads and attendees from throughout the New River Valley (Blacksburg, Christiansburg, Giles, Newport, Riner, Virginia Tech, Radford University, and other EMS and Fire agencies) participated. Instructors included: Romney Smith, Lynn Baluh, Angela Rogers, and Tim Webb.



Romney Smith, AS, NRP, FP-C



Angela Rogers, PA-C

## Spotlight: Security

As EMS brings patients into the ED, we often times will see the friendly faces of the Security personnel at LGHM. The team of men and women are tasked with keeping hospital personnel and patients safe and secure. Every day they monitor hospital campus and building cameras, perform safety walks around the interior of the hospital, traverse the exterior hospital grounds, and peruse the ED making sure the hospital campus scene is safe and remains safe for everyone. Don Smith and the Security team are not stoic by any means. He and the others are willing to lend a hand, hold a door, and offer assistance when needed. Please take a moment to say, “Hello” to Smith and the rest of the Security team.



Ron Smith, Security

### LewisGale Hospital Montgomery

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