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EMS



Bulletin

Office of Emergency Medical Services (OEMS)
Virginia Department of Health (VDH)
Winter 2017

The 38th Annual Virginia EMS Symposium Event Recap

The Virginia Office of Emergency Medical Services (OEMS) recently hosted the 38th Annual Virginia EMS Symposium. The largest EMS training event in the state, and one of the largest in the country, welcomed more than 1,700 registered attendees. The symposium offered 13 course tracks and more than 360 courses, covering everything from hands-on training in trauma, medical and cardiac care to education for pediatrics, operations, and health and safety. Approximately 21,245 hours of continuing education (CE) credits were issued to EMS providers attending the symposium.

New this year - the EMS Symposium app was available for download in the Apple app store. This new option was available in addition to mobile accessibility via Android devices and web access. The app offered class schedules, course evaluations, important updates, on-site event information and more.

This training event also included a two-day youth rescue camp for children ages

8 – 12, which taught basic lifesaving skills, and the Governor's EMS Awards, which recognized excellence in the field.



The Norfolk Health Department, in coordination with the OEMS hosted a free Flu Shot Clinic for all symposium participants. Approximately 100 vaccinations were administered to attendees by the Hampton Roads Metropolitan Medical Response System (HRMMRS) Strike Team EMS providers. There

were three Strike Team immunization providers who were supported by their HRMMRS program manager and the Norfolk Health Department's Nurse Supervisor, Immunization Nurse, Public Health Emergency Coordinator and two Medical Reserve Corps volunteers.

Many thanks to all staff, volunteers, sponsors and participants for making this another successful symposium. We look forward to another great Va. EMS Symposium next year and hope to see everyone there!

The call for presentations is open for the 2018 Virginia EMS Symposium. Learn more at: https://vdhems.vdh.virginia.gov/emsapps/f?p=102:LOGIN_DESKTOP:.....

To learn more about the Va. EMS Symposium, visit: <http://www.vdh.virginia.gov/emergency-medical-services/2017-ems-symposium/>

2018 Call for Presentations for the Va. EMS Symposium

By: Warren Short, Training Manager



The Annual Virginia EMS Symposium, scheduled November 7 - 11, 2018, is one of the nation's premier educational opportunities for EMS providers and Registered Nurses to obtain continuing education and network.

Each year, more than 1,500 registrants choose from 360 different programs over the five-day event. National and local educators participate to make this event one of the top prehospital educational opportunities in the country. The symposium has 12 tracks covering Airway,

Respiration, Ventilation, Cardiac, Critical Incident Stress Management, Communications, Critical Care, Educator, Leadership & Management, Medical, Operations, Preconference, Safety, Special Considerations and Trauma. Sessions generally run one hour. Pre-convention sessions vary in length from 3 hours up to 24 hours.

The Symposium Call for Presentation Web Portal allows presenters to submit proposals for the annual Virginia EMS Symposium. Once an account is setup, they will be able use this portal to submit and keep track of the status of their proposals. They can even start a proposal and save it to finish later if necessary. Once a proposal is submitted, it will be reviewed by

the Symposium Program Committee. If selected, the presenter will be notified by the Virginia OEMS staff.

Note: Prior to clicking the "Submit To Committee" button on the summary page, an application is considered incomplete. All required information must be entered, and then click the "Submit To Committee" button in order for the proposal to be considered by OEMS.

Virginia EMS Symposium categories allow for didactic, as well as,

psychomotor activities and encourage faculty to include appropriate innovative information as part of the continuing education program. Hands-on classes are always popular!

Educational categories include:

Pre-Conference: These sessions are comprised of training that is offered starting either on Wednesday and are greater than three hours, or are multiple days. Typically, these are ancillary multi-day programs, programs offering certification or they are sessions that are longer than three hours. Many classes combine classroom training with hands-on activities. Classes are offered at the ALS and BLS levels.

Administrative: These programs are typically Virginia-specific, offered by the Virginia Office of EMS and pertain to the Virginia EMS system.

Airway, Respiration, Ventilation: The Airway, Respiration, Ventilation category provides topics that involve the pathophysiology of ventilation, respiration and the use of airway, oxygenation, ventilation devices in the management of airway, oxygenation, ventilation compromise.

BLS Academy: The Academy is specifically designed for EMTs to comply with category one requirements for recertification.

Cardiology: Cardiology addresses the anatomy, physiology and pathophysiology of the cardiovascular

2018 Call for Presentations Continued

By: Warren Short, Training Manager

system, including risk factors and prevention strategies. Complex issues are addressed in this track, including but not limited to, acute coronary syndrome, heart failure, hypertensive emergencies, vascular disorders and cardiac rhythm disturbances.

Educator: Whether a novice or experienced educator, this track is for educators who will learn the latest in educational methodology, alternative teaching methods, student motivation, engagement and interaction and tips and tricks on how to design curriculum and evaluation tools to enable students to succeed.

Health and Safety: Health and Safety provides information on provider health and safety as it relates to pre-incident, incident and post incident activities, including but not limited to, physical fitness, nutritional health, ambulance safety/design, impact of shift work and roadway incident safety.

Leadership and Management: Leadership and management provides tools and techniques for EMS management and supervisors. It is also appropriate at the provider level to share valuable information that will help with their upward mobility and career planning at the EMS agency level.

Medical: Medical applies assessment findings with principles of epidemiology and pathophysiology to formulate a field impression and implement a comprehensive/disposi-

tion plan for a patient with a medical emergency.

Operations: In addition to offering information to assist with the day-to-day operations of the EMS agency, topics include but are not limited to At Risk Populations, Pediatric Transport, Safety, Affective Characteristics, Crew resource Management and Research.

Pediatric: This track separates general pediatric trauma, medical and airway classes into a single track so that these highly sought after topics can be easily found. Please note that with the Virginia CE program now mirroring the National Registry, many of the pediatric topics are included in the Trauma, Medical, Airway - Ventilation - Oxygenation, and Operations area numbers.

Trauma: Trauma applies assessment findings with principles of epidemiology and pathophysiology to formulate a field impression and implement a comprehensive/disposition plan for a patient with a trauma-related emergency.

For more information about the call for presentations or to submit a presentation today, visit: https://vdhems.vdh.virginia.gov/emsapps/f?p=102:LOGIN_DESKTOP:.....

EMSAT SCHEDULE

Jan. 17 - Pediatric Pain Management

BLS Area 14, ALS Area 19

Feb. 21 - Noninvasive Airways, Improving Mask Seal/Bagging Technique, Proper use of the ET tube

BLS Area 11, ALS Area 16

Mar. 21 - Crime Scene Preservation for Fire and EMS

Cat. 2 for BLS and ALS

April 18 - LVAD Update 2018

BLS Area 12, ALS Area 17

May 16 - The Department of Homeland Security "Stop the Bleeding" Campaign

BLS Area 13, ALS Area 18

June 20 - Vaccinations: A Cooperative Effort to Interact

BLS Area 15, ALS Area 20

You can receive Continuing Education (CE) credits for viewing EMSAT courses at approved sites in Virginia or online. For more information, call 804-888-9120 or visit www.vdh.virginia.gov/emergency-medical-services/education-certification/emsat-schedule/.

To view EMSAT webcasts, visit: <http://unreal.whro.org/oems/>

Suspicious Activity Reporting

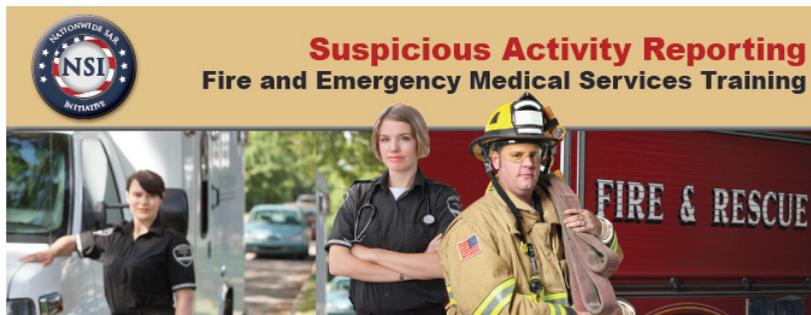
By: Sam Burnette, Emergency Services Coordinator

Today's political and socioeconomic climate increases the chance of EMS providers responding to, or being caught in, a terrorism related event. Every day, there exists an opportunity for a lone wolf or complex coordinated terrorist attack to occur somewhere in the Commonwealth. While Virginia's EMS providers are well-trained and prepared to respond at a moment's notice if these incidents should ever occur, every single provider hopes they never have to. One way EMS providers can contribute to preventing a terrorist attack, is to be aware of and report suspicious activity. However, the question which constantly comes up is "Report what and report it to who?"

What is a suspicious activity? The Nationwide Suspicious Activity Reporting (SAR) Initiative (NSI) is a federal level program designed to increase the effectiveness of state, local, tribal and territorial public safety personnel to identify, report and prevent threats of terrorism. The NSI's definition of a suspicious activity is, "an observed behavior reasonably indicative of pre-operational planning associated with terrorism or other criminal activity." Suspicious activity should not be based on race, gender, national origin or religion.

An activity is only deemed suspicious based on the behavior being observed and is not to be simply based on the person doing the behavior.

For more information on suspicious activity reporting, the NSI provides online training for public safety personnel on suspicious activity identification and reporting. There are various modules available for viewing, which include one designed for fire/EMS personnel. This training is located at: https://nsi.ncirc.gov/training_online.aspx



State fusion centers are an integral part of the national information and intelligence sharing network. The Commonwealth of Virginia has the Virginia Fusion Center (VFC) located in Central Virginia and it's operated by the Virginia State Police (VSP) and the Virginia Department of Emergency Management (VDEM). The Code of Virginia tasks the VFC with the collection, analysis and dissemination of intelligence and information to aid in the prevention

and preparation for, responding to, and recovering from a possible or actual terrorist attack. In Northern Virginia, Fairfax County operates the Northern Virginia Regional Intelligence Center (NVRIC), which works in conjunction with the Virginia Fusion Center and provides intelligence and information sharing within the National Capital Region.

The Virginia Office of EMS recognizes the importance of information collection and sharing with Virginia's EMS community. The first step is getting SAR training to as many EMS agencies and first responders as possible.

OEMS and the VFC also understand the need for providers to be able to quickly share their suspicious activity reports

with the Virginia Fusion Center. A provider who has suspicious activity to report should first refer to their agency and jurisdictional protocols for notifying law enforcement and/or the Virginia Fusion Center. Once the decision is made to forward the information to the Virginia Fusion Center, there are several methods available.

The Virginia Fusion Center has a Suspicious Activity Hotline at

Suspicious Activity Reporting Continued

By: Sam Burnette, Emergency Services Coordinator

(877)4VA-TIPS [877-482-8477] – for reporting directly to the Virginia Fusion Center Watch Center. If a report has been completed by local law enforcement, a copy or email describing the events can be sent to vfc@vsp.virginia.gov.



In 2015, the VFC provided an additional method for sending information with the release of the SeeSomething, SendSomething® application by MyMobileWitness®. The See Something, Send Something® mobile application is a tool for reporting suspicious activity directly to the Virginia Fusion Center. The smartphone application allows either detailed notes of an observation or photos to be sent directly to the VFC. If the phone's location service is turned on, the location will be indicated on a map for the Virginia Fusion Center to see. If the phone's location service is not active, then it will send the information to all the fusion centers using the application and they will coordinate to determine the location

of the activity. There is an option to enter your name and phone number for the fusion center to contact you or the sender can remain completely anonymous.

The See Something, Send Something mobile application can be downloaded in either iTunes or GooglePlay stores.

Individuals who are planning to carry out a terrorist attack typically engage in some form of information gathering, material acquisition or surveillance. These are the best opportunities for citizens and EMS providers, who during the normal course of their day may witness some of these activities to report their suspicions to law enforcement. It is these reports that aid law enforcement to detect, deter and disrupt the terrorist before they carry out their plans. Be prepared to do your part – know what suspicious activity looks like and how to report it.

If your agency has any questions on suspicious activity reporting, training or EMS intelligence sharing, then please do not hesitate to contact Sam Burnette at samuel.burnette@vdh.virginia.gov.

About the author: Prior to joining the Virginia Office of EMS earlier this year, I spent six years as the Virginia Department of Fire Programs Fire/Emergency Services Liaison, assigned to the Virginia

Fusion Center. I was tasked with developing fire and emergency medical services into the information and intelligence sharing community.

Congratulations to the 2017 Governor's EMS Award Winners



The 2017 Governor's Emergency Medical Services (EMS) Award winners were announced recently at the Annual Governor's EMS Awards Ceremony in Norfolk, Virginia. Governor Terry McAuliffe recognized 11 outstanding EMS providers and organizations from across the Commonwealth for their demonstrated level of excellence and dedication to the EMS system.

The awards are presented in conjunction with the Virginia Department of Health's Office of Emergency Medical Services 38th Annual EMS Symposium. This weeklong training event is the largest EMS training event in the Commonwealth and one of the largest in the nation. The symposium welcomes more than 1,700 participants and issues approximately 21,245 hours of continuing education credits (CE) via more than 360 class sessions.

"It is an honor to recognize Virginia's EMS providers and humbling when I think about the work that they do 24/7, 365 days a year. I am inspired by their level of excellence and commitment to Virginia's EMS system," said State Health Commissioner Marissa J. Levine, MD, MPH, FAAFP. "Congratulations to the winners of the 2017 Governor's EMS Awards and thank you for being there for

all Virginians in need. The people of Virginia are grateful for your heroic efforts day in and day out, and as the State Health Commissioner, I too am grateful for your heroism and dedicated service."

"It is always my distinct privilege and honor to acknowledge EMS providers and health care organizations in Virginia for their continued level of excellence in the field," said Gary Brown, director, Office of EMS. "Every day, EMS providers are faced with life or death situations, and it's because of their bravery, steadfast commitment, knowledge and training that they continue to provide the best prehospital patient care available. I am so thankful and appreciative for their continued support of our statewide EMS system; one of the greatest EMS systems in the nation."

Congratulations to the 2017 Governor's EMS Award winners:



The Governor's EMS Award for Excellence in EMS - Bruce W. Edwards, Virginia Beach EMS, Ocean Park Volunteer Fire and Rescue



The Governor's EMS Award for Outstanding EMS Administrator (The Kent J. Weber Trophy) - Kevin Austin, Abingdon Ambulance Service, C-Trans Medical Service



The Governor's EMS Award for Physician with Outstanding Contribution to EMS (The Frank M. Yeiser Trophy) – Jeffrey D. Ferguson, M.D., VCU Health Systems



The Governor's EMS Award for Nurse with Outstanding Contribution to EMS – June Leffke, R.N., Centra Health, Inc., Boonsboro Rescue Squad

2017 Governor's EMS Award Winners Continued



The Governor's EMS Award for Outstanding EMS Prehospital Educator – Donna M. Galganski-Pabst, James City County Fire Department



The Governor's EMS Award for Outstanding Contribution to EMS for Children – Far Southwest Healthcare Coalition



The Governor's EMS Award for Outstanding Contribution to EMS Emergency Preparedness and Response (The James A. Nogle, Jr. Trophy) – LifeCare Medical Transports



The Governor's EMS Award for Outstanding EMS Prehospital Provider – Benjamin R. Bond, Centra Health, Inc.



The Governor's EMS Award for Outstanding EMS Agency – Blacksburg Volunteer Rescue Squad

An additional award is presented at the ceremony to recognize the outstanding contributions to EMS by a high school senior. This is a scholarship award provided by the State EMS Advisory Board.



The Governor's EMS Award for Outstanding Contribution to EMS by a High School Senior (The Dr. Carol Gilbert \$5,000 Scholarship) – Jacob Wellerman, Chancellor Volunteer Fire and Rescue



The Governor's EMS Award for Outstanding Contribution to EMS Health and Safety – Ellen G. Vest, Middlesex Volunteer Rescue Squad, Rappahannock Community College



The Governor's EMS Award for Outstanding Contribution to EMS Telecommunication – Cindy Gillespie, Powhatan County of Virginia Sheriff's Office

EMS Agency/Responder Winter Preparedness

Winnie C. Pennington, Emergency Operations Planner

All EMS responders are familiar with the types of calls that are most encountered during the winter – falls from slipping on ice, motor vehicle accidents in snowy weather, patients suffering from hypothermia and cardiac events, just to name a few. But are responders and their ambulances and other response vehicles prepared to respond in winter conditions?

Work Preparedness

Vehicles should have cables or chains on board and crews need to know how to put them on in case it has to be done in the field. Agencies should have enough supplies and pharmaceuticals (if possible) on the ambulance or at the station to last up to a week, just in case bad weather keeps them from getting resupplied. Safety equipment like vests and lights should be checked and batteries should be replaced on equipment that require them. Batteries may not last as long in cold weather or may be used more often; so, they need to be checked often. Make sure antifreeze and other fluids are topped off and have any maintenance, routine or otherwise done before cold weather sets in. There are few things that are worse for EMS response in the winter weather than a broken-down ambulance on the side of the road with a patient!

While driving watch out for black

ice. While not always visible, crews should expect the possibility of black ice if there has been sleet or melting snow. Look for signs of ice that is forming on other things; it's possible that it may be on the road as well, especially in shady areas where the sun hasn't warmed the road surface.



Another problem that you could encounter during the cold winter months is “contact frostbite.” Unlike regular frostbite that requires prolonged exposure to cold, contact frostbite can come on quickly by coming into contact with cold equipment and other pieces of metal that have been exposed to the low temperatures, especially in a cold ambulance.

As a responder, you need to come to your shift prepared with the right equipment for winter. You may need extra warm clothing like hats, gloves, sweatshirts/sweaters, extra socks, etc. You must make sure that these items

are with you when you respond, especially if the response is outdoors.

Responders may also want to pack some additional high-calorie foods like protein bars, nuts, beef jerky, etc., because responding in the cold weather can make your body use more calories by working harder to keep warm.

Family Preparedness

EMS responders should make sure their families are prepared for winter weather. The following tips will help protect and prepare your family during winter weather.

Home

- Make sure your home is well insulated and that you have weather stripping around your doors and windowsills to keep the warm air inside.
- Keep enough supplies in your home to meet your needs and those of each family member for three to five days. Assemble a Disaster Supplies Kit with items you may need in case you have to evacuate. Store these supplies in sturdy, easy-to-carry containers such as backpacks, duffel bags or covered trash containers that the whole family can help carry.
- If you are in an area that is prone to power outages, consider investing in a generator for your home. If your

EMS Agency/Responder Winter Preparedness Continued

Winnie C. Pennington, Emergency Operations Planner

generator is gasoline-powered, make sure to safely store plenty of fuel. Gas stations may be without power or closed after a winter storm. Be sure to operate portable generators outside and away from the home/business.

- Take care of your pets and livestock during winter weather. It is best to bring pets inside during cold weather. If they must stay outside, make sure they have shelter from the elements and insulation from the cold.

Do not use electric heating pads, kerosene heaters or any other heating appliance that is not approved for use with animals. They are a fire hazard and they can burn your pet. Also, make sure your pet has enough food and water – animals may need more during cold temperatures.

Traveling

The leading cause of death during winter storms is transportation accidents. Preparing your vehicle for the winter season and knowing how to react if stranded on the road are the keys to safe winter driving. Tips for preparing for safe travel during the winter include the following:

- Have a mechanic check over all of the systems in your car. This includes brakes, battery, antifreeze, windshield wipers and washer fluid, lights, exhaust system and oil before you travel.

- Install good tires with adequate

tread and watch for potentially icy areas, such as shady spots and bridges.

- Keep a windshield scraper and a small broom in your car for ice and snow removal and make sure your car's windows and mirrors are free of snow and ice.

- Maintain at least a half-tank of gas in your vehicle during the winter season and keep a safe distance of at least five seconds behind other vehicles and trucks that may be plowing the roads. Never pass a snowplow or spreader unless absolutely necessary.

- Keep a winter emergency kit in your car like the one in this video. Build a Car Emergency Kit: <https://www.youtube.com/watch?v=wPgwWgtiWHI>

The bottom line for winter weather preparedness is that you need to prepare before the winter weather hits by following a few simple steps that will help you stay safe and warm during the winter months.

For more information on winter weather preparedness and other emergency topics, visit: <http://www.vaemergency.gov/> and look under "Prepare and Recover."

For additional resources, visit: <http://www.vdh.virginia.gov/news/public-relations-contacts/winter-weather-preparedness/>

AVOID SPOT TREAT FROSTBITE & HYPOTHERMIA

In cold temperatures, your body begins to lose heat faster than it can be produced, which can lead to serious health problems.

AVOID

When the weather is extremely cold, try to stay indoors. If you must go outside, dress properly and know who is at high risk for hypothermia or frostbite.

When going outside be sure to wear:

- A SCARF OR WIND MASK THAT COVERS FACE & MOUTH
- A HAT
- MITTENS OR GLOVES
- A WATER-RESISTANT COAT
- SEVERAL LAYERS OF LOOSE-FITTING CLOTHING
- WATER-RESISTANT BOOTS

When going outside in winter make sure body parts most often affected by frostbite are covered in warm, dry clothing.

NOSE EARS TOES CHEEKS CHIN FINGERS

Know who is at high risk:

- Older adults without proper food, clothing, or heating
- People who stay outdoors for long periods (farmers, laborers, hunters, etc.)
- People who drink alcohol in excess or use illicit drugs
- Those sleeping in cold rooms

SPOT

FROSTBITE
A white or clear swelling of tissues between frozen areas of skin.

HYPOTHERMIA
Hypothermia develops when your body loses heat faster than it can produce.

Signs & Symptoms

Frostbite:

- Thickens or goes waxy and hard
- May be the first sign of frostbite

Other signs include:

- Reddened, numb, or painful skin
- Loss of feeling
- Loss of the look, usually less or waxy appearance

Hypothermia:

- Shivering
- Slurred speech
- Disorientation
- Loss of consciousness
- Loss of coordination
- Loss of energy

If a person's temperature is below 95° get medical attention immediately.

TREAT

If a person is experiencing hypothermia or frostbite...

- REMOVE ANY WET CLOTHING
- WARM THEM UNDER DRY LAYERS OF BLANKETS AND CLOTHING
- PLACE AREAS AFFECTED BY FROSTBITE IN WARM-TO-TOUCH WATER
- GET THEM INTO A WARM ROOM OR SHELTER
- SEEK MEDICAL ATTENTION AS SOON AS POSSIBLE

FROSTBITE CAUTION

Since skin may be numb, victims of frostbite can harm themselves further. Use caution when treating frostbite and:

- UNLESS NECESSARY, DO NOT WALK ON FEET OR TOES WITH FROSTBITE
- DO NOT USE A FIREPLACE, HEAT LAMP, RADIATOR, OR STOVE FOR WARMING
- DO NOT USE A HEATING PAD OR ELECTRIC BLANKET FOR WARMING
- DO NOT RUB OR MASSAGE AREAS WITH FROSTBITE

<http://www.vdh.virginia.gov/news/public-relations-contacts/winter-weather-preparedness/>

VIRGINIA DEPARTMENT OF HEALTH
Health Policy and Quality Improvement
www.vdh.virginia.gov

CDC
U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Submit a Nomination for the 2018 Governor's EMS Awards

By: Tristen Graves, Public Relations Assistant



The Virginia Emergency Medical Services (EMS) system is comprised of everyday heroes working as providers, nurses, administrators, physicians, dispatchers and educators; all serving on the frontline of our state's health care system. These men and women provide for their communities on a daily basis, not for credit or recognition, but to help save lives and to improve the quality of life amongst those around them. As a way to acknowledge the efforts of all EMS personnel and the innovative programs created to help protect the safety of all people in Virginia, the Virginia Department of Health Office of EMS hosts the Governor's EMS Awards program, in partnership with Virginia's 11 Regional EMS Councils.

The Governor's EMS Awards provide an opportunity to recognize the remarkable level of dedication and prehospital care delivered by those who make up Virginia's EMS System. Do you know someone who is worthy of recognition, or do you know a program that has made a significant impact on the welfare of your community? If so, you can nominate them for one of the 11 EMS awards.

Anyone can nominate a person, agency and/or program for their outstanding achievements in the EMS field.

The Governor's EMS Awards program begins at the regional level. The

Virginia Office of EMS has created a quick and easy submission form at: <http://www.vdh.virginia.gov/emergency-medical-services/regional-ems-council-awards-nomination-quick-form/>. This form collects the initial award nomination information, then it is forwarded to the respective Regional EMS Council for follow-up with the official award nomination form and documentation. Each Regional EMS Council hosts a local awards program and ceremony to honor someone in each of the award categories described below. Once the Regional EMS Award winners have been announced the councils will then submit their nominations to be considered for the Governor's EMS Awards. Selections are made by the Governor's EMS Award nomination committee and the award winners are announced at the annual Virginia EMS Symposium in Norfolk, Va.

Award Categories

Excellence in EMS: An individual who exemplifies dedication and service to the statewide Virginia EMS system and has demonstrated a commitment to a compre-

hensive, integrated system of EMS throughout the Commonwealth.

Outstanding EMS Administrator: An individual who has demonstrated ability to organize, conduct, manage, problem solve and evaluate within his or her organization and, by exemplary leadership and administrative skills, improve the effectiveness, response and delivery of EMS.

Outstanding EMS Agency: An EMS agency that exemplifies outstanding professionalism and service to its community; whose high level of patient care is evident by innovative training, community awareness, preventive health programs, public relations efforts and participation in local, regional and statewide EMS systems.

Outstanding Contribution to EMS for Children: An individual, organization or program that exemplifies outstanding dedication and service to the contribution, development and/or enhancement of EMS for children in Virginia.

Outstanding Contribution to EMS Emergency Preparedness and Response: Any individual, EMS organization or EMS response group within the Commonwealth of Virginia that has demonstrated comprehensive and/or significant accomplishments for programs that provide preparedness, response and recovery from natural, man-made and

2018 Governor's EMS Awards Continued

By: Tristen Graves, Public Relations Assistant

preplanned events, which cause a significant impact on the agency and the community.

Nurse with Outstanding Contribution to EMS: A nurse who exemplifies outstanding service in emergency medical services; knowledge and performance of EMS nursing skills; and high standards of cooperation and leadership with other EMS personnel and agencies. Highest consideration is given to performing a nursing role in a hospital or clinical setting such as precepting or quality assurance programs.

Physician with Outstanding Contribution to EMS: An EMS physician who exemplifies outstanding leadership and dedication in the exercise of prehospital care.

Outstanding Prehospital Educator: A provider who exemplifies outstanding teaching and leadership qualities while participating as an educator in an EMS program. Must have coordinated or consistently demonstrated excellence and a dedication to the education of prehospital EMS providers. The nominee must have participated as an instructor, coordinator or adjunct faculty in an EMS program for at least two years.

Outstanding Prehospital Provider: An individual who exemplifies outstanding dedication and

service to his or her community through involvement with EMS.

Outstanding Contribution to EMS Health and Safety: Any individual, program, business or licensed EMS Agency within the Commonwealth of Virginia that has demonstrated comprehensive and/or significant accomplishments/programs that make a significant contribution to or provide for the health, safety and welfare of EMS providers.

Outstanding Contribution to EMS Telecommunication: An emergency medical telecommunicator, public safety answering point administrator, supervisor or training officer whose outstanding dedication and service has demonstrated an exceptional contribution to the improved delivery of emergency medical services in the local, regional or statewide EMS system.

Outstanding Contribution to EMS by a High School Senior: This competitive \$1,000 scholarship (\$500 at the regional level) will be awarded to a high school senior who has been affiliated with an EMS agency for at least six months, and who is currently enrolled or will be enrolled in an institution of higher learning or an accredited ALS training program in the coming year.

For additional information about the Governor's EMS Awards pro-

gram, nomination forms, award criteria and the link to specific Regional EMS Council award deadlines, visit: <http://www.vdh.virginia.gov/emergency-medical-services/governors-ems-awards-program/> or contact Public Relations Assistant Tristen Graves at Tristen.Graves@vdh.virginia.gov.

Be Food Safe This Holiday Season

By: The Virginia Department of Health

Food safety is important for keeping your holiday gathering happy and healthy. However, food safety can be a challenge during the holiday season. Group gatherings may include more dishes than there is room for in the refrigerator or oven. Guest lists may also include those who are more vulnerable to illness, such as older people, young children, and pregnant women.

Follow these tips for a food-safe, happy holiday season:

Happy Handling

It's flu season! Wash your hands well to prevent the spread of germs, using soap and clean running water for at least 20 seconds. This will help prevent the spread of bacteria from raw poultry, too. Wash all fresh produce to reduce the potential for bacterial contamination.

Don't forget to also wash utensils and work surfaces to protect your food and family!

Cooking for a large group?

Prepare uncooked recipes before recipes that include raw meat. Also, store uncooked items out of the way while preparing meat dishes. These steps will help to reduce cross-contamination.

Cook to the proper temperature, and use a thermometer!

Remember the golden rule: Keep hot food hot and cold food cold! Use chafing dishes or crock pots and ice trays. Hot items should stay above 140 °F, and cold items should stay below 40 °F. Discard perishable foods left out for 2 hours or more. Plan to refrigerate any leftovers within 2 hours of preparation.

Eating Out?

Follow these four tips from CDC to prevent food poisoning:

1. Check inspections online for the restaurant you plan to go to. Restaurant inspection data for Virginia is available by health district here.

2. Make sure that the restaurant is clean. If not, you may want to visit a different establishment.

3. Check that your food is completely cooked. Send back any undercooked food, as it may contain harmful bacteria.

4. Refrigerate leftovers within 4 hours of eating. Eat leftovers within 3 to 4 days from purchase.

View VDH's My Meal Detective videos to learn how to prevent and report foodborne illness: <https://www.youtube.com/playlist?list=PL-QyNcv9THhI-iXD-UwXssaJy26ObmO6xG>

For more information on general food safety, visit the VDH Food Safety page at: <http://www.vdh.virginia.gov/environmental-health/food-safety-in-virginia/> and CDC - Food Safety Tips for the Holidays: <https://www.cdc.gov/features/turkeytime/>

Nasal Naloxone Grant Opportunity for Licensed EMS Agencies

By: Amanda Davis, Grants Manager

The OEMS announced a no cost grant opportunity for licensed EMS agencies for nasal naloxone to be administered by EMS personnel.

The EMS agency applying for this grant opportunity must either have a controlled substance registration (CSR) or the operational medical director (OMD) must provide authorization for shipment of nalox-

one, their drug enforcement agency (DEA) number and an address for the medication to be shipped to on behalf of the awarded agency.

Applications must be received through E-GIFT with all appropriate e-signatures by the application deadline, February 28, 2018.

For more info, visit: www.vdh.virginia.gov/oems/Agency/Grants/index.htm

or contact Amanda Davis, grants manager at Amanda.Davis@vdh.virginia.gov or 804-888-9106.

Please note: the next Rescue Squad Assistance Fund (RSAF) grant cycle opens on February 1, 2018, and the deadline to submit a RSAF application is March 15, 2018.

Additions to the EMT Psychomotor Examination

By: Warren Short, Training Manager

Beginning March 1, 2018, the use of pulse oximetry, end tidal carbon dioxide (ETCO₂), and glucometry will be added as an expectation for use by EMT certification candidates. This will match the scope of practice for the EMT. There will either be props and/or the actual device present to help prompt the EMT candidate.

For testing purposes, the use of pulse oximetry should be utilized to determine the appropriate delivery of oxygen. Referencing AHA guidelines to maintain a pulse oximetry reading of no less than 94%, utilizing the lowest oxygen concentration feasible. Gone are the days of everyone getting oxygen by non-rebreathing masks. Oxygen delivery should be determined by physical examination, history and use of pulse oximetry. So, if the pulse oximeter displays

94%, oxygen administration is not required and a provider may lose points if delivered. Training on the pulse oximeter should include false highs such as with carbon monoxide toxicity, and how temperature and perfusion may affect readings. The majority of the scenarios where pulse oximetry will be evaluated will be medical scenarios; however, that does not rule out trauma.

End tidal carbon dioxide monitoring is expected as part of the assessment regimen for respiratory distress, head trauma and optional for other patients. EMT candidates should be able to correlate numerical capnography readings (i.e. partial pressure readings in mmHg) and the need for ventilatory assistance. They are not expected to interpret wave forms. They should be aware of normal

range (35 to 45) and what intervention is indicated if below 35 or above 45. The adequacy of ventilation should be determined by physical examination, history and use of ETCO₂.

Glucometry is also expected to be evaluated on all scenarios where the patient presents with an altered level of consciousness. Interpretation of glucometry readings should be correlated with the administration of glucose altering medications.

More information will be provided to EMS educators as the date approaches, that will include the evaluation criteria.

Virginia EMS Scholarship Program Launched

By: Charles Faison, Training and Development Coordinator

The Virginia EMS Scholarship Program supports individuals pursuing initial certification as an EMS provider in the Commonwealth of Virginia. The program is made possible through the EMS Training Fund pursuant to the Code of Virginia § 46.2-694. The EMS Scholarship Program aims to augment the EMS workforce by reducing some of the barriers to becoming certified as an EMS Provider and affiliating with a licensed EMS agency in Virginia.

The Virginia EMS Scholarship Program was established through a partnership between the Virginia Department of Health Office of EMS and Office of Health Equity. The EMS scholarship program officially launched on October 2, 2017. Applications for this initial cycle were accepted through November 30, 2017. Applications are accepted online and the next scholarship application cycle will open on January 1, 2018 and close on February 28,

2018. Award amounts range up to \$5,416, based upon the program's EMS certification level.

For more information on the Virginia EMS Scholarship Program, visit: <http://www.vdh.virginia.gov/emergency-medical-services/education-certification/ems-scholarship/>



Virginia EMS for Children (EMSC)...REMINDER..

EMS Agency Baseline Data Collection

for 2 New ***National EMSC Performance Measures***

...IS NOW in PROGRESS!

This **3-month** online survey started **December 1**, and invitations were sent to known email addresses of EMS agency leaders. It may not have gotten to all of the **485 agencies** who were invited, so **check the link** — if your agency is still visible, then a survey has **NOT** been submitted. We need an **80% response!**

Check our response rate at any time, 24 hours per day, as we get the word out. We are part of **Cohort #10**—the very last group.

December 1, 2017 through **February 28, 2018**

Relevant Performance Measures: **EMSC 02** and **EMSC 03**

Only one survey can be accepted per licensed EMS agency that responds to 911 requests (*military, air, water and transfer-only agencies are excluded*), and this should be the EMS agency leadership (or designee).

You can also view the national and state response rate results on the map at a glance!

A paper copy of the survey can be downloaded in advance of beginning completing this assessment at the following address:



<https://www.emscsurveys.org>



MOVING EMS FORWARD
 FEBRUARY 21-23, 2018 / CHARLOTTE, NC

REGISTER TODAY AND SAVE!

EXPERIENCE: HANDS-ON TRAINING /// EDUCATION /// NETWORKING ///

Calendar of Events

January						
Su	M	T	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February						
Su	M	T	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

- Jan. 1-2 - Office Closed for State Holiday
 - Jan. 3 - Training and Certification Committee Meeting, 10:30 a.m.
 - Jan. 4 - Medical Direction Committee Meeting, 10:30 a.m.
 - Jan. 12 - Office Closed for State Holiday
 - Jan. 15 - Office Closed for State Holiday
 - Jan. 17 - EMSAT Pediatric Pain Management
 - Jan. 22 - Transportation Committee Meeting, 1:00 p.m.
-
- Feb. 1 - Medevac Committee, 10 a.m.
 - Feb. 1 - Emergency Management Committee, 10 a.m.
 - Feb. 1 - Workforce Development Committee, 10 a.m.
 - Feb. 1 - State EMS Advisory Board Executive Committee Meeting, 11 a.m.
 - Feb. 1 - Financial Assistance Review Committee, 1 p.m.

- Feb. 1 - Regional EMS Council Executive Directors, 1 p.m.
- Feb. 1 - Rules & Regulations Committee, 3 p.m.
- Feb. 2 - Communications Committee, 9 a.m.
- Feb. 2 - Legislative & Planning Committee, 9 a.m.
- Feb. 2 - EMS Provider Health and Safety Committee, 9 a.m.
- Feb. 2 - VAGEMSA, 10:30 a.m.
- Feb. 2 - State EMS Advisory Board Meeting, 1 p.m.
- Feb. 19 - Office Closed for State Holiday
- Feb. 21 - EMSAT Noninvasive Airways, Improving Mask Seal/Bagging Technique
- Feb. 21-23 - EMS Today The JEMS Conference and Exposition
- Feb. 21 -25 - Virginia Fire Rescue Conference
- February - American Heart Awareness Month

Meeting dates are subject to change at any time. Visit the OEMS website for the latest event information.

Connect With OEMS

OEMS Customer Satisfaction Survey

The Office of EMS instituted a customer satisfaction survey, beginning January 1, 2017.

Please tell us how we're doing! Let us know what a great experience you've had with our office or improvements that can be made in order to help make your customer experience better.

We want to hear from you, please take our survey at: www.surveymonkey.com/r/FPP8YRL.

Connect With OEMS Online!

Facebook: www.facebook.com/Virginia-Office-of-Emergency-Medical-Services-153545858005772/

Twitter: www.twitter.com/virginiaems

YouTube: www.youtube.com/user/VirginiaEMS/

Product Recalls and Safety Notifications: www.vdh.virginia.gov/emergency-medical-services/other-ems-programs-and-links/product-recalls-and-safety-notifications/

EMS Challenge Question

When is the next RSAF Grant cycle?

Email the correct answer to emstechasst@vdh.virginia.gov and you may be one of the lucky winners that will receive a prize from the Virginia Office of EMS.

Congratulations to the Summer 2017 EMS Challenge Question winner, **Maresa Butler – Falling Spring Rescue Squad in Alleghany County.**

*Note: The answer to the EMS Challenge Question can be found in this edition of the *EMS Bulletin*.

The Virginia Department of Health Office of Emergency Medical Services publishes the *EMS Bulletin* biannually. If you would like to receive this publication via email, please send your request to emstechasst@vdh.virginia.gov.

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