

Our education programs help save lives

by Patrick Moore, NAEMT President

One of the founding principles of NAEMT's Strategic Plan is the belief that professional education is essential to the consistent delivery of high quality EMS. We recognize the direct link between quality EMS education and the ability of EMS practitioners to save lives.

Currently, EMS education is evolving to address the expanding role of EMS in our communities, and we are proud to say that "NAEMT continuing education programs help save lives... one course at a time."

Our courses are renowned for providing the best in EMS continuing education. Last year, 3,549 NAEMT continuing education courses were conducted, training 46,411 EMS practitioners.

At NAEMT, our hard-working education program committees continue to further expand our reach and introduce new educational products to the EMS community.

Prior to EMS EXPO 2010 in Dallas, NAEMT will be holding our preconference courses, which will feature the following exciting updates.

Prehospital Trauma Life Support (PHTLS) - Our PHTLS program, developed in cooperation with the American College of Surgeons Committee on Trauma, continues to be recognized around the world as the preeminent continuing education course for prehospital trauma care. In Dallas, we will hold the Seventh Edition Instructor Update, providing information on changes and updated material in the PHTLS text and courses.

We also are introducing the new PHTLS Trauma First Response one-day course, which teaches the basic principles of PHTLS to first responders, including police officers, firefighters, rescue personnel and safety officers.



PHTLS recently held a course for the Fire Department of New York City.

Continued >> 3

INSIDE

- 8** Attend preconference courses in Dallas
- 12** Cognitive skills improve resiliency
- 15** Get ready for 2010 NAEMT elections
- 18** Report: EMS professionals advocate at EMS on the Hill Day

Thank you to our sponsors

WITHOUT THE VITAL SUPPORT of our corporate sponsors, we could not carry out our critical mission of representing and serving EMS practitioners on a national level. Thank you to all our continuing valued sponsors, and welcome to our newest sponsors: **Certified Ambulance Group, Ramedic, Thomas EMS and Zoll Medical!**

Corporate Partner

The College Network



Diamond

EMS1



Silver

AllMed

Masimo

Medtec Ambulance

Meridian Medical Technologies



Bronze

EMS Manager

Med-Media

Vidacare



Annual

Certified Ambulance Group

EVS, Ltd.

HPSO

National EMS Museum

Page, Wolfberg & Wirth

Physio-Control

Ramedic

Thomas EMS

Zoll Medical



Our education programs help >> continued from cover save lives

Emergency Pediatric Care (EPC) - The EPC curriculum provides students with a practical understanding of respiratory, cardiovascular, medical and traumatic emergencies in



Patrick Moore
President

pediatric patients. EPC will hold instructor and provider courses in Dallas. An exciting addition to the course is the new EPC Hybrid Course, which allows EMS practitioners access to course materials 24/7 so they can fit continuing education into their often fluctuating schedules. The EPC Hybrid Course provides attendees with the opportunity to complete

seven hours of lectures online at their own pace, followed by

Our belief is that professional education is essential to the consistent delivery of high quality EMS.

a hands-on skills day.

Advanced Medical Life Support (AMLS) - AMLS is for all levels of healthcare practitioners committed to providing quality care for patients in medical crisis. In Dallas, AMLS will provide instructors, course coordinators, affiliate and regional faculty with training on the new AMLS First Edition materials. The workshop will feature a new assessment pathway, book chapter additions, and content, including an introduction to the new scenario format, and video scenario course components.

EMS Safety Course in development

Last year, I appointed a committee to begin development of a new, all-inclusive EMS Safety Course, to be launched in early 2011. Our goal for this much-needed course is to help reduce the number and intensity of injuries incurred by EMS

practitioners in carrying out their work through focused education.

The course will increase awareness and understanding of EMS safety standards and practices, and help stu-



NAEMT continuing education courses trained more than 46,000 EMS practitioners last year.

dents develop their ability to effectively implement these practices. The course targets EMS practitioners at all certification levels, other medical professionals providing prehospital patient care, and EMS supervisors and administrators. Beta testing of the course materials will be held throughout the country this fall.

Through our leading-edge continuing education courses, NAEMT helps EMS practitioners provide better

For more information on our preconference programs held prior to EMS EXPO 2010, please see page 8.

Officers

Patrick F. Moore	President
Connie A. Meyer	President-Elect
Donald Walsh	Secretary
Richard Ellis	Treasurer
Jerry Johnston	Immediate Past President

Board of Directors

Jennifer Frenette	Director Region I
James M. Slattery	Director Region I
Don Lundy	Director Region II
Dennis Rowe	Director Region II
Aimee Binning	Director Region III
Sue Jacobus	Director Region III
Charlene Donahue	Director Region IV
K.C. Jones	Director Region IV
Kenneth J. Bouvier	At-Large Director
C.T. "Chuck" Kearns	At-Large Director
Paul Hinchey, M.D.	Medical Director

Staff

Pamela Cohen Lane	Executive Director
Lisa Lindsay	Business Manager
Corine Curd	Education Manager
Rebecca Dinan Schneider	Communications Manager
Melissa M. Trumbull	Membership and Development Outreach Manager
Trevor Hicks	Education Outreach Specialist
Keshia Robinson	Office Coordinator
Sylvia McGowan	Education Coordinator
Tammie Watley Patterson	Membership Coordinator

NAEMT News is the official quarterly publication of the NAEMT Foundation, a not-for-profit corporation of the National Association of Emergency Medical Technicians (NAEMT). NAEMT is the only national membership association for EMS practitioners, including paramedics, EMTs, first responders and other professionals working in prehospital emergency medicine. Education, Membership and Advocacy are the three tenets of the NAEMT strategic plan.

Advertisement in *NAEMT News* does not constitute endorsement by NAEMT of any particular product or service.

Photocopying of articles in *NAEMT News* for non-commercial use is permitted. Reprinting of articles is permitted only with permission. For reprint permission, contact NAEMT.

NAEMT
P.O. Box 1400
Clinton, MS 39060-1400

Via e-mail: news@naemt.org

Membership information: membership@naemt.org

Copyright © 2010, National Association of Emergency Medical Technicians. All rights reserved.

Summer 2010

Volume 23, Number 3

CONTENTS

NAEMT DISPATCHES

- 2 Thank you to our sponsors

FROM THE PRESIDENT

- 3 Our education programs help save lives

EDUCATION

- 6 PHTLS and AMLS news
7 EPC news
8 Attend preconference courses in Dallas
9 Frame lecture to cover Haiti service
9 Get Prehospital Emergency Care at 50 percent savings

MEMBERSHIP

- Back We asked, and you told us
11 Come to our Annual Meeting in Dallas!
11 EMS Awards of Excellence accepting nominations
12 Cognitive skills improve resiliency
14 Stracener awarded scholarship
14 Evans receives award
15 Get ready for 2010 NAEMT elections
16 Essay contest winners selected
16 In memoriam

ADVOCACY

- 17 NAEMT publishes new position statement on Medical Direction in EMS
18 EMS professionals advocate at EMS on the Hill Day

Earn your degree and advance your career!

Online degree programs for EMS professionals

- Convenient format accommodates busy EMS schedules
- Active NAEMT members receive additional cost-savings
- No waiting lists

Areas of study:

- EMS Management
- Fire Science
- Nursing (Paramedic to RN)
- Health Care Administration
- Business
- And more!

For more information, contact The College Network

1-888-672-2969

or visit www.collegenetwork.com/naemt



When seconds count...



On your watch, there's no time to waste. Decisions and actions made now can make the difference in saving a life. With EZ-IO, immediate vascular access puts time on your side. If you have it, use it. If you don't have it, demand it.

Vidacare.com

1-866-479-8500

EZ-IO by **vidacare**
Intraosseous Infusion System

PHTLS news: Seventh edition to roll out in Dallas

As the rollout of the seventh edition Prehospital Trauma Life Support (PHTLS) materials nears, the program will be gathering faculty in Dallas. Please make your plans to attend, as hundreds of faculty are expected.

New materials that will be introduced include:

- Seventh edition of PHTLS civilian and military provider manuals
- Seventh edition of PHTLS civilian and military faculty DVDs
- First edition of Trauma First Response textbook

Along with adding the new Tactical Combat Casualty Care (TCCC) and Trauma First Response courses, the lessons, teaching and testing stations for the PHTLS provider and refresher courses have been completely rewritten. Sample scenarios from all over the world have been incorporated into the skill stations so students will have access to more than 40 scenarios, with

guidance on where they can be used.

The committee is very excited about the new courses and looks forward to sharing them with you in September.

Program growing

The PHTLS program continues to expand worldwide. The re-start of the program in Israel in April was a great success, and the program will launch in the nation of Georgia this June. Negotiations are underway with India for a possible September launch, and Aruba is slated to start their PHTLS program in November.

Lueder appointed to committee

The TCCC program also is growing rapidly. Courses have been held across the U.S. and overseas. To coordinate promulgation of the TCCC program, **Mark Lueder** has been appointed to the PHTLS Committee.

Lueder has been a paramedic for 26 years and currently works full time for the Chicago Heights Illinois Fire Department. He has served as an EMS educator for more than 22 years and has taught various courses at hospitals and local colleges. Associated with PHTLS for 20 years, Lueder has helped train individuals in more than 20 countries in PHTLS in their initial start-up programs.



Lueder



AMLS news: New first edition to be published

THE ADVANCED MEDICAL LIFE SUPPORT (AMLS) Committee is working with MOSBY/JEMS to publish an exciting new first edition of the AMLS textbook and accompanying materials.

Current AMLS instructors, course coordinators and affiliate faculty are invited to attend the instructor update in Dallas in September, and will receive the AMLS Instructor DVD. The four-hour update will introduce new and interactive materials, expanded scope of practice scenarios, new content for lecture and practice scenarios, and greater use of technology for assessment skill proficiency and pre-course preparation.

Course registration will remain the same, as will the course's discussion focus, case-based lecture format, interactive practical application scenarios, and the evaluation process. See the article on page 8 for details on the instructor workshop.

AMLS continues to grow

AMLS has added two regional coordinators to support our program's growth. **Sarah Seiler** will serve as regional coordinator for the states of Connecticut, Delaware, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, North Carolina, Pennsylvania, Rhode Island, South Carolina, Vermont, Virginia and West Virginia. Seiler previously served as an AMLS affiliate faculty.

Lee Richardson will serve as regional coordinator for the states of Arizona, Alaska, California, Idaho, New Mexico, Nevada, Oregon, Utah, Texas and Washington. Richardson has been active with AMLS as an affiliate faculty.



EPC news: Course adds new logo, committee member

THE EMERGENCY PEDIATRIC CARE (EPC) Committee met April 18 - 21 for an exceptionally productive mid-year meeting at the NAEMT headquarters office in Clinton, Miss. The committee is in the process of revising the Powerpoint presentation materials and the post-test for the provider course, and also has developed a pre-test to determine course participants' knowledge levels prior to taking the course. The committee has developed critical thinking scenarios that will be conducted on the second day of the provider course.



These new EPC course materials will become available later this year. The committee also has begun work on a new instructor manual.

Course introduces new logo

To better reflect its position as the leading EMS pediatric care course, EPC has introduced a new logo. The logo incorporates colors commonly

used in pediatrics as children's blocks, which represent the

focus on "Airway," "Breathing" and "Circulation" familiar to EMS practitioners and reviewed in the course. The logo also incorporates the blue color used for NAEMT educational information as well as the star of life.

Committee adds new member

The EPC Committee would like to welcome its newest member, **Sandra Hultz**, from Madison, Miss.

Hultz has been a paramedic for nearly 20 years and currently works for the Madison Fire Department. In addition to serving as a paramedic, she works as training coordinator for all EMS and fire training classes for the department and teaches continuing education and certification classes. Hultz also works part time as an EMS instructor at Holmes Community College in Ridgeland, Miss., and as a system status controller for American Medical Response, Inc., in Jackson, Miss.

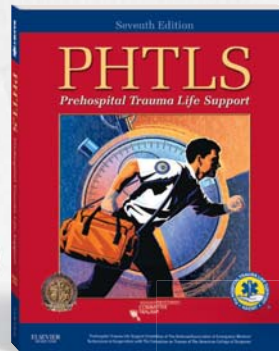
The committee is excited to have her on board.



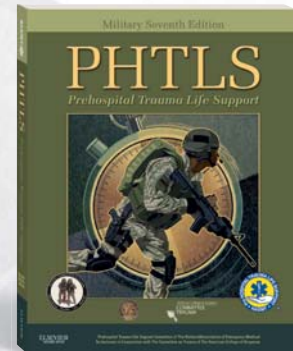
Hultz

MOSBY JEMS
ELSEVIER

Reduce morbidity and mortality with these definitive prehospital trauma resources!



PHTLS: Prehospital Trauma Life Support
October 2010
ISBN: 978-0-323-06502-3



PHTLS: Prehospital Trauma Life Support, Military Edition
October 2010
ISBN: 978-0-323-06503-0

SL100473 JD/AK 5/10

Call 1-800-222-9570 • Email sales.inquiry@elsevier.com

Attend preconference courses

in DALLAS

Prior to EMS EXPO 2010, NAEMT will be holding preconference courses, which feature the following exciting updates.

**Monday and Tuesday, September 27 - 28,
8 a.m. - 5 p.m.**

Emergency Pediatric Care (EPC) Provider Course

Faculty: EPC Committee

This course focuses on the care of sick and injured children, giving students a practical understanding of respiratory, cardiovascular, medical and traumatic emergencies in pediatric patients. Assessment is based upon the Pediatric Assessment Triangle (PAT), and lessons incorporate the most current pediatric knowledge and skills, as well as Family Centered Care throughout all scenarios, including a component on caring for children with special needs.



Beyond the Street EMS Supervisor Workshop

Faculty: Dr. Jay Fitch, Mike Ragone and David M. Williams

This workshop helps supervisors of EMS operations think and act like leaders, providing additional training in management effectiveness and skills. Participants acquire essential management skills, from working effectively with different generations and handling conflict to building trust with peers, bosses and other agencies. Attendees learn when to be directive, when to coach and when to delegate - and how to earn respect from the EMS personnel they once worked alongside. Additional strategies include handling complaints effectively and building customer satisfaction. Industry-leading faculty guide participants in experiential and practical learning sessions.

**Monday, September 27, 8 a.m. - 5 p.m.
Prehospital Trauma Life Support (PHTLS)
Seventh Edition Instructor Update**

Faculty: PHTLS Committee

This update describes changes and updated material in the

PHTLS text and courses and orients faculty to new PHTLS materials and courses, including the seventh edition Civilian and Military texts, provider course, Trauma First Response course, refresher course, instructor training program and online course offerings. Seventh edition PHTLS instructor DVD provided with registration.

Required: Proof of current PHTLS instructor status.

Tuesday, September 28, 8 a.m. - 5 p.m.

Trauma First Response Provider Course (PHTLS)

Faculty: PHTLS Committee

This course is designed to teach the principles of PHTLS to first responders, including police officers, firefighters, rescue personnel and safety officers, preparing them to care for trauma patients as part of transport teams or while awaiting patient transport. The core content of PHTLS is covered in a manner that is useful to practitioners who have not had advanced EMS training, with lectures and practical stations designed for the type of care first responders can render while awaiting paramedics and EMTs at a trauma scene.

Tuesday, September 28, 8 a.m. - Noon

Advanced Medical Life Support (AMLS) First Edition Instructor Update

Tuesday, September 28, 8 a.m. - 12 p.m.

Faculty: AMLS Committee

Offered for recognized AMLS instructors, course coordinators, affiliate and regional faculty, this workshop features interactive and exciting additions to AMLS, including a newly designed AMLS assessment pathway, new book chapters, and new content for both the provider and instructor courses, including Master Level scenarios. Discussion includes an introduction to the new scenario format, and video scenario course components. This course is based on the new AMLS first edition textbook and instructor resources to be published by MOSBYJEMS. Instructor DVD provided with registration.

Required: Proof of current AMLS instructor status.

To register for these courses, please click on the Register for EMS EXPO 2010 button on the home page of our web site.

Frame Lecture to cover Haiti service

THIS YEAR'S SCOTT B. FRAME MEMORIAL LECTURE TOPIC IS "Hanover to Haiti - Service in a Disaster Zone" by James Geiling, MD, FACP, FCCM.

On January 12, 2010, Haiti suffered a massive earthquake that killed over 200,000 and displaced over a million people. Throughout its troubled history, Haiti has needed the help of many organizations, and one friend for more than 20 years has been Partners in Health. Highlighted in Tracy Kidder's "Mountains Beyond Mountains," Partners in Health was co-founded by Dr. Paul Farmer and Dartmouth College President Dr. Jim Yong Kim. The organization's vision is "whatever it takes" in terms of offering both medical and moral support to an impoverished region.

Due to this relationship firmly in place, when Haiti called for help, the Dartmouth College community responded, sending two medical teams within a week. While the first team deployed to a surviving hospital in the hills outside the capital, the second team, led by Geiling, confronted the chaos of Port Au Prince's University Hospital. There, he and his team, with support from other non-governmental organizations but with limited resources, provided care to a population with often severe injuries.

The lecture will highlight the challenges of deploying to an austere disaster zone to serve a population in dire need of medical care and support. Geiling will describe the physical and environmental conditions facing his team, types of medical conditions most prevalent, and needed supplies and skills, as well as what might have been some "nice to haves." Attendees will learn practical aspects of preparing to volunteer for such efforts while understanding the overarching goal of service.

Geiling is Associate Professor of Medicine, Dartmouth Medical School, Hanover, N.H., and Chief, Medical Service, VA Medical Center, White River Junction, Vt.

Each year, the Scott B. Frame Memorial Lecture is held at EMS EXPO to honor Scott B. Frame, MD, FACS, FCCM, EMT-P, who made significant contributions to NAEMT and its Prehospital Trauma Life Support (PHTLS) program.



Who: James Geiling, MD, FACP, FCCM
When: Wednesday, September 29, 3-4:15 p.m.
Topic: Hanover to Haiti - Service in a Disaster Zone

Get Prehospital Emergency Care at 50 percent savings

The best way to stay on top of clinical changes in EMS is through *Prehospital Emergency Care*, the official journal of NAEMT. NAEMT members receive members-only rates of more than 50 percent off the regular subscription price.

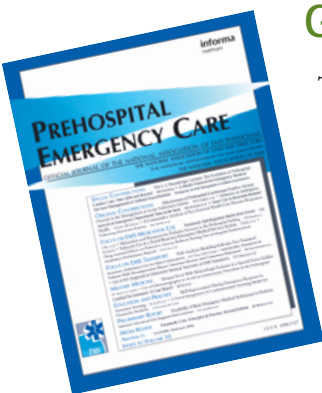
The journal, published quarterly, is an authoritative resource delivering up-to-date clinical and research information on advances in medical care in the prehospital setting, and provides cutting-edge articles on all facets of EMS. A forum for original articles, the journal features special sections on:

- Cardiac Arrest
- Education and Practice
- EMS Transport
- International EMS
- Military Medicine
- Pediatric Pain

Recent top downloaded articles include:

- *Tourniquets: A Review of Current Use with Proposals for Expanded Prehospital Use*
- *Evidence-Based Performance Measures for Emergency Medical Services Systems: A Model for Expanded EMS Benchmarking*
- *Paramedic Use of Needle Thoracostomy in the Prehospital Environment*

To sign up for Prehospital Emergency Care, please go to the Member Resources section of www.naemt.org and log in to the Access Your Benefits area. Members also can get the latest articles and notifications when new content is available by signing up for free e-TOC alerts. Register at <http://informahealthcare.com/alerts>.



COME TO LEARN

EMS EXPO

SEPTEMBER 27 – OCTOBER 1, 2010
Dallas Convention Center • Dallas, Texas

In Partnership With
NAEMT 
Serving our nation's EMS practitioners

THE LARGEST EMS EVENT IN NORTH AMERICA

- Top national speakers like Dr. Paul Pepe, Steve Berry, Heather Davis and Baxter Larmon
- EMS simulation labs using the latest product innovations
- Ride-alongs with Dallas departments
- New education from NAEMT
- The most comprehensive collection of EMS products, technologies and innovations in the largest EMS exhibit hall

Register Before
September 3 and Save \$50!
WWW.EMSEXPO2010.COM

STAY FOR FUN

★ **LONESTAR** ★
BBQ PARTY

THURSDAY, SEPTEMBER 30
6:30 PM - 11:00 PM
EDDIE DEEN'S RANCH
(Next to the Dallas Convention Center)

Join us for a night of food, drinks, live music, bull riding, dancing, and networking. For ticket information visit www.EMSEXPO2010.com.

EMS EXPO

**Firehouse
CENTRAL**
FIRE • RESCUE • EMS

**ENFORCEMENT
EXPO** DALLAS

Come to our Annual Meeting in Dallas!

Make plans to attend the NAEMT Annual Meeting, Monday - Wednesday, September 27 - 29, in Dallas, held in conjunction with EMS EXPO 2010. All NAEMT members are welcome to attend. Take this opportunity to network with other members, enjoy the company of colleagues, and increase your involvement in your professional association!

In addition to the NAEMT Board of Directors, Affiliate Advisory Council and NAEMT Foundation meetings, committee meetings to be held on Monday and Tuesday include Advocacy, Candidacy & Elections, Education, Finance, Health & Safety, Leadership Development and Membership. If you are not serving on a committee, you're still welcome to attend; simply come to the meetings of interest to you. For more information on committees, visit the Our Leadership page in the About Us section of our web site.

On Wednesday, September 29, the annual meetings of NAEMT's education programs will be held, including Prehospital Trauma Life Support (PHTLS), Advanced Medical Life Support (AMLS) and Emergency Pediatric Care (EPC). Plus, EMS EXPO, the world's largest gathering of EMS professionals and vendors, opens on Wednesday and continues through October 1.

NAEMT General Membership Meeting, Awards Presentation and Member Reception

The NAEMT General Membership Meeting and Awards Presentation on Tuesday evening, September 28, gathers together our family of

NAEMT members to hear from President Patrick Moore on the activities and successes of the association during the year. At the meeting, we also introduce our board members, outline goals for the coming year, thank our volunteers and sponsors, and recognize outstanding individuals working in EMS through the presentation of national awards.

The meeting is immediately followed by a reception for all NAEMT members and invited guests, sponsored by the National Registry of Emergency Medical Technicians. Be sure to attend this special event!

Join us in Dallas! We're looking forward to seeing you there.

EMS Awards of Excellence accepting nominations

Help your colleagues who go above the call of duty get the recognition they deserve by nominating them for one of the EMS Awards of Excellence, which recognize outstanding achievements and contributions in EMS. By submitting a nomination, you not only recognize your colleagues, you honor and recognize the EMS profession and all EMS professionals across the country who provide quality emergency patient care 24/7 to their communities.

Nominations for the 2010 National EMS Awards of Excellence are still being accepted for:

- NAEMT EMT of the Year - *sponsored by Braun Industries*
- NAEMT Paramedic of the Year - *sponsored by Masimo*
- Dick Ferneau Paid EMS Service of the Year - *sponsored by Ferno*
- Volunteer EMS Service of the Year - *sponsored by Firecom*
- NAEMSE EMS Educator of the Year - *sponsored by Cengage/Delmar*
- NEMSMA EMS Executive of the Year - *sponsored by Nasco*

Enjoy your \$125 member discount!

As a NAEMT member, you receive a \$125 discount on EMS EXPO registration. The discount applies only to the Three-Day Core Program individual registration fee and cannot be used with other discounts or for preconference registration fees.

To get the discount, just provide your membership number when selecting the Three-Day Core Program NAEMT Member Rate on the conference registration form.

The early bird registration deadline is September 3! To register, use the button on the home page of www.naemt.org.

All award recipients receive a \$1,000 award stipend, plus free travel, lodging for three nights and registration for EMS EXPO 2010 in Dallas. Awards will be presented at the opening ceremony of EMS EXPO, and recipients will be recognized in *EMS Magazine*. The EMT of the Year, Paramedic of the Year, Paid Service of the Year and Volunteer Service of the Year awards also will be presented at the NAEMT General Membership Meeting in Dallas on September 28, 2010, and recognized in *NAEMT News*.

The deadline for award nominations is July 1.

For more information or to submit a nomination using our simple and quick form, visit the National Awards page on our web site.

Cognitive skills improve resiliency

by Michael T. Grill

In the spring issue of *NAEMT News*, we identified two bridge behaviors – sleep and relaxation – as critical components for improving EMS practitioner resiliency. In this final installment on resiliency traits, we will discuss two cognitive methods used by resilient people – changing beliefs and maintaining perspective. Of the 13 tools of resiliency, none are more important than how we think or the way we perceive our world.

Changing thoughts

You become what you believe. - Earl Nightingale

Resilient people understand that thoughts create feelings – and feelings determine behavior – or how we act. Therefore, if you are not happy with how you feel or the results in your life, you might examine and subsequently modify the thoughts – or beliefs – from which the results or feelings

evolved. As the saying goes: “If you always do what you’ve always done, you’ll always get what you’ve always gotten.”

Without realizing it, EMS practitioners can begin developing self-defeating patterns of thinking that create negative consequences in their lives – self-fulfilling prophecies. Examples include:

- **All or nothing thinking.** When we don’t do things perfectly, we may view ourselves as complete failures. A paramedic, for example, properly sizes up a motor vehicle accident, calls for proper resources, and performs the correct procedures on a trauma patient – yet views himself as a failure because he missed his first attempt at establishing an IV.
- **Overgeneralization.** This type of thinking views a single negative outcome as an ongoing pattern of defeat. In the example above, the paramedic would think “I ALWAYS miss my first IV attempt.” Clues that suggest overgeneralization include the use of words such as ALWAYS, NEVER, EVERY TIME and similar absolutes.
- **“Should” statements.** These negative thoughts include the words should, shouldn’t, have to, ought to or must.

Subsequently, the EMS practitioner is wracked by guilt and shame, with anger directed inward. Using the first example, the paramedic would think “I shouldn’t have missed that first IV attempt,” and is unable to sleep because of an obsession with the experience.

- **Discounting the positive.** We use this negative thought pattern when we reject or minimize positive experiences. An EMS practitioner is able to initiate a difficult IV on a patient after two previous attempts by other practitioners. When complimented, the practitioner states, “Finally! If only I could do that on all my patients!” While self-improvement should be a goal of all EMS practitioners, minimizing our positive experiences fails to allow us to enjoy our successes when they do occur. A side effect is that people will stop complimenting us because we discount their praise.

It is important to remember that our thoughts determine our actions. Once an EMS practitioner recognizes a self-defeating thought pattern, it is important to short-circuit the negative belief.

One resiliency tool – the ABC (Activating event, Belief, and Consequences) worksheet – allows us to understand patterns in our thinking that may be the cause of many of our problems.

First, quantify the feeling or emotion that you’re experiencing. Then follow the ABC process:

ACTIVATING EVENT What situation ACTIVATED the thoughts I’m having? “I missed the IV attempt on my patient and my partner had to intervene and start the IV.”

BELIEFS What are my BELIEFS regarding this? “I should’ve been able to start the IV on the first attempt. I ALWAYS blow my first IV attempt.”

CONSEQUENCES What are the CONSEQUENCES of my beliefs? “I feel guilty. I thought I was a better medic than I actually am.”

Once the ABC’s are identified, it becomes possible to identify negative and unrealistic beliefs and subsequently explore thoughts that are empowering and more realistic.

- Identify any self-defeating thought patterns you may be subconsciously using. “It feels like I’m using ‘should statements’ and am probably ‘over-generalizing’ this situation.”
- Is there a more realistic view of thinking about this event? “Everybody misses an IV once in a while. In fact, I remember my partner missed an IV last month while I was able to start



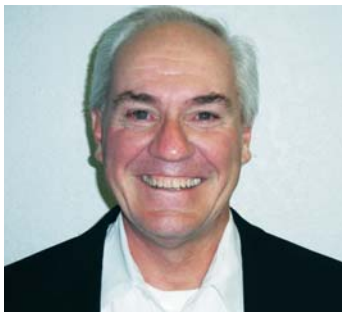
it on the same patient. I guess nobody is always perfect on their first attempt.

■ How does this more realistic thought change how you feel? Again, quantify the new feelings and compare current feelings to the emotions you felt prior to engaging in the ABC exercise.

Changing perspective

I've had many catastrophes in my life - some of which actually happened. - Mark Twain

Belief's kissing cousin is perspective – defined as, *how you think or perceive a person or event*. Resilient people are realistic. They know how important it is to face life realistically



Grill

with a commitment to do their best. Resilient people neither minimize nor catastrophize events; instead they seek balance by keeping a clear head, refusing to allow self-defeating thoughts to creep into their lives.

A useful tool for changing our thinking is to perform a worst case/best case probability analysis. This

gives us an opportunity to closely examine our perspective in a given situation.

1. Describe a situation stressful to you: *I just learned I have an unscheduled meeting first thing tomorrow morning with my supervisor and our medical director.*
2. What are your worst-case fears? *I did something wrong and am going to be disciplined. Will I lose my job?*
3. Predict the likelihood that your worst-case scenarios will occur. *A sudden, unscheduled meeting ALWAYS occurs when my peers have been disciplined. Have I done anything wrong lately? I was late for my shift last week – but it was only by a few minutes. It was the first time in the two years I have worked here and there are a lot of people who have been late – and they've never been disciplined. I don't believe I am in trouble.*
4. Identify a best-case alternative. *I submitted a proposal to my supervisor and medical director last month on how to improve our response times.*
5. Predict the likelihood that your best-case alternative will occur. *I've been a good employee, involved with the community, and always willing to work overtime when needed. Since all*

employees were asked for ideas on how to improve response times, I'm sure this is the reason for tomorrow's meeting.

6. Describe the scenario you would most like to occur. *The meeting tomorrow is to discuss my proposal on improving response times.*
7. Identify what you will need to do to make the desired scenario occur. *I will prepare a proposal document for both my supervisor and medical director. I will include the following elements: a description of the problem, my solution, data supportive of why my solution will work, a cost-analysis of implementing my solution, and a specific description of how I will help implement my proposal.*

We are what we think. Your mindset affects your perception. By changing how you think and the way you perceive people and situations, you change your world – literally. You don't let yourself 'want' what you don't believe you can cause. It's foolish to change your feelings when your feelings are based on how you think.

Resilient people see opportunity for personal transformation in every situation. They refuse to allow the past to dictate who they are. Instead, they allow the past to decide who they wish to become.

Resilient people understand that life is stress. In fact, it's often one stressor after another. Finding life meaningful involves finding stress and the accompanying challenge of solving problems meaningful – or at least seeing the personal opportunities that come along with them.

EMS practitioners are especially blessed in this regard because nothing gives life more depth than to be in the presence of possible death and dying – and being able to sometimes prevent it from occurring.

Our personal interpretation of these stressful events and the manner in which we deal with them ultimately determines our mental and physical health. Our profession is inherently stressful. When you put into practice some of these protective behaviors to sustain a healthy lifestyle, you strengthen your resiliency – and the patient you revive is you.

Mike would like to thank Dr. Phil Callahan, PhD, NREMT-P, and Dr. Michael Marks for their assistance with this article.

Michael T. Grill is an EMS educator for Porter, Littleton and Parker Adventist Hospital EMS Team in the Denver South Metro Area.

This is the last in the series of four articles to help you in your life and on the job. Look for a handy summary table of resiliency skills in the next issue.

Stracener awarded scholarship

Earl Stracener of Forest Hill, West Virginia, has been awarded NAEMT's most recent degree completion scholarship of \$2,500, exclusively sponsored by The College Network.



Stracener, a paramedic with Summers County EMS, based in Hinton, W. Va., has been involved in EMS and fire service for more than 20 years. After suffering severe lower back injuries, he is seeking to further his education, which will allow him to stay involved in emergency medicine in a more controlled environment and to continue to serve his community.

Stracener normally works at least one extra 24-hour shift a week to help pay for his education.

"This scholarship will allow me to have more time with my family and more time to study," says Stracener. "It will allow me to continue serving my community and hopefully extend my available working years long into the future. I would like to express my great appreciation to NAEMT for awarding me this scholarship."

This scholarship is awarded quarterly. Other NAEMT scholarships include:

- First Responder (to become EMT-Basic) - up to \$500 each
- EMT-Basic (to become EMT-Paramedic) - up to \$5,000 each
- Paramedic (To advance their education in the realm of EMS) - up to \$2,000 each

The next deadline for NAEMT scholarships is **September 15**.

For more information on and to apply for NAEMT scholarships, please log in to the Member Resources section of our web site.

Evans receives award

James O. Page achievement award a great honor

The International Association of Fire Chiefs (IAFC) Emergency Medical Services Section has awarded the 2010 James O. Page EMS Achievement Award to NAEMT member **Bruce Evans**. The award was presented in May to Evans at the Fire-Rescue Med conference in Las Vegas.

The award is presented annually to an individual who has played a key role in creating and promoting nonclinical innovation and achievements in fire service-based EMS management and leadership that have had a positive impact nationally. It is named in honor of the late James O. Page, a visionary and national leader in fire service based-EMS for over three decades.

Evans is the assistant chief of business and support services at the North Las Vegas Fire Department. He has over 28 years of experience in a variety of EMS settings, beginning his career at West Des Moines EMS in Iowa before taking a job for Mercy Ambulance in Las Vegas, and subsequently moving on to the Henderson Fire Department.

He is the past chair of NAEMT's Health and Safety Committee and currently serves on the EMS Safety Course Committee.

Evans was named to the National Fire Academy's strategic planning committee for EMS, and promotes EMS in the Fire and Emergency Services Higher Education initiative to introduce a standardized EMS Management degree. He's an NFPA Fire Instructor III and a faculty member for the College of Southern Nevada's Fire Technology Program, is an adjunct faculty member of the National Fire Academy in the EMS, incident management and terrorism programs, and is a certified faculty member for the International Public Safety Leadership and Ethics training program.

Evans has co-authored texts in EMS management and crew resources management, and writes a bimonthly column on EMS in *Fire Chief Magazine*.



Get ready for 2010 NAEMT elections

Eight positions open; all members encouraged to vote

ELECTIONS FOR THE NAEMT BOARD OF DIRECTORS are coming up, and all qualified NAEMT members are encouraged to run for open positions, which include **President-Elect, Treasurer, Secretary and At-Large Director**, as well as:



Region 1 Director - Covers Northeast U.S.: Maine, New Hampshire, Vermont, Massachusetts, New York, Rhode Island, Connecticut, New Jersey, Pennsylvania and Ohio

Region 2 Director - Covers Southeast U.S., Puerto Rico and U.S. Virgin Islands: Florida, Georgia, Alabama, South Carolina, North Carolina, Mississippi, Louisiana, Tennessee, Virginia, Maryland, Delaware, West Virginia, Kentucky and the District of Columbia

Region 3 Director - Covers Northwest and Midwest U.S.: Alaska, Washington, Oregon, Idaho, Montana, Wyoming, North Dakota, South Dakota, Minnesota, Wisconsin, Nebraska, Iowa, Illinois, Indiana, Michigan and Missouri

Region 4 Director - Covers Southwest U.S. and U.S. territories in the Pacific: California, Nevada, Arizona, New Mexico, Texas, Hawaii, Utah, Colorado, Oklahoma, Kansas and Arkansas

2010 Election Cycle

The 2010 election schedule is as follows:

July - Communications are sent to members on the elections, and voting information is posted on the NAEMT web site.

July 15 through August 15 - Candidate submissions are accepted for open officer and director positions.

July 15 through October 1 - Endorsements of candidates by individual members in good standing are accepted.

August 15 through September 15 - Candidacy and Elections Committee verifies candidates' statements and supporting documents.

September 15 through October 28 - Candidates' statements and endorsements are posted on the web site. Members may endorse only one candidate for each open position.

October 1 through 28 - Candidates' responses to questions posed by the Candidacy and Elections Committee are posted on the web site.

October 15 through 28 - Voting commences.

November - Members are notified of election results.

During the election cycle, you'll receive voting instructions. All active members are encouraged to get involved, and most of all, to **VOTE!**

Essay contest winners selected

NAEMT MEMBERS WERE PROVIDED WITH THE opportunity to voice their pride in their profession during NAEMT's recent essay contest: *Why EMS Matters... to You.*

This year's essay contest winners, announced during National EMS Week, May 16 - 22, are:

First place - Kelly Buddenhagen, Ellijay, Ga.

Second place - John Wilbanks, Powell, Tenn.

Third place - Arron Paduaevans, Cherry Valley, Ark.

"EMS matters to me because we answer the call no one else hears," writes Buddenhagen, a paramedic with Gilmer County (Ga.) Fire and Rescue, in her essay. "Buildings crumble, cars crash, people fight and children cry. In EMS, we train, we respond, we serve, we care."

Wilbanks, a paramedic and quality improvement officer with the City of Knoxville (Tenn.) Fire Department, writes: "EMS matters to me because every day is an opportunity. Every call is an opportunity to serve my community and help others, often in a moment of crisis. ... Going home at the end of the day, I know I have accomplished something and have touched lives both physically and emotionally."

"EMS matters to me because I am blessed to be an EMS provider," writes Paduaevans, a paramedic with the Horn Lake (Miss.) Fire Department. "I'm thankful for the opportunity each day to do what I dreamed of as a child and worked so hard for as an adult. Most of all EMS is so important to me not just for what I give to my patients, but what they give to me. It is my responsibility to care for each and every one of them as I would care for my own child, my wife, or my mother."

Essay contest winners received gift certificates to amazon.com.

To view the winning essays in full, please go to the Membership section of www.naemt.org.



In memoriam...

NAEMT mourns the passing of these members.

Captain Timothy Peebles, 44, of Gainesville, Fla., passed away on February 28 following an extended illness. Peebles was a NAEMT member for six years and served on the Affiliate Advisory Council representing the Georgia Association of EMS.

He taught paramedics for many years at Lanier Technical College and served in Hall County Fire Services Battalion for 25 years, starting as a volunteer firefighter and serving as EMS coordinator until his death. He led an effort to get automated external defibrillators into area schools and emergency vehicles, and also started the department's Explorer Program through the Boy Scouts of America.

He is survived by his wife, Dawn, daughter McKayla, and other relatives.

Edward Clifton "Cliff" Parker III, 50, John's Island, S.C., passed away on March 25. Parker was a NAEMT member for six years and South Carolina EMS Association Affiliate Advisory Council Member.

He was Past President and Treasurer of the South Carolina EMS Association, a Command Officer of the S.C. DMAT Team, a member of the former NAEMT Board of Governors, a member at large of the Lowcountry Regional EMS Board and a member of the Commission of the One Percent Fund with the St. John's Fire Department. Parker was an avid sailor who made numerous open ocean voyages including Trans Atlantic trips.

He is survived by his wife, Jackie, stepson Kevin Baker, mother Sally, and many other relatives.

NAEMT publishes position statement on Medical Direction in EMS

IN A NEW POSITION STATEMENT, NAEMT STATES that medical direction is an essential component of an effective EMS system in order to ensure that patient care is administered with appropriate clinical oversight using medically accepted standards.

All EMS systems, regardless of their delivery model, should operate with medical direction and oversight from an EMS physician.

Within a well-functioning EMS system, the physician medical director and the EMS practitioners maintain a strong, cohesive relationship.

Since the passage of the first laws and regulations in the United States governing the provision of emergency medical services, physician medical direction has been and remains a fundamental component of effective EMS systems.

Medical directors oversee the clinical practice of the EMS system and the development of sound, evidence-based clinical practice guidelines, assure that new medical technology is safely implemented, and gather input on patient care by EMS practitioners.

They also develop and oversee objective performance improvement processes, maintain accountability and standards for the EMS profession, serve as a liaison between the EMS system and the medical community, and identify initial and continuing education opportunities as well as research opportunities for EMS practitioners.

In summary, medical directors are invaluable assets to effective EMS systems and have contributed significantly to the elevation of the practice of prehospital medicine.

Within a well-functioning EMS system, the physician medical director and the EMS

practitioners maintain a strong, cohesive relationship based on mutual respect and understanding of the critical role that each plays in the successful delivery of the highest quality prehospital patient care.

“This position promotes the idea of a medical director’s value to an EMS system and to the profession. Active, invested, specialized medical directors help EMS practitioners and systems realize their full potential,” says Paul Hinchey, MD, NAEMT Medical Director.

“EMS has come so far and is only just now starting to be recognized, as it should, as an independent practice of medicine unique to the out-of-hospital environment. This change in perception has taken decades to build and is the result of the hard work of veteran practitioners, organizations like NAEMT, and the dedication of medical directors around the country.”

To view the full position statement, please go to the NAEMT Positions page in the Advocacy section of www.naemt.org.



EMS professionals advocate at EMS on the Hill Day

by David Carle, EMT-P

THE FIRST ANNUAL EMS ON THE HILL DAY began a new chapter in advocacy for EMS. The event began on May 3 at the hotel Palomar in Washington, D.C., with a briefing from our NAEMT leaders and our lobbying firm. The briefing was to the point and informative, with light entertainment from our lobbyists from Holland and Knight. This entertainment, though, was more than just a little role-playing; this practice session was valuable in helping me to realize getting our leaders' attention and support definitely may not be an easy task.

With all the information in our hands, we had the rest of the evening to network and share ideas with the other EMS professionals who had come out to show their dedication and support. I believe our attendance in all was around 120 participants strong, although ideally we would have had thousands in attendance to show the lawmakers just how great our numbers really are.

Of course, we in EMS do not have the luxury of temporarily vacating our positions, as someone must maintain and

the room was full of his staff. Our state delegation leaders found several of the senior members and began to try to make sure our information hit home as the rest of us split up, talking to every staff member we could. It was encouraging to find staff truly did seem interested. I left this meeting with a feeling of accomplishment; that we actually might have gotten our information across the gap to them.

The other meeting I was fortunate enough to attend was with my Congressman, Phil Roe. He truly seemed interested in our issues and discussed them with us in length, listening to each of us in our group. The Congressman appeared to look at our points from all angles. I feel we definitely accomplished what we had set out to do in our meeting with him.

The first annual EMS on the Hill Day closed with a reception that gave us all an opportunity to share how things had gone and provide any input for the future. I felt this was a fitting end to the event, as it encompassed many aspects of what NAEMT means to me. It brought together our EMS family from all over our nation, gave us an avenue to advocate for our industry and our friends, and allowed for recognition within our organization. All of these are key aspects to the growth of our industry, and I feel very proud to have been lucky enough to take part in this event.

I would like to extend a thank you to all the participants and NAEMT for coming together and taking what I see as a vital step forward in furthering our industry. I also thank the companies that helped sponsor this event and provided several of us grants that made our attendance possible.

David Carle, A.A.S. AH, EMT-P, has worked in EMS for nine years with Washington County Johnson City EMS (Tenn.) and currently serves as lead paramedic on ALS ambulances and as lead instructor for several courses. He also serves on the Tenn. State Region 1 EMS Strike Team.



The Tennessee delegation with Congressman Phil Roe. Carle is second from the right.

ensure the safety of all our fellow citizens. I do hope that with the success of this year's event and involvement from all the participants when they return home, our turnout can be even greater in years to come.

On May 4, we went to meet with our country's leaders in hopes of enlightening them and gaining support for our causes. I was with the delegation from Tennessee, and we had several meetings planned out for the day with our senator's staff, and later with my Congressman. Our first event was a breakfast meeting with both senators from Tenn.

While Senator Alexander was in attendance only briefly,

Thank you to our sponsors

We'd like to thank the following sponsors for supporting EMS on the Hill Day.

Travel grant sponsor

Physio-Control

Friends

Certified Ambulance Group
EMS Innovations, Inc.
E.V.S. Ltd.
Page, Wolfberg & Wirth
Verathon

Event a success

MORE THAN 120 EMS PROFESSIONALS FROM 40 STATES and Puerto Rico advocated for EMS at the first EMS on the Hill Day. The event, which helps ensure that EMS has a strong voice in the nation's capital, was hosted by NAEMT.

This event, which will be held annually, represented the EMS community's first coordinated effort to visit congressional leaders and staff on Capitol Hill, and included representation from all sectors of the EMS community.

To assist active members interested in participating in EMS on the Hill Day, NAEMT provided grants of up to \$1,200 each to four participants: **David Carle, A.A.S. AH, EMT-P, Unicoi, Tenn.**; **Kenneth M. Erikson, EMT-P, Horsham, Pa.**; **Brad Gronke, MS, EMT, Brookfield, Ill.**; and **Kenneth Hockett, EMT-P, Tuolumne, Calif.**

The event included a pre-Hill Visit briefing to prepare participants for visiting congressional leaders, as well as a reception, hosted by NAEMT, for all participants, congressional leaders and staff, and federal agency staff. At the reception, Congressman Tim Walz (Minn.) received the Legislator of the Year Award from Advocates for EMS for his congressional leadership on issues of concern to the EMS community.

Participants visited with over 160 U.S. Senators and House Representatives. Issues they addressed with their representatives included The Medicare Ambulance Access Preservation Act of 2009 (S. 1066, H.R. 2443); The Dale Long Emergency Medical Service Providers Protection Act (S. 1353) and the Nongovernmental Emergency Responder Family Protection Act (H.R. 2485); and Field EMS legislation.

For more information on these issues, please visit the Advocacy section of www.naemt.org.

“ You said...

“I wanted to take a moment to thank NAEMT for allowing me to take part in the first of hopefully many EMS on the Hill Days. It was a tremendous experience that far exceeded my expectations. It's not every day that you get to network with colleagues from across the country with a common goal. From our passion, to our unified voice, I hope our message was heard.” *Kenneth M. Erikson, EMT-P, Horsham, Pa.*

“EMS on the Hill Day was fantastic. If I had not received the grant to participate, I would have missed out on this excellent opportunity! Thank you to everyone at NAEMT for this grant from the bottom of my heart. I met with staff of all of my Congressmen. The meetings were very productive and I think I made an impact on the legislation that NAEMT is supporting. Thank you again for this great opportunity.” *Brad Gronke, MS, EMT, Brookfield, Ill.*

“The first annual EMS on the Hill Day was amazing. I had never done anything such as that. Really inspiring - hope more of you can join us next year. ” *Angel Burba, Immediate Past President, NAEMSE*



Emergency Medical Rapid Response Team, Washington, D.C., meets with Congresswoman Eleanor Holmes Norton. From left: Angie Hooper, William Broadus, Norton, Roger Hooper and Anthony Muchetti.



Congressman Tim Walz (right) accepts his award from Patrick Moore, NAEMT President (left) and Kurt Krumperman, AEMS (center).



Members of NAEMT's Board of Directors meet with FEMA's Deputy Administrator Richard Serino (third from back left).



National Association of Emergency Medical Technicians
Foundation
P.O. Box 1400
Clinton, MS 39060-1400



We asked — and you told us

Membership survey asks about programs, benefits



TO PROVIDE THE BEST LEVEL OF SERVICE POSSIBLE and to ensure that NAEMT is providing what you want, we asked each of you to share your thoughts about your NAEMT membership through a satisfaction survey.

The survey was distributed to all active NAEMT members at the end of March, with responses requested by mid-April.

The survey asked members to rate the value of our current package of member benefits and what new benefits members would like to see in the future.

Respondents cited the free AD&D insurance coverage, and the free subscriptions to *NAEMT News* and *EMS Magazine* as their favorite benefits, followed closely by the two free continuing education credits and the discount on EMS EXPO registration.

When asked about which benefits members would like to see in the future, respondents were most interested in receiving additional discounts on continuing education and everyday household items.

Members also were asked to rate the value of NAEMT's programs. Respondents gave the highest ranking to representation in Washington, D.C., through NAEMT's Advocacy Program, followed closely by NAEMT's continuing education programs: Prehospital Trauma Life Support, Advanced Medical Life Support and Emergency Pediatric Care.

Respondents were generally pleased with the level and type of communications received from NAEMT, with over 80% indicating satisfaction with communications. When asked about networking opportunities, 56% of respondents said they would like to network more with other members around the country. Overall, 78% of respondents reported overall satisfaction with their NAEMT membership. While we were pleased to receive this positive response, our goal continues to be 100% member satisfaction.

We'd like to thank all our members who participated in the survey. Your responses and comments have provided valuable insight to the members of our NAEMT Board of Directors and committees, which will use the survey results to build and enhance our association's programs, activities and events. As follow-up to the survey, our Membership Committee will be looking into the additional benefits in which our members are most interested.

To view a full summary of the responses, please log in to the Members Resources Section of the NAEMT web site.