



well hello, march

Some lovely March Trivia to brighten your day!!

March was named after a war!! (the way THIS March is going, are you surprised!) March was actually named for the Latin Martius—aka Mars, the Roman God of war and mythical ancestor of the Roman people.

The March equinox occurs on Thursday, March 19 at 11:50 P.M. EDT. In the Northern Hemisphere, this is known as the vernal, or spring, equinox and marks the start of the spring season. In the Southern Hemisphere, autumn begins. At this time, the Sun crosses the celestial equator on its way north. Also on this day, the Sun rises exactly in the east and sets exactly in the west—a good thing to know if you get lost in the woods.

Do you know what the background picture is on this page?? It is a picture of the Coronavirus under a microscope! #themoreyouknow

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A clean hand is a caring hand.

Did you know proper hand hygiene is the
#1 way to prevent the spread of germs?
Follow these simple steps for proper hand hygiene.



Soap and water

- 1 Turn on water
- 2 Wet hands
- 3 Apply soap to palm of one hand
- 4 Scrub for 15 seconds
- 5 Rinse
- 6 Dry with paper towel
- 7 Turn off water with a clean towel



Hand sanitizer

- 1 Apply to palm of one hand
- 2 Rub over both hands
- 3 Let dry

Here are some interesting statistics on the Coronavirus. Please take this serious. We, as first responders, are excellent at washing our hands, covering our mouths, disinfecting our areas. This virus has moved through Italy at a tremendous rate, and we in America are following behind at the same rate. Please be prepared!

Watch your emails for daily updates both from our management team & from the Hospital Administration. Many areas of CMH have been closed to protect our patients! Please be patient and cooperative!

2020 Coronavirus Pandemic

Positive Cases				Positive Cases, Adjusted for Population			
Italy pop. 60M		United States pop. 328M		Italy pop. 60M		United States pop. 328M	
Date	Total Cases	Total Cases	Date	Date	Cases/1M	Cases/1M	Date
Mon, Feb 24	229	223	Fri, Mar 06	Mon, Feb 24	3.82	4.01	Thu, Mar 12
Tue, Feb 25	322	341	Sat, Mar 07	Tue, Feb 25	5.37	5.86	Fri, Mar 13
Wed, Feb 26	400	417	Sun, Mar 08	Wed, Feb 26	6.67	7.47	Sat, Mar 14
Thu, Feb 27	650	584	Mon, Mar 09	Thu, Feb 27	10.83	9.67	Sun, Mar 15
Fri, Feb 28	888	778	Tue, Mar 10	Fri, Feb 28	14.80	12.25	Mon, Mar 16
Sat, Feb 29	1,128	1,053	Wed, Mar 11	Sat, Feb 29	18.80	17.45	Tue, Mar 17
Sun, Mar 01	1,694	1,315	Thu, Mar 12	Sun, Mar 01	28.23		Wed, Mar 18
Mon, Mar 02	2,036	1,922	Fri, Mar 13	Mon, Mar 02	33.93		Thu, Mar 19
Tue, Mar 03	2,502	2,450	Sat, Mar 14	Tue, Mar 03	41.70		Fri, Mar 20
Wed, Mar 04	3,089	3,173	Sun, Mar 15	Wed, Mar 04	51.48		Sat, Mar 21
Thu, Mar 05	3,858	4,019	Mon, Mar 16	Thu, Mar 05	64.30		Sun, Mar 22
11 days ago → Fri, Mar 06	4,636	5,723	Tue, Mar 17	Fri, Mar 06	77.27		Mon, Mar 23
Sat, Mar 07	5,883		Wed, Mar 18	Sat, Mar 07	98.05		Tue, Mar 24
Sun, Mar 08	7,375		Thu, Mar 19	Sun, Mar 08	122.92		Wed, Mar 25
Mon, Mar 09	9,172		Fri, Mar 20	Mon, Mar 09	152.87		Thu, Mar 26
Tue, Mar 10	10,149		Sat, Mar 21	Tue, Mar 10	169.15		Fri, Mar 27
Wed, Mar 11	12,462		Sun, Mar 22	Wed, Mar 11	207.70		Sat, Mar 28
Thu, Mar 12	15,133		Mon, Mar 23	Thu, Mar 12	252.22		Sun, Mar 29
Fri, Mar 13	17,660		Tue, Mar 24	Fri, Mar 13	294.33		Mon, Mar 30
Sat, Mar 14	21,157		Wed, Mar 25	Sat, Mar 14	352.62		Tue, Mar 31
Sun, Mar 15	24,747		Thu, Mar 26	Sun, Mar 15	412.45		Wed, Apr 01
Mon, Mar 16	27,980		Fri, Mar 27	Mon, Mar 16	466.33		Thu, Apr 02
Today → Tue, Mar 17	31,506		Sat, Mar 28	Today → Tue, Mar 17	525.10		Fri, Apr 03
Wed, Mar 18			Sun, Mar 29	Wed, Mar 18			Sat, Apr 04
Thu, Mar 19			Mon, Mar 30	Thu, Mar 19			Sun, Apr 05

Data for Italy: Presidenza del Consiglio dei Ministri - Dipartimento della Protezione Civile, <https://github.com/pcm-dpc>

Data for USA: The COVID Tracking Project, <https://covidtracking.com>

Design inspiration: https://www.reddit.com/r/dataisbeautiful/comments/fhykic/oc_this_chart_comparing_infection_rates_between/

Updated: KJH, Mon 17 Mar 2020, 3PM PT

NEAL'S WORDS OF WISDOM

I am glad spring is about here. Winter was getting old. I hope you have plans this spring and summer to get out and enjoy the outdoors. Getting outdoors with family and friends is one of the things I really enjoy.

We have a lot going on. **ESO live date is April 1st**. We are in the middle of getting ready. There are several current employees that have had experience with ESO. They will be a good resource to help you learn. Don't be afraid to ask for help. Also be patient with yourself and the staff that have worked on the project as we all learn.

Orbcomm driver feedback devices have arrived. Installation will be March 17 thru 19, Aaron W. will be coordinating installation. Silent period will begin on March 20th. There will be a week where you will be reminded to log in with your Orbcomm card. Managers will train on April 1. If all goes according to plan device coaching will begin on April 8th. Don't worry there will be a grace period as we all learn the system. This will help us all be safer drivers. We will explain more as the project proceeds.

COVID-19: There have been 15 reported cases in Missouri. I am meeting with a leadership group on a regular basis. Communication will be coming out and information links will be added to the CMH intranet home page. We have PHS screening process and copies should be in each station. The situation is fluid and it changes every day. There is a worldwide shortage of all PPE. CMH, Mercy and Cox Hospitals are feeling the effects. N-95 masks are in short supply across the nation. As we receive information we will pass it on.

Take some time for yourself. Relax and put EMS out of your mind. I have several activities I enjoy away from work including family. Please try and find something you enjoy. It will improve your mental health and help with stress. I know I say this all the time but I appreciate all that you do. You have chosen a noble profession. You make CMH PHS what it is. Thank you!

Be safe.

Neal T.

POLK & ST CLAIR COUNTY UPDATES

Staff meeting notes. Osceola truck will be used for non emergency transfers, they are needing more call volume. The crews will be taking back transfers to their county and psych transfers to royal oaks in Windsor up until 8p The crews know about the rules that were given in staff meeting. Polk County Central dispatch is aware and they will be doing the proper dispatching. The biggest rule is they will not be doing any transfers after 8pm unless they are already leaving CMH.

Station : I am seeing trash and linens left around the station, everyone really needs to pick up after themselves. We need to be making sure the trucks are stocked and ready to go for the next crew along with that we need to be making sure the trucks are cleaned and mopped. Pick your trash up out of the cab as well. Your cooperation is expected.

Personnel: We will be moving people around to accommodate the new paramedics for their double medic time. We are using them in Polk county for the call volume so experience can be gained.

I would like to thank everyone that has jumped in and picked up several extra shifts. I appreciate the work that you all are doing to get shifts covered. This has been over the whole system.

I would like to give a shout out to **Cody** and **James** working the BLS truck, they have been involved in a couple of cardiac arrests lately. One in Hickory county backing up a crew from Polk, the ALS crew had nothing but good things to say about the work they did. The second code they were the first on scene, ROSC was achieved after the ALS truck arrived. James and Cody took over CPR from the family, they even defibrillated the patient. High praises were given. Good job guys. I am impressed with the call volume you guys deal with and to work a cardiac arrest after all that.

Aaron Weaver, Paramedic

Operations Manager, Polk & St Clair Counties

CMHEMS

LIFE AND TIMES AT THE BEAUTIFUL LAKE STOCKTON

Well another winter is almost in the history books and man was it a really nice winter as I am writing this the outside temp is 71 degrees o my really it's still winter, unless you wanted a LOT of Snow? Then sorry it was not a good winter for you, but for the rest of us yes it was, Thanks for all the crews that gave up there time to come help out their fellow man/women during some of the weather events. Remember we might still have some cool spells from time to time, so don't put those heavy blankets and IV warmers up yet, but personally can't wait to get out there and get on the water and start doing some cooking outside and fishing.

Cedar County Board: you ask what is CCAD board up to these days, well they just had their February meeting we didn't do much, we advised them that Lyman Taylor was now a CMH CPR instructor and asked if they would replace the old Mankins and CMH would update the training CD's and books, they all agreed spending < \$1,000.00 for a pack of the new style mankins. We advised them the Deer guards are still on order should be 4 – 6 wks then we will start shuffling the trucks to Columbia. Also updated them on getting lighting on the outside sign, and getting a water filter at Stockton station (got to love that water).

Trucks – just wanted to take a moment and thank everyone for making sure your trucks are being stocked and following the current protocols in the trucks at this time, we will be making some changes in the near future by adding and taking away a few items. Just a reminder if we ALL pitch in, it will make it better for EVERYONE, don't forget we are a TEAM and need to work as a TEAM when it comes to taking care of our Ambulances.

Personal – CMH THANKS FOR ALL YOU DID! We are going to be looking at what we are going to do going forward we will still need some knowledgeable, experience and flexibility people to help fill shifts, we have several medics coming online, so if you know of anyone please send them our way.

Thanks for all you do and helping CMH be #1. Anything we can do for YOU please ask our doors are always open!

Tom Ryan Ops Mgr Cedar Co.

HICKORY COUNTY CHATTER

Thank goodness for spring that is just around the corner. I personally cannot wait for warm weather.

We are going to have a busy couple of months ahead of us so mark your calendars. Please keep April 7th opened on your so you can help out with the Docu Drama that will be help at Lucas Oil Speedway. This will be a county wide school event that will involve ALL high school students. We are going to be a bit short on help that day so I would like to see all involved as this will be a training also for an MCI event.

Our new **ESO EPCr reports that will go live April 1st** .

Staff meetings the 2nd Thursday of each month. **Next meeting is April 9th at 8:30am.**

I would like to do another EMS week appreciation dinner for our support services in the county in May. We need to start planning our menu for this if we decide to do this again. We had a good response last year and I expect this year to be even bigger. I am looking at having this on May 15th or May 22nd. Let me know what works best for you.

Standby season is gearing up and you will find the Stand-by's on the schedule software. They will be under the county that they are being held in with the exception of Lucas Oil. We are going to have it located under Bolivar's open shifts. Lucas Oil will be the only standby that shows as Lucas Oil. All other standby's you will need to read the note to see what it is as it will be labeled only as "Standby" on the schedule.

Please be diligent in your Covid – 19 screening of patients. We are in a large retirement community where we have "snowbirds," who like to travel. Make sure to continue to check your email for updates or the information door in the office if I miss you at shift change as updates occur. Hopefully Midwest Missouri will sneak by and never see a case, but just like the flu we are going to see it evolve at some point in our area. Use your PPE and wash your hands frequently.

If you have not done so already review the information on the pediatric patient that lives in our county that has been diagnosed with Myasthenia Gravis. Know the medications that could cause undue harm with this child and how best to treat her. Alicia Zacher sent up some excellent educational information that we need to be familiar with. I have printed off the information and it is hanging on the information door in the office and you will also find it located with our protocols on the truck for a quick reference if you should need it.

I know it has been crazy busy, and I just don't see our call volume slowing down any moving forward. Please keep an eye on each other for exhaustion and fatigue. Drink plenty of water and come in well rested. Thank you for everything that you do and keep doing.

Alice Roberts Paramedic

Hickory County Ops Manager

BRICE'S SAFETY & HEALTH TIPS

March is here and I am glad the daylight hours are getting longer! I'll keep it short this month, but I want to remind us of a few things.

First of all, our CPAP Fio2 adapter and the ring cutters have been placed on the ambulances. The CPAP Fio2 adapter is not disposable, it is a one-way device, and should be kept after using the disposable CPAP kit. The ring cutters have also been placed on the ambulances in the trauma cabinet area. Please let your manager know if you have used the ring cutter, and we can get replacement blades for them.

Secondly, this month we will be celebrating Patient Safety Awareness week on March 8-14th. The tag line for this year is EMS: Protecting Our Patients. I'm very thankful to work for a service that has safety in our Mission Statement: "Provide safe, exceptional, compassionate care to our communities with an emphasis on highly trained and empowered staff." We already focus on patient safety in our everyday work, and everyday we should sharpen the skills we already have in keeping our patient's safe. Throughout the week of March 8-14 I'll be sending out emails and reminders, probably some flyers to have printed at each base and skills refreshers.

Thirdly, have you read "People Care" by Thom Dick? The paramedic class and several others are reading through it this year. Its a fantastic book to bring to light what we are truly doing in EMS, caring for people. Take the month of March to take time to do a refresher on yourself as to why you do this job, and answer the question of why you still care about people and what might need some "sharpening". If you've lost your desire to serve the public in this job, reading Thom's book might be a bit of help in throwing some gasoline on the spark that still in you. How is gasoline thrown on a fire for a safety newsletter?!

Stay Safe,

Brice Flynn, Paramedic

**PATIENT SAFETY
AWARENESS WEEK**

March 8 - 14, 2020

Every Day is Patient Safety Day

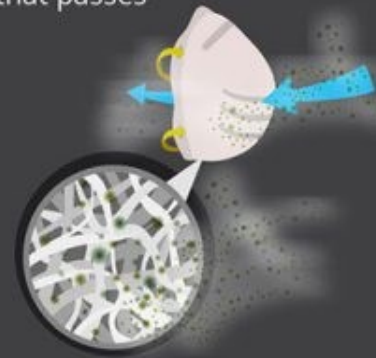
Three Key Factors Required for a Respirator to be Effective



- ① The respirator must be put on correctly and worn during the exposure.
- ② The respirator must fit snugly against the user's face to ensure that there are no gaps between the user's skin and respirator seal.



- ③ The respirator filter must capture more than 95% of the particles from the air that passes through it.



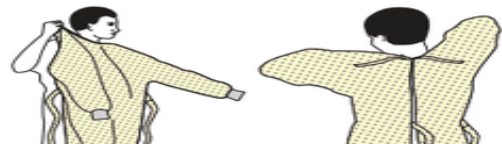
*If your respirator has a metal bar or a molded nose cushion, it should rest over the nose and not the chin area.

SEQUENCE FOR PUTTING ON PERSONAL PROTECTIVE EQUIPMENT (PPE)

The type of PPE used will vary based on the level of precautions required, such as standard and contact, droplet or airborne infection isolation precautions. The procedure for putting on and removing PPE should be tailored to the specific type of PPE.

1. GOWN

- Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back
- Fasten in back of neck and waist



2. MASK OR RESPIRATOR

- Secure ties or elastic bands at middle of head and neck
- Fit flexible band to nose bridge
- Fit snug to face and below chin
- Fit-check respirator



3. GOGGLES OR FACE SHIELD

- Place over face and eyes and adjust to fit



4. GLOVES

- Extend to cover wrist of isolation gown



USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION

- Keep hands away from face
- Limit surfaces touched
- Change gloves when torn or heavily contaminated
- Perform hand hygiene



Clinical News

March, 2020 - Theron Becker

CMH has a new CEO. There were bound to be leadership changes throughout the hospital as a result. We've seen Mike Calhoun as the COO (Neal's new boss). Additionally, Neal has been given more and more hospital emergency management responsibilities. Neal, Aaron, and I have been working through scenarios for leadership changes here in the EMS department. Nothing is official or set in stone, but the reality is Neal is incredibly busy with preparing CMH for the corona virus, influenza response, and the myriad of legislative and regulatory requirements placed on hospitals and long term care facilities to be prepared for any type of hazard or disaster.

Aaron and I are working together and would like to take time to be as transparent as we can and share that we are going to continue to provide a strong framework to lead the department through all the new stuff and challenges going on around us. To be perfectly clear: **THIS IS UNOFFICIAL INFORMATION AND HAS NOT BEEN AUTHORIZED FOR RELEASE**, but there is too much going on with hospital administration and emergency management right now to wait any longer. All of the EMS leadership options and scenarios we have worked through since December 2019 include some **common themes**:

- Neal is going to continue to be active in the strategic leadership of our department while Aaron and I are taking on more responsibilities and authority to support Neal as his focus is moving to emergency management.
- Aaron and I have a strong partnership and have defined some swim-lanes, focus areas, and processes. Aaron's focus is operations and personnel management. My focus is clinical and administrative areas such as education, quality, policies, and protocols.
- Aaron and I are committed to consistently promoting a culture of CMH PRIDE and unity between counties and stations. We also believe employee competence and professional development are critical components of a high-performing department. When in doubt, refer to the EMS mission statement to guide your decisions.

















We've got a lot going on with the next big thing being moving from **HealthEMS to ESO** over the next month. Here's the summary of what you should be doing to help with this project:

1. Once you get access to ESO, play with it and build as many PCRs as you would like to get familiar. Everything in the database will be deleted on March 31st and nothing in ESO before then will be billed.
2. Midnight of March 30th, stop using HealthEMS and all new PCRs will be done in ESO.



CMH EMS Mission: Provide safe, exceptional, and compassionate care to our communities with an emphasis on highly trained and empowered staff.

EMS EDUCATION (Spring 2020)

March 2020 Training Schedule

Date	Wkdy	Time	Course Name	Instructor(s)
Mar 3 & 4	Tue & Wed	0830-1730	NAEMT : Pre-Hospital Trauma Life Support	Theron Becker, Morgan Young (Paramedics)
Mar 5	Thu	1000-1145	 Workforce Safety and Wellness	Brice Flynn (Paramedic)
Mar 5	Thu	1230-1415	 Public Health	Wanita Lister (Public Health RN)
Mar 9	Mon	1230-1415	 Pathophysiology	Theron Becker (Paramedic)
Mar 9	Thu	1415-1600	 Pediatric Emergencies	Theron Becker (Paramedic)
Mar 9	Mon	1300-1600	 EMS Competencies: ESO : EHR User Training (Option 1)	ESO staff
Mar 9	Mon	1600-1900	 EMS Competencies: ESO : EHR User Training (Option 2)	ESO staff
Mar 10	Tue	0900-1200	 EMS Competencies: ESO : EHR User Training (Option 3)	ESO staff
Mar 10	Tue	1300-1600	 EMS Competencies: ESO : EHR User Training (Option 4)	ESO staff
Mar 11	Wed	0900-1200	 EMS Competencies: ESO : EHR User Training (Option 5)	ESO staff
Mar 11	Wed	1300-1600	 EMS Competencies: ESO : EHR User Training (Option 6)	ESO staff
Mar 12 & 16	Mon & Thu	0830-1730	 AHA : Pediatric Advanced Life Support	Beth Perkins, Theron Becker Ryan McDonald, Bobby OKeefe, Alice Roberts (Paramedics)
Mar 19	Thu	1000-1145	 Medical Legal and Ethical Issues	Jeff Anderson (Lawyer)
Mar 19	Thu	1415-1600	 Documentation	Theron Becker (Paramedic)
Mar 26	Thu	0830-1730	 AHA : Neonatal Resuscitation	Ashley Jones (OB RN)
Mar 30	Mon	1000-1145	 Communications	Theron Becker (Paramedic)
Mar 30	Mon	1415-1600	 Transport Operations	Theron Becker (Paramedic)

Notes:

-  Icon indicates mandatory course for CMH EMS employees.
-  Icon indicates this course is part of the Paramedic Academy but open for outside students.
- Grey text indicates this information is still tentative.

All courses require completion of a registration application.

All course locations are CMH EMS Headquarters (1525 N Oakland, Bolivar, MO) unless otherwise specified.

More information contact: theron.becker@citizensmemorial.com

More information website: www.ozarksems.com/education.php

Registration form:

<http://www.ozarksems.com/education-application.php>



Myasthenia Gravis

Myasthenia Gravis (MG) is a chronic autoimmune neuromuscular disease that causes weakness in the skeletal muscles caused by an error in the transmission of nerve impulses. Most common in women under 40 and men over 60 years of age, but is non-discriminatory and can affect anyone.

Affected Muscles:

- eye and eyelid movement
- chewing
- talking
- swallowing
- facial expression
- neck
- breathing
- upper and lower extremities

Signs and Symptoms:

- Ptosis (drooping of one or both eye lids)
- Diplopia (blurred vision)
- Difficulty swallowing
- Shortness of breath
- Impaired speech
- Changes in facial expression
- Weakness in the neck, arms, hands, fingers, and legs.

Factors that can worsen MG:

- Fatigue
- Illness
- Stress
- Pregnancy
- Menstrual periods
- Heat
- Changes in medications
- Medications:
 - Beta blockers
 - Neuromuscular blocking agents
 - Phenytoin
 - Magnesium
 - IV Steroids
 - Some antibiotics- quinolones, macrolides

Treatment:

Begins with a diagnosis of the disease. Removal of the thymus gland, Anticholinesterase and immunosuppressive medications, and Plasmapheresis and intravenous immunoglobulins are possible treatments.

Myasthenia Crisis- a medical emergency that occurs when the muscles that control breathing weaken to the point where individuals can no longer protect their airway or breathe.

Treatment for Myasthenia Crisis:

- Manage airway to include Bi-PAP, mechanical ventilation, and intubation
 - Re-consider the use of neuromuscular blocking agents
- Manage temperature- heat exacerbates symptoms
- Position of comfort- usually sitting in an upright position to open airway
- Decrease stress and stimuli- exacerbates symptoms
- REST of muscles- use of the muscles will exacerbate symptoms
- Pulse ox is NOT a reliable indicator of respiratory status in patients with MG

**Patients with MG are unpredictably resistant to depolarizing neuromuscular blocking agents (succinylcholine) and unpredictably sensitive to non-depolarizing neuromuscular blocking agents (rocuronium, vecuronium, cisatracurium) **

<https://www.ninds.nih.gov/disorders/patient-caregiver-education/fact-sheets/Myasthenia-gravis-fact-sheet>,
<https://www.mayoclinic.org/diseases-conditions/myasthenia-gravis/symptoms-causes/syc-20352036>,
<https://www.uptodate.com/contents/anesthesia-for-the-patient-with-myasthenia-gravis>



Cassandra Keller March 7th

Amanda Dickover March 8th

Tim Shaw March 10th

Adam Stoddard March 12th

Josiah Lentz March 17th

Comorgan Jones March 18th

Bobby O'Keefe March 19th

Theron Becker March 28th

Lucas Weaver March 28th

Ryan McDonald March 30th

Taylor McKlinteric 2 Years

Cody Moore 2 Years

Zane Gore 4 Years

Eric Childress 6 Years

Levi Crews 6 years

Emma McAntire 6 Years

Cassandra Keller 8 Years

Tom Liberty 24 Years

Aaron Weaver 24 Years

A graphic for an anniversary celebration. The words "Happy Anniversary" are written in a large, green, cursive script. The text is set against a light green, textured background that resembles a piece of paper or a card.

Congratulations!!

Cheryl Andrew on earning your
Paramedic License!!

