



# SANFORD AMBULANCE VITAL SIGNS

Summer 2024

Compassion, Excellence and Community

## Citizens Lifesaving Award

On Thursday, April 18, 2024, Kyle Cedergren was working at Border States in Fargo. Kyle usually spent most of his time on the road, but that day he happened to be in the office when his heart stopped beating.

Kyle's friend and co-worker Duane Jannson found Kyle slumped against the wall and immediately called for help on the radio. Dustin Fabre heard the call for help and quickly stopped what he was doing to go help. Dustin had just taken his first CPR course three weeks prior to this event and had no idea he'd need to use the skills he learned so soon. When Dustin arrived at Kyle's side, he realized that he wasn't breathing and his heart wasn't beating. Dustin immediately started chest compressions.

Co-workers had alerted Jon Becker and Tyler Pich that someone needed help, so Jon immediately called 911 and Tyler grabbed a CPR mask and ran to Kyle's side. Tyler started breathing for Kyle and counting Dustin's compressions. Shortly after, a police officer arrived and took over CPR while Tyler hooked up the automated external defibrillator to Kyle's chest. Working together, the men used the AED to shock Kyle's heart. Soon after the shock, Kyle started breathing on his own, and his heart began beating again. Firefighters and ambulance personnel arrived and continued caring for Kyle.

This group of men went to work that day, having no idea that they would all work together to save Kyle's life. Nationally, only about 10% of people who experience sudden cardiac arrest survive. On May 15, Jon Becker, Duane Jannson, Dustin Fabre and Tyler Pich were awarded the Sanford Ambulance Citizen Lifesaver Award for their actions that saved Kyle's life.

Without this group of men providing CPR and using the AED, Kyle most likely would not have survived. Sudden cardiac arrest isn't just a job for emergency responders; it's a community issue that requires community response. CPR is easy to learn - it only takes a few minutes - and you never know when you might need to use it to save someone's life. To learn hands-only CPR, go to [handsonlycpr.org](https://handsonlycpr.org). To register for a CPR certification course, go to [shemse.org](https://shemse.org) and click on "CPR & First Aid".

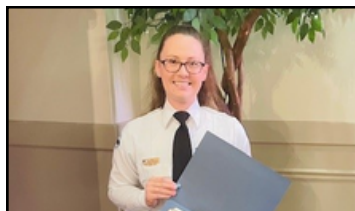


# 2024 Sanford Ambulance Awards

The 2024 Sanford Ambulance Awards Ceremony was held during National EMS Week to honor the incredible EMTs and Paramedics that serve the Fargo, Moorhead, West Fargo and surrounding communities. We are lucky to have such incredible EMTs, paramedics, and dispatchers who work hard each day and are truly dedicated to serving the communities where they live and work. Congratulations to all of the award winners!!

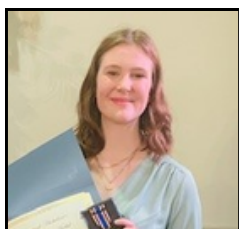
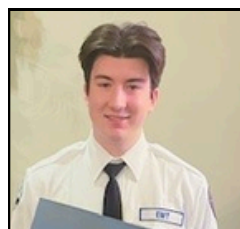
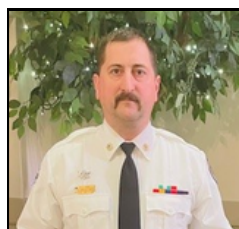
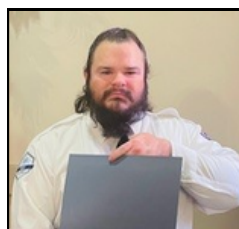
The **Rising Star Award** is presented to a new team member who has set themselves apart by showing a positive attitude, willingness to learn, and an interest in continued improvement.

The 2024 Rising Star Award recipients are Ally Feickert and Abigail Johnson.



The **Achievement Medal** is presented to a team member who has distinguished themselves apart from others by providing outstanding service, patient care, or achievement.

The 2024 Achievement Medal award recipients are Russell Mannex Jr., Tom Dobrzynski, Sarah Barnes, Darby Olson, Abigail Johnson, and Taylor Larson.



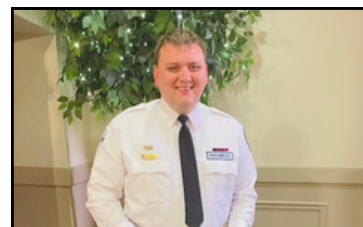
The **Distinguished Service Medal** is awarded to team members who have shown a commitment to a committee by attending meetings and training sessions throughout the year. Recipients of the Distinguished Service Medal are engaged and take an active role in their committee or team.

The 2024 Distinguished Service Medal award recipients are Kyle Anderson, Tom Dobrzynski and Mike Monson who represent Sanford Ambulance on the Red River Valley SWAT Tactical EMS (TEMS) team.



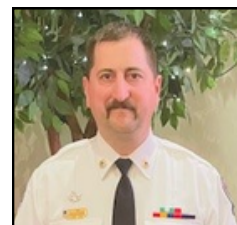
The **National Society of the Sons of the American Revolution Medal** is awarded to a member of the Honor Guard who exemplifies patriotism, exhibits a high degree of merit, has strong leadership qualities, and has shown all-around excellence in their honor guard activities and community service.

The 2024 SAR Medal award recipient is Seth Murray.



The **Leadership Medal** is awarded to a team member who has shown a commitment to leading a project that brings significant advancements to a team in training, equipment or protocols. The Leadership Medal recipient possesses outstanding leadership qualities and abilities to successfully lead projects, events, or assignments.

The 2024 Leadership Medal recipient is Tom Dobrzynski. Tom has served on the TEMS team for 17 years, leading the team for the last 10 years. Tom helps create top-notch training scenarios and works hard to make sure that the team obtains the medical equipment that is needed to keep SWAT team members safe. His dedication and commitment to the team has shown through his ability to build on each individual member's strengths as individuals. Tom motivates others by always being willing to help others and make the team better every day.





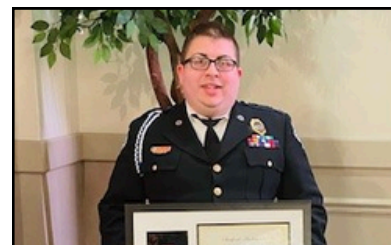
Recipients of the **Meritorious Service Medal** have gone above and beyond their job duties without expectation of reward. This medal is presented when a team member has given their time, effort, or made a commitment to the team through special projects, committees, or helping others outside of their normal position. Meritorious Service Medal recipients show a strong commitment and dedication to the company.

The 2024 Meritorious Service Medal is awarded to our Peer Assistance Crisis Team (PACT) members for their continued dedication and support of their fellow team members. PACT team members include Nathaniel Dutt, Rick Cameron, Chelsea Schmitz, Kelly Wanzek, Kathy Lonski, Katlin Borgen, Jessica Reil, Kyle Anderson, Ashlie Brandenburger, Spencer Oen, Jaymes Feil, Jay Huseby, Mike Monson, and Kayla Shaw.



The **Employee of the Year Medal** is awarded to an employee who demonstrates the importance of being a great team member each and every day. The medal is given to an employee who maintains a positive attitude, consistently performs well in their position, and motivates themselves and others to strive for improvement. The recipient takes pride in their work and has shown a deep dedication to the role that they hold at Sanford Ambulance.

The 2024 Employee of the Year Medal is Nathaniel Dutt.



The **Star of the Year Medal** is awarded to an EMS care provider who consistently provides excellent patient care and customer service. The Star of the Year is a dedicated clinician who advocates for their patients and shows compassion in the field, while also performing other job duties in an exemplary manner. This award signifies that the recipient has distinguished themselves as a great team member, partner, and care provider, and serves to recognize this person for their hard work and dedication to their patient, co-workers and the field of EMS.

The 2024 Star of the Year is Isaac Lillehaug



The **Commendation Medal** is awarded to a team member who distinguishes themselves through a single extraordinary act of heroism, achievement, or service.

Isaac Lillehaug received a Commendation Medal for his off-duty response to a serious vehicle accident where he provided excellent medical care to a critical patient.



The **Distinguished Service Cross Medal** is awarded to team members who have gone well above and beyond the call of duty to perform an exceptional act of service or bravery.

On July 14, 2023, the Fargo community was rocked by a male who opened fire on a group of police officers, bystanders, and other emergency responders during an unrelated traffic incident. EMS providers Ryan Hiatt, BJ Carlson, Kyle Anderson, Morgan Lewis, Robert Baptista, Kyle Gorze, Katlin Borgen, Brooklyn Erickson, Morgan Well and David Hoffman were awarded the Distinguished Service Cross Medal for the care they provided when responding to the shooting. The team worked together to provide care to all patients and began transport of all individuals in under 17 minutes, which is incredible due to the emotion and chaos at the scene. After arriving at the hospital, the team switched from providing care to the injured to providing care for each other, as well as others who were impacted by this violent event.



# HEALTH HIGHLIGHT

## First Aid Myths

When it comes to first aid, it's easy to think that you're an expert. Medical TV shows and movies make many people think that they know what they're doing, but the truth is that there are many misconceptions about what to do when someone suffers an injury or illness. Providing first aid quickly and correctly can mean the difference between life and death. In some cases, what we've learned in the past is out of date. Here are some of the most common myths about first aid, and what you should do instead.

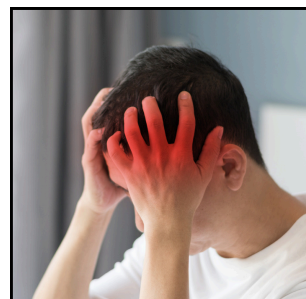
***If someone is choking, hit them on their back or raise their hands in the air.***

**NO!** If someone is choking, that could cause the item to get lodged lower in their airway. Instead, do the Heimlich maneuver if they are awake; change to CPR if they aren't awake.



***Only old people have strokes.***

**NO!** Strokes are more common in older people, but they can strike people of all ages - even infants. Nearly 25% of strokes occur in people that are under the age of 65. After you turn 35, your risk of having a stroke doubles every 10 years.



***I should apply butter to a burn ASAP.***

**NO!** Covering a burn with an oil or grease-type substance causes the skin to retain heat, which is exactly the opposite of what you want to do. Applying butter to a burn makes it very difficult for medical staff to properly clean the area. Instead, cool the area with running water and get medical help immediately.



***Tilt your head back when you are trying to stop a nosebleed.***

**NO!** Tilting your head back could cause blood to flow down your throat and into your stomach, which could make you sick. Instead, tilt your head slightly forward while you pinch your nose at your nostrils. Hold your nose shut for 10 minutes before checking to see if the bleeding has stopped. If the bleeding was the result of an injury, or the bleeding won't stop, consult a doctor. Call 911 if there is a large amount of uncontrolled bleeding.

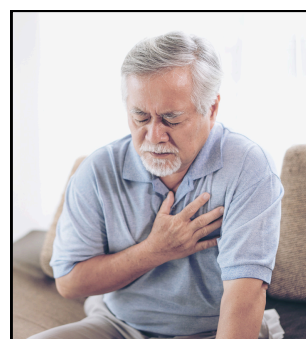


***It's OK to drive yourself to the hospital if you are having chest pain.***

**NO!** Call 911 if someone is having chest pain - they might be having a heart attack, and fast medical intervention could save their life!

There are many reasons that people may not want to call 9-1-1 - they may not want to bother first responders, they think that they are close enough to drive themselves in, they are scared of the situation or the cost of an ambulance ride, or they may not think that they need immediate medical attention. However, when it comes to certain medical conditions, every second counts.

Once paramedics arrive, they can assess the patient and determine if they are having a heart attack. Paramedics can administer life-saving treatments and alert the hospital that they will be transporting a cardiac patient, which will allow hospital personnel to have everything ready when the ambulance arrives.





# EMS Week Celebration

In 1974, President Gerald Ford authorized EMS Week to celebrate EMS clinicians and the important work they do in our nation's communities. May 19-25, 2024 was the 50th annual National EMS Week.

*"Honoring our past, forging our future"* was the 2024 EMS Week motto. This motto reminds us to acknowledge the foundational work of those who came before us, while also striving to build and lead the EMS system we envision for our future. In the 50 years since we've been celebrating EMS Week, the emergency medical service profession has made enormous strides in pre-hospital care and community-based healthcare. In the past year, Sanford Ambulance crews have risen to new challenges every day. Throughout these challenges, they continue to support and care for the needs of the communities that they serve.



***“Our team continues to meet the challenges of the the ever-increasing demand placed on Emergency Medical Services. The tireless effort of our EMTs and Paramedics is a testament to the dedication they provide to the citizens of Cass and Clay Counties each and every day.”***

- Tim Meyer, Senior Director

The ability to stay calm while surrounded by chaos is an incredible feat. EMS providers work long hours and sacrifice so much of their own lives to provide emergency medical care to our community. Sanford Ambulance's EMS professionals serve in a broad range of roles, from providing highly skilled care in an ambulance, to serving as educators, to practicing community paramedicine. Each of our paramedics and EMTs have a commitment to service and to community. We are proud of our staff for the work that they do; their unwavering dedication and hard work saves lives each and every day.

In Fargo, Sanford Ambulance celebrated EMS week by treating crews and employees to lunch catered by the Trap Hogs BBQ food truck (owned and operated by Sanford Ambulance paramedic James Simmons). A Community Celebration was scheduled for Thursday, May 21 but had to be canceled due to weather. Throughout EMS week, Sanford Ambulance employees were showered with gratitude from our community; from food, to cards, to words of appreciation, our crews felt the community's love in May!

## Welcome to the Team!

Julie Resler	EMT
Lisa Smith	Ready Wheels
Alijah Dixson	Ready Wheels
Karina Chavero	EMT
Grant Anderson	EMT
Liya Joshy	EMT
Andrew Teigen	EMT
Matt Cihak	EMT

*Are you an EMT or paramedic who is interested in working in a fun, fast-paced atmosphere? Sanford Ambulance is hiring!*

*Check out [sanfordhealth.jobs](https://sanfordhealth.jobs) to see what positions we have available! We'd love to have you join our team!*



## Skills Fairs

Each quarter, Sanford Ambulance EMTs and paramedics participate in skills fairs to help maintain their skills proficiency. Earlier this spring, providers spent time learning about new trauma protocols and bleeding control techniques and reviewing proper documentation and correct medication doses.

In April and May, crew members went through an airway skills fair, where they practiced various airway skills and learned about the new GlideScopes that will be carried in each ambulance. A GlideScope is a video laryngoscope that helps provide a clear view of the airway when paramedics are attempting to intubate a patient.

Topics for Sanford Ambulance skills fairs are determined through a QI process during run review, crew member questions, or suggestions. Skills fair stations are taught by employees on the Clinical Committee, educators, administration team members, and Sanford Ambulance Medical Director Dr. Van Valkenburg.



## 2024 EMS Citizens Academy

The Sanford Ambulance Citizens EMS Academy is a free, hands-on opportunity for community members to see and learn what Sanford Ambulance paramedics and EMTs do every day. The academy will teach participants what to do before an ambulance arrives in addition to other skills to use in actual emergencies.

The next academy will meet for six weeks from September 5 through October 10 from 6:00 - 8:00 PM. Applications are due on August 30. Participants must be age 18 or over to apply. For more information or to apply, please contact Kristi at [Kristi.Engelstad@SanfordHealth.org](mailto:Kristi.Engelstad@SanfordHealth.org) or 701-364-1759.



## Buckle Up with Bucky

Buckle Up with Bucky is a child passenger safety presentation that is geared to kids in grades K - 2. The 30-minute presentation creates a fun and easy way for EMS professionals to teach children about seat belt safety. Students receive a short presentation that covers the rules of riding in a car, watch an interactive video and end with a quick tour of an ambulance. This spring, Sanford Ambulance presented Buckle Up with Bucky to over 130 classrooms in our community, reaching over 3,100 kids with Bucky's seat belt safety message!





## EMS Education

The Sanford Health EMS Education (SHEMSE) team has been busy! Check out all of the exciting things that have been happening!

### NDSCS/Sanford Paramedic Program

A mix of 20 local and rural students from the 2024 paramedic program are heading into the capstone phase of their program, which is final phase in which students demonstrate mastery of the information and skills they have learned. The majority of these students are already employed by Sanford Ambulance in Bagley, Thief River Falls, or Fargo. The capstone phase consists of full shifts acting as the paramedic in charge of all calls and being graded on how they perform.



We are very proud of the 6 students who have earned scholastic achievement awards for their high grades in all of their courses at NDSCS! Mahrya Gudvangen, Amelia Hall, Nathan Moen, Caitlin Pettigrew, Josh Pogatchnik, and Colby Wooten have excelled in their studies and are well-deserving of the scholastic achievement award. Josh and Mahrya were also awarded Phi Theta Kappa membership based on their high GPAs. Congratulations!

This fall we have a full slate of Sanford Paramedic Apprenticeship candidates to start the second year of the paramedic program. Several “lessons learned” from this year will be implemented as changes to next year’s program!

### Summer EMT

In conjunction with SouthEastern North Dakota Community Action Agency (SENDCAA), we will be training some of their clients in this summer’s Emergency Medical Technician (EMT) course. This will increase the diversity in the EMS profession while giving disadvantaged people an opportunity to start a career. The SENDCAA students will be attending the course with our normal private, college, and Sanford Ambulance sponsored students. To learn more about possible EMT scholarships, please visit our website ([shemse.org](http://shemse.org)).

### EMS Club

The 2024 NDSCS EMS Club participated in SAFE (Simple Assessment and First Aid Education) Trail Saturday at Buffalo River State Park on May 18th. The event was comprised of a short series of stations to teach children and their parents about several different first aid topics. The first 50 families that participated in SAFE Trail Saturday received a first aid kit.

The EMS Club is a group of dedicated students from the EMT and paramedic programs that work together to increase awareness of EMS and safety issues while providing fellowship.



## **Sanford Ambulance**

2215 18th Street South

Fargo, ND 58103