



SANFORD AMBULANCE VITAL SIGNS

Fall 2023

Compassion, Excellence and Community

2023 Mission: Lifeline Gold Plus Award

When someone in our community suffers a heart attack, EMTs and paramedics are often the first to provide care. The type of care that these patients receive immediately after their signs and symptoms start can mean the difference between life and death. The role of EMS in the system-of-care for cardiac patients is crucial and often sets the course for the patient's outcome.

Mission: Lifeline EMS is a program launched by the American Heart Association in 2014 designed to showcase and recognize Emergency Medical Service organizations across the nation for excellent STEMI (ST Elevation Myocardial Infarction) care. A STEMI is a specific type of heart attack caused by a complete blockage of blood flow to the heart. Every year, more than 250,000 people experience a STEMI. To prevent death, it's critical to restore blood flow as quickly as possible, either by surgically opening the blocked vessel or by giving clot-busting medication. In order to have the best outcome after a STEMI, timely treatment is imperative. The AHA's Mission: Lifeline award helps celebrate the achievements of prehospital providers and their collaboration with each other and destination hospitals specific to STEMI patient care.



This year, Sanford Ambulance was awarded the highest Mission: Lifeline award – Gold. This award recognizes Sanford Ambulance for implementing quality improvement measures for the treatment of patients who experience severe heart attacks. This award puts Sanford Ambulance in an elite group of pre-hospital providers who are recognized by the American Heart Association for their commitment and success in implementing a higher standard of care, by ensuring that every STEMI patient receives treatment according to nationally accepted evidence-based recommendations and standards.

“Sanford Ambulance is dedicated to providing optimal care for heart attack patients and making our service among the best in the country, and the American Heart Association’s Mission: Lifeline program is helping us accomplish that by implementing processes for improving systems of care with the goal of improving the quality of care for all acute coronary syndrome patients,” said Kathy Lonski, Sanford Ambulance’s Quality Improvement Advisor. “We are pleased to be recognized for our dedication and achievements in emergency medical care for all cardiac patients.” The Mission: Lifeline initiative provides tools, training and other resources to support heart attack care following protocols from the most recent evidence-based treatment guidelines. Sanford Ambulance has received the highest award every year since the inception of Mission: Lifeline and is one of only 25 across the nation to have done so.

Back the Blue Blood Drive

on Friday, August 25, several Sanford Ambulance employees rolled up their sleeves to donate blood in honor of the Fargo Police officers injured and killed in the attack on July 14. A total of 27 volunteers donated blood, with 11 of the donations coming from first-time volunteers. The blood collected through the Sanford Ambulance blood drive has the potential to help save up to 87 lives. Thank you to Kayla Shaw for coordinating the event and to everyone who volunteered and donated!



KangooFix Neonatal Restraint System

Sanford Ambulance recently implemented a new piece of equipment that was developed to safely and effectively cradle and secure a newborn during ambulance transportation. The KangooFix Neonatal Restraint System was developed so that infants could safely travel with their parent during non-critical ambulance transport. The KangooFix secures the infant to their parent for a safe and comfortable ride, which eliminates the need to use two ambulances and crews for transporting newborns.

Sanford Ambulance Performance Improvement Specialist Chris Schwartz says, "Close contact between parent and newborn is clinically proven to improve the condition of both the mother and the baby. The KangooFix allows us to safely transport a mother and newborn to the hospital together, which is what is best for both of them."

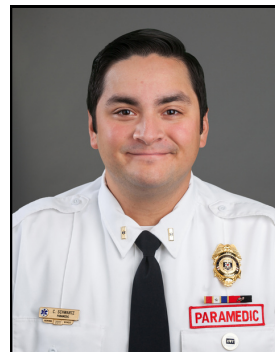
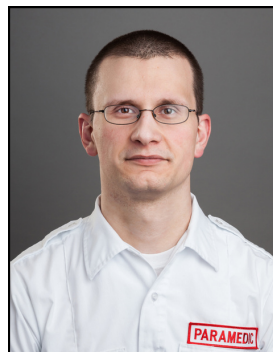
The KangooFix won a 2019 EMS World Innovation Award, which recognizes the EMS industry's most pioneering products. The device has a 5-point outer harness that attaches to the ambulance cot belts to secure the newborn to the mother during transport. The harness contains a skull cap and a heat cover to help keep the newborn warm during transport. The system has a quick release button that allows for fast access to the baby if needed. The KangooFix system is lightweight, easy to clean, and can be used to transport a baby up to 11 pounds. The KangooFix was a much-needed upgrade for safe transport for mother and baby.



New Places, New Faces

Kyle Rittenbach and Chris Schwartz have both accepted new positions within the Sanford Ambulance team.

Rittenbach was recently promoted to Operations Supervisor. In his new role, Rittenbach will be responsible for providing leadership and supervisory oversight on all aspects of the company's day-to-day operations. Rittenbach completed his EMT training in 2005 and his paramedic training in 2010. Prior to starting at Sanford Ambulance, he was a paramedic in Bismarck from 2008 through 2012.



Schwartz has accepted a position on the administration team as a Performance Improvement Specialist. Schwartz began his EMS career in 2011 as an EMT with Sanford Ambulance. He became a paramedic in 2012, and was promoted to Operations Supervisor in 2017. In his new role, Schwartz will help with quality improvement and quality assurance projects, as well as helping to assure that the continuum of patient care flows smoothly throughout the patient's entire experience - from the time that the ambulance crew arrives on-scene to the time that the patient is discharged from the hospital.

BLAST Babysitting Camp



Babysitting Lessons and Safety Training (BLAST) Babysitting Camp is a course developed by the American Academy of Pediatrics that teaches teens and pre-teens about the responsibilities of caring for children. Using scenario-based learning, the class addresses babysitting, as well as staying home alone safely and dealing with emergency situations.

Participants in BLAST Camp will learn CPR and first aid for children, when to call 911, and what will happen if they need emergency assistance. Students will also learn diaper changing techniques and will go home with fun & educational activities for children to do. To register for a BLAST course, please visit the Sanford Health EMS Education website at shemse.org.

Welcome to the Team!

Sarah Barnes	EMT
Hannah Bode	EMT
Jens Christensen	EMT
Angela Corelli-Keeton	Paramedic
Sarah Eckroth	EMT
Brody Morris	EMT
Rylie Morrow	EMT
Alec Thingvold	EMT
Allison Wilson	EMT
Cameron Wittaker	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 to see what positions we have available! We'd love to have you join our team!



HEALTH HIGHLIGHT

The History of CPR

Nearly everyone has heard of cardiopulmonary resuscitation, or CPR; what most people don't know is that humans have been using different resuscitation techniques since as far back as the 1500's.

1530 - 1800

The Bellows Method



The Bellows Method involved putting a fireplace bellows into the nose of a victim who had stopped breathing. Once inserted, the bellows would pump air into the victim's respiratory system in an effort to fill the lungs with air.

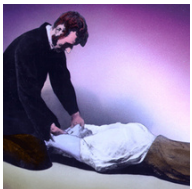
Later in the 1700's, although mouth-to-mouth resuscitation was successfully used to breathe for patients, preference was given to bellows rather than mouth-to-mouth ventilation to artificially the lungs of a patient that was not breathing. Also in the 1700's, scientists discovered that shocks to the chest could restore a heartbeat, but shocks were not widely used until many years later.

1800's

The Hall and Silvester Methods



The Hall and Silvester methods became the most commonly used forms of artificial respiration in the 1800's. The Hall Method consisted of alternately repositioning the patient from face-up to the side. Later, Hall updated the approach by adding pressure to the thorax. The Hall Method remained the method of choice until 1858.



In 1858, the Silvester Method replaced the Hall Method as the best way to resuscitate a patient. The Silvester Method involved raising the patient's arms up to expand their chest, then crossing the arms over their chest to apply expiratory pressure.

Later in the 1800's, scientists learned that massaging the heart during surgery can restore circulation, and that external compressions of the heart provide adequate circulation in animals. In 1891, after using external compressions to restart the hearts of 2 young human patients, a German surgeon became the first to advocate chest compressions, rather than ventilation alone, to help with circulation. For some reason, the technique wasn't popular, and open-heart massage remained the standard of care for patients in cardiac arrest.

1900 - 1950

American Heart Association



In 1904, another scientist successfully resuscitated a patient with external chest compressions, but again, the non-invasive technique didn't gain traction, and patients continued to receive open-heart massage.

In 1924, six cardiologists met in Chicago and formed the American Heart Association (AHA). The AHA became the world leader in CPR and emergency cardiovascular care training and education.

In 1933, researchers rediscovered that external compressions provide adequate circulation to the brain to keep animals alive until defibrillation can restart the heart. In 1947, a cardiothoracic surgeon in Ohio performed the first successful use of electric defibrillator on an exposed human heart.

1950's

Cardiopulmonary Resuscitation Breakthroughs



Several breakthroughs in cardiopulmonary resuscitation took place in the 1950's. In 1954, an American physician proved that expired air is sufficient to maintain adequate oxygenation in a person who isn't breathing on their own. In 1956, doctors proved that mouth-to-mouth resuscitation was an effective lifesaving technique. Also in 1956, for the first time in human medicine, an external defibrillator successfully restored a steady rhythm to a quivering heart. In 1957, a prototype of the first portable external defibrillator (on a wheeled cart) was unveiled - it weighed a whopping 200 pounds!

1960's

Resusci-Anne



In 1960, the "Resusci-Anne" was born. In the late 19th century, the body of a girl was pulled from the Seine river in Paris. Because no one knew who she was, the body was placed on public display for identification, which was a common practice at that time. The pathologist was reportedly so fascinated by the girl's beauty that he made a wax death mask of her face. In 1960, Peter Safar and Asmund Laerdal, the creators of the "Resusci-Anne" chose the Seine woman's death mask as the face of the CPR doll.

1970 - 2000

CPR Advances

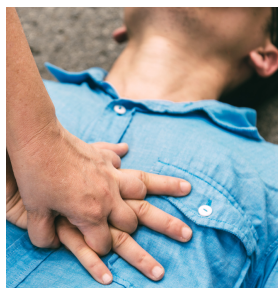
In 1972, a cardiologist launched Medic II, the world's first mass citizen CPR training company. During its first two years, the program helped train more than 100,000 people to perform CPR.

In 1981, a program to provide telephone instructions for performing CPR began in King County, Washington. The program trained emergency dispatchers to give callers CPR instructions while emergency personnel were en route to the scene.

In the 1990's the first public access defibrillation programs helped provide training and resources, including AEDs, to the public so that they could help resuscitate victims of cardiac arrest.

2000 - Today

CPR Today



In 2008, the AHA released new recommendations so that bystanders who are untrained, unwilling or unable to provide breathing to a patient in cardiac arrest can use hands-only CPR to help someone who has suddenly collapsed. The change reflected findings from multiple studies that showed that uninterrupted, high-quality chest compressions without rescue breaths could be lifesaving in the first minutes of a sudden cardiac arrest. Although medical professionals and emergency responders still use ventilations with masks and other personal protective equipment, hands-only CPR is a safe, simple and effective way for the public to resuscitate a victim of cardiac arrest.

CPR is an essential part of emergency medicine, and the technique has saved countless lives over the years. From the 18th century until today, CPR has helped laypeople and medical personnel alike save lives. The history and evolution of CPR is a testament to the power of medical innovation and the impact that one breakthrough can have in saving lives.

For more information on CPR, go to www.cpr.heart.org. For information on CPR courses in our community, go to www.shemse.org.

Source: American Heart Association - www.cpr.heart.org

Medal of Meritorious Service



Paramedic Sampson Donkor was awarded the Sanford Ambulance Medal of Meritorious Service for his commitment to patient care, education, and excellence.

For the past five years, Sanford and the Sanford Health EMS Education department have partnered to help sponsor paramedic students from Ghana. The students that graduate from the SHEMA paramedic program return to Ghana to teach and provide advanced life support skills throughout their country. Sampson left his home and family in Ghana in 2021 and began the Sanford Health EMS Education paramedic program. After Sampson successfully completed his paramedic training, he worked as a NEAT Paramedic and 911 Paramedic for Sanford Ambulance before returning to Ghana.

Sanford Ambulance Celebrates PRIDE Week



Surveys have shown that more than half of LGBTQ+ community members fear seeking out healthcare. Sanford strives to ensure that everyone feels safe, comfortable, and can build trust with their healthcare provider.

In August, employees of Sanford Ambulance and Sanford Health celebrated inclusivity with the Fargo, Moorhead and West Fargo communities at F-M PRIDE week. Volunteers staffed a booth at Pride in the Park and showed their pride and support at the Pride Parade, even in the rain!

Redhawks Appreciation Game

Team members from the Sanford Ambulance PACT Team, Honor Guard, and NEAT team attended the Fargo-Moorhead RedHawks game in July to honor and appreciate them for the services that they provide.

The Peer Assistant Crisis Team (PACT) is a group of employees who are trained to help their co-workers and peers handle stress through tough times. The team helps promote healthy coping skills to employees through confidential, peer-to-peer interactions.

The Sanford Ambulance Honor Guard is available to perform drills at ceremonies and dedications, as well as for color guard, funeral detail, and guard of the vigil. The Honor Guard trains together throughout the year in order to be ready and available when needed.

The Sanford Ambulance NEAT team performs non-emergency interfacility transports between healthcare facilities. NEAT EMTs are dedicated to caring for patients while transporting them to the definitive care that they need.



EMS Education

Summers in the Sanford Health EMS Education department are usually a little less stressful than the spring and fall. However, this summer has been one of our busiest ever!

Summer EMT

The 2023 accelerated summer EMT program was successful! Seventeen students attended the course on Tuesdays and Wednesdays for 18 weeks. The didactic portion of class was held in the mornings with the hands-on lab portion in the afternoons. The course concluded at the end of July, with some students continuing on to paramedic school, which began in late August.

NREMT Exam Writing

Kayla Shaw, paramedic program lead instructor, and Kelly Wanzek, paramedic program coordinator, were invited by the National Registry of Emergency Medical Technicians (NREMT) to serve as subject matter experts (SME) on an exam writing panel. Kayla and Kelly travelled to Reno, NV and met for three days prior to the NAEMSE Symposium to write questions for national certification exams. Both Kelly and Kayla have served on previous panels and have been asked to join the ongoing SME board for NREMT. The NREMT paid for their travel and registration for the National Association of EMS Educators Annual Symposium (NAESME), which was held concurrently in Reno.

National Association of EMS Educators Annual Symposium

In August, Ron Lawler attended the National Association of EMS Educators (NAEMSE) Annual Symposium in Reno, NV. At the Symposium, Lawler was re-elected to the Board of Directors for another 3-year term. He was also appointed to represent NAEMSE on the Commission on Accreditation for Prehospital Continuing Education (CAPCE) Board, which accredits recertification courses for EMS providers nationally.

Paramedic School

Fifteen students from the 2022 - 2023 paramedic class graduated this summer. Awards were presented to the following students:

- Student of the Year: Jordan Kester
- Distinguished Honors: Kaitlyn Stoppler, Jessica Maloney, Justin Roggenkamp, Kelsey Reeves

The 2023 - 2024 paramedic class started in August with twenty one students.



Sanford Ambulance

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