

University of Delaware Emergency Care Unit

Special Interest Articles

Cardiac Arrest

Spring Softball

Aetna Officers Training



Cardiac Arrest for UD-1

By: Steve Dudley

On May 16th at 10:29 AM every EMT's nightmare came to life. UDECU and Aetna stations 7, 8, 9, and 10 were dispatched to the Trabant University Center Multipurpose Room A for a Cardiac Arrest (9E1). Tom Merring was at the solar house waiting to go to his 11:15 class and Steven Dudley, having slept through his alarm, was asleep on the couch in the family room. Upon hearing the dispatch, both Tom and Steve sprinted out the door toward the bay. As they went responding, UDPD dispatched two officers to the same scene to assist in resuscitation efforts.

Sirens blazing, Tom drove up Chapel Street and turned on Main Street. Luckily, the volume of traffic on Main Street was low, allowing a rapid response. As UD1 was responding down Main Street, Aetna's ambulance, A7, turned onto Main Street, about 50 meters ahead of UD1. A7 pulled to the side of Delaware Avenue, in front of Trabant, while UD1 proceeded into the fire lane next to the parking garage.

Steve and Tom grabbed the suction, AED, and bag, and ran into the building.

Steve made initial patient contact, and found a University employee laying on the ground, in the care of Kevin Eichinger, the chemical hygiene officer of UD and a member of Aetna's fire company. Kevin told Steve that bystanders had performed CPR for 2 minutes, and shocked the patient once with the AED that was conveniently located outside of the multipurpose room. Upon being shocked, the patient had regained consciousness.

The patient was semi responsive and able to maintain her own airway. At this point, a nonrebreather mask was applied and the patient was strapped onto the stretcher. Medic 10 arrived and was told of the situation as the patient was being loaded into UD1. A BVM was readied in case the patient stopped breathing. Both Medics rode in the back of UD1 while Tom drove to Christiana Hospital and Steve drove the Medic unit. The patient arrived at CER awake and semi-oriented, and care was turned over to CER staff.

The patient had been at a health fair in Trabant, and was having her blood pressure taken when she

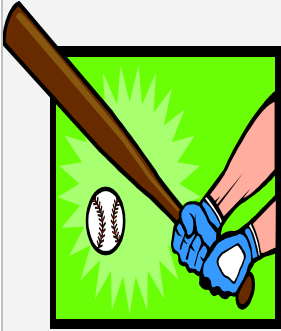
collapsed. Luckily for the patient, she was in a room of trained professionals. It was quickly determined that the patient was both pulseless and apneic. A doctor manning the Christiana Care booth only feet away sprang into action, and began controlling the scene. As the doctor performed CPR, someone else grabbed the AED from down the hall. Within 2 minutes, the AED was applied and a shock was administered, bringing the patient back to life.

After the call, Tom downloaded the information from the AED, and Steve received a copy of the 12-Lead Electrocardiogram from Medic 10. Both are posted in the family room. If you need help understanding the EKG, ask Tom or Steve, both of whom took a course in EKG interpretation this winter.

This call was UDECU's first response to a cardiac arrest since fall of 2006. We are all thankful that the patient was resuscitated before UD1's arrival and we wish her the best of luck. I ask that your thoughts and prayers go out to our patient and her family.

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"Stay tuned for a large-scale MCI drill at UD this summer hosted by UD-1 and Aetna, to help prepare for any situations should they occur on campus."

Softball Season Begins!

By: Jeff Miller

The spring weather signals one thing that excites many members of UDECU: the start of intramural softball. The UDECU intramural softball team participates in the coed league, and will play six regular season games before the start of a single elimination tournament. All of the games are played at Frasier Field, behind the Carpenter Sports Building. The lineup must consist of 5 girls and 5 guys, with the batting order alternating guy then girl. All members are encouraged to come out and play, regardless of

experience or skill levels. Over the past few years, the team has made significant improvements and come a long way. In the past, UDECU was a team that struggled for wins. However, two years ago we had a break out year, winning several games and earning a first round bye in the tournament. Unfortunately we lost our first tournament game that year. Last year we built on the success of the previous season, but again fell short, losing in the semifinals. This season, with many experienced players returning, we are poised to make a championship run.

The team has started the season playing extremely well. We have combined timely hitting with solid fielding, leading us to a 9-2 victory in the first game, and another very convincing win in the second game. We have also had great support from some other UDECU members who have been there to cheer us on and even provided some snacks. Not only are we winning, but more importantly we are all having fun. So check your email for future game schedules, and come out to the games.

Aetna Emergency Medical Services Workshop

By: Jeff Sands

On Sunday April 20, several members of the E-board participated in an EMS workshop at the UD Marriott Courtyard Hotel. The workshop was hosted by Aetna Hose, Hook, and Ladder Company and is a yearly meeting between area EMS organizations in an attempt to extend lines of communication, discuss issues, and to better work in mutual aid situations.

Charlie, Kristen Fantel, Meghan Connor, Jeff, and for a little while Mary, all participated. The beginning was an introduction between the different organizations and this led into a Leadership Training by Larry Tan, Chief of the New Castle County Paramedics. His lecture/discussion focused on three major issues that we face in EMS: retention of EMS personnel, legal issues restricting EMT work

hours, and sleep deprivation of EMS personnel. Retention of personnel is a difficult issue for many fire companies, where EMT's leave for higher paid positions. Our main problem exists with the turnover rate we have every four or less years.

Every single year we lose and gain members, and it is a difficult task to maintain a core of techs and drivers.

This is a problem with all fire companies, so we are not alone and many good ideas were put forward to attempt to help retention.

The second issue of restricting EMT work hours is a major problem in New Castle County. Many fire companies have begun to restrict hours so that EMTs cannot do more than 24 hours at a time. One study that was mentioned found that EMTs at the end of a 24 hour shift had the reflexes and drove at a rate equivalent to

someone intoxicated with a BAC of .10. Fortunately this is not so much of a problem with our call volume, but in other companies it is a major issue. Closely related was his final topic of sleep deprivation of EMS personnel. After a nice catered lunch, Chris Johnson, Deputy Chief of EMS for Aetna gave an overview of how Aetna's EMS operates and their goals for the future. This includes the addition of a fourth day crew and a third nighttime crew. Also, Aetna will begin charging for rescue operations. This bill will go directly to the owner's car insurance company and includes a very specific billing report down to the number of flares used on scene. Chief Tan was asked about future changes by the NCC Paramedics.
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Aetna Training Continued...

He discussed the introduction of a new EMS command and triage vehicle, possible creation of additional medic units as medics become available, and Medic 3s new station. Final topics were questions from Aetna to neighboring departments about such things as power stretchers, EMS turnout gear, uniforms, and automated CPR machines. The session ended with a round table discussion and was very informative plus the food was great! UD-1 will be receiving 4 reflective vests from Aetna for use on MVC scenes to help prevent injury. Stay tuned for a large-scale MCI drill at UD this summer hosted by UD-1 and Aetna, to help prepare for any situations should they occur on campus.



Dover Downs Training

By: Andrew Dubina

Every year, UD-1 is represented for a couple shifts at the Dover Downs International Speedway on race weekend. This year, training was held April 19th and 20th at the track. Day 1 consisted of track and EMS orientation, with morning sessions inside and the afternoon ones inside and out on the track. While going around the track, it was really cool to see the massive size of the Speedway (with a maximum capacity of approximately 180,000 people). In attendance on Saturday were UDECU members Chris Gale, Charles

Mitchell, Jon Green, Andrew Dubina, and Jack Lynn.

Chris and Andrew stayed overnight and also attended the second day of training. This involved specifics with vehicle rescue and on-track operations. Topics covered how to cut the vehicles, what to look for with a driver involved in an accident, etc. The term used for safe shutdown of the NASCAR vehicle was GO WEST. Rescue

World Health Day

By: Kristen Paul and Danielle Zambardino

In honor of the 60th anniversary of the World Health Organization, a World Health Day Fair took place on Monday, April 21, 2008 outside on the Trabant patio from 11AM to 1PM. UDECU was one of many student organizations in attendance. Strong winds and a chilly morning gave way to a very successful event. The event featured performances by the DSharps and the Deltones (two of UD's student a cappella groups), raffles and free pizza for anybody walking by.

UDECU's involvement in this event included hosting a booth that provided information on vitals signs, and we were even able to show off UD-1 and UD-2 on the patio. Many members stopped by throughout the

day to assist with taking vitals, and the event provided a great opportunity for probies to practice on people they don't know. Our members provided vitals for about 20 people during the two hours we were there, and our "customers" (as we were affectionately calling them) even included Mr. Sands, all the way from Boston (who, we are pleased to inform you, is very healthy)!

Our involvement in the World Health Fair was a great success, and everyone should be proud of how well we represented our organization. Hopefully participating in events like this in the future will increase people's awareness of our services on campus, and continue to provide a great opportunity for all members to get more involved!