



## THE BURN SHEET

### 25th Annual Colorado Symposium on Emergency Care Telluride, June 2005

Attendees of this year's CSEC in Telluride were so impressed with the seminar each of them agreed to send in articles and tips for the newsletter, so we will be posting these throughout the year.

The initial keynote speaker challenged us to give some thought to some of the things that we do routinely. It might be wise to question and look at some of what we do in relation to patient care, how we relate to our hospital and how we relate to the public that we serve. Just because something has been done one way and not changed over time, doesn't mean that it's the best way to do it.

Must it take a catastrophe to initiate change? We can challenge ourselves

to be creative, and possibly improve the service for the friends and family of the North Fork Valley.

#### The Future of EMS

On a nationwide level, the future of emergency medical services is being reviewed. The 2nd draft of the Scope of Practice document can be found on the web at :

[www.emsscopeofpractice.org](http://www.emsscopeofpractice.org)

The document is an attempt at standardizing EMS practices, training and education, as well as looking at such topics as distance learning, new technology and what does EMS look like at the Federal level. Please bring your comments about this document to the board – we would very interested in hearing it.

### Cherry Days & Delta Co Fair...

NFAA will have a booth at both Cherry Days (Monday, the 4th only) and the Delta County Fair (undetermined number of days). We'll be taking blood pressures, handing out balloons and information about membership. Please think about taking time to give a couple of hours during one of these events! Call Pam @ 872-3410 or 234-3475 to get on the schedule for a two hour shift! Thanks!

### EMT Annual Picnic

**A get-together for all NFAA EMT's, Drivers and their families at the North Fork Pool on Thursday, July 21, at 6 pm. BBQ by Homestead Beef, all the fixin's, drinks and desert provided. Vote for your crew's EMT of the Year Award, swim 'til the pool closes. Bring your appetite! RSVP by July 14 to Karina 872-4303!!!**

### CBI Re-imbusement & Worker's Comp

Good news!!! The Board wants you to be reimbursed for this new requirement for re-certification. Once a copy of your newly issued certificate is received in the office by Karina, you will be reimbursed for the \$17.50 charge for the CBI report. The following personnel are eligible at this point: Gwen Carpenter, Blake Kinser, Anne Pratt, and Curielle Duffy.

Please be aware if you are injured while in the employ of the North Fork Ambulance Association, you must report the injury within 24 hours, by calling Karina (872-4303). For our insurance through Pinnacol, and for your own protection, you need to be diligent and timely in reporting any injuries – even if it seems minor.

**NORTH FORK AMBULANCE  
ASSOCIATION**

PO BOX 127  
HOTCHKISS, CO 81419

BUSINESS OFFICE PHONE  
872-4303



PROVIDING  
EXCELLENCE IN  
EMERGENCY CARE  
TO THE NORTH  
FORK VALLEY,  
SINCE 1970

Get this newsletter online:  
[www.northforkambulance.com](http://www.northforkambulance.com)

# EVENT CALENDAR

Board Meeting  
Thursday, July 7, Paonia Barn

Continuing Education  
Tuesday, July 12, Delta-Montrose Vo-Tech, Paonia  
Campus, Dave Casey, Summer Emergencies

EMT Picnic  
Thursday, July 21, North Fork Pool, RSVP TO  
KARINA AT 872-4303 BY JULY 14TH !!!

Call Review With Dr. Funk (tentative)  
Thursday, August 18

Continuing Education  
Rural Back Country Trauma Care  
Saturday, October 22, Hotchkiss  
Chan Clymer

Colorado State EMS Conference  
Nov. 2005, Keystone [www.emsac.info](http://www.emsac.info)



“To err is human, but to persevere in error is only the act of a fool”

Cicero

## Assessment in 5 seconds or less...

**Determine immediately if your patient Sick or Not Sick !**

- Chief complaint/medical/trauma (MOI)
- Respirations
- Pulse
- Mental status
- Skin signs/color
- Body position

You can assess the above in 5 seconds or less by **looking at your patient** (chief complaint, respirations, mental status and

body position), **touching your patient** (pulse and skins signs) and **talking to your patient** (mental status).

- Practice makes you better
- Be patient with yourself
- Have a back-up plan
- Ask for help when you need it
- Practice some more

Develop your own routine that you are comfortable with and follow it with each patient.