DC | HEALTH

GOVERNMENT OF THE DISTRICT OF COLUMBIA

EMS Program - Health Emergency Preparedness and Response Administration

February 16th, 2024

February is Heart Month, and we have a role to play

February isn't just about red hearts and chocolates; it's **American Heart Month**, a time to focus on the critical role we, as EMS professionals, play in protecting our communities from the often-devastating impact of cardiac arrest. While our skills and interventions are crucial in the heat of the moment, let's not forget the most important part - **prevention**.

The Burden of Cardiac Arrest:

Cardiac arrest remains a leading cause of death in the United States, claiming hundreds of thousands of lives annually. Every second between collapse and intervention counts, making our response time and expertise vital. But imagine if we could **reduce the need for our interventions altogether**. By focusing on prevention, we can empower individuals and communities to take charge of their heart health, potentially saving countless lives and reducing the burden on our systems.

Prevention: Our Powerful Tool:

The good news is, the majority of cardiac arrests are **preventable**. By promoting healthy lifestyle choices and early detection of risk factors, we can significantly reduce the incidence of cardiac events. Here's how we can contribute:

- **Community Education:** Partner with local organizations to educate the public about risk factors like high blood pressure, cholesterol, smoking, and physical inactivity. Organize CPR and AED training sessions, empowering bystanders to take action in emergencies.
- **Individualized Risk Assessment:** Encourage patients to discuss their cardiovascular health with their doctors, emphasizing regular checkups and screenings. Share educational materials and resources for healthy living practices.
- **Early Intervention:** Advocate for wider access to affordable preventive care and screenings, allowing for timely diagnosis and management of risk factors, potentially preventing future cardiac events.
- **Support Groups:** Connect patients with support groups and resources to navigate their heart health journey, promoting healthy lifestyle changes and emotional well-being.

The Ripple Effect of Prevention:

By prioritizing prevention, we can impact not just individuals, but entire communities. Imagine:

- **Reduced Emergency Response Calls:** Fewer cardiac arrests translate to fewer calls for our already strained EMS systems, allowing us to focus on other critical emergencies.
- **Improved Community Health:** A healthier population means fewer individuals suffering from chronic heart conditions, reducing healthcare costs and improving overall quality of life.
- **Empowered Individuals:** By equipping individuals with the knowledge and tools to manage their heart health, we empower them to live longer, healthier lives.

This Heart Month, let's celebrate not just our ability to respond to cardiac arrest, but our potential to prevent it in the first place. By working together, promoting prevention, and empowering our communities, we can write a new chapter in the story of heart health, one filled with fewer emergencies and more healthy lives. Let's be the heroes of prevention, saving lives not just in moments of crisis, but throughout the year.

Remember, every conversation, every screening, every step towards a healthy lifestyle counts. This Heart Month, let's be the change we want to see, one patient at a time.

Renew by CE? Renew by exam? You have options!

2016 National Component

2016 NCCP National Component

Broad Topics	Subtopics	EMR	EMT	AEMT	NRP
ARV	Ventilation				
	Capnography	N/A	N/A	N/A	
	Oxygenation				
	Total ARV Hours	**1**	**1.5**	**2.5**	**3.5**
Cardiology	Post-Resuscitation				
	VADs	N/A			
	Stroke				
	Cardiac Arrest				
	Pediatric Cardiac Arrest				
	CHF	N/A	N/A	N/A	
	ACS	N/A	N/A		
	Total Cardiology Hours	**2.5**	**6**	**7**	**8.5**
Trauma	Trauma Triage	N/A			
	CNS Injury				
	Hemorrhage Control	N/A			
	Fluid Resuscitation	N/A	N/A		
	Total Trauma Hours	**0.5**	**1.5**	**3**	**3**
Medical	Special HC Needs	N/A			
	OB Emergencies				
	Infectious Disease				
	Medication Delivery	N/A	N/A		
	Pain Management	N/A			
	Psychiatric				
	Toxicological/Opioids				
	Neurological/Seizures				
	Endocrine/Diabetes				
	Immunological				
	Total Medical Hours	**3**	**6**	**7.5**	**8.5**
Operations	At-Risk Populations	N/A			
	Ambulance Safety	N/A			
	Field Triage				
	Hygiene/Vaccinations				
	Culture of Safety				
	Pediatric Transport	N/A			
	Crew Resource Mgmt	N/A			
	Role of Research	N/A			
	Evidence Based Guidelines	N/A			
	Total Operations Hours	**1**	**5**	**5**	**6.5**
TOTAL National Component Hours		8	20	25	30

ARV: Airway, Respirations, Ventilations

Updated 6/25/19

Maintaining your National Registry EMT certification is crucial for providing high-quality emergency care and staying current with evolving best practices. Renewing your certification ensures you stay qualified to work and demonstrates your commitment to continuous professional development. Here's what you need to know about the two primary renewal pathways:

Renewal by Exam (RBE):

- **Who it's for:** This option is for individuals who prefer to demonstrate their continued competency through a standardized examination. It's also mandatory for those unable to meet the continuing education (CE) requirements or whose certification has lapsed for more than two years.
- **Process:**
  - Log in to your National Registry account and apply for the RBE.
  - Pay the exam fee.
  - Print your Authorization to Test (ATT) letter.
  - Schedule your computer-based exam at a Pearson VUE testing center.
  - The exam covers general EMS knowledge, trauma, medical, and pediatric emergencies.

- **Pros:**
    - Provides a comprehensive knowledge assessment.
    - Can be a good option for those confident in their test-taking skills.

- **Cons:**
    - Requires dedicated study time and preparation.
    - Costs associated with the exam fee and potential re-testing if unsuccessful.

Renewal by Continuing Education (CE):

- **Who it's for:** This option allows you to renew your certification by completing approved continuing education courses that update your knowledge and skills.
- **Process:**
    - Select courses that meet the National Continued Competency Program (NCCP) requirements. These include core, local/state, and individual component courses.
    - Document your course completions and submit them to the National Registry through your online account.
    - Pay the renewal fee.

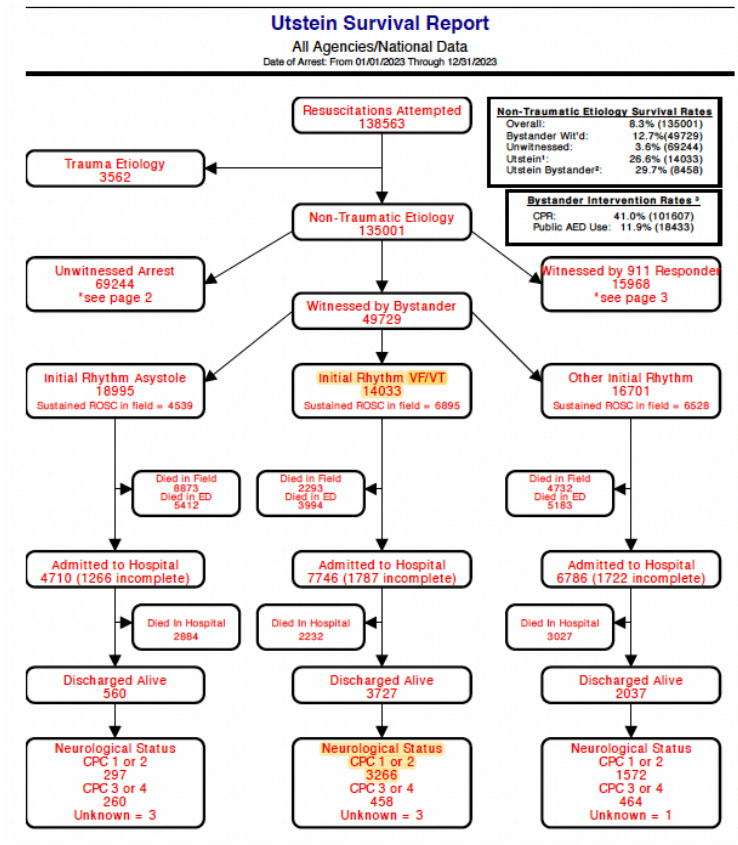
- **Pros:**
    - Offers flexibility and allows you to choose topics relevant to your specific interests and practice.
    - Typically less expensive than the RBE option.

- **Cons:**
    - Requires proactive planning and tracking of CE credits.
    - Course availability and quality can vary

Remember: Regardless of the pathway you choose, renewing your National Registry EMT certification is an essential step in maintaining your qualifications and providing the best possible care to your patients. By staying current with knowledge and skills, you contribute to a safer and more effective emergency medical system for everyone.

EMS Data beyond the numbers: Why Focusing Solely on Utstein Survival Misses the Mark in Cardiac Arrest

Cardiac Arrest



Sudden cardiac arrest remains a leading cause of death worldwide. In the fight against this time-sensitive emergency, evaluating the effectiveness of emergency medical services (EMS) often relies on survival rates. However, a widely used metric, the Utstein survival rate, while seemingly straightforward, might not be telling the whole story.

Utstein's Blind Spot: Survival Doesn't Equal Quality of Life

The Utstein survival rate focuses on a specific subgroup of cardiac arrest patients: those witnessed with a shockable initial rhythm. While offering valuable insights, it suffers from a crucial limitation – it simply counts survival, regardless of its quality. A patient surviving in a vegetative state due to severe brain damage carries the same weight as someone returning to their normal life in the Utstein equation. This fails to capture the nuanced reality of what constitutes a successful outcome for both patients and healthcare systems.

Enter the Neurologically-Intact Utstein: Quality Matters

Clinicians and researchers are increasingly advocating for a more refined metric, the **neurologically-intact Utstein survival rate**. This metric shifts the focus to a subset of survivors with good or moderate cerebral performance (CPC 1-2),

indicating minimal or no disability. This distinction is critical because survival doesn't always translate to meaningful recovery. By incorporating neurological outcomes, the neurologically-intact Utstein paints a more accurate picture of EMS effectiveness in restoring patients to functional lives after cardiac arrest.

Why the Shift Matters: A Case in Point

Take the example of the United States in 2023. While the basic Utstein survival rate stood at 23.3%, a seemingly positive statistic, the neurologically-intact Utstein survival was a starkly different reality at only 14.5%. This significant gap highlights the crucial difference between simply surviving and surviving with a good quality of life. Focusing solely on the former risks overlooking the true impact of EMS interventions and potentially misdirecting efforts towards achieving survival at the expense of meaningful recovery.

Beyond Advocacy: Taking Action for Better Outcomes

Moving forward, a multi-pronged approach is needed. First, raising awareness about the limitations of the basic Utstein and advocating for routine tracking and reporting of the neurologically-intact Utstein is crucial. This shift in focus will push conversations beyond mere survival numbers and towards prioritizing good neurological outcomes. Secondly, supporting research that investigates factors influencing neurological recovery after cardiac arrest can provide valuable insights for improving treatment protocols and optimizing EMS interventions. Finally, fostering collaboration between EMS, hospitals, and rehabilitation centers can ensure a seamless continuum of care, maximizing the chances of patients achieving not just survival, but a return to a fulfilling life.

Whilst the Utstein survival rate has served as a valuable tool, it's time to acknowledge its limitations and embrace a more holistic approach. By prioritizing the neurologically-intact Utstein and actively pursuing strategies that improve post-arrest neurological outcomes, we can ensure that cardiac arrest survival translates into truly meaningful recoveries for patients and their families. Remember, it's not just about surviving, it's about **surviving well**.

District EMS Certification Patches are available!

In an earlier newsletter, we promised that we would share with you any vendors currently carrying the DC EMS certification patches.

As promised.

Vendor: Click here to visit Uniform Insignias!

Vendor: Click here to visit 911 Patches!

If any other vendors choose to carry the patches, we will include them in future newsletter editions.

Current Job Opportunities for DC EMS Providers

Paramedic - Special Events for Washington Nationals

IMMEDIATE HIRING!

We're hiring **Paramedics** that are passionate about delivering compassionate, high-quality service and basic, as well as advanced, patient care to our customers.

Responsibilities:

- Assess each call situation to determine the best course of action while working with progressive Paramedic protocols.
- Utilize your Paramedic skills on medical equipment and procedures including defibrillator, EKG monitor, oxygen and suction devices, and intravenous fluids to provide advanced medical care.
- Communicate with patients and loved ones to provide information and assurance that care is being given.
- Act as Paramedic team leader and take responsibility for the scene and unit management as needed.
- Drive the ambulance on 911 responses.
- Work collaboratively and in a professional manner with all allied health and public safety personnel as well as your fellow Paramedics.

Other Responsibilities:

- Participate in community programs to maintain AMR image and establish strong community relations.

Minimum Required Qualifications:

- High school diploma or equivalent (GED)

- State Paramedic License
- State Driver's License
- BLS, ACLS, NREMT-Paramedic
- Driving record in compliance with company policy
- Pass Physical Agility Test
- Some work experience, preferably in healthcare
- Successfully pass a criminal background check along with fingerprinting

Why Choose AMR? AMR is one of Global Medical Response's (GMR) family of solutions. Our GMR teams deliver compassionate, quality medical care, primarily in the areas of emergency and patient relocation services. View the stories on how our employees provide care to the world at www.AtaMomentsNotice.com. Learn how our values are at the core of our services and vital to how we approach care, and check out our comprehensive benefit options at GlobalMedicalResponse.com/Careers.

Apply to AMR!