

King County Emergency Medical Services

Medic One/EMS 2008-2013 Strategic Plan

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Introduction

This newsletter is designed to update the EMS Advisory Committee and others on the progress of the Medic One/EMS 2008-2013 Strategic Plan. If you have questions, please do not hesitate to contact me at (206) 263-8560.

Helen Chatalas

EMS Advisory Committee

The **EMS Advisory Committee** met on December 15, 2010 for briefings on the recently adopted 2011 King County EMS budget, accomplishments achieved by EMS Stakeholders in response to the 2009 Audit, a 2010 Audit Summary, and highlights from the Resuscitation Outcomes Consortium (ROC).

Resuscitation Outcomes Consortium (ROC): In 2010, five noteworthy Resuscitation Outcomes Consortium (ROC) clinical trials were completed in Seattle/King County. Two randomized trauma trials established that hypertonic saline (high concentration salt solution) afforded no advantage over conventional IV fluids in the treatment of hemorrhagic shock and traumatic brain injury.

Of the three randomized trials performed in cardiac arrest, the first showed that a strategy of a relatively brief (30 seconds) versus longer (3 minute) period of CPR before the first rhythm analysis and shock in cardiac arrest were equivalent. This reinforces the current approach to resuscitation being taken in Seattle/ King County.

The second trial evaluated the role of a small device (called the impedance threshold device, or ITD), which was believed to improve blood flow during CPR in cardiac arrest. The trial compared a 'real' ITD against a nonworking ITD, and showed no

difference in outcome. Although it is disappointing that the benefit from the ITD failed to be proven, this may result in a tremendous cost savings to EMS.

The third trial evaluated the role of "real time CPR feedback" during CPR. As might be expected, in systems such as ours where high performance CPR is highly stressed in training, the added benefit of real-time feedback was negligible. The advantage of such feedback might be better seen in systems where CPR quality is less than optimal, and where such prompting to "push harder, push faster" might improve outcomes.

We commend Seattle/King County EMS for its high level of performance, enthusiasm and leadership role in these trials. Without this regional commitment to improving care, these advances in resuscitation would not be possible.

Next Meeting: Scheduled for **March 16, 2011** from 1 p.m. to 3 p.m. at Kent Fire Department, Station #73 (26512 Military Rd. S., Kent). Agenda items will be distributed two weeks prior to the meeting.

If you have any questions or comments, please contact **Michele Florde** at (206) 263-8603.

Regional Purchasing Program

The next **Regional Purchasing Committee** meeting is scheduled for **January 12, 2011** from 10 a.m.–12 p.m. at Kent Fire Department, Station #77 (207 132nd Ave. S.E., Kent). Agenda items include equipment review, medical supplies contracts, and new products.

If you have questions or comments, please contact **Bill Oung** at (206) 263-8638.

Other News & Announcements

Small Grants Program Update

As part of the region's strategy to prevent falls, the EMS Division created the 'small grants' program to provide Fire Departments with funds for activities and programs that reduce older adult deaths and injuries that result from unintentional falls. The types of projects that are considered for funding include:

- Promoting exercise and fitness programs for seniors;
- Implementing a multifaceted home intervention program;
- Vision screening programs;
- Community health screening events;
- Walking programs; and
- Educational materials combined with the above mentioned ideas.

A key component of this program is that all projects should be able to be duplicated by other Fire Departments. The following agencies and projects were recently selected by the Review Committee to receive funds in 2011:

Bothell Fire to mitigate in-home fall hazards;

Mercer Island Fire to provide fall prevention presentations and home fall hazards mitigation programs to seniors, and exercise classes in conjunction with the Mercer Island Senior Center;

Redmond Fire to offer Fall Program referrals, supply fall safety devices, and provide exercise classes in conjunction with the Redmond Senior Center

Shoreline Fire to work with the Shoreline Senior Center to provide exercise classes; and

South King Fire to deliver an in-home fall hazard assessment program.

For information about the small grants program, please contact Alan Abe at (206) 263-8544.