

MEDIC ONE FOUNDATION

Newsletter Spring 2016

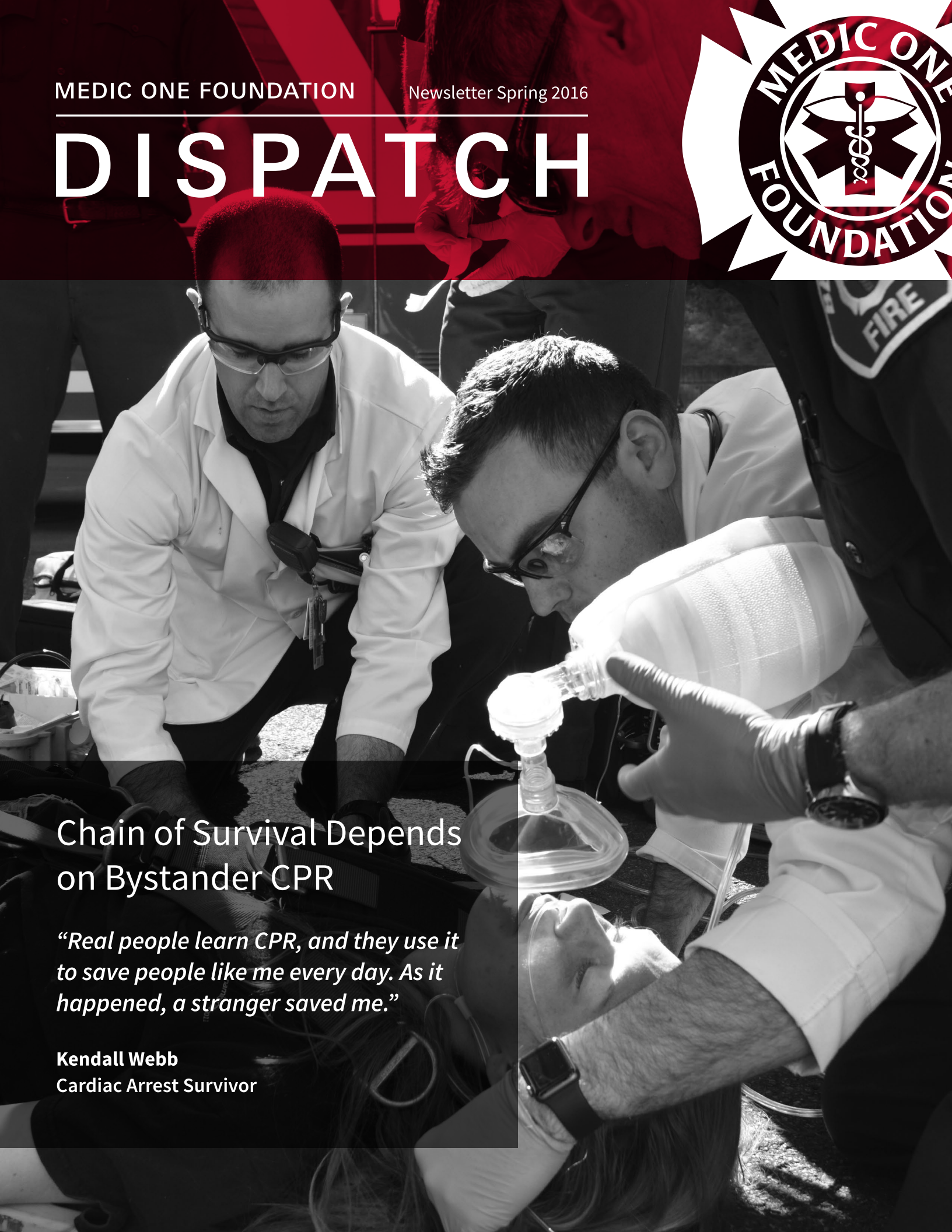
DISPATCH



Chain of Survival Depends on Bystander CPR

"Real people learn CPR, and they use it to save people like me every day. As it happened, a stranger saved me."

Kendall Webb
Cardiac Arrest Survivor



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Kendall Webb (middle) reunites with the Bellevue firefighters and Bellevue Police Officer, Bill McGuigan, (far right) who helped save his life after his heart stopped beating.

For information on learning hands-only CPR or finding a class near you, contact the Medic One Foundation at (206) 744-9425 or cpr@mediconefoundation.org.

Chain of Survival Depends on Bystander CPR

Kendall Webb is alive and healthy today, thanks to bystander CPR. Two years ago, he suffered a sudden cardiac arrest and dropped onto the sidewalk near his downtown Bellevue workplace. From a coffee shop across the street, Bruce Oberg noticed Webb on the ground and a woman standing over him, talking on her phone. Oberg rushed over and found Webb lifeless, his skin a pale blue. The woman had 911 on the line. Oberg began hands-only CPR, delivering chest compressions.

Within a minute, Bellevue Police Officer Bill McGuigan arrived and took over compressions. Bellevue firefighter/EMTs showed up moments later, and used an automatic external defibrillator to restart Webb's heart. Then Bellevue Medic One paramedics arrived, stabilized Webb, and transported him to nearby Overlake Hospital, where he underwent successful quadruple-bypass surgery.

This sequence of events illustrates what's known as the out-of-hospital chain of survival. The five 'links' in the chain are: calling 911 when someone is unresponsive and not breathing normally, starting CPR, rapid defibrillation, effective advanced emergency medical services, and post-cardiac arrest care.

So how important is bystander CPR? Survivor Kendall Webb says, "Real people learn CPR, and they use it to save people like me every day. As it happened, a stranger saved me. If you learn CPR and save someone, you may save a stranger's life—but the odds are it will be someone you know and love."



“A small district such as ours operates on a tight budget and when we have fire seasons like 2015, those funds are stretched to their limit. This grant will help us be prepared for what is expected to be another challenging season in 2016.”

Chief Mark Smith

Stevens County Fire District 10, Colville

Grants Support Equipment Shortage After Worst Wildfire Season on Record

Fire departments that responded to Washington’s major complex fires face a critical shortage of equipment and supplies to protect their firefighters and citizens from the ongoing threat of fires and emergencies. In response to this need, the Medic One Foundation partnered with The Physio Foundation to award \$1,000.00 grants to 14 fire departments in the state, including Centralia, Gold Bar, Auburn, Belfair, Okanogan, Omak, Ravensdale, Cle Elum, Ellensburg, Mossyrock, Colville, Mansfield, Ephrata and Mattawa.

The grants will be used to replace damaged wildland protective gear for firefighters and to purchase tools and equipment that were damaged beyond repair during the 2015 wildland fire season.

Equipment & Research Grants Improve Patient Care

Thanks to your support, the following fire departments recently received equipment grants to help purchase critical equipment for patient care:

King County Fire Protection District 47 (Skykomish)—Body vacuum splints

King County Fire Protection District 50 (Palmer)—Defibrillators

Poulsbo Fire Department—CPR training manikins & AEDs

Snohomish County Fire District 4 (Snohomish)—CPR training manikin

Snohomish County Fire District 24 (Darrington)—Stair chair

Your gifts also support promising research that assesses the potential of new treatments and protocols in out-of-hospital emergency medical care. Recent research grants were awarded to two University of Washington investigators—Dr. Anne Turner, Department of Health Services, and Dr. Jared Strote, Division of Emergency Medicine. Dr. Turner is evaluating new technologies for overcoming language barriers that can pose challenges for emergency medical response both at the point of 911 dispatch and in the field. Dr. Strote’s study will define the types of medical situations law enforcement officers encounter and potential areas of education and training for them that may improve on-scene patient care.



Paramedic students Kory Abercrombie (left) and Josh Peebles (right) assess and treat a mock-patient during the drill.

Pushing Their Skills to New Levels

Every January, Shoreline Fire Department organizes and operates the annual paramedic training “Sick or Not Sick” drill. Students participate in dozens of emergency medical scenarios ranging from drug overdoses to cardiac arrests. For each scenario, a student must determine within 60 seconds the severity of the patient’s condition and whether or not immediate medical treatment and transport to the emergency room is required. In order to make a “sick or not sick” decision in such little time, students must quickly interpret vital signs and interview their patient, while observing their surroundings for other clues.

It is a very challenging drill, forcing students to make what could be a life-or-death decision. Kory Abercrombie, a paramedic student and firefighter from the Bainbridge Island Fire Department, says that “the new environment, the new faces made it very

“The new environment, the new faces made it very challenging, pushing our skills in ways that they haven’t been pushed before.”

Kory Abercrombie
Paramedic Student
Bainbridge Island Fire Department

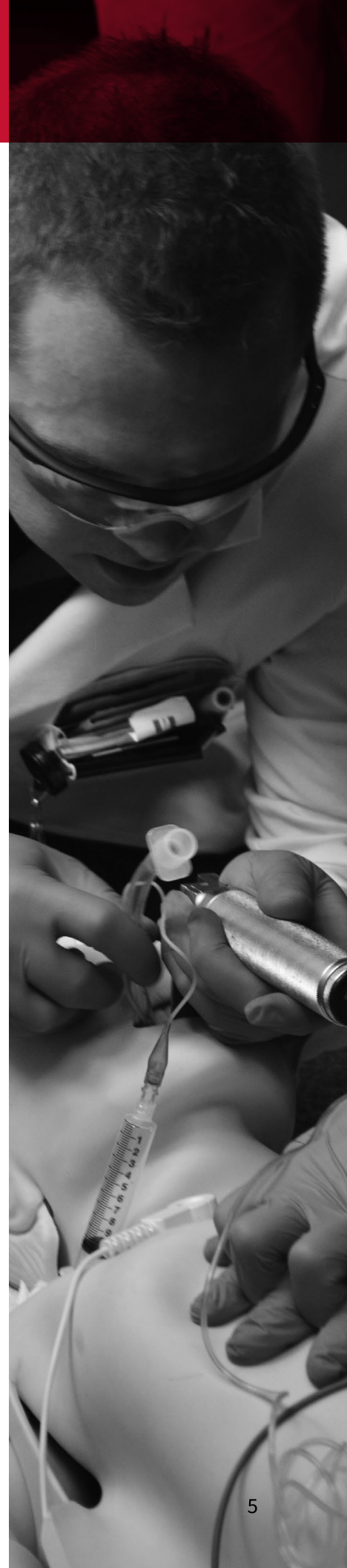
challenging, pushing our skills in ways that they haven’t been pushed before.” He saw close to 40 different patients throughout the drill at a very fast pace. The students see everything, says Shoreline Fire Department firefighter/paramedic, Aaron Pompeo. “The instructors know what scenario we are going to give them about a week in advance. Everybody works on something, from a full-on cardiac arrest to an orthopedic emergency, but not everybody, that’s truly the purpose of this, is a sick patient.” The skills they acquire from this drill greatly impact the care they will provide in the field, preparing them for the vast array of medical emergencies they will respond to in the near future as paramedics.

The Quality of Their Training Depends On You!

Privately funded for more than 45 years, the Medic One Paramedic Training Program offers an exceptional education that far exceeds national standards. Twenty-three paramedic students are currently enrolled in the program, yet, \$200,000 remains to be raised to fully fund their education. Will you please help us put 23 expertly trained students on the streets this year?

Help support Paramedic Training Class 42 with your gift to complete their education and training:

Advanced Cardiac Life Support Class	\$5,000
Lab Equipment and Supplies	\$2,500
Instructors for Trauma and Mass Casualty Drills	\$1,000
Supplies for Training Drills	\$500
Student Medical Equipment	\$250



Redmond's Emerald Heights Residents Fund Two Paramedic Scholarships

The 550 residents of Emerald Heights Retirement Community in Redmond are big fans of the Medic One paramedics, who serve the Emerald Heights seniors whenever there is a life-threatening medical emergency. Last year, paramedics responded to 224 calls at Emerald Heights.

The Emerald Heights Residents' Association, corporate office, and residents traditionally make a generous annual gift to the Medic One Foundation to support equipment and training expenses for paramedics. But recently, they outdid themselves. When resident Leonard Nelson—a longtime super-supporter of the Medic One Foundation—offered to match all donations dollar-for-dollar, the gifts totaled nearly \$50,000!

Leonard is a passionate proponent of Medic One (as was his late wife, Mae). “We have arguably the world’s best paramedic training program right here,” he says. “I believe that if you’re going to do something, do it absolutely right. That’s the Medic One philosophy. Everyone who lives in our region benefits from that standard of excellence.” The donation from Emerald Heights’ residents will cover the costs of training two Redmond Fire Department paramedic students. Liz Downs,



Leonard Nelson (middle), an Emerald Heights resident, is joined by the Redmond Fire Department paramedics and paramedic students.

a recent graduate of the Medic One Paramedic Training Program, works for the Redmond Fire Department. She says, “We feel a special connection to Emerald Heights, and of course to Leonard. All the paramedics know him because he does so much for Medic One. It’s an honor for all of us to pay back that generosity through our service as paramedics.”

“I believe that if you’re going to do something, do it absolutely right. That’s the Medic One philosophy.”

Leonard Nelson
Emerald Heights Resident



Save the Date!

Lifesavers GALA

October 7, 2016
Meydenbauer Center, Bellevue

The Medic One Foundation's evening gala is back! Join us for an evening of exquisite dining, live and silent auctions, dancing, and inspirational stories of lives saved. Support our region's first responders and purchase your tickets today at lifesaversgala.org.



Ricardo Lockette from the Seattle Seahawks teams up with Redmond Fire Department firefighters and paramedics.

Vote for Your Favorite Hotshot Crew!

Firefighters and paramedics have teamed up with local celebrities to compete for a \$10,000 prize in the Medic One Foundation's online voting contest—the Hotshot Crew Challenge—and they need your help to win!

Here's all you need to do:

- Follow the Medic One Foundation on [Facebook](#), [Twitter](#), or sign-up on our website at mediconefoundation.org for email alerts, and watch for the announcement that the Hotshot Crew Challenge voting has begun.
- Visit hotshotcrew.org to pick your favorite team and cast your votes (each vote costs \$10).
- Encourage your friends, family, and co-workers to vote and share among their social network.

The team with the most votes will receive a \$10,000 medical equipment grant for the fire department or agency they represent. AND, you and your friends will have the great satisfaction of knowing that when firefighters

and paramedics respond to life-threatening medical emergencies, you made a difference in helping them save lives. The team photos are awesome and inspiring—you won't want to miss it!

Our heartfelt thanks to the following celebrities for supporting our region's firefighters and paramedics:

Ricardo Lockette, *Seattle Seahawks*
Dave 'Softy' Mahler, *950AM KJR Seattle Sports Radio*
Brad Goode, *KOMO 4 Morning News*
Nelson Cruz, *Seattle Mariners*
Jodi Brothers, *iHeartRadio 95.7 The Jet*

King County Firefighters Pipes & Drums
Spots, *Seattle Humane*
Manda Factor and Greg Hersholt, *KOMO NewsRadio*
Michael King, *KING 5 Evening Magazine*
Survivor, Isabella, and her friends Bella, Hana, and Jessie