

EMS NEWS

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Alameda County
Emergency
Medical
Services



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Public Health
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EMS CONSULTANT HIRED - SYSTEM ASSESSMENT BEGINS

By Kris Helander-Daugherty, RN, PHCC

The ALS contract between EMS and American Medical Response will expire in October 2009. As part of a multi-year process to create a Request for Proposal (RFP) for ambulance services, EMS assembled a committee, with representation from the Fire Chiefs Association and the City Managers Association, to identify requirements for the system for the upcoming competitive bid process for the ALS contract. The committee and EMS determined that a consultant specializing in emergency medical programs and organizational management was necessary to assist the County through the competitive bid process. Because of the complexity of the EMS system and the broad scope of the program, it was also felt that outside assistance was needed to ensure that the existing system is thoroughly reviewed, that best practices are incorporated into the RFP for ambulance service, and to ensure that the RFP process is fairly and efficiently conducted.

An RFP for a consultant was released September 29, 2006. EMS and members of the committee reviewed submitted proposals, interviewed vendors and selected Fitch and Associates.

The system assessment began in July and should be completed by the end of the year. Fitch will be interviewing many system

participants to fairly and accurately assess the current system before making any recommendations for the future.

Once the assessment is completed, EMS will publish the findings and conduct stakeholder meetings for comments and input.

The next task will be to develop and release an RFP for ALS ambulance transport. A selection committee will be appointed to review the bids and make a recommendation to EMS regarding the selection of an ALS provider. Fitch will also assist EMS in negotiating the contract once a successful bidder has been selected. The goal is to have the process completed by the middle of 2009.

A webpage with all relevant documents, an expanded timeline and dates for scheduled public forums is available for your review. Go to: acgov.org/ems - click on "RFP Process"

PROPOSED TIMELINE

Start Date	End Date	Phase	Tasks
8/2	12/3/07	Phase 1	<ul style="list-style-type: none"> ✓ System assessment by consultant ✓ Report delivered to EMS
12/10	5/12/08	Phase 2	<ul style="list-style-type: none"> ✓ Review of report by EMS ✓ Stakeholder input process ✓ Development of RFP by consultant ✓ Release of RFP
5/19	10/7/08	Phase 3	<ul style="list-style-type: none"> ✓ RFP process through contract award ✓ Selection committee training
11/28	3/11/09	Phase 4	<ul style="list-style-type: none"> ✓ Board approval process ✓ Contract negotiations ✓ Contract completed and signed
3/16	9/14/09	Phase 5	<ul style="list-style-type: none"> ✓ Contract implemented ✓ Optional six month start-up time if contract awarded to a new company

If you have any questions about the process, please call Dale Fanning (dale.fanning@acgov.org) at 510.618-2030.

New Center Opens for Youth Psychiatric Care

Adolescents ages 12 – 17 will receive specialized psychiatric assistance at a new facility that opened July 2, 2007. Willow Rock Center (WRC), located at 2050 Fairmont Drive in San Leandro, was created for Alameda County adolescents experiencing high levels of distress who can benefit from a structured, safe environment. This is a short-term program designed to reduce and stabilize acute psychiatric symptoms with an emphasis on working the recovery process as a means of returning to the community.

Although the opening has been challenging for EMS personnel, as of **September 15, 2007** all adolescents, age 12 through 17, who require medical clearance will be transported to the closest, most



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STROKE CENTERS COME TO ALAMEDA COUNTY

Beginning December 1, 2007, all patients who meet the strict criteria outlined in the Cerebral Vascular Accident policy (#7210) will be transported to a stroke center. A stroke center is a hospital that has undergone a rigorous inspection and subsequent certification by the Joint Commission. In Alameda County, three hospitals are qualified to receive our stroke patients as outlined in the policy. These hospitals are Alta Bates Medical Center In Berkeley, Summit Medical Center in Oakland, and Washington Hospital in Fremont.

Our new policy provides for treatment and support guidelines including oxygen concentration, patient positioning and IV access. In addition, providers are encouraged to work with the individual stroke centers to collect the necessary blood samples to facilitate treatment.

Many of our contiguous counties have already implemented stroke center policies. Santa Clara, San Mateo, and San Francisco provide for preferential transport of appropriate stroke pa-

tients to designated stroke centers. All stroke centers will be required to provide a data set to the EMS agency on a quarterly basis in the style that is similar to that required for the cardiac receiving hospitals. The data includes treatment interval, incidence of thrombolytic therapy, assessment for rehabilitation, and stroke education.

There is one exception to the transport of stroke patients to a designated stroke center. In the city of Alameda, due to ongoing discussions regarding certification of that community's hospital, all stroke patients will continue to be transported to Alameda Hospital. We

look forward to providing this new service to citizens in Alameda County. In the future, we may designate centers that provide enhanced care through surgical procedures or intraarterial administration of tPA.

If you have any questions on this process, please send me an email at james.pointer@acgov.org or call me at 510-618-2022.

Certified Stroke Centers

In Alameda County:

- ✓ Alta Bates Medical Center, Berkeley
- ✓ Summit Medical Center, Oakland
- ✓ Washington Hospital, Fremont

Out-of-County:

- ✓ Stanford University Medical Center, Palo Alto
- ✓ Regional Medical Center, San Jose
- ✓ John Muir Medical Center, Walnut Creek

blood flow to the brain and heart of a cardiac arrest victim.

After each student completed two minutes of CPR, the data was downloaded and evaluated in real time so that students could see for themselves the following information:

- ✓ A readout of the frequency and depth of their CPR chest compressions;
- ✓ Their percentage of "Compressions in Target";
- ✓ A visual representation of all compressions in terms of depth and rate; and
- ✓ Data points showing when audible prompts (e.g., "Push Harder" or "Good Compressions") were communicated to the rescuer.

The Value of CPR Challenges

Based on other CPR Challenges, the positive impact CPR prompting has on performance is significant. In those Challenges where this feedback system was turned off, nearly three-quarter of participants scored below 20% of compressions in target, with scores of zero not uncommon. The best

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CPR Challenge Promotes Good CPR

American Health Education in Dublin hosted a CPR Challenge for their EMT class on August 4. During the Challenge, 30 students performed two minutes of CPR on a mannequin connected to a ZOLL AED Plus with Real CPR Help.

The student's chest compressions were measured and considered "In Target" when performed close to the American Heart Association (AHA) recommended rate of 100 compressions per minute (80 to 110 being the allowable range for this Challenge) and recommended depth of 1 ½ to 2 inches. Our purpose was to help the EMT students gain a better understanding of the effort needed to achieve the proper CPR rate and depth necessary for maintaining



EMT student Andrew Alexy "competes" in the CPR challenge.

PILOT STUDIES UNDERWAY IN ALAMEDA COUNTY

by Rebecca Clark, EMS Intern

Fentanyl

Chris Van Luen (Berkeley Fire Department) has been working closely with Alameda County EMS to design a field trial to study the efficacy of replacing morphine sulfate with fentanyl in pre-hospital pain management. Fentanyl is a synthetic narcotic analgesic with a shorter half-life than morphine, as well as a minimal list of side effects. Fentanyl can begin to relieve pain 3-5 minutes after administration and is excreted from the body as metabolites within a few hours. The short onset of action of fentanyl makes it an ideal candidate for pre-hospital pain management considering the often very short transport times of an urban system. The participating agencies for the study include Berkeley Fire Department, Albany Fire Department, and Piedmont Fire Department. Each department underwent additional training for the administration of fentanyl in proper doses, recognition of indications and contra-indications, diversion prevention, and data collection. The trial began on September 1, 2007. Chris has been instrumental in designing this study and the associated training module. It is currently not a component in the California paramedic scope of practice, so its ultimate inclusion into our policies would require a regulatory change. The EMS systems in Ventura and Santa Barbara County are utilizing Mr. Van Luen's identical protocol to study this drug.

Res-Q-POD



Hayward Fire Department and Alameda County Fire Department are participating in a field trial of a device called Res-Q-POD. This device is an impedance threshold

device that is attached between a bag valve and mask, or other airway adjunct when performing CPR on a non-traumatic cardiac arrest victim. This device works by increasing the negative pressure in a patient's chest during the recoil phase of CPR, which in effect increases venous return to the heart. With increased venous return there is more blood available to be circulated during compressions. Several studies have shown enhanced return of spontaneous circulation and survival rates in human subjects. The device also includes a timing light for ventilations to ensure that they are given at a proper rate. Both departments went through additional training to use the Res-Q-POD and have already begun using it in the field. The trial is scheduled to last 6 months. The pilot study will compare return of spontaneous circulation and survival from hospital with historical controls. All data collected by the fire departments will be analyzed by Alameda County EMS.

CPR Anytime



The program, called CPR Anytime, is an interactive 22 minute DVD based instructional kit that teaches adult and child CPR. The pilot project will use 12 selected Alameda County schools and provide each student in 7th and 10th grade with a CPR Anytime kit. The students will be trained using their kits in their PE classes, then take their kits home and train as many family and friends as they can. Based on previous pilots using CPR Anytime in several other countries, we expect to see an exponential increase of people trained with

Alameda County EMS is currently working on a pilot project to introduce CPR to Alameda County schools.

each kit. Alameda County EMS is conducting the pilot to see if it is feasible to use CPR Anytime as an educational tool. Based on the results of the pilot study, a more ambitious, much larger study will be devised. The pilot is scheduled to begin in October 2007, and the wider scope project is scheduled to begin in October 2008. With an exponential increase in people trained in CPR there should be an increase in bystander CPR participation, and possibly, an increased survival rate for cases of out of hospital cardiac arrest.

The King Tube

An on-going study is the King Tube Airway, a rescue supraglottic airway that could, potentially, replace the Combitube. AMR is conducting a randomized, none blinded, trial that compares the ease of use, safety, and efficacy of the King Tube with the Combitube.



These studies have been approved by the California Scope of Practice Committee and have been presented to the state EMS Commission.

Please contact Dr. Jim Pointer at 618.2022 (james.poiner@acgov.org) or Mike Jacobs at 618.2047 (michael.jacobs@acgov.org) for any questions on any of our projects, or if you have any ideas for future research or pilot studies!

Editor's Note: Rebecca Clark has been working with the EMS Agency during the summer as an intern from Mills College. Her major course of study is Biopsychology with an eye towards becoming a trauma surgeon. She has been invaluable in helping Dr. Pointer and Mike Jacobs initiate many of our research projects.

ALAMEDA COUNTY

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WHAT'S NEW ON THE WEB

- RFP Process
- 2-1-1 Information Line
- Train-the-trainer information

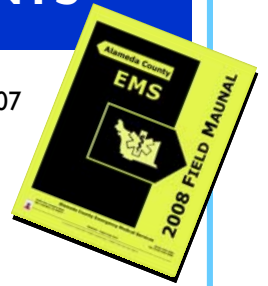


EMS WEBSITE: acgov.org/ems

NEWS & ANNOUNCEMENTS

The **2008 Field Manual** will be available from your provider agency or for purchase at the EMS office after October 15, 2007 - cost: \$8.00. New policies include:

- ✓ Extremity injury
- ✓ Chempack deployment
- ✓ Designated stroke centers added to the adult CVA policy
- ✓ Intranasal midazolam for seizures



Michelle Voos, EMT-P will be joining the EMS Agency as a Prehospital Care Coordinator.

2-1-1 for Information and Referrals - Eden I & R, Inc. officially launched Alameda County's 2-1-1 information & referral line. This non-emergency number is intended to provide general information on a host of topics. The line is operational 24/7 in multiple languages. Eden I & R, located in Hayward, got the contract to oversee the roll-out of 2-1-1. They have answered questions about housing and many other topics for years using a HUGE database of numbers. Some of the services available are: affordable housing, after-school programs, tenants' rights assistance, public assistance programs, emergency shelters, hot meals and food programs, rental and utility assistance, services for battered women ... and more!

Willow Rock (Continued from page 1)

appropriate receiving hospital, or if not, directly to Willow Rock.

WRC has three components:

- ✓ 23-hour crisis response service
- ✓ Acute inpatient program
- ✓ Outpatient/transition program

Services include:

- ✓ 5150 involuntary 72-hour hold
- ✓ Evaluation and risk assessment
- ✓ Treatment planning
- ✓ Crisis stabilization and prevention
- ✓ Group and individual counseling
- ✓ Medication evaluation/management
- ✓ Discharge planning
- ✓ Neuropsychological assessment

Staffing: Physicians, psychologists, and over 35 nurses, mental health clinicians, recovery specialists, and social workers. Nursing and clinical care are provided around the clock, seven days a week.

Referrals are accepted 24 hours a day, seven days a week. **Please note:** this program is NOT an emergency room nor a psychiatric emergency service. To reach the staff at WRC call 510.895.5502.

2008 Mandatory Training for Paramedics

2008 POLICY UPDATE:

- ✓ One hour (from DVD)
- ✓ Required for every Alameda County paramedic by 12/1/07

AIRWAY MANAGEMENT:

Dr. Richard Levitan's Airway Module (3 hours total)

- ✓ Two hours didactic (from DVD)
- ✓ One hour skills (from DVD) Skills sessions must be live and conducted by approved trainers
- ✓ Levitan manual (2nd edition) is available for each Alameda County paramedic
- ✓ Required for every Alameda County paramedic by 12/1/07

DOCUMENTATION:

- ✓ 1½ - 2 hours didactic (from DVD - Mike Jacobs)
- ✓ Medicolegal issues; transition issues - paper to electronic format; completeness; case history examples
- ✓ Required for every Alameda County paramedic by 3/31/08

CPR Challenge (Continued from page 2)

scores in this scenario are typically in the range of 60% of compressions in target. This is not surprising, given that studies show that even when performed by professional rescuers, manual chest compressions result in rates that are too fast and depths that are too shallow.

The CPR challenge was introduced in 2002. The technology allows rescuers to instantly see and hear how well they are performing the rate and depth of CPR chest compressions. The compression data is converted to provide an adaptive metronome to help the rescuer with the proper rate and depth, and prompting "Push Harder" or "Good Compressions," as needed. It also shows CPR compression depth on the display screen.

Roy Kniveton of ZOLL and Alameda County EMS sponsored the Challenge.

Don't Forget!

Health clubs are now required to have an AED on site.

The next time you workout or answer a call at a health club - ask them to show you their AED.