Welcome!
The Maine EMS for Children (EMS-C) Program is happy to share with you this monthly newsletter designed to share info, topics, education and events to better the care we all deliver to the pediatric population in Maine!

Did you Know?
You can receive a free digital and/or print edition of EMSWORLD. Navigate to https://hmp.dragonforms.com/loading.do?omedasite=EMS_new
Fill out the info and enjoy!

Have you visited the Maine EMS for Children webpage? Find information about the EMS-C committee, resources about the EMS-C performance measures, links to our many state and national partners, and other resources. Visit https://www.maine.gov/ems/EMSC%20Resources/index.html

ALL EMS PROVIDERS ARE MANDATED REPORTERS IN MAINE

Maine EMS providers are required by statute and protocol to report any suspicions of child abuse. This report should be done as soon as possible after the EMS incident. Relay concerns to hospital staff during your care report, but you MUST also report suspicions to 1-800-452-1999. Available 24/7
A concussion is a type of traumatic brain injury (TBI) sustained from a bump/blow to the head or body, causing the brain to bounce or twist in the skull and disrupting normal function of the brain. Even though most people will recover from a concussion within a couple of days or weeks, some will have enduring symptoms that last for months or longer.

While typically classified as mild TBIs, concussions are still dangerous and commonly left untreated. Nearly 2.8 million sports/recreational concussions occur every year, but only 1 in 6 of them are diagnosed. In addition, 25 to 50% of all concussions reported to emergency departments are sustained from sports/recreational activities.

**Signs and symptoms may include:**

- seems confused or dazed
- can’t recall events prior to (or after) impact
- forgets instructions
- is moody, irritable or changes behavior
- is clumsy or off-balanced
- exhibits slow or slurred speech
- headache / migraine
- nausea or vomiting
- dizziness / double vision
- inappropriate laughing / crying
- sensitive to bright lights / noises
- lethargic

**RED FLAGS**

- inability to wake up, intense drowsiness
- seizure activity
- severe, worsening headache
- repeated vomiting
- agitation or abnormal behavior
- dilated pupil(s)
- loss of consciousness (even if brief)
- worsening neurological exam

The symptoms associated with a concussion will usually appear within the first couple of minutes or hours after sustaining the injury. However, it’s important to monitor the player throughout the following days, as some symptoms might progress or worsen.

The CDC recommends a six step “Return to Play” for those who have had a concussion, but each treatment plan is individualized and should follow the advice of the patients’ primary care provider:

**Step 1:** return to school (classroom) activities

**Step 2:** light aerobic activity – five to 10 minutes of light jogging, low-level intensity exercise in some cases, NO weight-lifting

**Step 3:** moderate activity – brief running, moderate intensity exercise, weight-lifting (use lighter weight when starting)

**Step 4:** heavy, non-contact physical activity – sprinting, running, normal weight-lifting and non-contact sports drills

**Step 5:** full-contact practice – return to normal athletic activity in controlled environment of practice

**Step 6:** return to competition

Special thanks to Bryan Harrell & the Texas Children’s Hospital for their assistance with this article.

Visit the CDC’s “Heads Up” training program for providers at [https://www.cdc.gov/headsup/providers/index.html](https://www.cdc.gov/headsup/providers/index.html) for great resources and further education.
Pediatric Educational Opportunities

Atlantic Partners EMS

Atlantic Partners EMS is offering a variety of Pediatric Advanced Life Support (PALS), Pediatric Emergency Assessment, Recognition & Stabilization (PEARS) and Emergency Pediatric Care (EPC) courses. For more info and to sign up, visit www.apems.org, or contact APEMS at 207-877-0936, or by e-mail at staylor@apems.org

PEARS- Thursday, Mar 27 at Northern Light Medical Transport
PEPP Hybrid (BLS & ALS) - Wednesday, Apr 17 Location TBD
PEARS - Thursday, May 16 at Northern Light Medical Transport
PALS Provider - Thursday, May 22 & Friday, May 23 at St. Mary's Regional Medical Center
PALS Refresher - Friday, May 23 at St. Mary's Regional Medical Center
PEARS - Tuesday, June 11 at St. Mary's Regional Medical Center
EPC - Tuesday, June 25 & Wednesday, June 26 Location TBD

United Training Center in Lewiston is offering the following pediatric education programs:

PALS Refresher 8:30a-5:00p Apr 26 (Lewiston)
PEPP ALS/BLS Hybrid 8:30a-5:00p May 18 (Stoneham)
PEPP ALS/BLS Hybrid 8:30a-5:00p Jun 11 (Lewiston)
PALS Refresher 8:30a-5:00p Aug 13 (Lewiston)
PEPP ALS/BLS Hybrid 8:30a-5:00p Oct 22 (Lewiston)
PALS Refresher 8:30a-5:00p Nov 12 (Lewiston)

To register for the above programs, please visit www.unitedambulance.com

Save the Date!
Hot Topics in Cardiac Resuscitation

Loon Resort & Spa - Lincoln, NH
Hear the leading experts discuss current topics/debates in resuscitative medicine.
For: EMS Providers, Emergency Medical Dispatchers, Nurses, Medical Direction and EMS Leadership
Price: $25, which includes breakfast & lunch.
Sponsored by: Resuscitation Academy, Seattle, WA
Coordinated by: Maine, New Hampshire and Vermont EMS
Free Online CAPCE approved Opportunities (https://www.boundtree.com/university/free-online-ceus)

Pediatric Shortness of Breath
Safe Transport of the Pediatric Patient

We are happy to share your pediatric related education opportunities. Contact marc.a.minkler@maine.gov

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This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.