

EMSC for ME

IMPROVING EMERGENCY CARE FOR THE CHILDREN OF MAINE



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=EMSN_ew

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



TAKE A DEEPER DIVE INTO PEDIATRIC CONCUSSIONS

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

severe, worsening headache

agitation or abnormal behavior

loss of consciousness (even if brief)

seizure activity

repeated vomiting

dilated pupil(s)

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> 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

Trauma Across The Spectrum

2019

Friday, April 26, 2019

Location:
Dana Health Education Center
Auditorium
Maine Medical Center
Portland, Maine

OEC
Outreach Education Council


Maine Medical Center
MaineHealth



Friday, April 26, 2019

- 7:15 AM Registration & Continental Breakfast
- 8:00 AM Welcome & Opening Remarks
Amy Stafford, MD, RN, CCNS
- 8:05 AM The State of Trauma Care in Maine
Joseph Rappold, MD
- 8:30 AM A Case Study in Trauma Care
– When Resources are Maximized
Joseph Rappold, MD
Michael McGrath, MD
(Followed by panel discussion including interdisciplinary team members)
- 9:45 AM Break
- 10:00 AM Blood Product Administration in Trauma
Timothy Hayes, DVM, MD
- 10:30 AM Stop the Bleed
David Ciraulo, DO, FACS
- 11:00 AM Resuscitative Endovascular Balloon Occlusion of the Aorta and the Step Up Approach
Forest Shepard, MD, FACS
- 11:45 AM Lunch
Stop the Bleed Skills Station in Lobby
- 12:45 PM Urologic Injuries
Graham Verjee, MD
- 1:45 PM Pediatric ACS Level 2 Verification – How, Why, and When?
Ian Neilson, MD
- 2:05 PM Pediatric Blunt Abdominal Trauma
Christopher Turner, MD, MPH
- 2:25 PM Traumatic Brain Injury in Children
Michael Ferguson, MBBS
- 2:45 PM Break
- 3:00 PM Forensics in Trauma
Tammy LaChance, BSN, RN, CEN, TCRN
- 4:00 PM Closing Remarks, Evaluations
- 4:15 PM Adjourn

For the full brochure and registration information, visit the Maine EMS website, under latest news.

<https://www.maine.gov/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.