

NCEMSF NEWS

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"NCEMSF was founded because the EMS community did not want to embrace the concept. Today, campus EMS is widely accepted and our excellent service is continually recognized."

Message from the President

Dr. George J. Koenig, Jr., NCEMSF President

A couple of weeks ago when I was at the Northern New England Collegiate EMS Regional Training Day, I was asked "why campus EMS" by one of the Dartmouth EMS squad members? I responded reflexively with an answer regarding the value of campus based EMS. "Campus EMS is more than just running calls; it is about developing a skill set for your future. The skill set extends beyond how to apply pressure to a bleeding wound or how to defibrillate a heart. Rather it is the personal growth that each of us achieves through our involvement in campus EMS."

"Training provides the framework to respond to emergencies, but training does not provide you with how to think, how to be creative with limited resources, or how to work together as a team. These are skills that you only can acquire through your active involvement in campus EMS. They are applicable to any career that you choose in the future. No other student activity on your college campus affords you the same opportunity to grow and learn. In a mere four years, you learn to not only save a life, but how to run a small business. You become responsible for scheduling a work force, ensuring adequate training, completing performance improvement reviews, developing a budget for equipment, and promoting the value of your organization."

When I finished, I paused, and thought to myself "I didn't really answer his question". The heart of the question wasn't why should we have campus EMS, but rather why have I remained an ardent supporter of campus EMS since graduating from college? Other than my belief that campus EMS profoundly impacts one's life, I could not readily put into words what I get out of my continued involvement with campus EMS. However after some thought, it became apparent. My reward is the satisfaction I get from seeing organizations flourish and our members become the next leaders in almost every field imaginable.

It is also the satisfaction of witnessing the acceptance of campus EMS in the general

EMS community. Almost 20 years ago, NCEMSF was founded on the principle that campus EMS is not a bunch of college kids running around campus with Band-Aids. We are a group of professionals that provide excellent care for our campus community. NCEMSF was founded because the greater EMS community did not want to embrace the concept. Today campus EMS is widely accepted and our excellent service is continually recognized. A testament to this was AJ Heightman's quote from the JEMS games referencing Virginia Tech's team ... "They didn't finish first in the scoring, but won the hearts of the judges and staff with their high energy, enthusiasm and near-perfect CPR."

For many years, we have focused on mentoring campus EMS groups. However, with your help we can expand our mentorship to focus on the future of our members. Your involvement in campus EMS does not have to end when you graduate. Regardless which career path you chose to follow, you can choose to stay involved and mentor the next generation of campus EMS providers. Email alumni@ncemsf.org to find how you can stay involved and help.

Have a safe summer.

Regards,



George J. Koenig, Jr, DO
NCEMSF President

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From College EMS to Wilderness Medicine

Tod Schimelpfenig and Gates Richards, Wilderness Medicine Institute of NOLS

Today I'm the Curriculum Director for the Wilderness Medicine Institute (WMI) of the National Outdoor Leadership School (NOLS). In 1973, I was a young NOLS field instructor who joined the St. Michael's College (Vermont) Fire and Rescue Squad. I was interested in gaining experience that would serve me in the wilderness. In a few years I had what most outdoor guides and leaders lack, actual patient care experience. I was quickly recruited to provide medical training for NOLS instructors.

Now, thirty-eight years later, I continue to volunteer in local EMS, SAR as well as teaching wilderness medicine for a living. I study and practice wilderness medicine as I work and recreate in beautiful and remote wilderness areas. I'm a lucky guy on a journey that began in college EMS.

People are attracted to the excitement and challenge of providing emergency care in the field. I imagine most college EMS graduates have vivid memories of our rescue and medical experiences. Yet, in addition to caring for people in our community, what I remember most fondly is the experience I gained in leadership, teamwork and communication. I

remember working with my crew on tense, challenging scenes where we made decisions - not the trivial decisions of most college students - where to party for the weekend or what DVD to watch tonight - but real decisions with consequences, made under pressure and best made with a functional team, communicating effectively, leading effectively. These experiences were priceless and motivated me to include intentional leadership and teamwork curriculum in the courses taught by WMI. I believe that in EMS, and especially in wilderness medicine, the care we can provide a patient in the field is limited. It does little to change the course of a disease process that has often been evolving for decades. The outcome of the event often hinges not on the medicine, but on the quality of the teamwork, the leadership and the decisions we make as we care for and transport the patient to the hospital.

I don't remember any specific training or coaching in these skills, and I know we blundered our way through our youth in EMS, driven by our passion, hindered by our inexperience. I wish I had then what I have today, a curriculum grounded on

attributes of effective leaders and teams, with classes and articles that help me think about how I make decisions, how I communicate in my teams, how I lead and how well I serve my crewmates.

We borrow heavily from the field of Crew Resource Management, which studies leaders and teams in challenging and changing environments. A central theme of this work is the importance of leadership, teamwork and communication in a team's performance.

We borrow heavily from NOLS' field leadership curriculum, especially the work done on judgment and decision-making and what we call Expedition Behavior, a set of behaviors we value; working together, serving the mission, treating each other with dignity and respect, and doing practical, tangible tasks to support the team.

Like Tod, I (Gates) got my start in EMS while a college student. In the mid-90's, I was a student at Georgetown University, and I took an EMT course as a way to prepare for the medical challenges I anticipated I would face during my first summer leading groups in the mountains. I got my training with the Georgetown Emergency Response Medical Services. Though my motivation for taking the course was related to outdoor education, I quickly fell in love with the community—it felt great to be able to give back to Georgetown and Washington, DC as a member of the EMS world. In 1994, we hosted the first NCEMSF Conference. My classmate, Jon Dioro was the driving force behind the conference, and we GERMS were his foot soldiers. I helped design and implement the precursor to the PhysioControl Skills Competition, a CPR obstacle course through the med school campus. Other than smashing a door-sized plate glass window with a gurney, the event went off smoothly!

I have stayed active in EMS since those days, currently volunteering with Tod and our local EMS and SAR teams. I'm now the Wilderness EMT Director for the Wilderness Medicine Institute of NOLS (WMI) supervising 15 Wilderness EMT courses each year in 4 states. At WMI, we have deliberately integrated the lessons learned in the wilderness into our emergency medicine curriculum. We
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PUSH YOUR LIMITS—TAKE YOUR SKILLS INTO THE WILDERNESS!



NOLS WILDERNESS MEDICINE INSTITUTE COURSES FOR EMTs



CONTINUING EDUCATION

BUILD ON YOUR BACKGROUND IN URBAN EMERGENCY CARE—EARN YOUR WEMT.

Wilderness Upgrade for Medical Professionals (WUMP)

Learn how to improvise equipment, deal with challenging environments, and make difficult medical decisions in remote locations with confidence. Apply your urban emergency care knowledge as our seasoned instructors guide you through five days of intense, hands-on learning. The WUMP course will keep you engaged in wilderness medicine curriculum through case studies and practical scenarios with mock patients.

"The large scenarios and SAR were the highlights of this class because I was able to practice skills that I don't otherwise get to use on a daily basis in the ambulance, yet I have a great interest in them." —WUMP grad, Paonia, Colorado

FIND MORE INFORMATION AND A COMPLETE COURSE SCHEDULE AT NOLS.EDU/WMI/COURSES, WMI@NOLS.EDU, OR (866) 831-9001.

Regional Roundup

News from Around the NCEMSF Regions

From the National Coordinator

The Regional Coordinator (RC) network facilitates communication between NCEMSF and its constituents. It is through the RCs that NCEMSF is best able to accomplish its mission of advocating and supporting campus based EMS. The RCs are equipped to assist each squad with the day-to-day issues it faces and to help publicize squad achievements. There are few issues that the NCEMSF leadership has not seen before and for which it is not equipped to offer advice and guidance. If you are a CBEMS leader and have not met your Regional Coordinator, please contact me (Steve Lanieri, NCEMSF National Coordinator) and I will gladly introduce you to your RC.

Regional Coordinator vacancies exist in the Mid Atlantic, New York, and Southeast regions. If interested in applying for either please find me at conference and email me your application (available online).

Central

University of Arizona Student EMS began responding to 9-1-1 calls on the evening of Friday, April 6. The service consists of 20 EMTs and 10 first responders, and operates on Thursday, Friday, and Saturday nights. Members respond on bicycle after undergoing a 20-hour course provided by UAPD.

University of Chicago EMS received its state EMS agency license at the end of April after passing an inspection and will begin operations as a stand-by service at the Summer Breeze concert on May 19. The group notes that is happy to have received the support that it has from NCEMSF through the New Group Initiative and is already looking forward to returning to the conference next year.

Rice University seniors have developed a prototype new cervical collar, known as HeadCase, that properly immobilizes the head without putting pressure on the neck. Read more about the impetus for the project and view pictures at:

<http://news.rice.edu/2012/04/09/students-focus-on-creating-a-better-cervical-collar-2/>

Regional Coordinator Network

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Southeast	AVAILABLE	southeast-rc@ncemsf.org
West	Amanda Wong	west-rc@ncemsf.org

Midwest

University of Dayton hosted its 5th annual Leslie K. Smith 5K run. Leslie Smith was a University of Dayton Rescue Squad member who passed away from complications of epilepsy in 2008. The University of Dayton Rescue Squad raised over \$1000 dollars and had over 70 people registered to run. The squad has also seen a rising call volume with approximately 75 calls in the month of February alone - the University of Dayton Rescue Squad remains thankful for the opportunity to serve the University of Dayton Community.

Northeast

Rowan University EMS held its yearly elections for officer positions for next year and is currently training the new officers for their new positions. The group is also preparing for the annual awards banquet to honor the seniors that are graduating and to thank the active members for all of their hard work throughout the school year. A major project they are currently working on is getting a new ambulance. Rowan EMS currently operates 2 ambulances; one is 3 years old and the other is almost 15 years old. By the end of 2012, the group is hoping to have a shiny, new ambulance.

Northern New England

There have been some really wonderful events occurring in the Northern New England Region recently. To start off, the 3rd Annual *Dartmouth EMS* Regional Conference was held on April 14th. It was an exciting event for all with special guest speakers and of course the highly ever popular MCI drill.

Colby College Emergency Response Team hosted a Greater Maine Collegiate EMS Conference on March 31st in Waterville, ME, bringing together collegiate squads, professional EMS services, and school administrators for a day filled with talks and skills competitions. In attendance were The University of Maine Orono, Bates College, and Colby College, along with two prospective startups from Bowdoin College and Husson University.

The morning talks started with a skit/dialogue between a regional paramedic service and collegiate providers, highlighting a "typical Saturday night call" and discussing ways to improve communications and relations between the college EMS service and the regional provider. U Maine, Bates, and Colby then presented the structure of their respective services. Wrapping up the morning talks was Dr. Steven Diaz, medical director at MaineGeneral, who presented his vision of the role of EMS in community medicine.

(Continued on page 4 - RR)

Keeping In-Touch: Alumni Resources

Joshua E. Glick, NCEMSF Alumni Coordinator

NCEMSF has implemented a new program that will roll out over the next year to improve communication and mentoring opportunities between graduating students and alumni around the country. Our alumni have gone on to pursue careers in a diverse array of professional fields, and as such, are well-prepared to offer insight and advice to students to help guide them through the transitory process of graduation.

We would like to help facilitate these opportunities by providing graduating students the ability to contact NCEMSF alumni with questions regarding professional development and education. If you would be interested in serving as a possible mentor to graduating students, please send me (alumni@ncemfsf.org) and e-mail with the following information:

1. Full Name
2. E-mail Address
3. Current City, State
4. Current Profession/Career

Please note that this information will not be publically available on the internet. Only registered NCEMSF members and alumni will have access to this alumni information - a listing of those that have already responded is available on the members only section of the website.

Thank you in advance for your assistance with this program, and please do not hesitate to contact me with any additional questions.



(Continued from page 3 - RR)

After lunch, the conference migrated to the student center for the skills competition, along with a couple of hands-on lectures on spinal protocols from a local paramedic. Schools split into teams of three and were presented with scenarios including acute abdominal pain, chemical burns, an unconscious assault victim, and an amputation. Trauma scenarios were expertly moulaged by a member of the theater department. Teams were graded by a member of the Waterville Fire Department, and the top three teams took home gold, silver, or bronze-painted trauma shears. It was a very successful event and we hope to see Colby College at next year's NCEMSF conference!

University of Vermont Rescue Squad is celebrating its 40th anniversary this year. UVM Rescue was able to get in contact with its founding members, most of whom will be in attendance at the annual banquet this year. Congratulations to UVM Rescue for 40 years of service.

St. Michael's College just celebrated its 42nd year of service and had quite an event to celebrate as their Captain, Kyle Craven, surpassed 7000 service hours during his time as a member of the rescue squad. He has committed over 5500 of those hours as a Crew Chief for the ILS transporting agency.

St. Anselm College EMS is in the process of obtaining an officer's vehicle to

supplement its quick response team. NCEMSF has lent its support in this endeavor that would greatly increase the level of service St. A's is able to provide its community. We wish St. A's the best of luck in the process!

Pennsylvania

MCI Training and PR Event: *Juniata College's QRS8* held a mock crash with local fire, ambulance, medical helicopter, and police mid April as well as a fundraiser (whack-a-car) where students paid \$1 for 3 whacks of the car before it was used for the demonstration.

New Vehicle: *DeSales EMS* has placed in service its new QRS unit. QRS 7491 is a Ford Explorer with an EMS-specific cabinetry system. The vehicle may look familiar to many as it was purchased from *Lehigh University EMS* after they placed their new QRS in-service. This excellent example of regional resource sharing allowed DeSales to obtain an excellent vehicle from a partner college EMS agency.



Do you have news about your squad you'd like to share? Contact your RC and look for it in the next issue of NCEMSF News.

NCEMSF Calendar 2012-2013

June 1, 2012:

New Membership Year Begins

Renew your membership online and indicate your continued support for campus-based EMS as well as NCEMSF programs and activities.

November 12-18, 2012:

Collegiate CPR Day and 14th Annual Collegiate EMS Week

Join in educating as many college students as possible in a single day in the basic principles of how to save a life and celebrate campus based EMS' contributions to the campus community all week long. An updated information and activity packet will be posted early fall, but the 2011 is available today to begin the planning process.

February 22-24, 2013:

20th Annual NCEMSF Conference - Back Where It All Started: Washington, DC

Hyatt Arlington
1325 Wilson Boulevard
Arlington, Virginia

Begin the budgeting and fundraising process now and plan on joining campus EMS providers, advisors, medical directors and administrators from across North America in the Washington DC area next winter. Help us work towards our goal of 1,000 attendees from 100 colleges and universities. (2012: 982 and 93)

Visit the NCEMSF Web site for updates beginning early fall including Conference Schedules, Fees, Travel Arrangements, Lodging, Vomacka Student Speaker Competition, EMS Skills Competition and Annual Awards.

Information for potential speakers and sponsors is posted. Email: confinfo@ncemfsf.org with questions.

Virginia Tech
(Winners of NCEMSF
ALS Skills Competition)

**Representing
@ JEMS GAMES**



About This Publication

NCEMSF NEWS is an official publication of the National Collegiate Emergency Medical Services Foundation (NCEMSF). This newsletter is published as a service to the Foundation's members and the national EMS community.

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E-mail articles to be considered for publication to info@ncemsf.org

Hope is Found In Future of EMS @ NCEMSF Conference

Collegiate EMS Providers Gathered to Learn, Collaborate, Network, and Compete. The 19th Annual NCEMSF Conference was held February 24- 26 in Baltimore, Maryland

Below is an excerpt from a blog post by conference Speaker, Sponsor and NCEMSF Life Member H. Bucky Buchanan...

"Wow. What a great event. Nearly 1,000 young EMS providers participated from as far away as California, Arizona, Texas, Maine, Vermont, and, even Canada.

"Last year, I presented a program "CHAOS; the first 5 minutes of a MCI response", and had standing room only. These college EMS providers I quickly learned really want to get into not only just the EMS care, but also the management of such events.

"Well, this year I struggled to figure out what this group would want to hear. I settled on talking about Hurricane Irene, and how EMS responded, how they asked for help, where the help came from, and the actions taken by the helping units. We focused on the EMAC request system, and help that Pennsylvania EMS agencies provided in New Jersey, and the FEMA Ambulance Contract that was enacted to assist New York.

"Following this session, RVESCUE, LLC held a tabletop exercise to once again help walk these future leaders through discussions and plans of what they would do when notified that 15,000 guests, and 250 invalid patients were coming to be housed on their campus as an evacuation location. They all did stellar! From larger schools such as Texas A&M and Penn State, to smaller schools such as Norwich University and College of Charleston, all the participants discussed how they would respond, support and recover from such an influx of evacuees.

"One honor I had this year was judging the Physio-Control EMS Skills Competition. I had the opportunity to see 20+ schools test their skills in response to a "Trauma Patient", a 20 year old male party-goer at a frat house, that ended up getting stabbed 3 times, falling down a flight of stairs, while wearing a set of football

shoulder pads and helmet. The teams, for the most part, did better than many of the well-experienced EMS providers I come in contact with on an everyday basis. Heck, I think I learned a thing or two myself, which is why I love doing these things. The youthfulness of these teams, while working as a team of 4 rescuers, showed that there is hope for tomorrow's EMT program. I also got to see some of the regional differences between what a "Basic-EMT" is all about...

"After two days of non-stop activities, I was continually impressed by the attendees dedication to this event. In most conferences I attend, sessions early in the morning, after lunch, and late in the afternoon seem to lose their attendees, but not at the NCEMSF Conference. Students arrived early, even after a full night (and morning) of interacting with other schools, and stayed late into the night for all sessions. Between the break-out sessions, huddles of teams shared what they just learned, figured out who was going where next, and what it all meant to their own squads.

"Saturday night brought a break from the learning, and an opportunity for some fun aboard the Spirit of Baltimore in the Inner Harbor. The NCEMSF Casino opened up at 10pm for a few hours of "fake money" gambling, with tables quickly filling up with black-jack, poker, craps and roulette games. Again, it was awesome to see school rivalries at work...even over a craps table. Heck, I even met three New Jersey EMS providers from schools across the Country.

"Sunday led to more sessions, and more break outs, followed up by a remarkable, thought-provoking wrap up speech. I know for this one participant, not only did I learn a lot, catch up with some good old friends, and make many more new ones, but I also became once again invigorated by the fact that there is hope for tomorrow's providers; and many of tomorrow's EMS leaders will no doubt come from this team of 1,000 of America's young EMS providers. Congrats to all, and can't wait to do it all over again at the 20th Anniversary Conference in Washington, DC next year!"

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(Continued from page 2 - NOLS)

address not just the appropriate steps in patient care, but the decision-making behind them. We believe that it is crucial to address the fundamentals of leadership and teamwork if we are to provide quality patient care. We have found that dealing with the challenges of wilderness medicine has improved our ability to provide care in the urban setting, too.

Being involved in collegiate EMS was a seminal experience for both of us. Over the next several newsletters, we will share some of the concepts and approaches that we have explored in our quest to improve our ability to provide deliberate, effective and compassionate patient care in any setting, urban or wild.

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Please visit the Membership section of the NCESMF Web site and update your contact information. Thank you for your ongoing support of campus based EMS and NCESMF!

The NCESMF Database of Collegiate EMS Providers is an excellent resource in the event of natural disaster or other public health emergency. Please keep your information up-to-date so that should the situation arise, we can contact you and collectively as campus based EMS answer the call to act!

NCESMF and Campus Based EMS Research

NCESMF remains committed to scholarship and research activities. By pooling together the resources of our constituent colleges and universities and the academic curiosity of our members, NCESMF aims to help further the realm of EMS research. Dr. Michael Hilton, NCESMF Director-at-Large, directs NCESMF's research initiatives and serves as a liaison to those pursuing their own campus based EMS research goals. At this year's conference, we introduced presentations of original student research and hosted a roundtable forum focused on research development. Future conferences will continue to include additional original research focused talks and tracks. We also continue to solidify details surrounding NCESMF-sponsored research grants for interested members.

NCESMF also conducts its own research projects, but is most interested in assisting members in developing their own ideas and both mentoring them through the process and providing them with access to valuable data.

NCESMF has an ongoing pilot project aimed at collecting data on campus-based EMS (CBEMS) response to out-of-hospital cardiac arrests.

To upload your organization's patient information visit:

www.ncemsf.org/research

The data entry form is designed to be filled out once for each patient being entered. The form consists of 30 data points per patient. Please enter data on all cardiac arrests from September 1, 2008 to present.