



SANFORD AMBULANCE VITAL SIGNS

Fall 2024

Compassion, Excellence and Community

Sanford Ambulance PRIDE

Each year, Sanford Ambulance and Sanford Health employees come together to celebrate PRIDE, showing support for LGBTQIA+ community members, patients, and families. In August, Sanford Ambulance marched in the PRIDE Parade and volunteered at PRIDE in the Park at the Bluestem Center for the Arts in Moorhead. Sanford also took part in PRIDE at the Red River Market on Saturday, August 10.



Sanford Ambulance Citizen Lifesaver Award

Several local community members were awarded the Sanford Ambulance Citizen Lifesaver Award, which is presented to community members who are instrumental in helping during an emergency.

On February 9, Steve Lorz went to the North Fargo Sanford Clinic on Broadway for a regular appointment. Shortly after he arrived, a bystander found Steve laying near his truck, unconscious and not breathing. The bystander ran into the clinic to get help, and Nurse Practitioners Amanda Horner and Jennifer Kringle, along with Physician Assistant Tracy Kirchner ran to the lot to help - they started CPR and got the building's automated external defibrillator (AED) and hooked it up to Steve's chest. They shocked Steve's heart several times and continued CPR until emergency services arrived to take over. Because of the immediate actions of Amanda, Jennifer and Tracy, Steve is alive today.



At around 6:00 PM on Wednesday, May 8th, Justin Sagsveen was driving on the I-29/I-94 exchange when he seemed to suddenly cut another vehicle off and then crashed into a cement barrier. Several vehicles must have watched this happen, but only a few stopped to help.

BJ Quinn, Michele Erickson, Jessica Mortenson and Elliot Steinbrink were all headed to different places that day, but ended up on the same interstate overpass as Justin at the exact right time. These four people worked together to quickly recognize that Justin wasn't breathing and needed immediate help. They got him out of the vehicle and started CPR. After performing CPR for a few minutes, Justin started breathing on his own again. They rolled Justin onto his side and waited for emergency services to arrive. Shortly after that, Justin stopped breathing and his heart stopped again. By this time, the North Dakota Highway Patrol had arrived with their automated external defibrillator – the group worked together to attach the AED to Justin's chest. Shortly after attaching the AED, the ambulance arrived. BJ, Michele, Jessica and Elliot helped the paramedics load Justin into the truck so they could continue working on him. Inside of the ambulance, paramedics shocked Justin's heart four times and gave him several rounds of medications before his heart started beating again.



Nationally, only about 10% of people who experience sudden cardiac arrest survive. We know through experience and research that rapidly recognizing cardiac arrest and starting CPR as quickly as possible can improve survival rates and neurologic outcomes for sudden cardiac arrest victims. Without these bystanders working together to provide immediate CPR for Steve and Justin, they both most likely would not be alive today.

Amanda, Jennifer, Tracy, BJ, Michele, Jessica, and Elliott were all presented with the Sanford Ambulance Citizen Lifesaving Award, which is presented to community members who are instrumental in helping during an emergency.

Do you know CPR? Hands-only CPR is quick and easy to learn - it only takes a few minutes to learn how to push hard and push fast in the center of the chest. For more information on CPR classes and certifications, go to www.shemse.org.

Pediatric Readiness Project

Sanford Ambulance is proud to be part of the 2024 National Prehospital Pediatric Readiness Project! The National Prehospital Pediatric Readiness Project (PPRP) is an initiative to ensure all U.S. EMS agencies and fire-rescue services that respond to public 911 medical calls have essential resources in place to provide high-quality emergency care for children. The goal of the National Prehospital Pediatric Readiness Project is to improve prehospital care for acutely ill and injured children across the United States.

Nationally, pediatric incidents account for approximately 10% of all prehospital calls. The limited frequency of pediatric interactions results in clinicians being less familiar with – and often less confident in – providing pediatric care. Assessing current readiness and utilizing available resources to improve training, knowledge, equipment, policies, and clinician confidence is likely to increase readiness. The project is led by the Emergency Medical Services for Children Program in partnership with more than 30 national organizations and stakeholders.



Sanford Ambulance Blood Drive

In a continued effort to give back to the community that we serve, Sanford Ambulance recently hosted a blood drive. The event, which took place on Friday, August 23, was organized in partnership with Vitalant. Employees and local residents came together to donate blood, potentially saving hundreds of lives. During the event, 20 volunteers donated blood and three completed a Power Red (double red cell) donation, which resulted in 21 units of blood for our community! This blood has the potential to impact over 60 lives!

“Hosting this blood drive aligns with our values of service and community,” said Kayla Shaw, EMS Educator and blood drive coordinator. “We are proud of our employees for stepping up to contribute to such an important cause.” Vitalant representatives expressed their gratitude for the event, emphasizing the critical role that our community plays in maintaining blood supply, especially in times of high demand.



Welcome to the Team!

Halle Duray	EMT
Kaylee Johannes	Paramedic
Shawna Cochran	Community Paramedic
Elissa Trudell	EMT
Charles McCann	EMT
Steven Peterson	EMT
Ryan Gregersen	EMT

Are you an EMT or paramedic who is interested in working in a fun, fast-paced atmosphere? Sanford Ambulance is hiring!

Check out [sanfordhealthjobs](https://sanfordhealthjobs.com) to see what positions we have available! We'd love to have you join our team!



HEALTH HIGHLIGHT

Should I call 9-1-1?

“I am having a medical emergency... but I will just drive myself to the emergency department...”

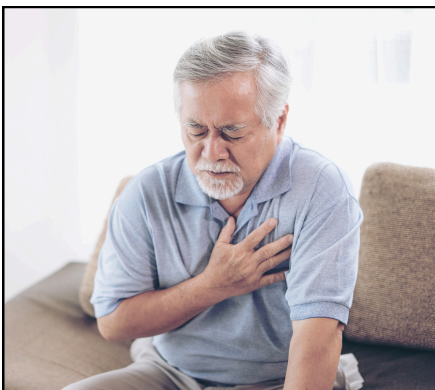
Dialing 9-1-1 is a call no one ever wants to make. There are many reasons that people may not want to call 9-1-1 - they may not want to bother first responders, they think that they are close enough to drive themselves in, they are scared of the situation or the cost of an ambulance ride, or they may not think that they need immediate medical attention. However, when it comes to certain medical conditions, every second counts.

Calling 9-1-1 instead of driving yourself or a loved one to a nearby emergency department can mean the difference between life and death for many medical emergencies, including heart attacks and strokes. Quick treatment can help limit damage to the heart or brain and increases the chance of a full recovery.



When the call to 9-1-1 is made, an emergency medical dispatcher will provide pre-arrival instructions to the caller until the first responders arrive. The dispatcher will also gather additional information about the situation to pass along to first responders.

Once first responders arrive, they assess the patient, determine what type of medical emergency the patient is experiencing and start treatment. If the patient is experiencing a possible heart attack or stroke, the medical team can contact the hospital so they can begin preparing for the patient's arrival. The hospital will call in specialists, arrange medical equipment and secure specific treatment rooms necessary for the patient so everything is ready by the time the patient arrives at the hospital. This process moves very smoothly and quickly. If a patient drives in on their own, the hospital has no prior information or time to prepare, which may cause delays in treatment.



2024 Mission: Lifeline Gold Plus Award

When someone in our community suffers a heart attack, EMTs and paramedics are often the first to provide care. The type of care that these patients receive immediately after their signs and symptoms start can mean the difference between life and death. The role of EMS in the system-of-care for cardiac patients is crucial and often sets the course for the patient's outcome.

Mission: Lifeline EMS is a program launched in 2014 by the American Heart Association designed to showcase and recognize Emergency Medical Service organizations across the nation for excellent STEMI (ST Elevation Myocardial Infarction) care. A STEMI is a specific type of heart attack caused by a complete blockage of blood flow to the heart. Every year, more than 250,000 people experience a STEMI. To prevent death, it's critical to restore blood flow as quickly as possible, either by surgically opening the blocked vessel or by giving clot-busting medication. In order to have the best outcome after a STEMI, timely treatment is imperative. The AHA's Mission: Lifeline award helps celebrate the achievements of prehospital providers and their collaboration with each other and destination hospitals specific to STEMI patient care.



This year, Sanford Ambulance was awarded the highest Mission: Lifeline award – Gold, plus a “Target Heart Attack Honor Roll” designation. The Mission: Lifeline Gold designation means that Sanford Ambulance has taken the initiative to help advance the system of care for patients with high-risk, time-sensitive diseases such as severe heart attacks and strokes. The Target Heart Attack Honor Roll designation means that Sanford Ambulance has focused efforts on coordinating care between the pre-hospital care and the destination hospital. This award recognizes Sanford Ambulance for implementing quality improvement measures for the treatment of patients who experience severe heart attacks. This award puts Sanford Ambulance in an elite group of pre-hospital providers who are recognized by the American Heart Association for their commitment and success in implementing a higher standard of care, by ensuring that every STEMI patient receives treatment according to nationally accepted evidence-based recommendations and standards. Sanford Ambulance has received the highest award every year since the inception of Mission: Lifeline and is one of only 25 across the nation to have done so.

“Sanford Ambulance is dedicated to providing optimal care for heart attack patients and making our service among the best in the country, and the American Heart Association’s Mission: Lifeline program is helping us accomplish that by implementing processes for improving systems of care with the goal of improving the quality of care for all acute coronary syndrome patients,” said Kathy Lonski, Sanford Ambulance’s Quality Improvement Advisor. “We are pleased to be recognized for our dedication and achievements in emergency medical care for all cardiac patients.” The Mission: Lifeline initiative provides tools, training and other resources to support heart attack care following protocols from the most recent evidence-based treatment guidelines.



2024 Fargo AirSho

A typical day on the ambulance looks a little different when working at special events, including the Fargo AirSho. Although the weather was warm, there were very few medical emergencies at the show this year.

Sanford Ambulance staff helped in the following ways:

- One ALS crew was dedicated as the "crash truck". This crew was staged with the Hector Airport Fire Department.
- Several Mass Casualty Incident team members staffed the Incident Command vehicle.
- The AmBus and Supply Truck were on scene for tours and for use if needed.
- EMS providers were able to maneuver through the crowds on bicycles and on the U-Cat.
- The very popular "misting tent" helped cool spectators down.

2024 Fargo AirSho fun facts:

- Attendance was approximately 30,000 over the two-day show
- Although the show began at 11:00, ambulance crews were at on scene by 8:00 AM to set up and prepare for the show.



Community Collaboration

Often times, the Fargo, Moorhead and West Fargo fire departments respond to medical calls with Sanford Ambulance – the firefighters are trained to provide immediate life-saving care if they are on scene before the ambulance arrives. Because firefighters work so closely with paramedics and EMTs, it's important that they are comfortable with all of the equipment that is carried on an ambulance. Each year, the three local fire departments spend time at Sanford Ambulance reviewing key procedures and refreshing on ambulance equipment. Sanford Ambulance is thankful for the help that our local firefighters provide prior to our arrival.



EMS Education

Eighteen students from the SHEMA and NDSCS Paramedic program graduated in August. Colby Wooten, Mahyra Gudvangen, and Nathan Moen earned Distinguished Honors awards, and Josh Pogatchnik was named the 2024 Student of the Year. The 2025 paramedic cohort began classes at the end of August with 19 students. They will graduate in August 2025.



The 2024 Summer EMT cohort graduated 16 students in August. The 2024 Fall EMT cohort began on August 27 with 72 students. Several students from areas

surrounding Fargo received a grant to attend this course from the Substance Abuse and Mental Health Services Administration. Labs for these rural students are being held in Bemidji, Thief River Falls, and Luverne, MN as well as Bismarck, ND. The SHEMA team is hoping to expand that reach and add one or two more locations next semester.

SHEMA hired Andrew Sailor as the new American Heart Association and National Association of EMT Course Coordinator, where he will be teaching both public and internal education, focusing on Advanced Cardiac Life Support, Pediatric Advanced Life Support, Advanced Medical Life Support and Prehospital Trauma Life Support courses. Andrew obtained his EMT certification in 2002 and volunteered in many locations until joining the volunteer fire department in Carlton, MN. He obtained his paramedic certification in 2011 and worked as a full-time firefighter/paramedic in Williston, ND until joining Sanford Ambulance in Thief River Falls in 2016. Andrew has been teaching part-time with SHEMA for about two years. Welcome, Andrew!



SHEMA is now teaching in area high schools! Through agreements with several local school districts, MState, and NDSCS, SHEMA is teaching EMR courses in Moorhead, Fargo, Northern Cass, and also supporting a course in Horace! After completing these courses, students will be eligible to take the National Registry EMR exam. Course participants are eligible for college credit. The EMR course is a great first step for anyone interested in a career in the healthcare field, or even as a resume builder for those who are working toward employment in other occupations! For more information on the EMR course, please contact us at 701-364-1750 or shemse.org.

Sanford Ambulance

2215 18th Street South

Fargo, ND 58103