MONTANA EMERGENCY MEDICAL SERVICES FOR CHILDREN (EMSC) & CHILD READY MT

MT EMSC CONNECTION NEWSLETTER OCTOBER 2019

This issue has information on the: Superstitions? dangers of VAPING; Prehospital Recognitions; MAPP-NET; SEPSIS Quiz; Pediatric resources and Disaster trainings, illicit drug tool-kit for first responders, and more! Answer Trivia and win a fingertip Pulse Oximeter! First 5 responses.

HOW DO SUPERSTITIONS AFFECT OUR PSYCHOLOGY AND WELL-BEING?

Published Friday 13 September 2019 Published Fri 13 Sep 2019 By Ana Sandoiu (excerpts)

If today was a Friday the 13th, a vast number of people across the world would avoid going about their usual business because **they fear this day will bring them "bad luck**." In this Spotlight feature, we examine the psychological mechanisms behind superstitious thinking.

Some people think that encountering a black cat is a sign of bad luck. But did you know that airlines and airports routinely skip a 13th aisle or the 13th gate, but more than 80% of high-rise buildings all over the world lack a 13th floor. Also, some hotels and hospitals often choose not to have a room with the number 13.

Billions of people in the United States and across the world are superstitious. **A quarter of adults in the U.S. consider themselves to be so, and recent trends reveal that younger people are more superstitious than older adults. In fact, 70% of U.S. students rely on good luck charms for better academic performance.** Most of us know that these beliefs are irrational, but we still abide by them.

Why do we believe the unbelievable?

The fascinating thing about superstitions is that **we often believe in them despite knowing, on some level, that they can't be true.** We have rational thinking and its main job is to override the intuitive judgment when it finds errors. But superstitions are not merely a manifestation of our flawed cognition**. Sometimes superstitions offer a host of benefits.**

How superstitions may relieve anxiety

Sometimes superstitions can have a soothing effect, relieving anxiety about the unknown and giving people a sense of control over their lives. This may also be the reason why superstitions have survived for so long — people have passed them on from generation to generation.

As an article appearing in the *International Journal of Psychology and Behavioral Sciences* states, "Superstition has its roots in our species' youth when our ancestors could not understand the forces and whims of [the] natural world. Survival of our ancestors was threatened by predation or other natural forces." As a result, superstitions have "evolved" to produce "a false sense of having control over outer conditions," and reduce anxiety. This is also why superstitions are "prevalent in conditions of absence of confidence, insecurity, fear, and threat."

There is evidence that positive, luck-enhancing superstitions provide a psychological benefit that can improve skilled performance. There is anxiety associated with the kinds of events that bring out superstition. "The absence of control over an important outcome creates anxiety. So, even when we know on a rational level that there is no magic, superstitions can be maintained by their emotional benefit." Indeed, one study that examined performance in "golfing, motor dexterity, memory, and anagram games," found that making gestures, such as keeping one's fingers crossed, or uttering words, such as "break a leg" or "good luck," boosted the participants' performance.

VAPING DANGERS!

CDC, the U.S. Food and Drug Administration (FDA), state and local health departments, and other clinical and public health partners are investigating a multistate outbreak of lung injury associated with e-cigarette product (devices, liquids, refill pods, and/or cartridges) use.

Electronic cigarettes—or e-cigarettes—are also called vapes, e-hookahs, vape pens, and electronic nicotine delivery systems (ENDS). Using an e-cigarette product is commonly called vaping. E-cigarettes work by heating a liquid to produce an aerosol that users inhale into their lungs. **The liquid can contain: nicotine, tetrahydrocannabinol (THC) and cannabinoid (CBD) oils, and other substances and additives**.

SYPMTOMS: Patients in this investigation have reported symptoms such as:

- Cough, shortness of breath, or chest pain
- Nausea, vomiting, or diarrhea
- Fatigue, fever, or abdominal pain

Some patients have reported that their symptoms developed over a few days, while others have reported that their symptoms developed over several weeks. A lung infection does not appear to be causing the symptoms.

CDC RECOMMENDATIONS: Until we know more, if you are concerned about these specific health risks, CDC recommends that you consider refraining from using e-cigarette or vaping products. If you are an adult who used e-cigarettes containing nicotine to quit cigarette smoking, do not return to smoking cigarettes. If you have recently used an e-cigarette or vaping product and you have symptoms like those reported in this outbreak see a healthcare provider.

Regardless of the ongoing investigation:

- Anyone who uses an e-cigarette or vaping product should not buy these products (e.g., e-cigarette or vaping products with THC or CBD oils) off the street and should not modify or add any substances to these products that are not intended by the manufacturer.
- Youth and young adults should not use e-cigarette products.
- Women who are pregnant should not use e-cigarette products.
- Adults who do not currently use tobacco products should not start using e-cigarette products.

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease/need-to-know/index.html?deliveryName=DM9165

CLICK HERE TO LEARN MORE

FIRST MONTANA CASE OF VAPING SEVERE PULMONARY DISEASE CONFIRMED

RiverStone Health and the MT DPHHS have identified the first confirmed case of severe pulmonary disease associated with vaping in connection with the ongoing national investigation. **Montana's first confirmed case adds to the growing number of cases in this national investigation.** The confirmed case is a Yellowstone County resident in their 30s with a history of vaping nicotine and THC. The person was hospitalized in August.

Eight deaths associated with severe pulmonary illness have occurred. As of September 17, 2019, there were 530 confirmed and probable cases of lung disease associated with e-cigarette product use, or vaping, reported by 38 states and the U.S. Virgin Islands. Two-thirds, or 67 percent of cases in this investigation are people 18 to 34 years old, **and 16 percent are younger than 18 years old.**

"This is deeply concerning, especially given the rapid increase in young people using e-cigarettes," said Gov. Steve Bullock. "Montana is supporting the national investigation to determine what is making people sick, while also looking at options on how we can take action without waiting on Washington."

State Medical Officer Dr. Greg Holzman said DPHHS is working directly with local health officials on the investigation and is urging state residents to consider the current situation both in Montana and in other states and respond accordingly. "I urge Montanans to refrain from using e-cigarettes, considering the existing unknown health consequences," Holzman said. "If you're having difficulties quitting these highly addictive nicotine products contact your healthcare provider or the Montana Tobacco Quit Line."

The Centers for Disease Control reports that products used could include several substances, including THC, CBD, nicotine, flavorings, and other chemicals. CDC states that all patients reported using e-cigarette products in the weeks and months prior to becoming ill. To date, no single substance, e-cigarette product, or additive has been consistently associated with the illness.

Regardless of the ongoing investigation, health officials state that e-cigarette products should never be used by youth, young adults, pregnant women, or adults who do not currently use tobacco products.

DPHHS officials said that adding to the concern is the high rate of e-cigarette use among youth. In Montana, e-cigarettes are now the most commonly used tobacco product among high school students. The 2019 Montana Youth Risk Behavior Survey showed nearly a third, 30 percent, of Montana high school students currently use e-cigarettes and more than half, 58 percent, have tried them.

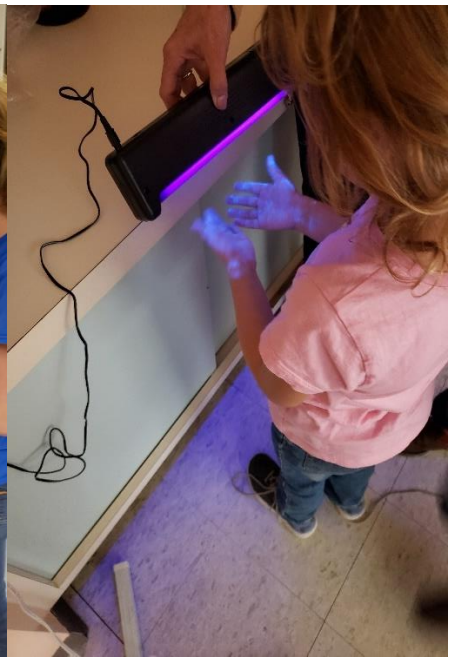
Symptoms include coughing, shortness of breath, chest pain, and fatigue. Nausea, vomiting, and diarrhea are also common. Symptoms worsen over a period of days or weeks and do not appear to be caused by a pulmonary infection. Anyone who vapes and is experiencing respiratory issues should promptly consult their provider. Healthcare providers treating patients with respiratory illness with no apparent infectious cause and who have a history of e-cigarette use are asked to notify their local health department.

Current recommendations for the public include:

- CDC and DPHHS are advising people not to use any type of e-cigarette product.
- Anyone using e-cigarette products and is experiencing respiratory issues should promptly consult their provider. **If it is a medical emergency call 9-1-1 or the Poison Control Center 1-800-222-1222.**
- Anyone who uses e-cigarette products should not buy them off the street and should not modify these products or add any substances that are not intended by the manufacturer.
- **Current tobacco users, including e-cigarette users, trying to quit should use evidence-based strategies, which include counseling, FDA-approved medications, and calling the Montana Tobacco Quit Line at 1-800-QUIT-NOW (1-800-784-8669). Youth (anyone under the age of 18) who need help quitting tobacco, including e-cigarettes, can text "Start my Quit" to 1-855-891-9989 or visit mylifemyquit.com.**
- **Anyone experiencing unexpected health or product issues related to tobacco or e-cigarettes should submit this information via FDA's online Safety Reporting Portal.**

The HINSDALE AMBULANCE SERVICE was recently formally recognized as a Level III Platinum Service. They shared several photos of their Events: Safe Transport of Children Trainings & hand washing/germ demonstration with the local public-school students.

Infant ambulance seat safety…Jamie Mix, Stacy Hardman, & Brittany Lacock. Pic. By Dorothy Jensen



LIVINGSTON FIRE AND RESCUE IS ALSO NEWLY RECOGNIZED AS A *LEVEL IV GOLD PEDIATRIC PREHOSPITAL SERVICE WITH A SAFETY PLUS ENDORSEMENT!!*

Currently Livingston Fire & Rescue has a combination department consisting of 15 full time paid personnel and 12 part-time reserves. They provide 24/7 fire protection and advanced life support paramedic ambulance service. They work closely with all county agencies to provide seamless service to those who live, work and visit this wonderful area.

The core values of Livingston Fire and Rescue form the foundation of how they perform work and conduct themselves. These values underlie the work, interactions with each other and the community, and which strategies they use to employ to fulfill their mission. Their values:

INTEGRITY: Adherence to high principles and professional standards. Do what is right, legally and morally.

COMMUNITY: To be caring and compassionate to those we serve and strive to make the place we live and work better for all

SERVICE: Above all else, we realize we are here to meet the needs of the public

TEAMWORK: Achieving more by working together than we can achieve as individuals. We work as a team for the community we serve and commitment to the Livingston Fire & Rescue mission.

RELIABILITY: Our commitment to the public we serve is unwavering and consistent. We always deliver; wherever and whatever the customer requires.

MAPP-NET

MAPP-Net offers expert consultation, resources, training, and support to help you care for your pediatric patients in their own community when possible.

Project ECHO Clinics:
Clinical training and case review sessions submitted by rural and remote providers,
Every 2**nd and 4th Wednesdays of each month· 12:00 pm - 1:30 pm.**

These sessions support primary care clinicians serving children and adolescents with mental healthcare needs and empower providers to deliver quality care through building new skills and competencies.

For more information see: https://files.constantcontact.com/4ac573ab001/f5bfb190-858d-42a4-abc4-513a3af3ee2e.pdf

https://www.boundtree.com/university/sepsis-detection/sepsis-detection-quiz

Global Diversity Awareness Month – October 2019

OCTOBER

We live in a multicultural society and embracing the values of various cultures only strengthens our understanding and appreciation of the world.

This October celebrate Global Diversity Awareness Month and pay tribute to the diverse minds and beliefs held by all cultures around the world.

Open your mind to new views and ideas, appreciate cultural differences, and enjoy a fresh perspective you may have been missing. It helps you become a true citizen of the world.

Why Global Diversity Awareness Month is Important

1. **Cultural diversity is important.**

Societies around the world increasingly consist of various cultural, racial, and ethnic groups. Learning to appreciate and to better understand one another will lead to new relationships and collaboration.

2. **In the end we are all the same.**

Though we may differ in our languages, race, values, politics, religion, and philosophies, we are all, in the end, members of humankind. The recognition of a common humanity is the first step in the celebration of our differences.

3. **Diversity helps us grow.**

Diversity is a whole that is greater than the sum of its parts. In an ever-evolving world, we must embrace different views apart from our own — and enjoy the fresh perspectives from others — in order to continue to grow culturally and intellectually.

Does your facility or service need Cultural Humility Trainings? Call John Wallace, Child Ready MT Cultural Liaison at: 406.455.5596 or at johnwallace@benefis.org

HEALTH IN THE 406: SAFE ROUTES TO SCHOOL: NATIONAL WALK TO SCHOOL DAY, OCTOBER 2, 2019:

One mile of walking translates to 2/3 of the recommended 60 minutes of physical activity each day.

Safe Routes to School programs promote health and physical activity among children of all ages and abilities by encouraging travel to school via safe, active transportation. Parents, schools, public health officials, and transportation representatives can celebrate National Walk to School Day on October 2nd, 2019.

Learn more here! https://dphhs.mt.gov/healthinthe406

TIPS FOR SURVIVORS: COPING WITH ANGER AFTER A DISASTER OR OTHER TRAUMATIC EVENT

Source: Substance Abuse and Mental Health Services Administration (SAMHSA). Published: 8/2019. After a disaster, survivors may feel angry about the ways in which the disaster has changed their lives.

This four-page tip sheet helps survivors to understand that anger can be a common response to a traumatic event and includes anger management techniques and information about where to turn to for help. (PDF)

ILLICIT DRUG TOOL-KIT FOR FIRST RESPONDERS

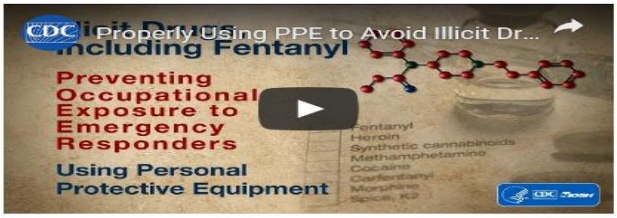
Source: National Institute for Occupational Safety and Health [Centers for Disease Control and Prevention] (CDC NIOSH)
Annotation: These resources provide key points from the National Institute for Occupational Safety and Health (NIOSH) recommendations for how first responders can protect themselves from exposure to illicit drugs, including fentanyl. Videos, infographics, and postcards will help emergency responders understand the risks and communicate what they can do to protect themselves from exposure to illicit drugs. [less]
The resources below provide key points from the NIOSH recommendations for how First Responders can protect themselves from exposure to illicit drugs, including Fentanyl.

Video

These videos will help emergency responders understand the risks and communicate what they can do to protect themselves from exposure to illicit drugs. They are best viewed sequentially.

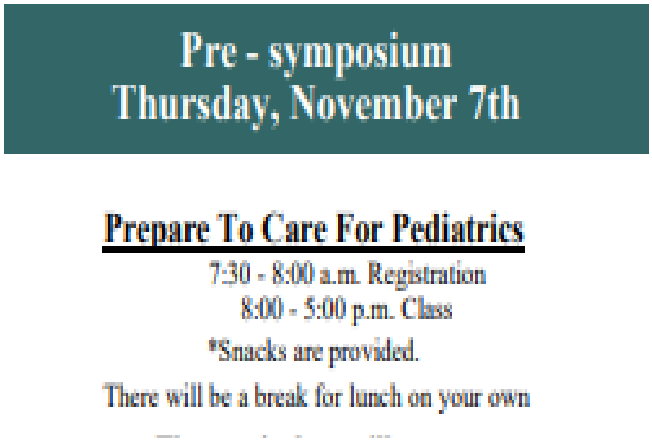
Video 1
Shows actual body cam footage that shows what happens when an officer is exposed to illicit drugs like fentanyl and provides recommendations on how other officers and responders can prevent it from happening to them.

Total running time: 13:06



Video 2
Emphasizes how to properly don and doff personal protective equipment (PPE).

Total running time: 12:07



PREPARE TO CARE FOR PEDIATRICS
7:30 - 8:00 a.m. Registration 8:00 - 5:00 p.m. Class

*Snacks are provided. There will be a break for lunch on your own

The curriculum will cover:

Cultural Humility and Bias –
Review how we are all biased and give interactive time to illustrate that. We will then learn some of the methods to mitigate those biases.
Give participants an understanding of bias and how those can affect the care that we deliver. *John Wallace*, Cultural Liaison – Child Ready MT

START, JumpSTART and SALT Triage and Scenarios, Triage Hands-On –
At the end of this course, participants will be able to:
Perform accurate field triage of adults using the START/SALT Triage system.
Perform accurate field triage of children using the JumpSTART/SALT Triage system.
Demonstrate the capability to accurately triage simulated adult and pediatric patients using the START, JumpSTART and SALT Triage systems.

Pediatric Mass Casualty Tabletop Exercise –
This discussion-based exercise will provide participants an opportunity to:
Test the application of their local protocols in response to a pediatric mass casualty scenario.
Test their ability to accurately triage pediatric patients.
Interact with other agencies in simulated response to a pediatric mass casualty incident.

Jason Mahoney, Pediatric Liaison – **AAS, NRP** - Jason has been in public safety for over 20 years. He has served as a Deputy Sheriff, Deputy Coroner, EMT, Paramedic and Emergency Manager. He worked with Dr. Broselow and the MT Pediatric Project in testing the Color-Coding Kids system in the frontier medicine environment. Currently through his company, 373 Consulting, Jason is the Pediatric Liaison to the MT EMSC program, PHEP Coordinator for Carbon County and provides EMS and Emergency Management education throughout the region.

John Wallace - John is currently the Cultural Liaison MT EMSC Contractor located at Benefis Healthcare. He oversees the Child Ready MT Cultural Liaison Coordination Team created to provide Cultural Humility and Competency in the state as well as developing a training toolkit that can be replicated throughout MT. John has many years of experience in managing projects to ensure customer satisfaction and is noted for his exceptional vision and leadership in creating work cultures.
This course is open **to 2-day enrolled symposium participants first and then general admission as space is available**. There are only **40** spots available. Registration will be on a first come first served basis, hurry and sign up today! 8 CE hours available for EMS providers who complete this pre-symposium course (no CNE hours approved for this day). **The program is being sponsored by: DPHHS EMS & Trauma Systems Section and MT EMSC**

2019 RMRTS Speaker Presentations Are Available Online

Thank you attending the 2019 Rocky Mountain Rural Trauma Symposium on Sept. 12-13 at the Delta Colonial Hotel in Helena, MT. We had 286 people at the conference. Speaker presentations are now posted online as PDFs at this link: **http://www.45pr.com/handouts.htm**

We look forward to seeing you at next year's conference on Sept. 10-11, 2020, at the Copper King Inn in Butte, MT.

Tricia Bailey

45th Parallel Events

RMRTS Conference Coordinator

tricia@45pr.com

(406) 580-5514

TRIVIA

Answer the trivia and win a Fingertip Pulse Oximeter- the first 5 to email answers to Robin - rsuzor@mt.gov NOT to the listserve.

1. **When is the 2020 RMRTS?**
2. **What are two symptoms of pulmonary problems related to vaping?**
3. **When is National Walk to School Day?**