

to continue with CPR as he made the 9-1-1 call to EMS communications. Together they continued with resuscitative efforts until Halton Region EMS paramedics arrived to assume care of the patient. Once the Halton Region EMS team arrived, the collapsed man regained a pulse and was transported to Joseph Brant Hospital where he made a full recovery.

While being interviewed, Shamez quoted the three Ts that were key to the successful resuscitation—timing, talent and teamwork. Shamez continued by bestowing praise upon his fellow rescuer (another neighbour—Kathy Benton) by saying “She did a fantastic job. She kept her cool and followed my instructions. It’s good to learn. I’d like to recommend to everybody to take a CPR course and make a difference in someone else’s life.”

In response, Benton said of Shamez, “You couldn’t have had better (help),” Benton said of Kassam. “I just did what he told me to do,” she added, noting adrenaline took over and she didn’t feel the cold despite being underdressed during the emergency.

A job well done Shamez—your timing, skills and ability to take charge of a chaotic situation definitely went a long way in saving this man’s life and restoring him to his family. Keep up the good work.

Calling all TPA members!

The Board is trying new ways to reach out and communicate. We’re urging all TPA members to contact a board member and give us your e-mail address. We’re making changes to our site and want it to be more interactive and user-friendly. TPA members can log in, leave an e-mail address and change their personal profile whenever they need to. The goal is to be better communicators. Drop by the site and sign in. www.torontoparamedicassociation.com

That’s it for now folks—enjoy the spring. Watch for our next article dealing with EMS week in Toronto and many other TPA initiatives and programs. And stay safe!

Glen Gillies
Executive Secretary
Toronto Paramedic Association



Professional Paramedic Association of Ottawa
300 March Road (4th Floor)
Ottawa, ON K2K2E2
emergency: 9-1-1
phone: 613-244-0333
e-mail: mail@OttawaParamedics.ca

OttawaParamedics.ca

Professional Paramedic Association of Ottawa

By: Suzanne Noël, BSc(Kin), ACP
Director of Print Media

Sitting down to write this spring’s PPAO submission, I realized that this has been a busy past two months for us and we have accomplished some fantastic things. Let’s get to the good stuff.

PPAO Hockey tournament

The hockey tournament was nice and intimate this year with a maximum of eight teams.

Our Director of Corporate Development, Bruno Gendron, raised \$1,000 for the HELP Fund at the PPAO Hockey Tournament with assistance from Kane Newell, Director of Team Events.

The winning team was Corrections in a shootout against Durham EMS. The photos are excellent and can be found at OttawaParamedics.ca.



OTTAWA HAZARDS and Lanark County face off.

Esquire magazine

Since it has been up and running, the PPAO website has enabled us to come in

contact with a wide variety of individuals and organizations looking for information on the paramedic career.

Opportunities such as providing a paramedic for the Discovery Channel’s Survivor-man TV show and working with the Allergen and Anaphylaxis Canada all came about from these groups browsing our website.

This past February, a Google search led a writer from Esquire magazine to our page, and presented a great opportunity for Ottawa paramedics to get some international exposure.

Finding the print media phone number on the website, Esquire writer Chris Jones called me up one afternoon and informed me that he would like to interview some paramedics. He was looking to learn all he could about what our career entailed so he could write an article that would excite and educate the millions of international readers of the magazine.

Apparently, the magazine was in the process of writing articles on several professions as suggested by its readers and Chris was assigned the feature on paramedics.

Knowing his request would require approval from levels much higher than me and the PPAO, I told Chris to contact President Darryl Wilton because if anyone could help get the request approved, it would be Darryl.

Darryl spoke to Chris and figured that the best way for a writer to find out what it’s like to be a paramedic is to have him ride along with one. Darryl researched Chris’ background to confirm he actually was a real writer and read some of Chris’ previous publications to ensure Chris would be able to write an article that would truly represent the paramedic profession. Turns out that Chris really is an Esquire writer and



has been since 2003. He has also won a National Magazine Award for a feature he wrote on astronauts. Darryl prepared an Executive Brief for Coordinator Bob Davidson and Deputy Chief Pierre Poirier. Thanks to the approval and efforts by Bob and Pierre, Darryl was given a green light to go ahead and immerse Chris in the paramedic world.

Chris' first glimpse of paramedicine was an eight-hour training course on equipment and basic physiology. Chris was shown every piece of equipment in our bags and detailed what it was used for. He was even given some hands on experience with mannequins, chest needles, intubations and the defibrillator. The chest needle turned Chris a little green but he shook it off and took the needle in his hands to try it himself.

The following day Chris met with Deputy Chief Pierre Poirier and had his very own fit test for an N-95 mask by Stephen Calkins, an Ottawa Paramedic Service Clinical Training Officer. Chris was also briefed on the importance of patient confidentiality, Ontario PHIPA legislation, MFIPPA legislation and what he could and couldn't include in the article or photos.

Next, we put Chris in a uniform and Darryl Wilton took him out for an entire weekend in a supervisor ERV. Chris got to experience a wide variety of paramedic calls ranging from a seizure, a diabetic patient, unconscious, a rollover MVC, an obvious death, hypotension and even a VSA with return of spontaneous circulation.

Chris even brought along a professional photographer from New York who was able to capture several amazing shots of paramedics in action with a close eye to patient confidentiality. Did you know those photographers make \$8,000 per day?

After his week of immersion in the paramedic field, Chris sat down to write his article and found he had gained so much knowledge he didn't have enough space to give us a fair shake. The editors at Esquire actually approved a longer article that will run in their June 2009 edition of the magazine—reaching millions of international readers.

The hard part for paramedics will be relinquishing control of the content in the article, but that is how it is when you work

with the media. So far, Esquire has turned out to be an exceptionally professional organization. The one thing Chris taught us is that professional writers follow an old adage called "show—don't tell". He said that he would love to say wonderful things about paramedics but the article must speak for itself.

Chris assures us that his article will convey paramedics as very compassionate, genuine, sophisticated and knowledgeable medical professionals who deal with extraordinary circumstances every day.

In the end, Chris Jones was astounded. After having an opportunity to interview numerous top celebrities including professional athletes, singers and actors, Chris stressed that paramedics have his utmost respect. He also promised not to be the guy to walk up to paramedics on a call and say, "I did your job once."

St. Patrick's Day Parade

Director of Education Chantale Dumas organized the largest St. Patrick's Day Parade volunteer group in PPAO history this past March 14.

All in attendance wore their shamrocks and green hats with pride as they followed the parade route through downtown Ottawa.

All student volunteers received a thank you letter from the PPAO and their college also received copies so community hours could be tracked.

Thanks to all of the following volunteers for coming out: Chantale Dumas, Paul Morneau, Clayton Foster, Mathieu Lavictoire, Carl Surprenant, Michaël Pineault, Nicholas Paquette, Dena O'Hara, Julien Turpin-Crête, Caroline LeBrasseur, Natalie McEwen, Israël Coderre, Mathieu Lemay, Jean-Philippe Lambert St-Marie, Dominique Ouellet, Emilie Gauthier and Francis Brunet.

PARTY program

Thanks to the efforts of Director of Community Service Patrick Lamoureux, the Professional Paramedic Association of Ottawa has been working with the Ottawa Hospital and the Prevent Alcohol and Risk-Related Trauma in Youth (PARTY) program.



CHANTALE DUMAS and Code the Mascot get into it.

We would like to thank the Ottawa Hospital for recognizing the PPAO as an official program contributor. You can visit the website at

- www.ottawahospital.on.ca/programs/party/index-e.asp
- www.ottawahospital.on.ca/programs/party/index-f.asp

This program provides useful, relevant information to young people about injury and risky behaviour to help them recognize potential injury-producing situations, to make informed prevention-oriented choices about activities, and to adopt behaviours and actions that minimize risk.

Physiotherapy demo

On March 11, the PPAO hosted a groundbreaking meeting between Ottawa Paramedic Service and Professional Physiotherapy Centre (PCC).

Thanks to the efforts of Joe Micucci, Darryl Wilton and Sue Noel, the PCC will be the official pilot project provider of onsite rehabilitation and fitness services.

Paramedics wanted to make sure our unique needs and injuries would be understood by the professionals who were treating us. We met with a number of physiotherapy centres in Ottawa in an attempt to find the best one to provide paramedic specific services.

The physiotherapists were very enthusiastic when we suggested a demonstration and info session to help them learn about paramedic lifting and injuries.

Keith Buchanan put together a great presentation on paramedic injury statistics



PARAMEDIC VOLUNTEERS demonstrate lifting for PPC staff.

such as types, frequency and causes and compared them to the injury statistics from the general worker population to highlight the differences. Rob Wilson, Jan Woods and Tammy Dupuis then demonstrated a typical chest pain call from start to finish.

This call was orchestrated and narrated by Sue, who explained why lifts were done certain ways, equipment weights, lifting frequencies and common problems encountered on calls.

The physiotherapists were then led out to the garage where they were encouraged to try some of the lifting on their own. Only two of them were willing to lift the stretcher or the stair chair and remarked that the equipment lifts alone were quite difficult, even without lifting a patient or bags. Following this, Chris Bugelli demonstrated special problems that our Paramedic Rapid Response Unit (PRU) paramedics face, Amanda Hagmann demoed the bariatric unit and Dan Kaplansky explained the stair chair. The information session turned out very well, with the physiotherapists a little surprised by exactly what we have to do, but now better aware of what they would have to deal with working at our headquarters. The physiotherapists have already started working in the building for this pilot project, providing rehabilitation services, fitness consults, return to work programs, massage and even yoga.

Thanks to everyone involved in helping to get this great pilot project off the ground!

Ottawa uniform drive

After a long day of pulling crests off shirts and organizing uniforms into boxes, Tim O'Neill and 18 volunteers from Algonquin College and La Cité Collégiale prepared 2,676 items for shipping.

The uniform items from pants to rain jackets were divided between two groups this year: Global Medic and the City of Yellowknife.

Thanks to the following paramedic students who volunteered their time to help this great initiative: Annie Renaud, Jessyka Laliberte, Melanie Poitras, Crystal Burmaster-Hansen, Emilie Gauthier, Catherine Lanthier, Seylor Giroux, Jean Philippe Lambert Ste. Marie, Mathieu Lemay, Carl Suprenant, Eric Maisonneuve, Pascal Bourgon, Asrael Coderre, Jessica Bourdon, Kristina Crawley, Candice Boyle, Carolyn O'Brien, and Jill Schirmer.

Special events

Every month, the PPAO receives many requests for equipment through our Special Event tool in the members area of OttawaParamedics.ca.

Booking equipment is as easy as 1-2-3. All



PCP DAN SHUGAR loses control of 16 children.

you need to do is log into the members area of our website and book Ottawa Paramedic Service or PPAO equipment.

Some of the recent events included a MedVents visit to Ornge (hosted by Critical Care Paramedic Jeremiah Soucie) as well as school visits by John Blythe and Dan Shugar.

Please remember, only full paid paramedic members are covered for events.

Paramedic Week 2009

As you read this, the final preparations are being made for Paramedic Week 2009.

Here is a quick summary of planned events, with a full recap in the next issue.

Our annual events will include the popular Byward Market display, our Annual General Meeting (May 21 at 6 p.m.) and Staff BBQ. The Canadian Blood Services will again be coordinating their Sirens for Life blood with the PPAO with the campaign launch at Ottawa Police Headquarters this year.

We will also be back on TV again, gearing our messages toward child safety including car seat information, tips on children and pools and the start of our own Operation Brain Freeze. Paramedics in Sudbury originally developed the Operation Brain Freeze idea, which promotes helmet use and activities toward kids. Celebrity CPR will also be ongoing, with local celebrities and city councillors invited to attend a certification session in CPR. New events this year will include a banner design contest for kids as well as an anaphylaxis day for kids with assistance from the Ottawa Anaphylactic Support Group.

President Darryl Wilton has also lined up a photoshoot for North City General Insurance and another international photoshoot for Banfield-Seguin and Iridium Satellite. The success of all these events will be based on the number of volunteers who make themselves available, so if you are interested in any of the above events, please let us know by using the e-mail link at [OttawaParamedics.ca!](mailto:OttawaParamedics.ca)

www.OttawaParamedics.ca