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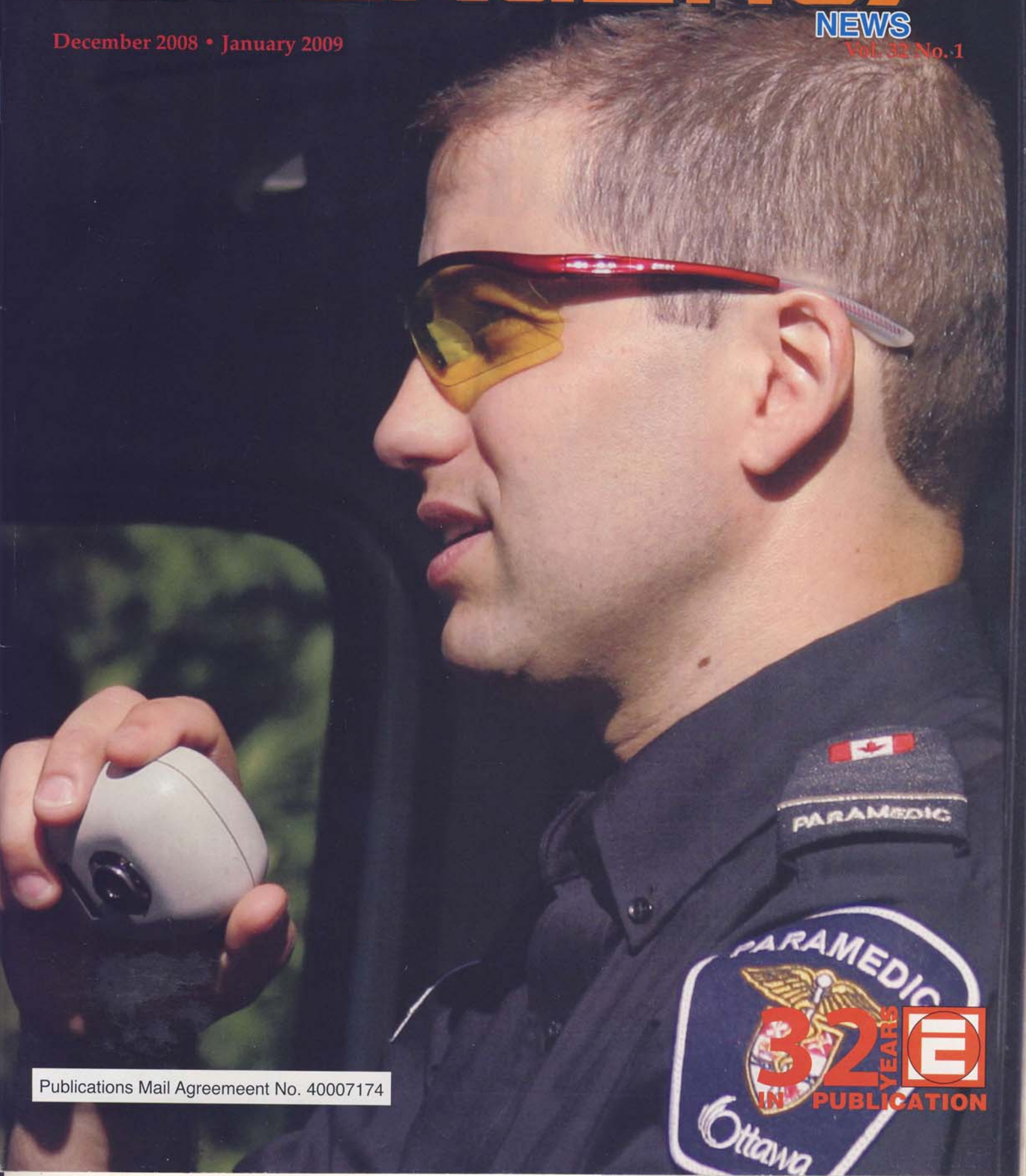
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Professional Paramedic Association of Ottawa

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

We hope that Santa was extra good to everyone last year! We are proud to announce that 2009 is off to a great start! The PPAO is busy putting the finishing touches on our 2008 projects and gearing up for several new initiatives this year. We would also like all of our members to know that tax receipts and member packages will be out before Feb. 28 (as required by law). Here's how the year ended in Ottawa:

Award winners recognized

Several of our OPA award winners were unable to attend the Paramedicine 2008 conference to receive their awards.

The PPAO would like to extend our sincere thanks to OPA President Mary Osinga for helping us present the awards to the outstanding recipients. Mary traveled to Ottawa so that she could personally present the winners with their plaques in front of their co-workers at Ottawa Paramedic Service headquarters. Her attendance was greatly appreciated by all. Congratulations again to all winners. Attention members: If you have not yet submitted your Years of Service information to the PPAO, please contact Robert Mallett (treasurer@ottawaparamedics.ca) or Darryl Wilton (president@ottawaparamedics.ca) as soon as possible.

Jordan Mbayo receives PPAO Commendation Award

This past fall, Paramedics Pat Lefavre and Krista Shipman responded to call for

a patient in seizure. When they arrived on scene, they were greeted by nine-year-old Jordan Mbayo, who led them to a car where his mother was unconscious and post-ictal.

As the story goes, while driving to the dentist, Jordan's mom began to "feel funny" and pulled over into a nearby parking lot. Shortly after stopping, she began convulsing due to an allergic reaction to a new pain medication she was prescribed following recent surgery.

Realizing his mother was seizing, Jordan managed to remain calm and alerted a bystander to call 9-1-1. When the medics arrived, Jordan was able to provide them with information on what had happened and his mother's recent medical history. He remained calm, helpful and very mature given the situation. Jordan set an example of true professionalism and the medics felt he was worthy of a commendation award. After all, many adults would fall to pieces given similar circumstances.

After exploring several options at getting Jordan recognized, the medics were unsuccessful so Pat and Krista were led to the PPAO at the suggestion of Paramedic Team Leader Paul Morneau.

All Pat and Krista needed to do was log into the members area of www.OttawaParamedics.ca and book an ambulance and everything else they needed with our Special Event Booking tool.

Within 24 hours of being informed of this special event, the PPAO organized the equipment needs and provided Krista and Pat with a personalized, framed certificate of appreciation for Jordan.

Pat and Krista volunteered to take an ambulance to Jordan's home and surprise him with the certificate presentation in front of

his family and friends. Even the Ottawa Sun newspaper was on hand to print the story of Jordan's actions.

Jordan and his family were extremely appreciative of the award and the fact that the medics involved came back on their own time to recognize Jordan's actions. Jordan's mother wrote the following letter of thanks:

I would like to thank you for including this story in the Ottawa Sun. Although the circumstances were a little scary, it's always great to read a story in the paper about something that had a positive outcome. I do hope that parents that read this article share this story with their children and if their youngsters haven't been schooled about how to use 9-1-1, let this be an example of how important this service is, and how easy it is to learn. It may just save your life one day!

A very special thank you to Krista Shipman and Pat Lefavre from the Ottawa Paramedics for everything! I am truly thankful for all of your help on August 29, 2008 and I really appreciate how you have recognized my Son for his bravery. Thank you again for volunteering your time on your day off to present the certificate to Jordan. He will remember this experience for the rest of his life and hopefully he will share his story with some of his friends so they too will learn. God Bless...

If you encounter a community member worthy of an individual award, please contact the PPAO.

For a bunch of volunteers, we are happy to support our membership and get the job done!

Paintball and NFL football events

The PPAO Paintball challenge and first annual NFL road trip were both great suc-



cesses. Thanks to our two organizers, Kane Newell and Chris Ryan, respectively.

Sorry we don't have any pictures for you but the cameras ended up covered in paint during the first excursion.

Student ACR Guidelines

After several requests by PCP student members for help in writing proper Ambulance Call Reports (ACRs), President Wilton came up with an idea for PPAO student members that is far better than the provincial ACR manual.

Director of Print Media (Sue Noel) was assigned to create mock ACR documentation for all major call types from symptom relief medication administration to Vital Signs Absent.

These guidelines cover all PCP standing orders and the new version now conforms to the new 2009 Provincial ACR that was introduced to paramedics at the Paramedicine 2008 provincial conference in Peel, ON.

All PPAO or OPA student members will be able to purchase a copy of the Student ACR Guidelines as a reference resource from the Merchandise link at www.OttawaParamedics.ca.

Dispatcher aided CPR

The chain of survival has four key links.

1. Access to 9-1-1
2. Bystander CPR
3. Defib
4. ACLS meds

Numerous studies indicate the weakest link in the chain of survival is bystander CPR. Recognizing this, we applaud the Ministry of Health for allowing paramedicine in Ontario to evolve to the point where dispatchers are able to talk bystanders through link #2.

So is current dispatcher assisted CPR as effective as it could be?

Even though the newest AHA guidelines for CPR have been in effect since 2005, paramedic dispatchers throughout Ontario are still required to follow the old guidelines, which have not been updated for many years.

This means that if someone calls 9-1-1 and needs CPR instructions, the call-taker at the Central Ambulance Communications Centre is currently required to direct the caller to perform CPR according to outdated guidelines.



ACP KRISTA SHIPMAN, Jordan Mbayo, PPAO Commendation Award recipient, and PCP Pat Lefaiivre.

Lobbying to have the provincial dispatch protocols updated, PPAO Directors Patrick Lamoureux (EMT-P & Communications Officer), Jeremiah Soucie (CCP) and President Darryl Wilton (ACP) enlisted the help of Ottawa's Regional Heart Saver Committee, a group comprised of emergency physicians, paramedic services, medical organizations and successful lobby groups. The Professional Paramedic Association of Ottawa drafted a letter explaining that by following old guidelines, cardiac arrest patients were not receiving the most current treatment if call takers were directing a bystander to perform CPR.

Members of the Heart Saver Committee were immediately on board and drafted a letter to the Ministry of Health, requesting that all Central Ambulance Communications Centre staff throughout Ontario have their protocols updated so they would be able to perform the most current guidelines for CPR.

One of the most important developments with dispatcher aided CPR is a study being conducted by the Ottawa Health Research Institute, the largest research consortium in Canada. This study group has recently initiated research into the effect of dispatcher-aided CPR on cardiac arrest survival. This is the only study of its kind across the globe.

Study Briefing: http://www.ohri.ca/emerg/research/da_cpr/

Study Protocol: <http://www.biomedcentral.com/1471-227X/8/12>

If all goes as planned, the change from old dispatcher-aided CPR protocols to new dispatcher-aided CPR protocols should occur in the middle of the study phase. Due to this fact, the researchers could potentially examine the differences in the effects of the old and new protocols.

We have been told the current CPR guidelines should start rolling out across Ontario shortly.

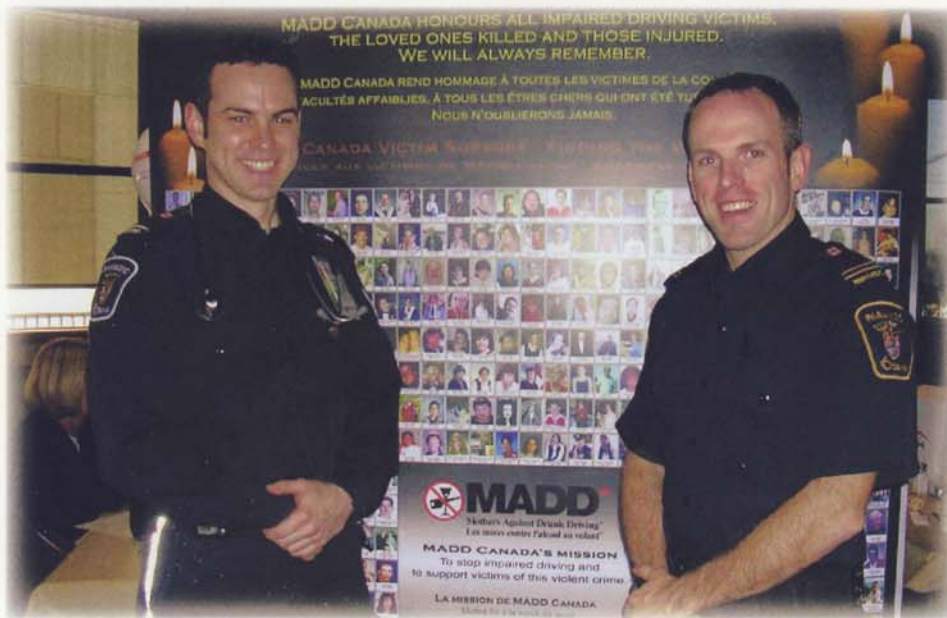
Paramedics support MADD Red Ribbon Campaign

Director of Community Services Pat Lamoureux and past Paramedic Association of Canada President Paul Morneau were on hand to support MADD at their annual Project Red Ribbon Campaign Launch and Fundraising Breakfast on Wednesday November 19, 2008.

Help fund supports local ED nurse

The PPAO was saddened to hear about the death of a local ER nurse due to a sudden CVA.

The paramedics signed one of our massive Life Event cards which the HELP Fund gener-



PATRICK LAMOUREUX AND PAUL MORNEAU at the MADD Red Ribbon Campaign Launch.



THE SANTA PARADES were a ton of fun.

a HELP Fund donation sheet located in the hotelling area at Paramedic headquarters. Donations can be as small as \$1/month.

Mass CPR training

Rob Wilson, Director of Public Information put forward an idea to our prez and Joe Micucci last year. Rob thought it would be a good idea to have a massive free CPR & DE-FIB training day at Scotia Bank Place, home of the Ottawa Senators.

Darryl Wilton pitched the idea to the Regional Heart Saver Committee and let the seed grow.

On Nov. 10, 2008, a number of community groups including the Heart & Stroke Foundation, Ottawa Paramedic Service, Ottawa Public Health, ACT Foundation, Sens Foundation, University of Ottawa Heart Institute trained over 250 people in CPR and DEFIB.

Micah Rietschlin, Director of Academic Provisions was on hand with our full PPAO display to show off paramedic scope of practice to the public and media.

Santa parades

We had outstanding entries in a number of Santa parades this year.

We would like to thank all volunteers (far too many to list) from Communications, Logistics and Operations who came out on their day off to be a part of the paramedic service entries.

The parade entries would not have been possible without our Coordinators who include Barrhaven Parade of Lights Coordinators Paul Morneau, Orleans Parade of Lights Coordinator Stephan Perras and Ottawa HELP Santa Toy Parade Coordinator Natalie Labelle. By the way, Natalie Labelle did an incredible job organizing the Ottawa event and communicating an unprecedented wealth of information to her volunteers. Her tireless efforts, commitment to camaraderie, outstanding professionalism and innate ability to organize large groups of people did not go unnoticed. Great job Natalie!

ously provided to the family. A beautiful flower arrangement was also delivered to the Ottawa Hospital – General Campus Emergency department by ACP Scott Stephens.

The on-duty nurses were moved to tears when the flowers arrived stating that it was the only thoughtful gesture they received from any other department or organization.

If you have not yet registered as a HELP Fund contributor, we encourage you to sign up by filling in

www.OttawaParamedics.ca