



PEEL PARAMEDIC ASSOCIATION

905-279-2116 www.peelparamedics.ca

Spring Cleaning

The 2008 spring season brings forward a lot of changes for the Peel Paramedic Association. It is a time of transition for the PPA. Several projects are coming to a close while others are springing to life.

Paramedicine Conference



The past few months the PPA has been busy with the planning of a few projects. The first is the paramedicine conference. Don't forget to "Plan your trip to Mississauga for the event of the year," says Holly Lundrigan, Conference Chair of Paramedicine 2008. This year's event will be both exciting as

well as educational. Be sure to keep on eye on the website Paramedicine2008.com for updates and information.

Child Car Seat Inspections

The spring also brings forward the planning stages of our children car seat clinics. Last year was very successful. The PPA and our dedicated group of volunteers were able to inspect hundreds of car seats and help families keep safe on the roads in the Region of Peel. We hope to train more car seat technicians and with the continued support of the PPA members this year we will be successful again. Contact Dave Gringrich at d.gringrich@peelparamedics.ca for information.

CPR Training

As the winter comes to end the PPA, with both Brampton Safe City and Safe

City Mississauga programs, will continue efforts to teach high school students CPR. The classes allow the students to fulfill a portion of their co-op credits towards a high school diploma. This year is proving to be another successful year as both teachers and students are both impressed with the class, but also with the introduction to the world of paramedicine. As the students are placed in the co-op within the workforce "it is an invaluable skill to bring to the work place," states Heather Troup a Co-op Education Teacher with Harold M. Brathwaite Secondary School. These students are excited to participate in the classroom and they have the knowledge to be armed with life-saving skills as well. The Board of Directors is looking to expand this portfolio and volunteers and instructors are needed. Please send inquires to Jason Slenys at jason.slenys@peelregion.ca.



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Professional Paramedic Association of Ottawa

By Suzanne Noël, BSc KIN, CFC, PCP, Interim Director of Print Media

After a very long and snowy winter in Ottawa, spring is finally making an appearance! Amid the massive snow piles around the city, here are some of the larger projects the PPAO has been working on during the past two months.

SMARTRISK Heroes Concert

Remember when you were a teenager and thought you could do anything? Do you remember feeling invincible and ignoring adults lecturing about safety? Well SMARTRISK Canada has been trying to get the safety message out to today's teens in a way that will make them consider wiser choices when it comes to having fun.

Director of Community Services Pat Lamoureux recently set up collaboration between the PPAO, PARTY Program, SMARTRISK and Telus to bring a local Heroes Concert to Ottawa. Rather than presenting teens with a list of safety rules and "don't" messages, SMARTRISK Heroes speaks to youth in their language and offers strategies that are based in the real world where risk is a part of living. The show combines a large-scale multimedia



presentation with a live talk given by a survivor of devastating injury, who speaks candidly about how the injury has affected his or her life, while presenting positive choices that can be made to reduce the risk of injury.

The Heroes Concert presents the idea of injury prevention through five key messages—Look First, Wear the Gear, Buckle Up, Get Trained, and Drive Sober. It encourages young people to have fun and take risks but most important to remember that their passion for living is worth more than reckless impulsiveness.

The Heroes Concert hosted delegations from every high school at one central location (Glebe Collegiate) so they could carry the message back to their respective schools before graduation season when paramedics typically see a much higher incidence of trauma and deaths in youth. The concert was a huge success with over 1,000 students from 19 Ottawa area schools in attendance.

Thank you to SMARTRISK, the PARTY Program, Pat Lamoureux and special thanks to Telus, who provided a generous donation so this event could take place.

2008 National Paramedic Week



2008 NATIONAL
PARAMEDIC WEEK
MAY 19 - MAY 25

OttawaParamedics.ca

This year, the PPAO has decided that Paramedic Week 2008 will be centred around safety—both for the community and paramedics themselves. Our slogan for the week is “Accidents Don’t Exist” and we hope to educate the public that injuries can be prevented through their own actions—especially injuries to paramedics.

Did you know?

- Paramedics have almost twice as many occupational fatalities as police or fire personnel
- 74 per cent of paramedic occupational deaths are traffic related
- 70 per cent of fatal injuries involve use of warning systems
- Paramedics are 2.7 times more likely

to die in the patient compartment than the front cab

- 82 per cent of patient compartment fatalities involve unrestrained occupants
- 64 per cent of fatal paramedic injuries involve head trauma
- In order to reduce your risk of injury or fatality on scene, you must control visibility and traffic as it flows past you (i.e., flares, emergency lights, bright clothing, traffic control officer, vehicle positioning, buffer zones, laws, etc.)

Did you know Ontario has a Move Over Law (Section 159, HTA)? Despite being in effect for over a year, many people are unaware that this law exists. The Move Over Law is unique because it doesn’t just require motorists to get out of our way on the way to a call but also requires motorists to reduce their speed and move over an entire lane while they drive past any emergency vehicle stopped at the side of the roadway.

Did you know there are six signs posted along Ottawa’s provincial highways that advertise the Move Over Law? If you didn’t, you are not alone. Many people drive by these signs on a daily basis yet fail to notice them, or don’t know what they refer to.

President Darryl Wilton remarks, “The ‘Move Over’ message is simply lost because it has been poorly delivered by the province. Although steps have been taken to treat the symptoms by punishing perpetrators, the disease has not been cured and hence the risk to paramedics has not been reduced.”

Is your job dangerous? Try ranking the following in order of danger:

- Carrying a loaded gun
- Standing unbelted in the back of a vehicle moving at high speeds, multiple times per day, while you deliver life saving medications and treatments
- Having your back turned to distracted, multi-tasking, rubber-necking drivers who pass at high speeds

In consultation with Ottawa Paramedic Service Health and Safety Officer Keith Buchanan, the PPAO is planning to deliver key messaging through the media so the public understands they are key to reducing paramedic fatalities.

Wilton is quite unrelenting, “The Move Over Law is not about avoiding

huge fines of \$400 to \$2,000, demerit points or jail from the police. It is about being attentive and methodical behind the wheel. It is about adding 15 seconds to your drive in order to reduce injuries and fatalities as you pass by people who are already putting themselves at significant risk to help others.”

Sirens For Life Campaign

Keeping with the injury prevention theme this spring, we have also managed to partner with the Canadian Blood Service’s *Sirens For Life* campaign for the fourth year in a row. This national blood drive allows civilians to donate blood on behalf of emergency service workers.

Thanks to efforts by President Darryl Wilton and Director of Community Services Patrick Lamoureux, the kick-off and conclusion for this national annual blood drive will take place at Ottawa Paramedic Service Headquarters. This event will have national media coverage in hopes of increasing blood donations across Canada.

Did you know:

- Paramedics are considered too high risk for whole blood donations
- Paramedics are only allowed to donate platelets
- One person every minute requires a blood donation

HELP Fund—Charity Hockey

Have you signed up yet?



This past February, Ottawa Paramedics once again displayed the spirit of giving by participating in a charity hockey game.

Held on Hockey Day in Canada, the paramedics were able to defeat the fire-fighters 6-5. Now a 6-5 win may not seem like that much of a big deal, but you have to remember that the exhausted and over-worked medic players hung tough against the well-rested and well-fed players on the FD bench (ha-ha). The game was such a hit that the score was even mentioned on the Ottawa Senators Hockey Night in Canada broadcast, live from Scotia Bank Place as a “freak win by Ottawa paramedics”!

This emergency services pick-up game was just one part of a community charity day to assist a local family. Ottawa medic Andrew Stocks, his wife, Brenda, and his children Renée and Zach were the beneficiaries of \$6,000 raised during the day's events.

Four year old Renée Stocks has been diagnosed with a very rare metabolic disease known as Glutaric Acidemia Type II—a genetic disorder that prevents the body from breaking down fats and protein. Due to the lack of fat in her body, Renée has also developed another disorder called leukodystrophy, which is causing the deterioration of some brain functions. Eventually this disease will progress to decreases in motor skills, hearing difficulty, vision problems and difficulty swallowing.

Brenda Stocks stays home to take care of Renée, who is too fragile to attend school and must be fed every four hours, even at night.

In hopes of prolonging Renée's life expectancy, the Stocks have decided to try an experimental medication that must be imported from Britain. The drug has not been approved in Canada so it is not covered by insurance. This medication alone could cost more than \$70,000 a year and that is not the only expense. Renée can only eat specialized food ordered from Toronto's Hospital for Sick Children. To give you an example of the cost, 500 grams of pasta costs \$18.

The Stocks family is not the type of family that will ask for help and have been overwhelmed by the success of several recent fundraising events to help in the cost of Renée's treatment.

Brenda Stocks also wants to let everyone know that the support of Ottawa paramedics and the community at large has been outstanding so far. At the same time, she would like to remind everyone about the importance of comprehensive Enhanced Newborn Screening as there are inconsistencies between tests that are performed in each province. If problems are detected earlier, then newborns are less likely to suffer the consequences of undetected metabolic crisis.

If you would like to make a donation to Renée Stocks through the HELP Fund, please visit the "Donations" page at www.OttawaParamedics.ca.

Paramedics in Theatre

President Darryl Wilton is extremely excited to announce a collaboration between the PPAO and the New Theatre of Ottawa in bringing paramedics to the stage.

The fantastic play has been written by a playwright from Eastern Ontario and will be performed by a small cast of professional actors. The play is called *Disaster* and showcases an elaborate metaphorical script that ties in perfectly to our 2008 National Paramedic Week message.

Both the artistic director and the writer of the play have been working closely with the PPAO executive to fine-tune their script so paramedics are showcased properly. We are providing technical advice, professional guidance, equipment and uniforms to the New Theatre of Ottawa in order for their performance to have a more authentic appeal to the paramedic community, allied agencies and of course, civilians at large. The actress por-

traying the medic will also be getting real life exposure to our world through numerous training and coaching sessions with local paramedics.

President Darryl Wilton exclaimed, "This level of ingenuity and partnership to convey an important message through creative technique brings a fresh approach to our profession and how we deliver our public messaging." At the end of each play, the New Theatre of Ottawa will also distribute 4x6 info brochures provided by the PPAO. The message on the brochures is secret—because it ties in with the play!

Without giving too much away about the story, I will emphasize that this play is a very poignant production with an extremely powerful message! If I told you any more, it would ruin this stunning piece.

By the time the play debuts this upcoming June we will have put a considerable amount of effort and resources into supporting this production. Civilian tickets are \$25 while paramedics, students, emergency workers and councillors have been offered ticket prices of \$15.

We will keep you posted as this cutting edge project develops!



ST PATRICK'S DAY PARADE Coordinator PCP Chantale Dumas, PTL Paul Morneau, Mayor Larry O'Brien and EST Robert Cousley; Inset 1: Paramedic Mascot Code the Dog; Inset 2: ACP John Keylor.

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