



**Paramedicine Conference—
September 2007**

The TPA has once again sponsored 10 spots for the P2007 Conference in Niagara Falls. This premium Ontario EMS Conference is a staple for those interested in and passionate about EMS in Ontario. We look forward to the conference agenda and wish our colleagues with the Niagara Paramedic Association good luck with hosting the event and making it the success we all anticipate.

**AMEMSO Conference—
September 2007**

The TPA was approached by the organizers of the upcoming conference being hosted in Toronto for the Association of Municipal Emergency Medical Services of Ontario. This conference is a highlight for EMS management staff to discuss current EMS issues and their inclusion or management within their respective services.

The TPA's involvement will be sponsorship of a hole in the upcoming conference's charity golf tournament, benefiting the Mikey Network. We're also donating a silent auction prize for the Awards Gala Dinner's silent auction, with proceeds benefiting the

Richard Boustead Foundation for Children's Charities.

Both these benefactors are very near and dear to the TPA as we work closely with both organizations and wish to support their ongoing community initiatives.

For more information on the Mikey Network and their mission, please visit: <http://www.mikeynetwork.com/>


For information on the Richard Boustead Foundation for Children's Charities, please visit:

<http://www.rbfcc.com/>

Glen Gillies—Director

Membership Services

Toronto Paramedic Association



**PROFESSIONAL PARAMEDIC
ASSOCIATION OF OTTAWA
L'ASSOCIATION PROFESSIONNELLE
DES PARAMEDICS D'OTTAWA**
a proud chapter of the Ontario Paramedic Association

OttawaParamedics.ca

**Professional Paramedic
Association of Ottawa**

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

After a colder than average and wetter than average July, the weather has finally kicked into beautiful mode in the nation's capital. Even Environment Canada Climatologist David Phillips can be quoted as saying, "If there was any place in Canada that could complain about bad weather in July, it's Ottawa."

Even though we had 53 per cent more rain than normal and even though the temperature was much cooler than normal, these dismal elements have brought about one big positive... Ottawa hasn't had to experience any of Toronto's far reaching smog days yet this year.

**Paul Seguin Receives
Leadership Award**

Advanced Care Paramedic Paul "Sergeant" Seguin was the recipient of a recent City of Ottawa Leadership Award. Paul received the award after



ACP PAUL SEGUIN receives the City of Ottawa Leadership award from Deputy Chief Pierre Poirier.

being nominated by his peers who felt he was a deserving winner thanks to the many hours he has spent as a preceptor to both Advanced and Primary Care Paramedics. Although this

award isn't from the paramedic association, we just felt Paul was deserving of an honourable mention in a national magazine. Congratulations "Sarge"!



Celebrity CPR

During EMS week 2006, Rob Wilson came up with the idea of a Celebrity CPR course for local Ottawa media personalities and councillors. The goal of this course was to have our local celebrities trained in CPR in hopes that they could help relay our message to the public that CPR really does save lives.

The chain of survival is something that every paramedic has heard of. A patient's chance of survival after a cardiac arrest is directly related to a chain of events happening quickly and in succession as follows:

1. Early 9-1-1 activation
2. Early CPR
3. Early defibrillation
4. Advanced life support medications and procedures from highly trained paramedics

The faster each link in the chain is complete, the more likely the patient will survive. The message we want the public to realize is that the chain of survival begins with them. Anyone can become fully trained in CPR and defibrillation with a one-day training session.

Just how much of a difference does public training make? Consider that Ottawa Paramedic Service has trained over 40,000 people in Public Access Defibrillation (PAD) use and CPR since 2001. Overall, Ottawa has a 30 per cent "save" rate for cardiac arrests. However, in buildings with PADs and trained staff the survival rate is more than double, at 65 per cent.

The more civilians that receive CPR and PAD training, the higher the survival rate will become. It is the responsibility of paramedics to work with the media and survivors to help educate the public about the importance of learning CPR and defibrillation.

It is our hope that by training prominent members of Ottawa's community such as city councillors and media that these newly trained celebrities can help promote our message that CPR training is easy and a vital part in saving community lives.

At the same time that we are training local celebrities, we will continue another initiative started last year by training first year paramedic students in CPR and defibrillation.



OTTAWA Radio and Television Celebrity Stunt Man Stu learns CPR at Ottawa Paramedic Headquarters.

Providing first year students with certification in CPR and defib puts them at the same level of medical training as other first responders before they even begin the paramedic program. The idea behind this is that it provides a good skills baseline to the public. With this certification, we can now easily say that first year paramedic students are trained to the first responder level even before continuing for two years of specialized medical skills.

Ideally, through these two high profile training sessions we can make good progress in our continued efforts to educate the public about the importance of learning CPR and the high level of training paramedics in their community provide.

Community Newspapers

Speaking of educating the community, another project we have been working on is obtaining regular exposure in community newspapers. Sue Noël has been contacting the small local newspapers across the city trying to line up monthly columns on paramedic related topics.

A few papers have already agreed to publish monthly articles on topics such

as first aid tips, health and safety tips, paramedic specialty units, paramedic skills and local paramedic events. Our goal is to have every small community throughout the city printing a paramedic-related article in their paper every month. Hopefully, starting out with this type of media exposure will branch out into greater things such as invites to community events and safety days and a wider understanding throughout the community about the types of things paramedics do.

We are currently looking for more Ottawa paramedics with a penchant for writing. If you are interested, please send an e-mail to printmedia@ottawa-paramedics.ca.

Volunteers Recognized

Still on the topic of community events and public awareness initiatives, there is great news on another project that president Darryl Wilton has been working on over the last few months.

Recently, a lot of paramedics have been discussing the fact that although they are very happy to provide volunteer time in the community, they are concerned that their volunteer time was not appreciated or recognized by the service or the public at large.



There is an expectation from the community that paramedics, police officers and firefighters volunteer for everything from school events to public awareness days, to open houses, to parades. For years, we have been volunteering but unless that time can be tracked, quantified and reported on properly, the past ends up being lost.

Is it important to track all of the volunteer time

people put in to promote the profession of paramedicine? Does volunteer time also shape the fabric of a paramedic?

Thanks to a Special Event Booking form on the OttawaParamedics.ca website, PPAO members can reserve an ambulance or other equipment to showcase at their child's school on their day off. Other paramedics volunteer to show off our equipment at fairs and a multitude of other community events.

It is important to note that paramedics do not provide paramedic skills or medical care at volunteer events for free—that stuff needs to be paid duty because that is what we are paid to do. Paid duty for medical skills is what protects us and protects the public. Volunteer activities are very different. The paramedics who volunteer are



OTTAWA PARAMEDICS showing off their gear on Parliament Hill.

only allowed to showcase our equipment or skills in the form of demonstrations to promote public awareness of the profession of paramedicine.

Anyway, the Professional Paramedic Association of Ottawa tracks everything that is booked through our website so we have a pretty good grasp of the cumulative hours that paramedics put in each year and I guarantee you that the numbers are very impressive. As a group we likely provide thousands of hours of volunteer time promoting our profession in the community.

Our cumulative volunteer time, as a group, needs to be recognized. To effectively promote our profession and educate the public, we need the equipment that the service owns and the community needs the time that we own.

What if this time were to be tracked somehow? Does the service have a mechanism to do that? I put forward a recommendation to track cumulative volunteer time through scheduling (Telestaff). After all, paramedics often request equipment and ambulances to show off at community events.

The good news is that Ottawa Paramedic Service has agreed to track

volunteer time. As a result, the PPAO is busy compiling our 2007 data to submit to Ottawa Paramedic Service.

Wouldn't it be nice for OPS to report to councillors, the mayor, the media or the public at large how much cumulative volunteer time paramedics put in each year?

Just to make sure we don't miss anyone (humans make mistakes), if you are an Ottawa paramedic who volunteered this year (Jan 01, 2007 to present), please check the *Initiatives/Calendar* link on the OttawaParamedics.ca website to make sure your event is listed under the correct date and time.

If you do not see your event listed, please use the e-mail link on OttawaParamedics.ca to provide details to the PPAO.

OttawaParamedics.ca