



PROFESSIONAL PARAMEDIC ASSOCIATION OF OTTAWA L'ASSOCIATION PROFESSIONNELLE DES PARAMÉDICS D'OTTAWA

a proud chapter of the Ontario Paramedic Association

OttawaParamedics.ca

Professional Paramedic Association of Ottawa

By Suzanne Noël, BSc. KIN, CFC, PCP

Before we begin with our regular contribution to the Ontario section of Canadian Emergency News, the Professional Paramedic Association of Ottawa would like to offer our sincere condolences to the families, friends and co-workers of our

two paramedic colleagues and two civilians who lost their lives at the Sullivan mine in Kimberley, British Columbia.

When this article was written, the date was Thursday, May 25, just a few days before the memorial in BC. Like many paramedic associations across Canada, we are currently focusing all of our efforts on making sure that we can send representation to BC.

We are confident that by the time this magazine is read, hundreds of paramedics from across Canada will have stood together to honour Paramedics Kim Weitzel and Shawn Currier who gave their lives while responding to save another. Our hearts also go out to Teck Cominco employee Bob Newcombe, who also died while trying to save contractor Doug Erickson.

Canadian Emergency News



Flags at all paramedic stations in Ottawa were also flown at half mast from the date of this tragic event throughout the memorial service. Again, our hearts go out to the families, friends and co-workers of our paramedic colleagues who lost their lives in the line of duty.

After taking a moment of silence to reflect on all those in the public safety sector who have died in the line of duty, please resume reading this article.

Spring Update

It has been a very busy spring for the Professional Paramedic Association of Ottawa and we are proud to tell you what has been happening in our end of the country. We have been spending our time working on several community initiatives, public awareness campaigns and gearing up for our executive elections in June.

Paramedic Kickboxing

This April, the PPAO was proud to have two of our members represent Canada in the WFK World Kickboxing Championships in Uzbekistan.

Over the past twelve months, Cathie Tessier and Mary-Beth Stanistreet competed with other Canadian athletes for the chance to represent their country at the world class level. Based on solid performances in training camps, conditioning checkpoints and actual fighting matches, these two women won the honour of being on Canada's national kickboxing team.

During 2005, Beth traveled to South Africa to fight on the world stage and made Canada proud by coming home with a gold medal. Quite an accomplishment in itself, but what makes it even more impressive is that she had only been kickboxing for a year prior to the competition and had no previous martial arts background.

This year will be Cathie's first trip to the world championships. She has previous training in Kendo and Jujitsu and has been kickboxing for the past year.

Despite their success at winning a place on the Canadian team, Beth and Cathie still had one more hurdle. The cost for competing in South Asia is not cheap—in order to secure a spot in the competition Beth and Cathie required a total of \$6,000 to pay their way. A fundraiser held at the Bulldog pub earlier this month helped raised significant funds for their trip.

Over 300 friends, co-workers, hospital

staff, firefighters, police officers and other supporters attended the fundraiser. Several of those in attendance won prizes donated by the Bulldog Pub, i-Tan Advanced Tanning Studios, New Body Dimensions gym, Nomad Kickboxing & Boxing Club (where Beth and Cathie train), local restaurants and Popeye's sports nutrition centre.

When the night was over, a grand total of \$3,100 was raised – over half of the funds needed to get Beth and Cathie to Uzbekistan! A huge thank you goes out to everyone who helped make this fundraiser a success.

With the funds they needed, the women finally made it to Uzbekistan and made us proud. Despite 15 to 16 hour days at the tournament, sitting on plastic chairs while awaiting fights, fighting with a lack of

water due to security issues and a different fighting style than their Uzbekistan opponents, these two were a success! Beth came home with a silver medal while Cathie returned with bronze!

On behalf of the PPAO, congratulations Beth and Cathie!

National EMS week in Ottawa

The goal in Ottawa this EMS week was education and it turned out to be a huge success. Thanks to the hard work of several volunteers and some brave medics willing to appear on TV, the citizens of Ottawa saw paramedics popping up all over the place.

We kicked off the week a couple of days early with a "Celebrity CPR" course on May 13. Several members of the local

GOLF RULES!

CLYDE FLINN MEMORIAL GOLF TOURNAMENT

The late Clyde Flinn was a paramedic with the Ottawa Carleton Regional Ambulance Service some time ago. Unfortunately, Clyde is no longer with us as he lost his fight with cancer. This golf tournament was started 16 years ago in an effort to raise money and public awareness for ROGER'S HOUSE and the ROGER NEILSON FOUNDATION.



RAISE THE ROOF
for



DETAILS

Greensmere Golf and Country Club

Mon Aug 21st, 2006 (08:30hrs)
1717 Bearhill Road RR2, Carp, ON

GRAND PRIZE

NEW 2006 INFINITY: MODEL TBA
Donated by Graham Nissan
If you can shoot a hole-in-one par 3

REGISTER: golf@OttawaParamedics.ca

Fee: \$80.00 (make cheques payable to PPAO)

Registration Deadline: July 15, 2006



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media and Ottawa council attended a four-hour course at our new headquarters. They were taught the importance of the community in the chain of survival and left newly qualified in CPR level C. Those attending the course were also treated to a tour of the new building. Zoll Canada generously donated a year's use of a defibrillator to the winning media station (of those in attendance) in a random draw. KISS 105.3 FM was the eventual winner and will have their staff certified in defibrillation by Ottawa Paramedic Service instructors. Everyone in attendance was impressed with the information provided and plans are in the works to make the course bigger and better next year. A special thanks goes out to Dave Brisson from Heartsafe, who donated the books and cards for the class.

Unfortunately, our weekend Byward Market display had to be cancelled due to weather, but the rest of the week went off without a hitch.

Our local media was extremely helpful in promoting our profession. Co-ordinated by Rob Wilson, we were able to appear on several local media groups. Rogers television had paramedics featured on its "Daytime" show every day of EMS week. Dispatcher Pat Lamoureux kicked off the week on TV explaining how 9-1-1 works and what happens when someone dials for help. Guy Beauchemin and Giselle Bouliane spent two days speaking on the PCP and ACP skill sets (Guy even showed up on his birthday). Two of our special teams were featured to close out the week. Martin Marion explained the training, roles and equipment of a tactical medic, while Frank McGregor spoke about the Bike Team.

Rob Wilson was featured on two local radio stations—The Bear (106.9FM) and Kiss (105.3FM). He was able to speak about paramedic roles and inform the public about two new programs coming to Ottawa—Operation Brain Freeze (thanks to the GSPA) and ICE your phone. While Rob was busy on the radio, Beth Stanistreet and Cathie Tessier were promoting the profession of paramedicine and extra-curricular kickboxing on A-Channel (Cable 06).

Our appearance on A-Channel's News at Noon allowed us to provide a significant amount of information to the public. We informed viewers how every patient gets a complete physical and medical history, a set of vitals signs and cardiac monitoring. We spoke about our STEMI (ST-Elevated Myocardial Infarction) program and how we can diagnose MIs in the field, then bring the patient right to the operating room at the Heart Institute. Viewers were told that Advanced Care Paramedics can provide more controlled medical acts than any other medical professional with the exception of physicians. We even had time to throw in some information about Sudbury's Operation Brain Freeze program and England's ICE your phone program. Both of these have already hit Ottawa.

While all of this other stuff was happening, the PPAO combined efforts with the Ontario Paramedic Association and the Paramedic Association of Canada to broadcast continuous radio advertisements on Jack (92.3FM) and CFRA (580AM) in order to capture an even larger audience and remind them about how important paramedics are.

The TV and radio appearances enabled us to provide a great deal of public information and got across our message that we are more than just people who put you in the back of a truck and drive you to the hospital. We are highly-trained medical professionals who can bring the emergency room right to the patient's doorstep.

Thanks again to Heartsafe, Rogers Television (Cable 22), A-Channel (Cable 06), KISS (105.3FM), The Bear (106.9FM), CFRA (580AM), JACK (92.3FM) and Zoll for helping us get our message out there!

We would also like to thank all of the paramedics who appeared on television as well as Joe Miccuci and JP Trottier from Ottawa Paramedic Service who helped us co-ordinate the week's events.

Uniform Donations

When Ottawa Paramedic Service issued its new navy blue uniforms a few years ago, Tim O'Neill wondered what to

do with his old white uniform shirts. It seemed a waste of good clothing to throw them away, so Tim came up with the idea to recycle them.

He took his idea to Parliament Hill where he met with a few people from Nunavut. From there he went to the Cuban Embassy and got them onboard. Together they initiated what has become the largest paramedic uniform recycling program in Canada.

Thanks to Ottawa Paramedics donating their used uniforms, first responders, paramedics, firefighters and search and rescue members in places such as Cuba, the Yukon, Nunavut, Northwest Territories and Honduras have been outfitted with recycled uniforms.

Some of the small communities in these areas can only be accessed by plane or boat, and are a far distance from any other communities. Amenities are few and far between for those who live and work in these areas. With the donated uniforms emergency services members are properly outfitted, easily identified and united in their work.

This year marks the third round of uniform collections since Tim began this project. Over 3,000 items have been donated in the past three years. In the last uniform drive before Christmas, this campaign collected a total of 1,789 used and discarded uniforms for the following developing areas:

- Yukon—468 items
- Northwest Territories—485 items
- Nunavut—417 items
- Honduras—435 items

Tim O'Neill's gang of volunteers collected, prepared and shipped a total of 570 pants, 399 long sleeve shirts, 668 short sleeve shirts, 83 jackets, 39 fleece, 21 pairs of boots and 9 other accessories.

The results for this year's collection have yet to be tabulated, but it appears to have been a success. Events like this are very important to develop strong bonds with members of other communities. We are one of the few services in Canada to have such an enormous program. Thanks to everyone who donated used uniform items this year.

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