

# NEWSLETTER

WINTER 2006

Professional Paramedic Association of Ottawa /  
L'Association Professionnelle des Paramédics d'Ottawa  
[OttawaParamedics.ca](http://OttawaParamedics.ca)  
613-244-0333



## Ottawa paramedics are surfing!

By: Suzanne Noel

I'm sure many of you have had a chance to visit the PPAO website at [OttawaParamedics.ca](http://OttawaParamedics.ca) but perhaps you haven't realized what a great asset and source of information this site is.

One of the most popular features for paid members is use of the Shift Exchanger. How many times have you wanted a day off but using vacation time wasn't an option? Paramedics on opposite platoons rarely see each other and there isn't a notice board at Headquarters to post notices for shift swaps. Using the shift exchanger can be a tool of great assistance in finding someone to switch with. Last year almost 400 shifts were exchanged through use of the website. It's relatively easy to do – you can browse currently posted shifts and reply to the medic who posted it, or post your own. Just fill out your name, contact info, the shift you want to switch, click "Enter" and it's posted for our 300 members to see. The shift exchanger is highly interactive and will allow you to email or page anyone with an advertised shift. Getting a day off work just got easier.

The website also provides an event calendar for quick reference and a platoon calendar while the photo gallery displays pictures of several paramedic events.

The "Think Tank" allows members to read and post opinions, news articles, ideas and suggestions. There is a section on current PPAO events, future endeavors, buying PPAO merchandise and links to several paramedic related websites.

The most important feature of the PPAO website is that it provides an extremely detailed and thorough source of information for all paramedics. The PPAO Board of Directors works diligently to provide daily updates on any information that is pertinent to our job. Any media releases from television, newspapers and other media sources worldwide are posted on the website. How much do you know about Bill 206 or inclusion of paramedics as a Public Safety Occupation? Reading the articles and information on the website will provide you with everything you need to know about these and many other topics.

If you want to be kept up to date on the progress paramedics are making and be knowledgeable about your future, [OttawaParamedics.ca](http://OttawaParamedics.ca) is the place to explore. We definitely have the most advanced paramedic website in North America and we are very proud of it!

## The association reels in a writer!

The executive board of the Professional Paramedic Association of Ottawa is proud to announce that Suzanne Noel will now be writing all of our submissions for Canadian Emergency News as well as our local newsletter. Suzanne brings a wealth of experience with her including Primary Care Paramedic Certification, a Bachelor of Science in Kinesiology, a diverse background in business administration, a strong sports background and an innate penchant for reading and writing. We are very excited about having Suzanne on board and are confident that her unique mixture of experience will be an asset to our chapter.



Samantha Lie

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# Some watch things happen & some make things happen!

By: Suzanne Noel

Since it's formation 3 years ago, one of the main goals of the PPAO has been promoting the profession of Paramedicine. Think back just 2 or 3 years ago – how many times did you read a newspaper article or see a TV news report on “ambulance drivers” or “EMT's” or “emergency workers”? The word “paramedic” was one that was rarely seen in the media. In Ottawa today, thanks largely in part to the public education provided by the PPAO, the word “paramedic” is dominant, and very infrequently are we referred to by any other name. Media, city councilors and the community are now much more knowledgeable about the paramedic scope of practice, the equipment we use and the effects we have on those we treat. This hit home at Paramedicine 2005 when paramedics from across Canada couldn't believe how educated our local politicians, media and community were about our profession. We definitely built ourselves a good reputation here in Ottawa.

Building such a strong foundation for paramedics involves two main components – communication and finances. The communication aspect has been steadily increasing but the financial aspect has encountered a few roadblocks. Without financial support, an association is limited in the progress they can make. Aiming to continually build on the foundation already created, the PPAO has worked extremely hard to regain the financial support we once had. Over the past nine months, Darryl

Wilton and Rob Mallett have worked assiduously to create a Pre-Authorized Debit system for PPAO members.

Looking from the outside in, this may seem like an insignificant task but let me put it in perspective. The Pre-Authorized debit system is currently used only by large corporations such as Bell, Rogers, insurance companies and mutual fund providers. These corporations involve thousands of employees and process hundreds of millions of dollars worth of transactions every year. To have two volunteers set up a system like this for 300 people is a massive undertaking and exemplary accomplishment. Now that the new debit system is in place and working well, the PPAO can again focus on promoting the profession of paramedicine through education in the community.

The year 2006 will bring several new projects into existence. A mobile exhibit is being created to be displayed in local shopping malls while a permanent showcase is being designed for the new headquarters. Funded completely by corporate sponsors, this glass and wood showcase will display PPAO merchandise, paramedic awards and contain a multimedia station complete with LCD TV. We also plan to complete our bilingual website by the end of 2006.

One of the bigger projects on the horizon involves further education in the health care field. Health clinics, ER staff, nursing homes

**PPAO ANNUAL  
GENERAL MEETINGS**  
(two for you to choose from)

**Tue May 16, 2006**  
(19:00hrs-21:00hrs)

**Wed May 17, 2006**  
(19:00hrs-21:00hrs)

**INFO:**  
[OttawaParamedics.ca](http://OttawaParamedics.ca)  
**VISIT YOUR LOGIN AREA**

**PLEASE ATTEND**

PPAO AGM's are always held during EMS week  
EMS WEEK (MAY 14 - MAY 20)

and other health care systems will be educated about who paramedics are, our scope of practice, our types of equipment and why “ambulance driver” needs to be replaced with “paramedic”. The goal by the end of the year is to change the old ER announcement from “nurse to ambulance triage” to “nurse to paramedic triage”.

The PPAO has made a great deal of progress since its inception only a few years ago and has every intention to continue working for its members and advancing the profession through education and awareness.

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PPAO DUES BREAKDOWN								
LEVEL	EXAMPLE	TOTAL		LOCAL	PROVINCIAL	NATIONAL		
FULL	PARAMEDICS ONLY	\$132/YEAR OR \$11/MONTH	=	\$48	+	\$74	+	\$10
ASSOCIATE	COMMUNICATIONS OFFICERS, EST's, EC's, ADMIN STAFF	\$84/YEAR OR \$7/MONTH	=	\$30	+	\$54	+	N/A
STUDENT	PARAMEDIC PROGRAM STUDENTS	\$39/YEAR	=	\$14	+	\$25	+	N/A
CORPORATE	COLLEGES OR BUSINESSES	\$385/YEAR	=	\$135	+	\$250	+	N/A

# HOCKEY RULES!

## 3rd ANNUAL PARAMEDIC INVITATIONAL HOCKEY TOURNAMENT

COME CHEER ON YOUR OTTAWA PARAMEDIC HOCKEY TEAM!  
 FEB 22 OTTAWA PLAYS: 9:00, 10:00, 10:30, 13:00, 13:30 and 14:30  
 FEB 23 OTTAWA PLAYS: 8:00, 8:30 and 9:00  
 SEMI FINALS AT 12:00 & 12:30. FINALS AT 14:00  
 COME HELP MAKE THIS EVENT A HUGE SUCCESS!



### DETAILS

**University of Ottawa Hockey Arena**  
 February 22nd & 23rd, 2006  
 801 King Edward Ave @ Mann Ave

**HOCKEY PARTY AND PRIZE DRAW**  
 Feb 22nd at 8pm  
 Heart and Crown (67 Clarence Street)  
 We are trying to beat last year's total donation of \$3000 to Roger's House

**MORE INFO: Denis Gagnon 327-3911**

[www.OttawaParamedics.ca](http://www.OttawaParamedics.ca)

### REAL OAKLEY AT 50% OFF (PPAO MEMBERS ONLY)



**PPAO MEMBERS ARE NOW ELIGIBLE FOR MILITARY DISCOUNTS DIRECT FROM OAKLEY CANADA VISIT [OttawaParamedics.ca](http://OttawaParamedics.ca) FOR INFO**



Mary-Ellen Harrison (left) organized the PPAO floats in the Ottawa Help Santa Toy Parade and the Orleans Parade of Lights while Paul Morneau (right) organized the entry for Nepean. Robert Wilson (missing because he was on TV) organized the Stittsville Parade with Suzanne Noel (centre). The PPAO also wants to thank the 67 volunteers who participated from La Cité Collégiale and Algonquin College as well as all of the children who made this annual event fun and enjoyable.



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# The ghosts of Paramedicine 2005

By: Suzanne Noel

In September 2005 Ottawa played host to the Paramedicine 2005 conference at the Marriot Hotel. This year, the annual OPA event was coordinated by 9 extremely dedicated volunteers from the Ottawa Paramedic Service, who put together a sold-out conference. Over 300 people attended this year's event which showcased 16 guest speakers, 40 exhibitors and 11 paramedic units from across Canada and North America.

Throughout the three day weekend, attendees were able to attend a wide variety of CME's in both of Canada's official languages. Paramedics, nurses, physicians and police officers captivated their audiences with original, informative sessions. Dr. Louise McNaughton enlightened her audience with a presentation on how the real life version of crime scene investigation works while Canadian Helicopters gave a riveting lecture on extrication techniques in difficult circumstances. Paramedics from different parts of the world lectured on what it was like to be on scene during Sept 11 and after the tsunami. Video documentation by the paramedics involved gave the audience an even greater appreciation of what these experiences were like.

Complete with musical entertainment, the Ottawa Paramedic Service Honour Guard, and local television personality James Hendricks as Master of Ceremonies, an awards banquet celebrated various achievements of paramedics, doctors, community members, local Councillors and media. This three hour ceremony involved presentations for Long Service, Exemplary Service, OPA and PPAO appreciation awards, and the OPA award of Valour. Local MPP Richard Patten was in attendance to present Base Hospital physician Dr. Justin Maloney with the PPAO Chain of Survival Award of Excellence for his 10 years of commitment to the Chain of Survival and patient care. Ottawa Sun reporter Tobi Cohen and A-Channel News Anchor Tony Grace were presented with the OPA Media Award for their work on various stories involving paramedicine.

Other notable personalities in attendance included Ottawa Councilor Diane Deans - an active paramedic supporter, Deputy City Manager Steve Kanellakos, CTV Ottawa's Max Keeping, Dr. Chris Mazza, the Canadian Military, Ottawa Mayor Bob Chiarelli, and various Chiefs and Deputy Chiefs of several paramedic services.

One of the most moving parts of the evening was when civilian Marianne Cuhaci was reunited with the paramedics who had resuscitated her after she went VSA while driving her car. Ms. Cuhaci gave a fantastic speech detailing the impact paramedics had on the lives of herself and her family.

The entire weekend drew high praise from everyone in attendance. For those who donated their time to coordinate this conference, the weekend went by in the blink of eye. It almost makes you sit back and wonder....we just worked our butts off for a year to produce that? Those of you who have planned a wedding probably know what that feels like - months of hard work and then it's all done in a matter of hours.

To give you an idea of just how massive and successful this weekend was here are some numbers...

- Local charity groups received over \$6000 dollars in donated funds
- Over \$65000 of revenue was generated in 3 days
- All 260 rooms in the Ottawa Marriott Hotel were completely sold out
- Over 300 delegates attended the conference, exhibit or hall and outdoor displays
- Over 50 volunteers donated over 3000 hours of time during the conference weekend alone

In closing, a very special thank-you goes out to Phyllis Mullin for coordinating several great (continued...)

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(...continued) banquet presenters and attendees. Finally, to the 9 conference executive who spent over a year of extremely hard work pulling this conference off – Elizabeth Anderson, Mike Cross, Scott Stephens, Annie Gregoire, Andrew Gleeson, Anne-Marie Piché, Matthew Hogan, Greg Furlong and Darryl Wilton (the ever so resourceful president who hired “buskers” to be the musicians at the awards banquet) – an enormous thank you. Even Elaine Irwin, from the OPA Executive, worked hard to tie together the last minute loose ends in an effort to make this event the very smoothly run, extremely successful conference that it was.

Although the conference took place in September, we are still in the process of collecting payments from 2 unresolved exhibitors and finalizing our financial report. I guess you could say that the conference is still haunting us!

# PARAMEDIC SCOPE OF PRACTICE

### PRIMARY CARE PARAMEDIC

**Procedures**

- 12 lead acquisition
- Semi-automated external defibrillation
- Blood glucometry

**Medications**

- ASA (PO)
- Epinephrine (IM, NEB)
- Glucagon (SC)
- Glucose (PO)
- Nitroglycerin (SL)
- Salbutamol (Neb, MDI)

### ADVANCED CARE PARAMEDIC

**Procedures**

- Cardiac Monitoring
- Manual external defibrillation
- Endotracheal intubation
- Laryngeal Mask Airway
- N/G Tube insertion
- Intravenous access
- Intraosseous access
- Needle thoracostomy
- Synchronized cardioversion
- Transcutaneous pacing
- 12 lead acquisition
- 12 lead interpretation

**Medications**

- Adenosine (IV)
- ASA (PO)
- Atropine (IV)

continued...

**Medications continued...**

- Dextrose (IV)
- Diazepam (IV, PR)
- Dimenhydrinate (IV)
- Diphenhydramine (IV, PO)
- Dopamine (IV)
- Epinephrine (IV, IM, NEB)
- Fentanyl (IV, IM)
- Glucagon (SC)
- Glucose (PO)
- Lidocaine (IV bolus only)
- Midazolam (IV/IM)
- Morphine (IV, IM)
- Naloxone (IV)
- Nitroglycerin (SL)
- Phenylephrine
- Salbutamol (Neb, MDI)
- Sodium Bicarbonate (IV)

PROFESSIONAL PARAMEDIC ASSOCIATION OF OTTAWA  
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Have you ever bumped into nursing home staff, hospital staff or members of the general public who need to know more about the skills you provide? Face it... Not too many people know what paramedics do. The actual paramedic profession is less than 15 years old in Ontario. It is our responsibility to educate the public about our profession. The PPAO printed thousands of “Scope of Practice” cards that identify some of the important procedures and medications provided by PCP’s and ACP’s. Feel free to grab as many of these “Scope of Practice” cards as you like (located next to the PPAO box) and help us to increase public awareness. Play your part and hand out the cards :)

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# PPAO vs. Anaphylaxis: Part Two

By: Andrew Gleeson

On Saturday October 15<sup>th</sup>, 2005, the PPAO gave its second in a series of presentations to the Ottawa Anaphylaxis Support Group (OASG) at the Ottawa Citizen building on Baxter Road. The presentation was aimed at children ages four through ten, and focused on topics such as what do to in case of an emergency, how to call 911, who/what Paramedics are and how we can help in the event of an emergency. We had a capacity crowd of 35 youngsters and their parents.

PPAO Paramedics Annie Grégoire, Anne-Marie Piché and Andrew Gleeson, as well as PPAO volunteers Catherine Blais-Poirier and Martin Branchaud donated numerous hours to prepare the presentations, put together activity centers and coordinate with the OASG for a flawless presentation.

Special appearances were made by CODE, our Paramedic Mascot, as well as EPI-MAN and EPI-MAN JR. Both children and parents alike lined up to have a meet and greet and photo taken with CODE. EPI-MAN and EPI-MAN JR are super-

heros in the food allergy world. The concept was developed by Mrs. Karen Eck, RN and mother of two children with severe food allergies. For more information please surf over to [www.epi-man.com](http://www.epi-man.com)

The children were equally impressed with our Paramedic Unit. Each child received a tour of the patient compartment and a brief familiarization with some of our equipment including the stretcher, oxygen kit and cardiac monitor. They also had an opportunity to get behind the wheel and operate the emergency warning systems!

A very special thanks goes out to Karen Eck for inviting the PPAO to give this presentation, to the Ottawa Citizen for donating the facilities, and to Ottawa Paramedic Service for supplying a Paramedic Unit and colouring book for each child.

NOTE: Darryl Wilton sits on a provincial committee designed to direct schools how to meet new anaphylaxis regulations for Sabrina's Law. Our goal is to ensure that paramedics are included in the publications.



**GET INVOLVED**

VOLUNTEER TO HELP THE PPAO WITH ONE OF THE FOLLOWING PROJECTS

<input type="checkbox"/> CERTIFIED CAR SEAT TECHNICIAN (16 HOUR FREE TRAINING)	<input type="checkbox"/> RESEARCHER
<input type="checkbox"/> CAR SEAT ASSISTANT (NO TRAINING REQUIRED)	<input type="checkbox"/> PUBLIC AWARENESS ACTIVITIES
<input type="checkbox"/> TRANSLATOR (ENGLISH TO FRENCH)	<input type="checkbox"/> GRAPHIC DESIGNER (POSTERS)
<input type="checkbox"/> DATA ENTRY TECHNICIAN	<input type="checkbox"/> ADMINISTRATIVE ASSISTANCE (MAIL DISTRIBUTION)

PRINT NAME HERE - CUT IT OUT - AND DEPOSIT IN PPAO BOX

✂

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# 2005 Christmas Charity Drive

By: Giuseppe Federico and Norm Robillard

We hosted the 3<sup>rd</sup> annual Christmas Charity Drive benefiting Toy Mountain & The Ottawa Food Bank in December. Plans for the campaign were in the works for several months. We are very proud of the paramedics who contributed to these two worthy causes.

The Launch Party was scheduled for Thursday, Dec 1 from 17:00 to 21:00 in our new digs on Don Reid Drive. Like last year, we had a Volunteer's Breakfast in mid December. Shortly after breakfast, we moved our mountain of toys to the Salvation Army's toy warehouse on Lancaster Rd. This replaced the Corel Centre "fill the seats with toys" event.

Collection carts were set up at our new headquarters. We filled 3 Paramedic Units and Bob Davidson's antique ambulance with toys and transported our haul to the toy warehouse.

Next year, we plan to make this event even bigger. We plan to pick up toys at collection centers throughout the city and deliver

them to the Salvation Army's warehouse for sorting. The Salvation Army receives over 100,000 toys from various agencies including ours.

After the Toy Mountain campaign concluded we still carried on with the Ottawa Food Bank campaign. We were quite please to fill 2 Paramedic Units with the non-perishables collected and brought that haul to the Ottawa Food Bank. Your efforts in making these two campaigns successful was certainly appreciated by the less fortunate in our community. Our kind gestures are always very appreciated, especially during the Holiday Season.

Over the last few years, the PPAO has had help from students at Kars Public School, Algonquin College and La Cité Collégiale. The PPAO was also very excited about the local businesses who stepped forward to provide paramedics with coupons and discounts for new toys and food.

Pino and Norm would like to thank everyone who helped with the Christmas Charity campaigns

over the last few years. Most important is that we have a lot of fun putting these excellent events together!

The PPAO is able to show the community that Paramedics really do care! CJOH-TV even interviewed us on their "News-at-Noon" Show.

Norm Robillard and Pino Federico will be looking for people to help with next year's campaign. We do welcome all the support you can muster and we will start putting together our game plan by the end of the summer.

So check your agenda and please make plans to help out with the PPAO's Christmas Charity Campaign. If you are interested in helping out with next years food drive, please contact us through this very easy-to-remember E-mail:

[charity@OttawaParamedics.ca](mailto:charity@OttawaParamedics.ca)

We encourage all in our organization: Paramedics, Equipment Supply Technicians, Communications Officers, Administration staff, and management to participate in the Christmas Charity Campaigns. Our collective efforts are undoubtedly appreciated by the less fortunate.





Samantha Lie

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# Bystanders honoured!

By: Suzanne Noel

On a particularly busy Sunday, Rob Wilson and I were on our way to our fourth Code 3 call of the day. Although we had tried endlessly to get rerouted on any Code 4 each time we were dispatched to a Code 3, things just weren't going our way that morning. However, eventually we ended up in the right place at the right time.

We were approaching the intersection of Baseline and Greenbank when dispatch requested our 10-20. We informed them where we were and to our delight they advised us we were being rerouted on a Code 4 unconscious at Goodlife Fitness on Queensview, just up the street.

Excited that we had the potential to attend a "good" call, we did our little happy dance in the truck. (Rob will show it to you if you ask nicely). I turned on the lights and sirens and sped off (at a reasonable speed of course) to the call. En route, we were updated that the patient was VSA and CPR was in progress.

We arrived first on scene within minutes and were met outside by a bystander. For those who have been to this Goodlife you know how difficult it is to get into this place. Not only do you have to climb a large set of stairs to get in the front door, once you get in, you then have to go back down the same amount to get to the gym area. I'm thinking maybe they designed it this way so gym members get a good warm up before the workout?

Anyway, we grabbed our bags and were led downstairs to the squash court. On the floor was a 60 year old male who was blue in the face and vital signs absent. CPR was being administered by his squash partner, another gym member and an off duty nurse. The patient (who we will call Dave to protect his identity) had been playing squash and suddenly collapsed on the floor, VSA. His partner stated he had not been complaining of anything prior to the collapse and had no history of any medical problems.

I began ventilating the patient while Rob hooked up the Zoll. Dave was in VFib and a shock was immediately delivered. After a few seconds a pulse returned and Dave began to take some random breaths. While Rob patched for post arrest orders, I got fire to help me put Dave on a board for extrication from the house of stairs.

Before we were ready to go Dave started breathing adequately on his own and was able to tell me his name. Rob administered a dose of Lidocaine and we proceeded to load Dave into the ambulance. Upon our arrival at the

Queensway Carleton Hospital, Dave was fully alert with no complaints and no memory of what had happened. Rob advised him that he had been VSA and his friends had helped save his life by performing CPR.

After examination by the ER physician, Dave's family arrived and we were able to tell them what had happened. The ER physician advised them that Dave's heart didn't suffer any permanent damage from the event.

This was the first save for both Rob and I. Although I have been credited by ER doctors for saving other lives, I have never actually been able to help bring someone back from the dead. What an absolutely amazing feeling!

This call demonstrated that the Chain of Survival does work. In this case, every link was there and everyone involved did just what was required to save Dave. The bystanders immediately activated 911 and administered CPR until we arrived. Goodlife gyms don't have defibrillators so we were able to provide the last two links, defibrillation and ACLS medications.

I contacted the PPAO hoping to get some recognition for the bystanders who were involved in keeping Dave's heart pumping until we could get there.

The three people who acted quickly and efficiently in their efforts to save Dave's life were tracked down by the PPAO and will be presented with Honorary Certificates for actions that saved the life of another person. It is great to see that the association takes the time to honour bystanders who step forward to play their part in the Chain of Survival!

## OPA LICENSE PLATE REBATE (PPAO MEMBERS ONLY)

Buy your OPA license plates for \$78.85 (available at the Westgate Mall MTO Office). The MTO will give you back \$10.00 for your old plates. Once you submit your receipt to the PPAO, we will provide you with a \$40.00 rebate.



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