



# Newsletter

FEBRUARY - MARCH 2005

## 52 NEW PARAMEDICS IN ONE YEAR!

*Darryl Wilton, President*

The 2005 Budget process was a resounding success! After months of hard lobbying, the Professional Paramedic Association of Ottawa in conjunction with Ottawa Paramedic Service and the Ottawa Base Hospital Program have all been successful at influencing a grand total of 52 new paramedic positions over a one year span!

It is without a doubt that the success of this endeavour was based on the number of people who came forward to let their voices be heard. The PPAO had dialogue with councillors who reported receiving almost 1000 of our lobby letters which were posted at [www.OttawaParamedics.ca](http://www.OttawaParamedics.ca). Council's unanimous support for paramedic enhancements is unprecedented in the City of Ottawa and is a clear indicator that an association really is as powerful as its membership.

The PPAO delivered the following key messages to council:

1. There are currently only 264 paramedics in Ottawa and that gives us the ability to treat and transport 65000 patients per year. The problem is that we are treating and transporting over 90000 patients per year. FACT: We are not currently staffed to match the demand.

2. The City of Ottawa has taken the necessary steps to explore alternative solutions

to the paramedic crisis in Ottawa. As a result, Ottawa Paramedic Service has evolved into a finely tuned and very efficient machine but we are still unable to meet the demand due to the enormous call volume. It should be remarkable that an additional 30000 calls could be remedied by only 38 more paramedics.

3. Hospital delays are having an impact on Ottawa Paramedic Service. The current recommendation is for council to approve an additional 38 paramedics to keep up with GROWTH ONLY. If an attempt was being made to remedy hospital delays, we would need 136 more paramedics (ref: 2004 Fitch Report). Hospital delays are the hospitals problem.

4. An emergency service, in the capital of Canada should not be operating in an emergency state year after year. In Ottawa, it has become commonplace to have less than 4 paramedic units available to respond to a population of almost one million people. As a result of the high call volume to low paramedic ratio, it is also now normal that paramedics are forced to work past the end of shifts that are already 12 hours long. So, how does Ottawa stack up to the rest of Canada (ref: 2004 Fitch Report)?

- Lowest number of paramedics per population
- Lowest number of paramedics per call
- Highest number of calls

per paramedic

- One of the longest response times in Canada
- Ottawa is the only city in Canada to see 30,000 more calls and not even hire ONE paramedic

5. The city has already applied countless Band-Aid solutions in an attempt to "splint" the "broken" paramedic service. We have cut paramedics ability to take time off work, limited paramedic vacations, reduced or cancelled annual paramedic mandatory training and even considered sending fire suppression specialists to medical emergencies that they are not qualified or trained to handle. These Band-Aid solutions should be a clear indicator that we have a problem that needs to be fixed and it needs to be understood that only highly trained paramedics should provide medical care and advanced life support treatment to the public

6. The PPAO also provided an enhanced version of our multimedia presentation to council during budget deliberations that contained some very hard hitting points and they were absolutely blown away!

The success of this initiative was based on a concerted message that was carried by three separate groups who clearly outlined the need for more paramedics: The Professional Paramedic Association of Ottawa Lobby Team, Paramedic Chief Anthony Di Monte as well as Base Hospi-

tal ER Physician Justin Maloney. All three stake holders made sure that every councillor was armed with the information that would be required to make an informed decision. In doing so, each councillor was able to easily justify their decision to approve the funds that were required to hire more paramedics.

In closing, I would like to thank everyone who contacted their councillors in an effort to ensure that the voice of paramedics was heard loud and clear. A concerted effort from all stake holders resulted in unanimous and unprecedented support for 52 new paramedic positions over a one year span. The residents of Ottawa will be served by fourteen (14) new paramedic positions on January 01, 2005, twenty (20) new paramedic positions on July 01, 2005 and an additional eighteen (18) positions on January 01, 2006. An association really is as powerful as its membership!

**DO YOU WANT TO BECOME  
A CHILD CAR SEAT  
INSPECTOR?**

**THE PPAO IS OFFERING FREE  
TRAINING SESSIONS IN MARCH  
AND APRIL.**

**ALL FEES ARE PAID FOR BY AN  
EXTERNAL SPONSOR**

**contact Elizabeth Anderson to  
register**

**[secretary@ottawaparamedics.ca](mailto:secretary@ottawaparamedics.ca)**

## PARAMEDICINE 2005 SEPTEMBER 15-18, 2005

Elizabeth Anderson

Each year, the Ontario Paramedic Association coordinates the biggest paramedicine conference in the province! This year, the Paramedicine 2005 conference will be hosted by the Professional Paramedic Association of Ottawa! We would like to invite you to join us at Paramedicine 2005 from Sept 15-18 at the luxurious Marriott Hotel in downtown Ottawa.

After months of negotiations, the PPAO has secured the best location, conference facilities and room rates. The P2005 conference is open to everyone! Your P2005 conference committee is already hard at work coordinating bilingual guest speakers, vendors, entertainment and CME's for this enormous event.

If you want to get involved, just contact Elizabeth Anderson at [secretary@ottawaparamedics.ca](mailto:secretary@ottawaparamedics.ca).

More details will become available in our newsletter and on the website as we get closer to P2005.

### OPA LICENCE PLATES

Attention all PPAO registered members! It is very important to promote paramedicine in the community. One way we can do this is by getting OPA license plates for our personal vehicles. These plates



can be obtained at any participating Ontario Ministry of Transport (MTO) license issuing office.

The PPAO will be offering a 50% REBATE to every registered member who orders their own set of Ontario Paramedic Association license plates from the Ontario Ministry of Transport. The PPAO has received a number of grants and donations from the community in order to make this project a success.

- The current cost of OPA plates is \$52.10.
- The MTO will refund \$10 for your old plates for a grand total of \$42.10.
- All paramedics who submit their MOT receipt to the PPAO by July 01st, 2005, will receive a refund of \$21.05.

Note: Own Choice Plates (personalized OPA plates) are only eligible for a maximum refund of \$21.05. Maximum 2 (two) sets of plates per member.

If you have already paid for a set of OPA plates prior to 2005, just submit your receipt to the PPAO and we will issue a REBATE in the amount of \$21.05.

### Awards

The Professional Paramedic Association of Ottawa would like to extend it's congratulations to several of our members who have recently received awards.

- Paramedic Michele Verdon and retired paramedic Louis Camire who received the Governor General's EMS Exemplary Service Award on September 30th, 2004.
- Paramedic Darryl Wilton who received the Ontario Paramedic Association Exemplary Service Award on October 13th, 2004.

# HOCKEY RULES!

## 2nd ANNUAL PARAMEDIC INVITATIONAL HOCKEY TOURNAMENT

The PPAO is pleased to announce it is hosting the 2nd Annual Invitational Hockey Tournament! Come support your teams at Ottawa U on February 23rd and 24th. Game times will be posted at Tremblay in February. You can buy raffle tickets for great prizes and the 50-50 draw. There will be a party at the Lower Deck @ 111 Parent in the Market on Wed Feb 23, where the draws will take place! COME HELP MAKE THIS EVENT A HUGE SUCCESS!



### DETAILS

#### University of Ottawa Hockey Arena

February 23rd & 24th, 2005  
801 King Edward Ave @ Mann Ave

#### HOCKEY PARTY AND PRIZE DRAW

Feb 23rd at 8pm  
Lower Deck Bar & Grill (111 Parent Ave)  
Proceeds go to Roger's House Charity

Contact: Denis Gagnon

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

## 911 Christmas Party "Operation Red Nose"



Photo Courtesy of Jake Robillard

Norm Robillard and Marc Ouimet made sure many paramedics got home safely from the 9-1-1 Christmas Party with the PPAO's very own Operation Red Nose minivan. The rental cost of the minivan was covered by very generous donations from our membership.

## STEMI MEDIA EVENT

Matthew Hogan

On December 15, 2004 the Ottawa Hospital Heart Institute held a media event to promote the STEMI bypass program that began on June 28<sup>th</sup>. The Ottawa Paramedic Service was represented at the event by Chief Anthony DiMonte, Deputy Chief Andrew Robert, and Public Information Officer J.P. Trottier. In attendance from the Ottawa Base Hospital were John Trickett and Dr. Justin Maloney. Julie Morris and I were also asked by J.P. to attend to represent the paramedic service. The event began with Dr. Robert Roberts, President and CEO of the Heart Institute, providing an introduction of the program as well as an explanation of the path physiology of an ST elevation myocardial infarction. Chief Anthony DiMonte and Dr. Justin Maloney described the key role of paramedics in the

STEMI bypass program. Dr. Michel Lemay, a cardiologist at the Heart Institute, outlined the care provided by the STEMI team at the heart institute and explained how cardiac catheterization worked to restore normal coronary artery perfusion. The event made it very clear that paramedics are participating as key members of the health care team, by diagnosing ST elevation MI's in the field and bypassing to the Heart Institute. Several patients who benefited from the new bypass criteria were in attendance and spoke very highly of the program. They were very pleased that paramedics were now able to make this critical diagnostic decision in the field. Dr. Roberts made it clear that this program is one of a kind in Canada and that Ottawa paramedics should be commended for their excellent work.

## CANADIAN DIABETES ASSOCIATION CAMPAIGN

Claudine Gregoire

As you have all seen lately, I've been campaigning to raise funds for the Canadian Diabetes Association (CDA) through Team Diabetes. My event will be a full marathon (42.2km) in Reykjavik, Iceland in August 2005. In order to go to Reykjavik, I have to raise \$5,900 for the CDA.

I took that challenge because my dad is diabetic, and I thought it would be a great way to promote health and fitness while at the same time recognizing his courage in facing his disease. Being a cyclist and a skier, this challenge is as big as any I've taken on in my life. I'm determined to go through my training and finish that race if it costs me blood, sweat and tears. (Well, the last two are givers!)

I need your help in raising money! Last year, the Paramedic Association of Canada voted Diabetes as the number one charity of choice, with the intention of having a yearly fund-raising event for the charity. Let Team Diabetes be this year's event for the Ottawa Paramedics!

Please give generously to my campaign, and participate in the events I will have



during the spring and summer! You will be helping thousands of people affected by diabetes by helping fund important research into the disease.

You can donate directly online, or you can pass your donations to me directly by filling out the pledge form at Tremblay or Orleans HQ's and putting our donation in a sealed envelope in my inbox. When I hold my events, you will also have the option of buying tickets and participating in events such as bowling, breakfasts, BBQ's at the barn, and of course, PUB NIGHTS!!

If you have any questions, please don't hesitate to call me or talk to me at work! I'll be happy to answer questions, and to take donations!!!!

## BETH IS KICKBOXING IN AFRICA

**MARY-BETH STANSTREET IS GOING TO SOUTH AFRICA TO FIGHT WITH TEAM CANADA IN KICKBOXING AND SHE NEEDS YOUR SUPPORT.**

**YOU CAN BUY HATS OR SHIRTS FOR \$20 AND THEY ARE GREAT!  
TIME IS RUNNING OUT.**

**CALL MARY-BETH AT 282-0274 OR TRACK HER DOWN!**

**THANKS SO MUCH TO EVERYONE WHO HELPS OUT!**

## Electronics discounts for Paramedics

This is an invitation to you our loyal, dedicated paramedics who risk your lives on a daily basis to save others. We at Stereo Plus in Orleans are more than happy to offer you guys and gals the cost plus 10% promotion. This offer is open to all members of the Professional Paramedic Association of Ottawa from now on beginning Monday, November 1/2004. To use this offer all you must do is come into our store at:



Stereo Plus and Design  
2208 St. Joseph Blvd  
Orleans  
(613) 830-6787

When you come into our store just ask for either

- Jason Miller- Assistant Manager or
- Carlo Urbisci- Owner

## 2005 PLATOON CALENDAR

Stanley Morrow

Hot off the press! Your very own 2005 pocket sized Platoon Calendars. These wallet sized cards show when we are working and the very important days we have off! We have printed 4 cards per paramedic so that you can share them with your family and loved ones.

PROFESSIONAL PARAMEDIC ASSOCIATION OF OTTAWA																					PLATOON
2005 PLATOON CALENDAR																					
January							February							March							
Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
3	4	5	6	7	8	9	7A	8A	9	10	11A	12A	13A	7A	8A	9	10	11A	12A	13A	
10A	11A	12	13	14A	15A	16A	14	15	16A	17A	18	19	20	14	15	16A	17A	18	19	20	
17	18	19A	20A	21	22	23	21	22	23	24	25	26	27	21	22	23	24	25	26	27	
24	25	26	27	28	29	30	28							28	29	30	31				
31																					
April							May							June							
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4A	5A	6	7	8A	9A	10A	4	5	6	7A	8A	9A	4	5	6	7A	8A	9A	10A		
11	12	13A	14A	15	16	17	11	12	13A	14	15	16	17	11	12	13A	14	15	16	17	
18	19	20	21	22	23	24	18	19	20	21	22	23	24	18	19	20	21	22	23	24	
25	26	27	28	29	30		25	26	27	28	29	30		25	26	27	28	29	30		
							30A	31A													

## Please send a SPECIAL THANKS to the Ottawa sun

On February 13 and 14, 2005, Tobi Cohen from the Ottawa Sun released an unprecedented article about paramedics in Ottawa. Please visit [www.OttawaParamedics.ca](http://www.OttawaParamedics.ca) for more information. In addition, please take 5 minutes to send reporter Tobi Cohen (Ottawa Sun) a quick thank-you letter. Tobi spent months working on the article and she definitely deserves a quick thank-you by email. Her contact information is below - thanks!

CONTACT INFO: Tobi Cohen, Reporter (Ottawa Sun) [tobi.cohen@ott.sunpub.com](mailto:tobi.cohen@ott.sunpub.com)

## EMS JOURNAL CLUB

The EMS Journal Club is an effective, convenient way to continue your lifelong professional learning. As a responsible professional, you probably already stay well informed in EMS literature as a matter of course. However, time for discussions with colleagues on the latest research, cutting-edge technology, and new procedures is becoming more difficult to come by. Everyone's invited to participate in the Journal Club activities. We ask that participant's make a commitment to read the selected articles, discussion will be via email list server as an actively participate in the collaborative learning atmosphere. Participation in the EMS Journal Club can keep you up-to-date on advances covering the broad spectrum of prehospital medicine, and help you translate research to your own practice of prehospital care.

If this sounds like something, you may be interested in than please complete the following and return to Stanley Morrow or Email me at [majordomo@paramedicinfo.ca](mailto:majordomo@paramedicinfo.ca), in the body type the following:

subscribe journal\_club "your email address without the quotes"

Name: \_\_\_\_\_

Email: \_\_\_\_\_

## HELP

## WANTED

The PPAO needs your help. We are looking for full members who are interested in filling the following positions:

- 1) Director (to be defined)
- 2) Director (to be defined)
- 3) Director (to be defined)
- 4) Treasurer

If you are a full member in good standing and are interested in filling one of these positions or if you want more information, please email us: [mail@ottawaparamedics.ca](mailto:mail@ottawaparamedics.ca) or phone the PPAO at 613-244-0333.