The “Pres” Corner

For about 2 weeks now, I have been a tad stressed about my article for the newsletter. Always in the back of my mind with a sense of urgency however, something is always trumping the process of actually making me sit down and write it. So it sits there and ferments, grows with anxiety and you find yourself seeing it as a chore more than anything else. When in fact the exact opposite happens the moment you actually commit to setting some time aside and completing it. You feel RELIEVED, ACCOMPLISHED and best of all no one is sending you emails & phone calls saying I need your stuff NOW! PLEASE!

This is called Procrastination! How many of you suffer from it? I am one of the worst offenders. This condition gets worse every time the word “Yes” comes out of thy mouth when asked “can you do this project, paper...” you get the picture. This is a very common trait in EMS people; we can’t help but say Yes I can – Sure – No Problem. We are people-pleasers and want to take on every challenge and fix it.

In our line of work it is common for our EMS family to experience tragedy, lost or a conflict within your service. You leave a call or a meeting feeling no relief or accomplishments and bummed out. We try to fix all of our patients, who fixes us and our EMS Family? Everyone handles stress differently. The key word is “handles” and yes it needs to be taken care of – don’t Procrastinate! This is so important for recruitment and retention on your department and the Well-Being of You and Your Crew!

One avenue to show worth and appreciation is to recognize their work and positive outlook. At the NEMSA Winter Conference this year we didn’t give out a single Award. I find it hard to believe that no one thought anyone deserved to be recognized. How many of you give out awards within your department? Those winners should be submitted to the NEMSA Award Committee. Did you know the NEMSA Award winners are then submitted at the national level with NAEMT? Talk about creating a “Positive Buzz” around the station.

When a person feels Happy, Valued and Accomplished in what they do more people will want to be a part of that group and will want to join our EMS Family.

Take Care and Be Safe

Debbie Von Seggern-Johnson
NEMSA President
dvonseggern@unmc.edu

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From the Secretary

Another Winter EMS Conference is in the books. Committee Chairperson, Rita Gallagher and her committee did an amazing job again this year!! Now we are turning our attention to the NEMSA Spring Conference in Columbus. This year it will be March 16-18, 2012 at The New World Inn. Check out the NEMSA website for the complete Conference Brochure and online registration forms http://www.nemsa.org/Conferences.aspx. There is a variety of instructors this year, I’m sure there will be something for everyone! I’ve been told that rooms are already hard to find so make your reservations now. Here is the web address for the Columbus/Platte County Visitors Bureau http://www.visitcolumbusne.com/ they have links on that page to help you locate motel rooms and they also have some interesting links on their page that you may want to check out before you get to town. I look forward to seeing everyone in Columbus!

Take Care and Don’t forget
EVERYONE GOES HOME EVERYTIME!
BE SAFE!

Pam Karmann
NEMSA Secretary

From the NEMSA Booth

We would like to thank everyone who stopped by the NEMSA Booth at the NEMSA Winter Conference held on January 14 & 15, 2012 in Kearney. We really enjoy seeing old friends and making new ones. We would like to extend a big thank you to Jo Helms and Cindy Huey for working at the booth and we would also like to thank Kurt Muhle, the new NEMSA Membership Coordinator for being there to answer your questions. I would also like to thank Terry and Rita Gallagher for pulling the NEMSA Trailer to conferences for our organization. Also a big thank you to Todd Gallagher for getting the new shelving installed in the trailer.

Winners at the booth included Delores Schreider, Kim Dempewolf, Larry Dempewold, Jarene Wohlers, Charlie Klingfelter, Jean Engle, Katie Kowalski, Jami Comer, Kim Zieske, Diane Wellsandt, Ronda Sommer, Marilyn Kolar, Alex McConnell and Cristy Bryan.

We now have t-shirts in navy & tan with the new NEMSA Logo and are taking orders for the official NEMSA Polo which is blue in color.

We were able to raise over $300.00 to support the NEMSA Medi Tedi fund. Lucky winners were Sue Helms (pictured to the right) - Cedar Box donated by Russ Bolling from Grand Island and Mike Schoenemann - Fish Gaff made by Tom Work from Grand Island.

We look forward to seeing all of you at the NEMSA Spring Conference on March 16, 17, & 18th in Columbus.
Elections

Debbie Von Seggern-Johnson

Greetings! I am your current NEMSA President and requesting your vote for re-election. I have learned so much in the past 2 years as your president, and would love to continue to serve the membership.

We have implemented many changes in the past 2 years. Our NEMSA organization is truly a group who exists due to the hard work of all our members and especially our dedicated committee members. We have re-established long and short term goals, though Strategic Planning meetings held annually. All of our goals reflect the vision and mission of our organization.

A lot of energy has been placed into making sure our members know what NEMSA is and stands for. It is vitally important to create a recognizable image for NEMSA. Being financially sound in a time where less funding is available and still be able to offer our membership remarkable benefits is a continuous goal of mine. NEMSA’s future depends on responsible leadership and I feel with my help we can preserve what the previously leaders have built and develop innovative designs to move into the future of NEMSA and EMS.

I have over 20 years experience in EMS as a provider and 16 years in various leadership roles across the state, regional and national levels. My true love is mentorship, we need to provide a map to those who will follow in our footsteps to maintain tradition and accept the ever changing world of medicine and education.

Thank You!
Debbie Von Seggern-Johnson

Dave Huey

I would like to introduce myself. I am Dave Huey, and I have had the great honor of serving as your Second Vice President for last 4 years. I am running for re-election and would enjoy serving NEMSA for another two years as your Second Vice President. I have been involved with EMS for over 32 years. I retired after 26 years as a medic in the military. I am currently the Assistant Chief for Carter Lake Fire and Rescue. I had the privilege of serving as NIS President for 4 years and am currently the Vice President of NAAP. I believe in NEMSA and want to do all that I can to make it a better organization dedicated to the empowerment of EMS providers in Nebraska. I am also an active EMS and Fire Instructor in Nebraska and Iowa. I feel that my knowledge, experience, and leadership abilities in the EMS field would continue to benefit the members of NEMSA. I encourage everyone to vote.

Karolyn McElroy

My name is Karolyn McElroy, I am incumbent for the NEMSA Treasurer position. I live in Lyons, NE with my husband Larry. We have two sons who are married, and one Granddaughter. I have served as Treasurer for 3 years. Locally I have been a Lyons Vol. Fire & Rescue Dept. member for 19 years, 17 of those years as Rescue Captain. I have really enjoyed my EMS opportunities. I have learned SO much about the EMS world and continue to learn everyday. Thanks to each and every one of you for all that you do!!!
Elections

**Chad Bluschke**
Chad has been a Paramedic/Firefighter for over 20 years with the Grand Island Fire Department, where he is also a Hazardous Materials Technician. Prior to that, he worked on an ambulance in Hastings. He has been involved in EMS for over 25 years and has been an EMS Instructor for more than 15 years. In his career he has belonged to the Grand Island Rural Fire Department, private ambulances along with his current position on the Grand Island Fire Department. He has been recently appointed to the position of Regional Faculty for PALS with the American Heart Association. Along with being an EMS Instructor, he is an instructor for the Center for Preparedness Education.

**Dick Smithson**
My name is Dick Smithson and I am running for the position of Board Member at Large. My full time job is Police Officer with the Central City Police Department. I started as an EMT in 1992 with the Clarks Rescue Squad. I currently serve on the Wood River Fire and Rescue Department. In my EMS career, I have held every position from member to service director. My goal is to achieve a Paramedic license. I am a CPR Instructor, EMS Instructor, PEPP Course Coordinator/Instructor, and sit on the Region 2 Trauma Board.

I have been a NEMSA member since its creation in 1998 and serve on the Winter Conference Committee. I was honored to receive the NEMSA EMT of the Year Award in 2004. I am a firm supporter of NEMSA and believe that through a strong organization, we can continue to improve the EMS system throughout Nebraska.

I believe strongly in EMS and providing the best patient care possible. With new changes coming this year to the EMS Regulations and Protocols, this would be a great opportunity for NEMSA to take the lead in communicating these to their members. We also need to work on keeping federal and state funding available to our EMS system. I have seen NEMSA as a positive influence with the State Legislature and as a Board Member, I would encourage that NEMSA stays on that course. It would be my honor to work for you in this position. Thank you for your vote.

**Rita Gallagher**
Rita Gallagher received a dozen roses for serving on the NEMSA board for 13 years. Rita states that she is taking baby steps to retiring as a board member.
Candelight Service

The NEMSA Memorial Committee held a candlelight service, at the Winter Conference in Kearney, to honor our EMS brothers and sisters who have passed. Our Memorial Wall, which recognizes those honored to date, was on display in the exhibit hall as well as the banquet area. If you would like to recognize someone not previously recognized, please complete the form that can be found at the Memorial Wall during Winter, Spring and Summer Conferences.

Our committee members and contact information have changed:

Julie Mertens, Chairperson: jamertens@hotmail.com, (515) 351-8977
Karolyn McElroy: mcelroy@huntel.net, (402) 687-2350
Pam Karmann: pamstapleman@yahoo.com, (308) 214-0245
Collin Warren: collin_warren@ymail.com, (402) 957-3222

Our website page is being updated. Please check it out!

Medi Tedi

The Medi Tedi Program provides bears to ambulance and law enforcement in Nebraska. If you would like to make a donation for bears, you can mail your donation for any amount to NEMSA, PO Box 113, Lyons, NE 68038. Please indicate that you are sending a donation for the Medi Tedi Program.

If your service needs bears for your ambulance, please the DHHS EMS Office in Lincoln at 800-422-3460 Ext. 26.

From State VIA Garry Steele,

EMS Regulations, those rules that guide the actions of Nebraska EMS providers and seem to be in a state of constant flux are now very close to being finalized. The proposed regulations have been in a state of development and organization for the past number of years but now are finally in the process to be approved. Regulations must go through a long and tedious process prior to becoming the law that guides the patient care procedures of Nebraska’s emergency medical providers.

When proposed regulations are in the process of becoming finalized they must go through the following process:

1. Hold a public hearing - Completed
2. Review of public hearing comments and final approval given by the EMS Board – Completed
3. Approval from the Director of the Division of Public Health - Completed
4. Approval from the Board of Health – Completed
5. Approval from the Attorney General – Not completed
6. Approval by the Governor – Not completed
7. File with the Secretary of State: Five days becomes the EMS regulations (law) – Not completed

As of the end of January 2012, the first four steps have been completed with the remaining three steps still to be completed. This process has taken place without any modifications to the proposed regulations so they are still advancing as written. The proposed regulations are now ready to be forwarded to the Attorney General for his approval.

RayRay’s Rantings

Famine in the Midst of Plenty

The patient is a 5 year old girl previously healthy, now not feeling well. As provided per the parents, there is recent history of fatigue and malaise, nausea/vomiting, abdominal pain, thirst and frequent urination. C’mon now, what are you thinking? Dig deep into your medically edumacated EMS-type brain stems.

The initial step in management of a child with what…? Alright! Yeah! …DKA (diabetic keto acidoSis) is still airway. Remember that Kussmaul (look it up) breathing will most likely be present as the body rids itself of ketones. O2, bag if necessary, monitor is a definite, and last but certainly not least, IV fluids. Oh yeah, and step on the gas!

Famine in the Midst of Plenty – Glucose is the main source of energy for the brain… when there exists a lack of insulin, that energy source (glucose) is unable to be processed, no matter that there is now an abundance.

Thanks, and keep doing what you do.
RayRay