



PULSE

ASM Employee Newsletter

October 2017

Fall

Issue 3





Letter from the Director

As my 20 year work anniversary is fast approaching, I find myself reflecting on the countless changes our company has undergone during my tenure at ASM. When I started working for the company as a 19 year old EMT, there were three ALS trucks in service and a total of nine ambulances on the road during the day. Our stretchers were two- man style requiring manual lifting from the ground into the ambulance, the ambulance floors were made of kitchen style linoleum flooring, the cabinets were also linoleum made to look like wood paneling, and the walls had

sections of shag carpeting. Fortunately, we were well compensated as new employees making \$7.25 an hour. Clearly there are still many employees with the company that remember these facts as well, and others that go back even further.

The current scope of practice and level of autonomy for pre-hospital providers is quite remarkable. Adopting this responsibility as our role in the healthcare continuum expands is no easy feat. Nevertheless, we continue to remain on the forefront of EMS progression. Thanks to your continued efforts, we have established and maintained an impressive reputation as a regional ambulance service provider.

Over my time as Director, I have tried to foster an environment where employees can grow and learn as healthcare providers, but more importantly as individuals. While I would love for all EMTs, paramedics, and dispatchers to make a career out of working at ASM, I will always support someone who desires to further their education and/or chase their dream job. For those of you considering enrolling in paramedic school, becoming EMS instructors, supervisors, field training officers, RN's, PA's, or MD's, I encourage you to follow through with those ambitions.

I wholeheartedly understand that working in the public service field is difficult and often times, thankless. It can be overwhelming and stressful with long hours, weekends, holidays and extreme fluctuations of emotions. Please know that your efforts and commitment do not go unnoticed by ASM, the agencies we interact with and the communities we serve. The job you do every day is one that can only be accomplished by those who have a passion and desire to serve and help those in need, each one of you embodies those critical traits.

It has been a privilege to serve as your Director of Operations over the course of the last eight years. I am both humbled and honored to have been afforded this responsibility. I am proud of ASM's achievements and progression over the last two decades and attribute our accomplishments to the level of dedication, class and hard work each of you display during every shift you work. We are all the Ambulance Service of Manchester, a leading healthcare provider in the State of Connecticut.

Thank you again for your service. As a reminder, my door is always open, and I look forward to each and every one of you dropping by to say hello.

Sincerely,

Steve

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Michael Levasseur



The following Workout comes directly from **Max Kassin and Men's Fitness Editors**

For the full article, please visit Men'sFitness.com

7 resistance band exercises to build muscle



Squats

Standing in a squat with the legs parallel, bend the knees over the toes and draw the glutes down to knee level. Double up your band to create extra resistance, and hold each end with two straight arms at chest-level. Begin to pulse the legs by bending and stretching the knees down 2" and up 2". Finding a steady rhythm, begin to draw the band up overhead and down to chest-level, keeping the abdominals engaged and the arms strong. Remember to always keep the knees bent and the arms in line with the shoulders. (Note: Changing the rhythm of the pulse will help to increase the burn in the legs and in the glutes—for example, quick pulses or down 1", up 1".)

Overhead shoulder presses & leg lunges

Standing with one foot placed in front of the other, bend both knees to form a 90° angle so you are standing in lunge position. Holding the resistance band with two straight arms, draw the band overhead. Begin to bend and stretch the legs, keeping the knees over the toes, the legs parallel, and the abdominals engaged. Then begin to draw the arms down and up as if you were doing a shoulder press as you lunge. Sequence the knee bends and the shoulder presses together, bending the knees down and drawing the arms down at the same time.

Repeat on the same leg for 20 to 30 reps, and then switch to the opposite leg.

Abdominal curl

Sitting in the center of the mat, hold the resistance band at chest-level with two straight arms. Slowly curl the body down, feeling the abs engage and the spine making a C curve to form the position. Slowly curl the body up an inch and down an inch, exhaling on the up and inhaling as the body curls down. Add variations twisting side-to-side and squeezing the band out to work the obliques. Think about wringing out the waistline as you wring out water from a towel.

Repeat this for 20 to 30 reps in each position to work the abdominals as you sculpt and tone the shoulders and arms.

Oblique twists

Standing with the legs wider than the hips in a parallel position, hold the resistance band in front of the chest with two straight arms, and begin to twist from side to side. Starting the movement from the waist, squeeze the belly as you twist, working either side of the abdominal wall.

Repeat this for 20 to 30 reps.

Bicep circles

Standing with legs in parallel position hip-distance apart, stand on the center of the resistance band and double up the other ends of the band around the wrists; keeping the arms close to the body, begin to lift and lower the band slowly up and down. As you curl the arms up, squeeze the biceps.

Repeat this for 20 to 30 reps.

Tricep kick backs

Standing with the legs in a parallel position, hip-distance apart, stand on the center of the resistance band and double up the other ends of band around the wrists, keeping the arms close to the body. Squeeze the shoulder blades, and begin to squeeze the arms back as you would in a dumbbell kick back, using the band, squeezing from the top of the arm.

Repeat this for 20 to 30 reps slowly, and 20 to 30 quickly.

Rowing sequence

Standing with the resistance band under both feet take a wide step out so the legs are wider than hips. Keeping the knees bent, bend at the waistline and hold the resistance band in either hand so that it crosses in front of the legs. Holding the band in either hand, row the bands back while in the bentover stance.

Repeat for 20 to 30 reps.

Case Study Follow up

Patient: 73-year-old male complaint of chest pain

Scene: Found patient sitting in chair on arrival. Patient presented diaphoretic, speaking full sentences, A+Ox4, stating he has substernal chest pressure going down his left arm. Pressure feels "like his previous heart attacks." Patient was walking outside to clean his pool when pain began, and came back inside and when the pain didn't go away after 30 minutes he called 911.

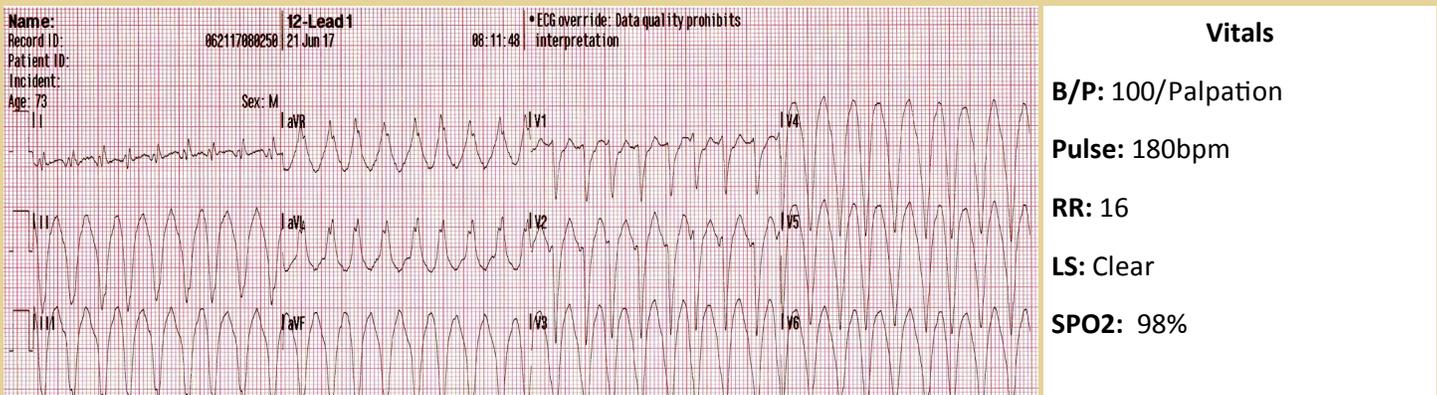
History: HTN, GERD, MI x3, CABBx5, and STENT placement

Medications: Coumadin, Ramipril, Omeprazole, Atorvastatin, Zetia, Metoprolol, Citalopram, Clonazepam, Prednisone and HCTZ

Allergy: NKDA

Treatment = 150mg Amiodarone via IV drip

Result – (NSR w/ PVCs) then converts back to V-Tach



Vitals

B/P: 100/Palpation

Pulse: 180bpm

RR: 16

LS: Clear

SPO2: 98%

1) What is the rhythm?

Ventricular Tachycardia

2) What would your initial treatment be?

Per statewide protocols:

If symptomatic, but hemodynamically stable:

Consider, Amiodarone 150 mg over 10 minutes or Procainamide 25-50 mg/minute infusion

Vitals after Amiodarone: 80/60, 180p, 24R

3) What is your treatment now?

Synchronized cardioversion at 100 joules

4) What do you think is causing the recurring V-tach?

Acute Myocardial Infarction

5) What transport considerations should you make with this patient?

A facility that has a PCI center should be considered with the high suspicion of an acute MI.



Happy October Everyone!

As we are all well aware, October is National Breast Cancer Awareness Month. So in lieu of my regular billing trips and tricks, I am taking the opportunity to remind everyone, not just women, to take care of themselves. Regular monthly self breast exams are important and according to the American Cancer Society, the average at risk female should begin having yearly breast mammograms by age 45, and every other year at age 55. We are all busy, stressed, overworked and overwhelmed by daily activities and sometimes people who work in the healthcare field are the last ones to take care of themselves. This is something we all need to take time out to do. So please for the sake of your health and the people who love you, let this month of pink be a reminder to you, take care of you and your breasts if not someone may miss both of you.....! Until next time-Deb



American Heart Classes

- CPR Refresher - Nov.15, 2017
2000—2200

All classes held at ASM Training Site

No fee for ASM/Aetna employees

Individuals that are not associated with ASM/Aetna are welcome. Contact

Melissa Osborne for fee information.

HAPPY WORKIVERSARY

October - December

10 Years of Service

Jason Bak

Matthew Schumann

20 Years of Service

Michael Bova

Stephen Conley

35 Years of Service

Todd Marshall

Employee Spotlight

*With each publication, our newsletter will honor an employee who has demonstrated a commitment to patients and co-workers alike via a positive attitude, work ethic, and overall inspiring demeanor. This issue's selection is **Paramedic Michael Levasseur**.*



ASM's Mike Levasseur first enlisted in the Connecticut Army National Guard in 1997, at the age of 17. He graduated high school in 1998, and subsequently attended Basic Training and 91B Medical Specialist school. Upon returning home, he was hired by ASM in early 1999. He at-

tended Paramedic School at Capital Community College, graduating in 2003. Mike boasts a total of 8 different deployments or periods of active duty during his career, all of which occurred while simultaneously employed by ASM. These include: The US/Mexico Border US Counter Drug Operation; Operation Joint Forge-Bosnia; the 2002 Winter Olympics in Salt Lake City; Humanitarian Operations in Nicaragua; Operation Iraqi Freedom; Joint Task Force Katrina (in which Mike responded in true "Minuteman" fashion-having to drop what he was doing in the middle of a shift at ASM, and landing 24 hours later in New Orleans 4 days after the storm); Operation Enduring Freedom- Afghanistan; numerous local storms including Hurricanes Irene and Sandy, as well as several winter storms and blizzards. He also spent 3 years working full time for the Army National Guard here in Connecticut, during which time he established the first institutional combat medical training center in the history of the Connecticut National Guard. His efforts led to the school being recognized as an Institution of Excellence by the US Army Training and Doctrine Command,

a rating it has maintained even several years after his departure. Mike has since progressed to the senior enlisted ranks and greatly increased responsibilities, having been assigned as an Operations Sergeant and Company First Sergeant over the past several years. His efforts in those positions have directly led to a far higher level of duty performance and clinical medical competence in Combat Medics employed by the units he serves.

Mike has always boasted of the support that ASM has shown for his activities. In addition to a military leave policy that is far superior to what is required by law, the company has also directly stepped in during times of national crisis. This is best espoused by Mike's sudden departure to New Orleans in 2005. Upon realizing the situation he would be entering there, then-company President Wayne Wright opened the supply room doors, effectively donating the entire stockroom to the relief effort. That pallet of critical medical supplies was expended on critically ill and injured victims of Hurricane Katrina almost immediately upon the Task Force's arrival on the ground. This, among several other acts of support, led to ASM receiving the US Army National Guard's Patriot Award, wholly at Mike's recommendation.



Mike Levasseur continues to be employed by ASM as a Specialty Care Transport Paramedic, having served various positions such as Supervisor, Driver Trainer, Training Instructor, and Paramedic Preceptor. Unfailing in his efforts to further the cause of first responders everywhere, he has progressed to a graduate level of education, attaining a Master's Degree in Emergency and Disaster Management from Georgetown University in 2016. He is married to the former Shea Gillan, whom he ironically first met during a Paramedic Intercept with Glastonbury Volunteer Ambulance while treating a critically ill patient. They make their home in Vernon.