

Neighbor News



Building Idaho's First Community Paramedic Program

This program is designed to improve patient outcomes, decrease overall healthcare costs, and improve the patient/client satisfaction with their overall health care experience. EMS has been “filling the gaps” in healthcare for years. The Community Paramedic program is designed specifically to continue filling those gaps that we as healthcare providers recognize.

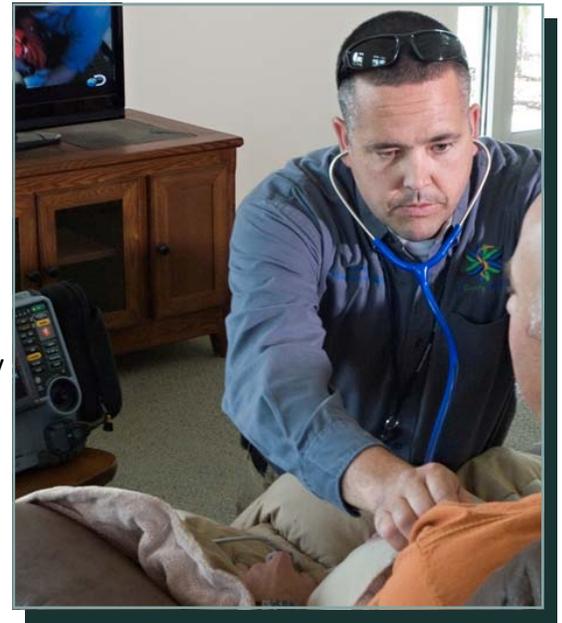
Here is how the program works - when a patient is discharged from the hospital the physician will order a Community Paramedic to visit them in their home. The Community Paramedic will perform a physical

assessment of the patient, review the discharge instructions, and review the medications the patient was prescribed. This will be reported back to the physician and appropriate interventions will take place which will avoid further hospitalizations.

Emergency medical services of the future will be community-based health management that is fully integrated with the overall health care system. It will have the ability to identify and modify illness and injury risks, provide acute illness and injury care and follow-up, and contribute to treatment of chronic

conditions and community health monitoring.

Ada County Community Paramedics - Jeremiah Wickham, Dawn Rae, Mark Babson and Michael Molnar-ready to serve you.



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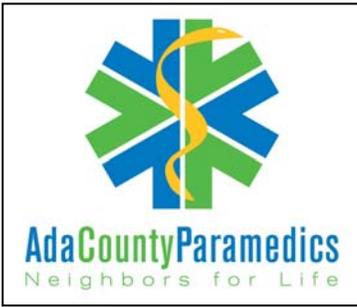
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Ada County Paramedics adds the Lucas CPR device to Ambulances

This past Spring Ada County Paramedics added the Lucas CPR Device to two EMS vehicles capable of responding anywhere in the County. In order to be able to save the lives of sudden cardiac arrest patients and avoid neurological damage, a steady supply of oxygen to the heart and brain is necessary. Life-sustaining circulation can be created through effective and uninterrupted chest compressions. Performing manual chest compressions of high quality is both difficult and tiring, and impossible in certain situations. The quality varies depending on who provides the CPR and can deteriorate quickly after only one to two minutes.

Experimental studies show that the mechanically controlled LUCAS compressions are able to sustain a higher blood flow to the brain and heart compared to manual compressions. LUCAS delivers consistent compressions according to American Heart Association (AHR) guidelines and doesn't fatigue.

The LUCAS device is a highly effective tool for pre-hospital resuscitation of ACP patients.



Ada County Paramedics
370 N. Benjamin Lane
Boise, ID 83704
Phone: 208-287-2950



We're on the Web!
www.adaparamedics.org

Reminder—we moved—Stop in and Visit us!!!

It has been over a year since relocating to 370 N. Benjamin Lane in Boise. Operations were consolidated from four separate locations into one main Paramedics headquarters location. This facility houses all Paramedics administrative and training functions, vehicle maintenance, supplies, and sits in a central location of the County. The classrooms are available for large group presentations.



This new complex houses state-of-the-art computer-controlled training facilities that allow paramedics to regularly test their delivery of life-saving emergency medical procedures with the addition of the simulation lab. Regular skills testing ensures the paramedics continue to be among the best-trained and well-equipped providers of emergency medical services in the country by allowing instant feedback to modify & strengthen their skills.



Beat The Heat

When temperatures soar, we all try to beat the heat, have fun and stay cool. If we are lucky, we can stay in air-conditioned areas or make use of local pools or lakes to stay comfortable. But whether it's heat exhaustion or sunburn, summertime heat can prevent you from having fun in the sun.

The following precautions should be observed to avoid heat complications and stay as cool as possible:

- 1) Wear loose, comfortable clothing in hot and dry weather
- 2) Remove all excess clothing in hot and humid weather
- 3) Drink plenty of fluids
- 4) Avoid outdoor activities during the heat of the day
- 5) Avoid alcoholic beverages

In addition to these precautions, you should allow yourself gradual conditioning. Heavy exertion in hot, humid (over 90%) weather is inadvisable. If your work or leisure activities involve being exposed to the sun, it is important to slowly acclimate yourself to the heat. Keep exposure times brief at first and slowly increase the time you are exposed to the heat.

Read more at: www.seniorssuperstores.com/pages/BEATTHEHEAT.html

Have 'Peace of Mind' with a Neighbors for Life Membership

Tell your friends! Our members continue to be our best resource for spreading the word about our program.

If you have a friend or family member who could benefit from our program, encourage them to sign up and save 10% off their membership this summer season!



Gift memberships are available for purchase.
Call 287-2950 to order one today!

Quick Facts

Membership is up 35% from last year
We responded to 22,029 calls last year
The average cost of an ambulance transport in 2012 is \$961
Review the complete 2011 Annual Report at www.adaparamedics.org