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\*If you have any events, stories, questions, announcements, VBEMS Updates cover page artwork, etc. that need covered/distributed, feel free to send them to [VBEMSCom@vb.gov](mailto:VBEMSCom@vb.gov)!

**ANNOUNCEMENTS**

# Thank You

TO ALL WHO HELPED MAKE OUR 2018 AWARDS  
& RECOGNITION CEREMONY A SUCCESS!

CONGRATULATIONS TO ALL  
AWARD RECIPIENTS!



The City of Virginia Beach  
Department of EMS

# WE'RE HIRING!

Business Application  
Specialist I

A photograph of the exterior of the VA Beach EMS building. The building is white with a large sign that reads "VA BEACH EMS" in blue letters, with a blue Star of Life logo between "VA BEACH" and "EMS". The building has a modern design with large windows and a glass entrance. The address "4160" is visible above the entrance. The sky is clear and blue.

VA BEACH EMS

This posting is scheduled to close Monday, June 4, 2018.

Complete details and qualifications may be found [here](#).

\*To apply for this position, please visit [www.vbgov.com](http://www.vbgov.com) or click [here](#) using Google Chrome, if available, or go to Beachnet and select W.A.V.E External Job Posting.

## **\*Trial of Mercury Medical Flow Safe II EZ CPAP Devices\***

Members,

We are now conducting a limited field trial of a different kind of CPAP device -- the Mercury Medical Flow Safe II EZ:



This model offers the following advantages over the Smiths Medical Oxy-PEEP devices that we've been using in our system:

- Less O2 consumption, therefore suitable for deployment from Engines/Ladders/Rescues
- In-line nebulizer with on/off switch – does not require a 2<sup>nd</sup> O2 source or interruption of CPAP to nebulize
- Open system prevents difficult inhalation if disconnected from O2
- Allows use of restockable T-shaped ETCO2 sensor
- Same mask can be used for BVM ventilation

### **PLEASE NOTE**

**Medics who apply a Flow Safe CPAP to a patient – including firemedics from Companies 7 and 16 - will most likely have to ride to the hospital with the patient, because the Flow Safe device may not be turned over to a lead provider who has not been trained by VB EMS to use it.**

Feel free to use me as your point of contact if you have questions or comments about this field trial!

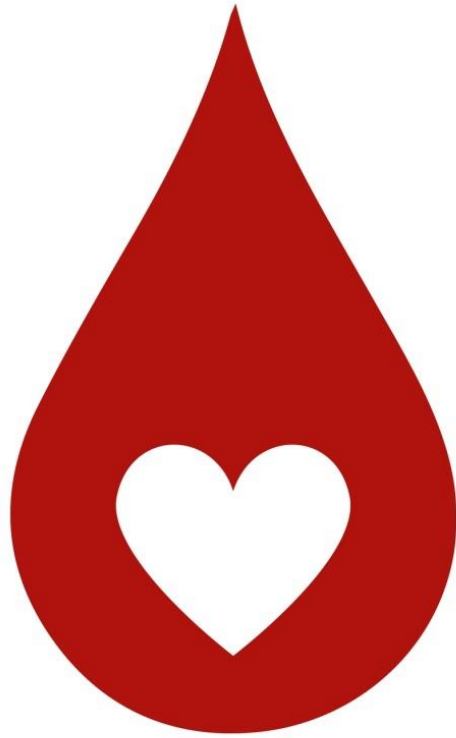
-- Division Chief Kevin Lipscomb, NRP

# Sentara Leigh changes in turnover process!



Starting on May 29, 2018 at Sentara Leigh ED, patient turnover will occur in the patient room/bedside. This means that you must give turnover to the nurse taking care of the patient, not the charge nurse.

# AMERICAN RED CROSS BLOOD DRIVE



## IT TAKES ALL TYPES.

But it only takes less than an hour to donate blood and make a difference.

**06  
11  
18**

**10 AM-2 PM**

## **Virginia Beach EMS Headquarters and Training Center**

4160 Virginia Beach Blvd.

A donor can sign up 4 ways for the drive:

1. Call 1-800-RED-CROSS and give them the date/zip of the drive.
2. Visit [www.redcrossblood.org](http://www.redcrossblood.org) and find drive by date/zip.
3. Download the Red Cross blood app and find drive by date/zip.
4. Call the VBEMS Headquarters and Training Center at (757) 385-1999 and let us know you would like to be added to the appointment sheet.

# Your Mental Health Matters

## *TEMS CISM One-on-One Support*

The TEMS CISM Team offers One-on-One Peer Support to Public Safety members throughout the Tidewater Area. Members of the TEMS CISM Team are specifically trained in individual crisis management and have experience in Public Safety. Whether it is a rough call,

work stress, or life stress, the members of the CISM Team are available to assist you in stress identification and management as well as resource referrals. The CISM Peer on call can be reached by calling 757-414-2476.

## *Virginia Beach EAP (Employee Assistance)*

Did you know that all members of Virginia Beach EMS, volunteer or career, are eligible for services through the City of Virginia Beach EAP (Employee Assistance Program)? Through EAP, you and members of your immediate family can access counseling services at no charge. Concerns don't have to be EMS related. You can receive family or marriage counseling, assistance with job or life stress.

EAP services can be accessed by calling 1-800-448-4358, or by visiting the website [humana.com/eap](http://humana.com/eap) and using the user name 'VirginiaBeach', and the password 'employee'.

Scan Here for the Humana EAP Website



## *Know the Signs of Stress*

•••

- Anxiety
- Difficulty Sleeping
- Changes in Mood or Behavior
- Irritability or Anger
- Social Withdrawal
- Changes in Appetite
- Lack of Motivation or Focus
- Feeling Overwhelmed
- Sadness or Depression

## *Ways to Combat Stress*

•••

- Maintain a Healthy Diet
- Get Plenty of Rest
- Connect with Family and Friends
- Exercise
- Breathing Techniques
- Take Time to Relax and Enjoy Hobbies and Outside Interests

## **\*Submit a Class Act Award\***



Looking for a way to recognize a fellow VBEMS member for going the extra mile? Submit a Class Act Award!

**Purpose:** To provide a way for ERS members to credit their peers for actions deserving of recognition.

**Criteria:** ERS member(s) who have gone the “extra mile” in conjunction with fulfilling their commitment to the volunteer rescue service.

**Eligibility:** Any ERS member

To submit a Class Act Award, please click [here](#).

## **TRAINING**

### **\*Active Threat/CMCI Training\***

In a follow-up to the classroom portion of VBEMS’s response to Criminal Mass Casualty Incidents, we are partnering with the Virginia Beach Police Department and the Virginia Beach Fire Department to coordinate “all-in” training to practice the concepts of Rescue Task Force and combat casualty care. Continued events throughout our country have spurred a national discussion on the survivability of victims and safety of first responders during active shooter events and other forms of aggressive deadly behavior. This class will give you the knowledge needed to perform critical tasks if a similar situation arises in Virginia Beach.

During this 4 hour course, members will team up with our police and fire counterparts and learn to quickly and effectively enter “warm zones” to treat and evacuate critically injured patients. This class combines both classroom learning and practical stations to better develop members’ skill set on wound packing, tourniquet use, and patient extraction.

#### **June Class Schedule:**

- Monday, June 4<sup>th</sup>, from 0900 to 1300 hours and 1300 to 1700 hours
- Wednesday, June 6<sup>th</sup>, from 0900 to 1300 hours and 1300 to 1700 hours
- Monday, June 11<sup>th</sup>, from 0900 to 1300 hours and 1300 to 1700 hours
- Monday, June 18<sup>th</sup>, from 0900 to 1300 hours and 1300 hours to 1700 hours
- Monday, June 25<sup>th</sup>, from 0900 to 1300 hours and 1300 to 1700 hours
- Tuesday, June 26<sup>th</sup>, from 0900 to 1200 hours and 1300 to 1700 hours



This class is recommended for all operational members within the Department. Class sizes are limited to 10. Continuing education credits will be received. The Criminal Mass Casualty Class (CMCI) training will take place at the VBFD Creeds Training Facility. All interested members will need to contact Brigade Chief Mike Lewis at [mplewis@vb.gov](mailto:mplewis@vb.gov) to register for the course.

Mike Lewis  
Brigade Chief, Special Operations

**\*Operations Track Courses (New Member/Operational CE Courses)\***

These beneficial courses are open to VBEMS New Red badge Trainees, BLS Academy students, AIC Interns, and general operational members. Certified EMTs and above can get CEs for attending.

\*To register, please send an e-mail to [EMSTrain@vb.gov](mailto:EMSTrain@vb.gov).

Provide:

- Course
- Date
- Your contact info

As always, please feel free to call (757) 385-1999 if you have questions regarding registration. For questions about the Operations Track CE programs, contact Instruction Supervisor Eric de Forest at [edefores@vb.gov](mailto:edefores@vb.gov).

<b>Operations Session IV: North VB City &amp; Norfolk</b>		
<b>Operations Tour:</b> Central and north city Geography (Stations: 14, 8, 22, 1, 4, 2, 15, 16, 3) ER's: VBGH, SI-ER, SLH, SNGH, Nightingale, CHKD. Identify Specialty Call locations: VB Boardwalk, Chesapeake Bay Bridge Tunnel, Millers Store Road (Airport Alert) + Map Book orientation, VB Geography, VBEMS Specialty Team locations & Fuel Locations (Meets at Rescue 14)		
Date	Location	Time
Saturday, June 2, 2018	Rescue 14, 740 Virginia Beach Blvd	0800-1700

**Operations Session V: South VB City & Chesapeake**  
**Operations Tour:** South city and rural Geography, (Stations: 21, 5, 19, 9, 10, 13, 6, 17), ER's: SPAH, Chesapeake Regional, identify Specialty Call locations: City Jail, Juvenile detention center, City Courts, North Landing Bridge + City Garage, VBEMS Special Teams & Fuel Locations (Meets at Rescue 21)

Date	Location	Time
Saturday, June 16, 2018	Rescue 21, 1468 Nimmo Pkwy	0800-1700

**Operations VII: 911 Center Operations**  
**Tour:** Communications/EOC center Tour, Dispatcher presentation, Radio Use and etiquette, observation time in radio room...(Meets in Building 30 Communications at the Municipal Center)

Date	Location	Time
Saturday, June 9, 2018	Bldg. 30, 2508 Princess Anne Road	1300-1630



VBEMS Member Communications  
[vbemscm@vb.gov.com](mailto:vbemscm@vb.gov)

