



District One Dispatches

Back To Business

January's training will be our annual mask fit testing followed by airborne/ blood borne training. For those who may be interested, Ron will be available at the station Friday, January 6 from 5:30-7 for mask fitting.

Our new jackets have arrived. They are available for pick-up in the training room. If you were unable to make it in to select a size, a size has been selected for you. Please refer to the sign up sheet to find what size was ordered for you.

Save the Date

The Dane County EMS Banquet will be held Saturday, February 18th at Turner Hall on Stoughton Rd. in Madison. A sign-up sheet is available in the bay for those who wish to attend. This year will feature several honors for District One including:

- Recognition of the district for providing 35 years of service
- 3 members who will be receiving years of service awards
- Celebrating our 3 Saves of 2011

The cost of attendance for members, plus one guest, is paid for compliments of the Dane County District One Members Association.



Inside this issue

Calendar	2
Biology Brief	2
Who's Got Your Back	3
Noteworthy.....	4
Organization Vitals	5

January Training

Monday,
Business Meeting
6:30 PM
AB/BB
7:00 PM

Upcoming Events

January

12 Training @ D1
AB/BB

February

13 Training @D1
2011 Case Review
w/ Dr. Hupp

18 Dane County
EMS Banquet @
Turner Hall
(Madison)

Biology Briefing

Hepatitis B (HBV) is a disease that is caused by the hepatitis virus. When hep B enters the liver, it invades the liver cells and begins to multiply. This causes inflammation (hepatitis) of the liver. Infection with hep B can lead to scarring of the liver, liver cancer, liver failure, and even death. In most cases, hep B causes limited infection which an individual's immune system can successfully fight off in the space of several months. During this process, the individual will develop lifelong immunity to hep B. However, some individuals are not able to fight off the hep B virus. If the infection lasts longer than 6 months, an individual is considered a "carrier" even if they are asymptomatic. Carriers are responsible for spreading the disease to others. For a small percentage of carriers the infection, for reasons unknown, will eventually clear. For others, the infection will become chronic which can lead to cirrhosis (hardening) of the liver.

Hepatitis B is transmitted from person to person through exposure to blood, semen, or other bodily fluids. Common modes of transmission include: sexual contact, sharing of needles, accidental needle sticks, and mother to child. The hep B virus can remain viable outside the human body for at least 7 days. During that time, the virus is capable of causing infection if it enters the body of a person who has not been infected.

The most common symptoms of hepatitis B are: abdominal pain, dark urine, fever, joint pain, loss of appetite, nausea, vomiting, weakness, fatigue, and jaundice. Symptoms generally appear approximately 3 months after being infected and can range from mild to severe. Most infected infants and children do not develop signs or symptoms.

As EMTs the best preventive we have available is receiving the Hepatitis B vaccine which is a series of 3 shots given over a period of 6 months. Other actions include: frequent and proper hand washing, using barriers (gloves, gowns, goggles), and sanitizing our equipment with a bleach-based cleaning agent.

Interested in learning more, visit my source sites:

<http://www.mayoclinic.com/health/hepatitis-b/DS00398>

<http://www.webmd.com/hepatitis/digestive-diseases-hepatitis-b>

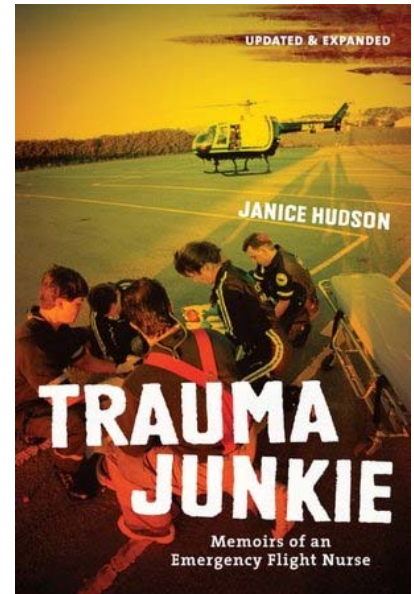
<http://www.cdc.gov/hepatitis/b/bfaq.htm>

Book Nook

My holiday reading started off with *Trauma Junkie* by Janice Hudson. An ER nurse, Hudson, left her position to join the California Shock /Trauma Air Rescue (CALSTAR) at a time when air ambulance service was just emerging. Three years in to her service with CALSTAR she attended a stress debriefing where it was suggested that keeping a journal is a good way to work through emotions. Hudson began to write and eventually, *Trauma Junkie* took form.

The story takes off with Hudson on her first day with the helicopter (and the resulting radio mishaps) and doesn't land until she is grounded by unforeseen circumstances. Witty and sharp, this book has mass appeal. As an EMT-B, it was interesting to be granted an all access pass in to the thoughts of an ER RN. It was reassuring to learn that often times her concerns were similar to those we have in the field.

Equal parts memoir, case review and philosophy *Trauma Junkie* is a well-written read. Anyone who chooses to pick this book up can expect to take away not only entertainment, but also, valuable lessons that all of us in emergency medicine shouldn't forget.



Around the Web

The following link is to an article that recently caught my eye when it was posted to the JEMS Facebook page. Entitled, "EMS Grammar Lesson," it is a helpful review of some information to remember as we write our run reports.

<http://www.jems.com/article/administration-and-leadership/ems-grammar-lesson>

Short and entertaining Bryan provides EMS specific examples to help remember those easy grammar slips.



There, They're, or Their?

Now Showing

It was, no doubt, an exciting December for Dane County District One Member Justin Gleicher. December 22nd marked the opening of his first large gallery show, "Photos from Peru," at Project Lodge. Located at 817 E. Johnson Street (between Livingston and Paterson) in Madison Project Lodge is described as an art gallery, music venue, and all-around creative space. Until January 19th, it may also be called home to Justin's chosen works.

"Photos from Peru" is the culmination of a four week long journey of discovery through Peru. It features 11 photos from such places as: Machu Picchu, Arequipa, Lima, the Sacred Valley surrounding Cusco, the aqueducts outside Nazca, the small fishing village of Huanchaco on the Northern Coast, the Cordillera Blanca mountains near Huaraz, and several other locations. Describing his show for an Isthmus press release Justin said, "Peru is a place of bright colors, expansive vistas, and fun and playful people. The photos reflect the diversity of the country's natural heritage, and show a glimpse of its cultural heritage as well."

"Photos from Peru" will run Thursday, December 22, 2011-Thursday, January 19, 2012. Project Lodge will host a closing reception January 14, 2011 from 7-10pm. If unable to attend the closing reception, gallery hours are available by appointment, 608-658-4000 or 608-516-1765.

Congratulations and best wishes on your show Justin!

Do you know of something noteworthy happening within our membership? Mention it for future features in dispatches. Thanks to Amy Owen and Jim Wick for spotlighting Justin's accomplishment.



Photo By: Justin Gleicher



Photo By: Justin Gleicher

District One Stats:

Members: 58

Runs December: 26

2011 Total: 316

District One EMS Member Association

President: Bruce Gullickson 843-6183

Vice President: Terry Barton 206-2129

Treasurer: Stacy Schmidt 235-4642

Secretary: Kim Feiner 206-3575

Find District One on the Web @ www.district1ems.com

Dane County District One EMS

District Director : Jim Wick 206-4289

Training Director: Rick Feiner 574-1821

Infection Control Director: Ron Koenig 445-3257

Medical Director: Dr. Janelle Hupp 767-2526

Commission Members:

Village of Black Earth: Beth Marty 767-6505

Village of Mazomanie: Addison Pettis 795-2422

Town of Berry: Tony Varda 798-9999

Town of Black Earth: Tom Schlick 795-2722

Town of Mazomanie: Dan Behringer 795-2618

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Submissions due each month by the 24th.

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