



April is Stress Awareness Month

HIGHLIGHTS

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We all experience stress – yet we may experience it in very different ways. There is no single definition for stress, but the most common explanation is a physical, mental, or emotional strain or tension — a reaction to a situation where a person feels anxious or threatened. Learning healthy ways to cope and getting the proper care and support can help reduce stressful feelings and symptoms. Common reactions to a stressful event can include:

- Disbelief, shock, and numbness
- Feeling sad, frustrated, and helpless
- Difficulty concentrating and making decisions
- Headaches, back pains, and stomach problems
- Smoking or the use of alcohol or drugs

When you are placed in a stressful situation, specific stress hormones rush into your bloodstream leading to an increase in heart rate, blood pressure, and glucose levels. This is helpful in emergency situations but having this “rush” for extended periods of time can be dangerous and make you susceptible to the issues mentioned previously. Learn to overcome issues you cannot change.

Sometimes the stress in our lives is not something we have the power to change. Try to:

- Recognize when you don’t have control and let it go.
- Avoid getting anxious about situations that you cannot change.
- Take control of your reactions - focus your mind on something that makes you feel calm and in control.
- Develop a vision for healthy living, wellness, and personal growth, and seek realistic goals to help you realize your vision.

Here are some basic ideas to help you cope with stress:

- Take care of yourself – eat healthy, exercise regularly, get plenty of sleep, give yourself a break if you feel stressed.
- Share your problems and how you are feeling and coping with a family member, friend, doctor, pastor, or counselor.
- Avoid drugs and alcohol. They can create additional problems and increase the stress you are already feeling.
- Recognize when you need help – know when to talk to a psychologist, social worker, or counselor.

Potentially, the most valuable takeaway here is knowing how to talk to others about your stress. This goes both ways as you need to know how to discuss your problems with others as well as talk to anyone that comes to you with their issues.

SAFETY ALERT

March 27, 2023



IV Start Kit



During two separate incidents, a piece of metal has been identified in the luer-lock valve body of the extension tubing in the IV Start Kit (reference image above). This is **TWO KITS OUT OF 340,000 KITS USED IN THE SYSTEM SINCE 2019.**

The piece of metal is the sterile inner cannula of the luer-lock valve body that during the manufacturing process was not installed correctly. **IT IS NOT A PIECE OF METAL FROM PRODUCTION MACHINERY.**

OUT OF AN ABUNDANCE OF CAUTION, PLEASE TAKE A QUICK LOOK AT THE LUER-LOCK VALVE OF THE EXTENSION SET FROM THE IV START KIT PRIOR TO USE TO ENSURE IT APPEARS NORMAL

The medical device manufacturer has been notified and is actively investigating.

In the event any additional instances of this scenario are identified (reference the image above), immediately remove and quarantine the extension set and the entire kit (including packaging). Secure everything in a system tamper evident medication bag.

Make immediate notification to your agency EMS Coordinator for further instructions. At this time, product is not being removed or recalled.

Additional information will be shared as it becomes available.

MEDICAL DEVICE



**What you do
matters!**

Safety and Emergency Services **Apparatus Fair**

Where: The Public Safety Complex (10750 Ulmerton Road)

When: May 6, 2023, from 11am-3pm

Who: Family and Friends of Safety and Emergency Services

**Learn how Safety and Emergency
Services works together!**

Festivities include:

- Touch a Truck
- Demonstrations
- Food Trucks
- Outdoor Games
- Educational Booths

**Look for more information via
email as the event get closer!**

For more information or
questions, email a member of
the Apparatus Fair Committee.

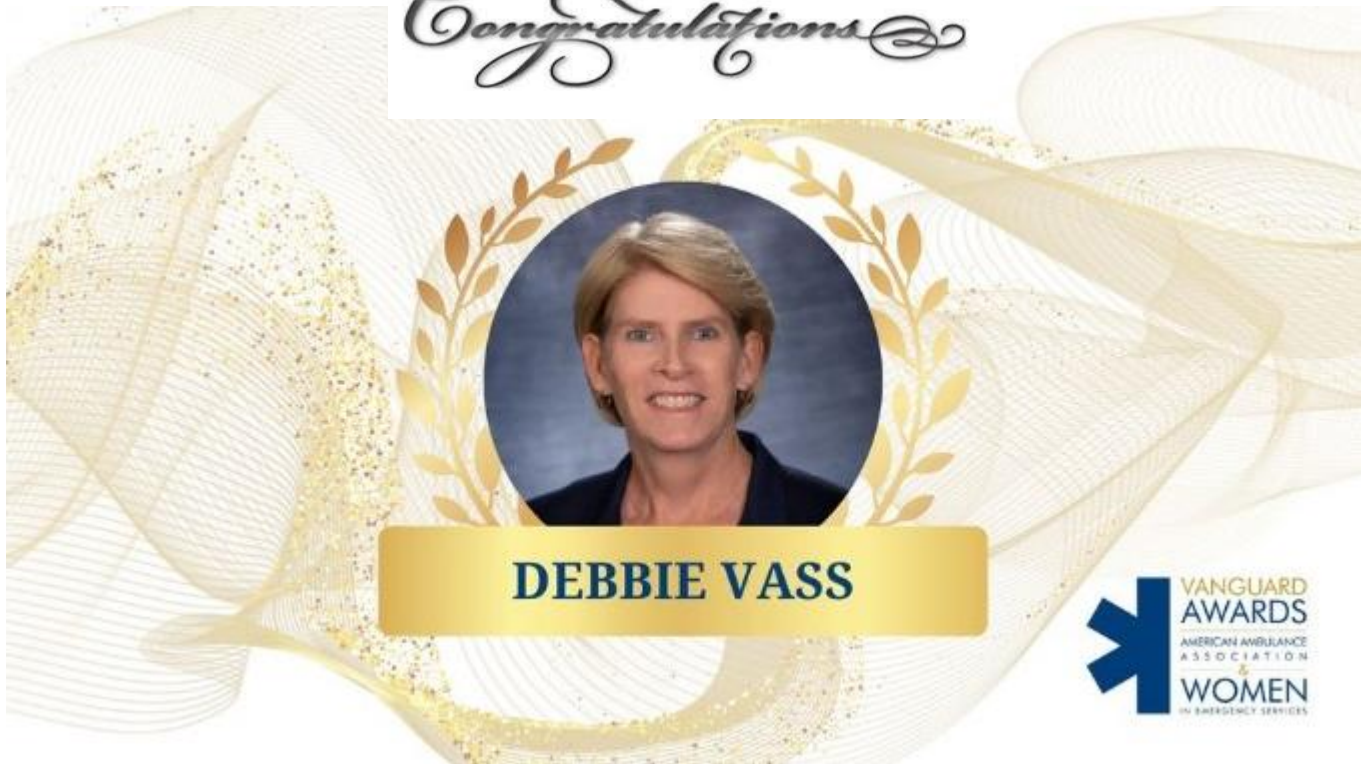
Committee Members: Lisa Breidenbach, Haley Bean,
Brian Gallaher, Morgan Pyle, Leyna Lacognata.





American Ambulance Association Announces Inaugural Vanguard Award Recipient

Congratulations



Washington, D.C – The American Ambulance Association (AAA) is proud to announce their inaugural Vanguard Awards. The Vandeadards honor those who blazed the trail for fellow women EMS professionals. The winners represent a diverse group of dedicated individuals who have made significant contributions to mobile healthcare.

“We are thrilled to recognize these trailblazers who have paved the way for women in EMS.” Said Randy Strozyk, President of AAA. “Their dedication, perseverance, and commitment to excellence have not only elevated their own careers but have also helped to advance the entire profession.”

Our own **Debbie Vass, Sunstar Paramedics, Chief Administrative Officer**, is among the 23 winners of the prestigious 2023 award .

The winners will receive complimentary registration to the American Ambulance Association Annual Conference & Trade Show in Las Vegas on June 26 – 28, 2023. They will also be recognized at the President’s Reception on the evening of June 27, and their profiles will be featured on the AAA website and social media.

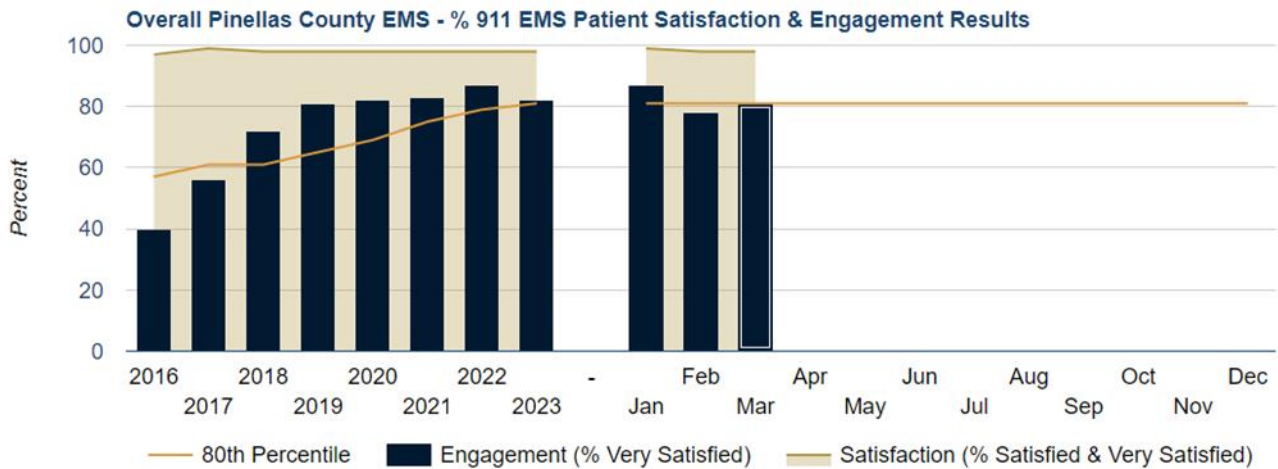
QA Corner:

Hello, Pinellas County Fire and EMS: My name is Chris Jordan, and I am the PCEMS Quality Assurance Coordinator. My position involves measuring and ensuring the quality of service that we offer the citizens of Pinellas County, as well as finding ways to improve that service when applicable. I wanted to take some time and share with you all some Trends we've seen so far this year.

Opioid Abatement Program Stats:

COSSAP Referrals: 56 YTD

Leave Behind Narcan kits deployed: 102 YTD



Key takeaways from the first Quarter of 2023:

- Patient Satisfaction rate was **98%** overall

A NOTE FROM:

Safety Harbor Resort and Spa

On March 13, the resort suffered a fire. Fortunately, all guests were evacuated quickly and without harm. Thank you to the brave fire crews from [Safety Harbor Fire Department](#), [Dunedin Fire Rescue](#), [Clearwater Fire & Rescue](#), [Oldsmar Fire Station 54](#), [Palm Harbor Fire Rescue](#), [East Lake Fire Rescue](#), and [Largo Fire Rescue](#) who all responded to help care for our resort. We are fully open and welcoming guests as the incident was contained in a sauna area. Thank you to our wonderful community for the heartfelt concern expressed during this time.



Spring Training at Baycare Park!

“Special Operations Supervisor Stephen Glatstein and members of the Special Operations Response Team provided EMS for the Philadelphia Phillies Spring Training Games at BayCare Ballpark for the 2023 pre-season. The SORT Team handled 199 calls for service during the 16 games. Congratulations to everyone involved, for keeping the spectators and Phillies players safe during this years Spring Training.”

2023 Phillies pre-season is complete with a ton of work done by Stephen and the **S.O.R.T.** team!
some season ending stats below:
Calls for service: 199 BLS patients: 131 ALS patients: 59
Transports: 17

Stephen Glatstein
Special Operations Supervisor

Shift Commander
Craig Gesterling

Crew 1:
Assistant Supervisor Ray Iris
Joseph Mobayed

Crew 2:
Assistant Supervisor Danny Wunderlin
Philip Tavano

Crew 3:
John Young
Nicholas Christiani

CARE PLUS 'ALL-STARS' – March 2023



Sunstar Paramedics

Youth Leadership Pinellas went on a field trip to Sunstar HQ. These inspiring young people got to learn hands on CPR from our Clinical Services Department as well as a tour of the facility and trucks. The future is bright for these young leaders.



***Palm Harbor Fire Rescue & Oldsmar Fire Rescue
with Suncoast Animal League***



It Takes a Village

We were planning on a Sunday rescue of 27 dogs and 7 cats but that all changed on Saturday night when we received a call from Hernando County Animal Services. It was 10 pm and Hernando was in the midst of a 19 (Pomeranian/Chihuahua mix) dog confiscation and their shelter was jammed packed. Suddenly, our 27 dog rescues elevated to 45!

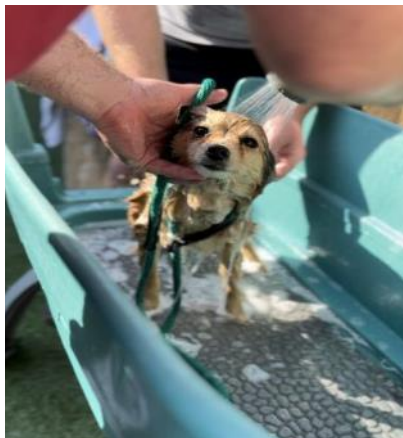
As luck would have it, [First Responders from Palm Harbor and Oldsmar](#), and their family members were already scheduled to help at the rescue. And help they did!

They assisted our regular volunteers with set up, removed the dogs from the vans, bathed them, kept the dogs quiet, calm and comfy as pen sitters took the dogs to and from their vet exams, assisted with foster meet & greets, helped with clean up and actually fostered dogs themselves, and of course shed a few tears throughout the day.

Annette and Christopher made the journey in two separate vans to get the 45 dogs and 7 cats safely to Suncoast Animal League. Dr. Danielson and Dr. Culpepper worked tirelessly examining all 45 dogs. Our regular volunteers did their usual incredible job, some staying as late as 9 pm, and our fosters showed up by the dozens—some coming as late as 9 pm to foster a pup. By day's end 42 of the 45 rescued dogs were placed into foster homes including all 18 that were involved in the confiscation the night before. And, Hershey who was already at the shelter became the 43rd dog to be fostered on Sunday.

They say “It Takes a Village” but on Sunday, the village was expanded by two communities of First Responders and several different counties of volunteers and fosters. By the end of the day, 53 cats and dogs found themselves on their way to new beginnings. Sunday was more than a good day, it was a GREAT day — one to be remembered!

THANKS TO ALL!





South Pasadena's new Truck 20 is now in service!

As a time-honored tradition among fire stations, a "Push-In" ceremony is when the fire department honors its firefighters, and they push a new fire truck into the station.

Dating back to the 17th century, "Push-In" ceremonies originated when early hand-drawn fire engines and other apparatuses required hand pushing into the station after every call.

In the 18th century, horse-drawn steam engines were used to help put out fires in town, but they could not be backed up into the station. So the horses were disconnected and the firefighters had to still push the engine into the station.

In the 19th century, motorized fire engines spread throughout and didn't need to be pushed in. Firefighters have continued the tradition of pushing in new trucks to honor the "Push-In" ceremony.

On April 4, the City Commission and Staff were honored to be joined by officials from Pinellas County and officers from neighboring fire departments for a Push-In Ceremony to welcome the apparatus into the South Pasadena Fire Department fleet.

Truck 20 is a Sutphen SP70 Aerial Platform Truck that has been outfitted with a custom compartment housing state of the art extrication equipment. The new truck matches Rescue 20 with the Department's new color, Carbonized Grey. Be on the look out for the new T20 as it begins serving the community.





Largo Fire Rescue

Largo Fire Rescue held their Officer's Retreat at the Central Park Performing Arts Center. Fire Chiefs and Company Officers of Largo Fire rescue spent the morning together to discuss department updates, goals, and strategic plan initiatives aimed to exceed the evolving needs of our community.



Largo Fire Rescue recently joined Largo Police /Department for their roving community event where we visited 5 different manufactured home communities to spend time with the residents and share home safety information. Speaking of home safety, did you know that Largo Fire and Largo PD host FREE safety presentations for your community groups? Visit Largo.com/Safety and Largo.com/Police to learn more.

Topics include: Fire Prevention featuring our new "Cooking Hazard Kitchen"; hurricane preparedness; fall prevention; scams and fraud prevention; home security, and more!





Dunedin Fire Rescue

Dunedin Fire Rescue placed its new Rescue 60 into service on April 5. Rescue 60 is a Dodge Ram 4500 Wheeled Coach ambulance that is staffed by two paramedics.

The City Commission and staff were honored to be joined by officials from Pinellas County. Immediately upon being put in service, R60 started receiving calls.

Rescue 60 is now in service!





Madeira Beach Fire Department

Madeira Beach Fire Department recently completed the final steps to put Brush 25 in service which included paint, striping, and installing a tank and pump. This vehicle was obtained through the State of Florida Department of Agriculture and is a decommissioned military apparatus known as a Light Marine Tactical Vehicle (LMTV). This will also allow MBFD to navigate flooded areas in our city and neighboring communities. After the major flooding encountered during Tropical Storm Eta, it became obvious that there was a need for a high-water vehicle in Madeira Beach.



How Many Cameras?

It is almost time for ACLS again. As part of getting ready, we have been creating new videos for the May “ACLS Prep” CME. Here is a little behind-the-scenes action as we try to show best practices for running a “Pit Crew”. The focus is minimizing interruptions to high-quality CPR, providing the best chance of survival. In the picture, you can see the patient has been moved to a spot where rescuers can properly position themselves. They can easily access both sides of the patient and have gear positioned where it is needed. I would like to thank everyone for their participation in making this and several other videos. Creating this and other educational content is a group effort. If you are ever interested in participating or have any ideas for content please notify Mark Eggers.

So how many cameras can you find in the picture? Did you find them?

There are **3** cameras in this photo.





Oldsmar Fire Rescue & Safety Harbor Fire Rescue



Last month we conducted Roof Operations and saw training with Safety Harbor. The goal of our training was to discuss the proper procedures on using power saws and proper techniques on how to cut a hole in the roof without cutting through the roof rafters. The platform we're using is a training prop, purchased by the fire department to train on different styles of roofs. The prop allows us to set up a pitched roof, flat roof and has brackets to put 2x4 lumber in to replicate where floor joists or roof trusses would be. The acquired structure offers us an opportunity to train with our neighboring departments so everyone is getting the same message with regards to tactics and operations.

In the picture Firefighter Paramedic Saflor is demonstrating the proper cutting technique while using our "Cutters Edge" ventilation chain saw. The saw runs at 13,500 RPM and is equipped with a carbide tipped chain and solid bullet raker gauge. A powerful saw designed to cut through many layers of roofing materials.



Mental Health Training

Franciscan Center 'Operation Restore'



Find Your Center

DATES FOR UPCOMING

RETREATS

April 24-27, 2023

May 22-23, 2023

July 24-27, 2023

If you, or someone in your agency is interested in attending, please email
or call

Liz Fogo @ lfogo@pinellas.gov or 727-582-5755

Seats go quickly! Reserve yours now!



National Hurricane Preparedness Week is a week-long nation-wide effort in the first or second week of May. This year, it is observed from May 1 to 7. Its purpose is to get the country prepared in case a hurricane strikes. With record water levels being reached, we need Hurricane Preparedness Week now more than ever. A hurricane, also known as a tropical cyclone, is a rotating storm system characterized by strong winds and spiral arrangement of thunder storms. Each day during Hurricane Preparedness week, a specific hurricane–related topic is addressed from storm surges to the disaster planning process, evacuation zones, emergency alerts, home fortification tips, and supplies needed.

Hurricane Preparedness Week is important:

- At least 40% of the hurricanes that happen in the United States occur in Florida
- Hurricanes have been getting worse
- It's all about saving lives and property
- It doesn't hurt to be prepared
 - ☞ Create a disaster plan
 - ☞ Fortify your home
 - ☞ Gather Supplies

