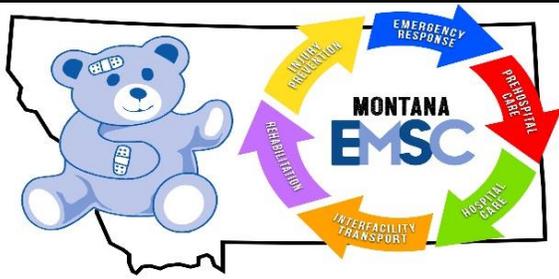


EMSC/CHILD READY CONNECTION NEWSLETTER



MONTANA EMS & Trauma Systems
 EMS for Children/Child Ready MT
 1400 Broadway, Rm C303
 PO Box 202951
 Helena, MT 59620-2951

Greetings!

The Emergency Medical Services for Children (EMSC) Program aims to ensure that emergency medical care for the ill and injured child or adolescent is well integrated into an emergency medical service system.

We work to ensure that the system is backed by optimal resources and that the entire spectrum of emergency services (prevention, emergency response, prehospital care, hospital care, inter-facility transport, and rehabilitation) is provided to children and adolescents, no matter where they live, play, attend school or travel.

THE RIGHT CARE AT THE RIGHT PLACE AT THE RIGHT TIME WITH THE RIGHT RESOURCES!



Child Ready Montana- State Partnership For the Regionalized of Care (SPROC)

The intent of the program is to develop an accountable culturally competent emergent care system for pediatric patients across Montana.

WHAT'S NEW?

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Exciting news and events are going on this month

Mini Modules to Relieve Stress for Healthcare Workers Responding to COVID-19: Stress Management Exercise [r20.rs6.net](a short video that can help you manage stress before, during, and/or after your shift).

<https://files.asprtracie.hhs.gov/documents/aspr-tracie-healthcare-worker-self-care-exercise-covid-19.pdf>



Are you pediatric ready?

Now is the time!

FEELINGS THERMOMETER

When this resource from our partner, the [Wisconsin Department of Children and Families](#), came across my desk, I knew it needed to be shared with a wider audience. It's a [Feelings Thermometer](#)! The Feelings Thermometer uses visuals to help kids gauge how they're feeling in that moment. And there are 4 reasons why we think you'll want to share it with your families.

1. It's easy to use for kids of all ages, with pictures or colors for the younger ones and words for older kids.
2. It builds parental understanding by offering behaviors that might accompany these emotions, in addition to naming the emotions themselves.
3. It gives a few actionable choices to deal with the feelings.
4. Bonus, it works for adults too!

FEELINGS THERMOMETER

How do you feel?

What can you do about it?



ANGRY, FURIOUS, EXPLOSIVE

▶ Yelling, Stomping, Meltdown

- Vigorous physical exercise
- Breathe deep breaths
- Take a warm shower or bath



FRUSTRATED, ANNOYED, IRRITABLE

▶ Arguing, Refusing, Shutting down

- Meditate/pray
- Listen to favorite music
- Take a fast-paced walk



ANXIOUS, WORRIED, UNSETTLED

▶ Pacing, Avoiding, Clingy

- Talk to a family member/friend
- Pay attention to each of your 5 senses
- Focus on what you *can* control



SAD, NEGATIVE, LONELY

▶ Crying, Withdrawn, Slowed/Disengaged

- Set a positive goal for the day
- Call a friend or relative
- Journal about your feelings



HAPPY, CALM, CONTENT

▶ Smiling, Laughing, Engaged

- Help someone else
- Notice and enjoy your positive mood
- Engage in an enjoyable activity



Wisconsin Office of **Children's Mental Health**

children.wi.gov

ACTIVITIES TO HELP CHILDREN

Sad, Negative, Lonely

We call it a “20-second hug reset”. A 20 second hug can shift and boost your mood. I shared the knowledge with my kids. Now, when they are feeling down, I announce “20-second hug!” and scoop them in and we count down together. Sometimes I use a silly voice, other times a whisper.

Anxious, Worried, Unsettled

Breathing really helps here. For younger kids pretending fingers are birthday candles, taking a deep breath and blowing them out can get the breath moving in a calming direction.

Another favorite is called “mountain breathing”. Hold your hand spread out in front of you. With a finger from the opposite hand, trace your thumb and each finger. Breath in as you trace up the finger and out as you trace down. Once completed, your child has taken 5 deep and calming breaths.

For slightly older kids and adults [this visual of an expanding shape](#) can help them learn how to take a few deep breaths to feel calmer.

Frustrated, Annoyed, Irritable

Movement is our go-to for this one. A 10-minute break outside just to get some air or run around can shift emotions. If you need to move indoors, putting on a favorite song and dancing can ease tension, too. For little kids, a wiggle break is a Ready4K favorite. Add silly sounds and you can’t go wrong.

Angry, Furious, Explosive

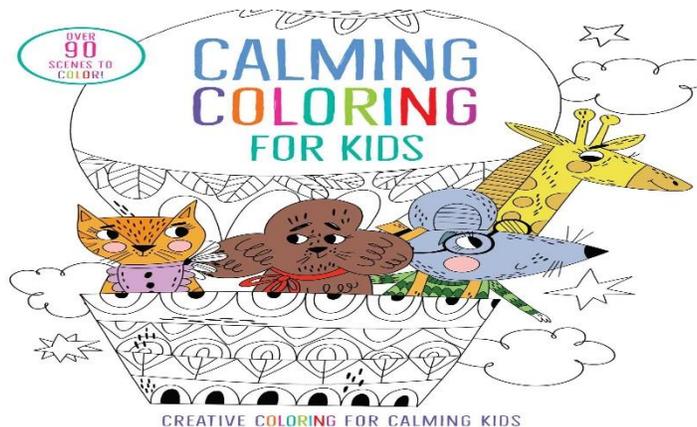
When things get to this point it can feel really overwhelming as a parent. Our child’s intense emotions can also make us feel the angry, furious, or explosive feelings as well. Taking a few deep breaths and having a strategy ready will help. Finding a quiet space to just sit with your child can begin to set things right again. Often times adding a book to read or a stuffed animal to cuddle with helps too.

When the situation allows, I just add water! This is usually in the form of a bath, but for younger kids sink play works in a pinch. I say, “You are really angry, let’s go calm down in the bath”. If I get resistance, I let them know that they could say I was wrong if they still felt angry after the bath. And so far, they’ve never said I was wrong (well, about the bath!)

As we shift seasons and navigate the holidays we choose to celebrate, we encourage you and your family to take moments to care for yourselves and your feelings.



Give Your Child the Tools to Manage Their Own Meltdowns



12 Ways to Help Kids CALM DOWN

In-the-moment techniques to calm a child who is overstimulated out are SO important. Here are 12 ways to help a child get into a calmer space.

SENSORY INPUT



Carry something heavy to engage the large muscle groups



Hang upside down on the jungle gym or on a couch



Get a really tight, long bear hug from a friend or family member

CROSSING THE MIDLINE



Do cross-crawls: Touch one hand to opposite knee. Repeat with other side.



Do 20 jumping jacks then touch hand to opposite toe 20 times



Draw wide figure 8's in the air in front of you. Do it with each hand

GROUNDING



Focus on what you hear, see, smell and feel to bring attention back to your body



Wash your hands for 2-3 minutes and really feel the water.



Ball you hands into fists, then relax. Tense entire body, then relax.

MINDFULNESS



Do square breathing: Do each for 4 seconds: breath in, hold, breath-out, hold. Repeat.



Grab a textured object. Close your eyes and describe what it feels like.



Jump up and down for 1 minute. Then close your eyes, put your hand on your chest and count your heartbeats.

SPECIALMOMADVOCATE.COM

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5 TIPS TO HELP A CHILD NOT BE AFRAID OF SHOTS

Most children will be scared of shots at some point in their lives. See expert tips to make vaccination day less painful. Between [standard vaccines](#) and an annual [flu shot](#), children get many shots throughout their early lives. At some point, it's likely that every child will experience some degree of fear or anxiety about getting poked. According to a [2018 survey](#), **half of 2- to 5-year-olds are afraid of visiting the doctor, and 1 in 25 parents have delayed or canceled a vaccination visit because of their child's fear.**

As difficult as it can be to calm an anxious child – or stay calm yourself – vaccines play a critical role in protecting children from serious illnesses. Knowing that a shot will only take a minute provides some comfort, but how can you reassure your child for the hours before or after? [Preeti Sharma, M.D.](#), pediatric pulmonologist at Children's HealthSM and Assistant Professor at UT Southwestern, shares some tried and true tips for helping your child overcome a fear of shots.

1. Explain the benefits.

Depending on your child's age, you can explain what the vaccination is for and why it is important for their health. Remind kids that this will keep them healthy and strong and help prevent them from getting sick, talk about that while the shot may be uncomfortable for a minute, an illness like the flu makes you feel bad for much longer. Understanding its importance can make an annual shot an expectation and positive choice rather than something to dread.

2. Plan a reward.

Associating getting a shot with a special treat can be a good way to ease anxiety, because it gives your child something to look forward to. They may even become more focused on what they are doing after their appointment instead of the appointment itself. Make a plan in advance, schedule an activity for after the shots, like having a picnic or going to see a movie. By the time the fun is over, often the discomfort of the shot is forgotten."

3. Distract from pain.

Anticipation of a shot is often more painful than the actual prick. Try some techniques to distract a child. Offer to hold their hand, ask them to think about their favorite toy or family pet, tell them a joke or sing to them. Try giving them a task like blowing air at your face on the count of three when it's shot time.

4. Be a role model.

"It really helps to make vaccines an expectation," says Dr. Sharma. "My kids know that every fall, the whole family gets a flu shot." If you get a shot yourself, your child will start to recognize that this is a normal occurrence and there is nothing to be afraid of. Chances are if your child sees you being brave, they will follow.

5. Provide positive reinforcement.

Having a positive attitude while the child is receiving a shot is very important. Try smiling at them and have relaxed body language. They want to know that you are there for them. If you remain calm, a child is more likely to do the same. "Positive reinforcement goes a long way in making it a better experience, for example, saying 'You did a great job' or 'Look at how strong you are!' can make a child feel better almost instantly."

Vaccine anxiety varies with each child, and what works one year might change the next. However, we hope these tips make your next doctor's visit a more positive one as you take steps to keep your child healthy.

[Get the facts](#) about vaccines and download current immunization schedules.

Big Sky EMS Education Symposium

Virtual Offering

Earn up to 9 CE hours for EMS providers

*St. Vincent Healthcare and Billings Clinic
are proud to sponsor our annual education symposium for
EMS providers!*

**Big Sky EMS
Education Symposium
VIRTUAL**

December 5, 2020
Virtual Offerings Via TEAMS
0745-1915

7:45-8:00 | Welcome

8:00-9:00 | Trauma Care Commandments

Paul Werfel, MS, NRP, CIC

****1 Hour CE for MT State and NREMT Individual Component**

9:00-9:20 | Montana 2020 State EMS Awards

Shari Graham, EMS System Manager, DPHHS EMS & Trauma

**Directly follows Trauma Care Commandments*

9:30-10:10 | Ketamine & Excited Delirium

Dr. Jamiee Belsky, MD

****40 Minute CE for MT State and NREMT Local or Individual Component**

10:15-11:15 | EMS Research

Kris Kaul, B.S., NRP, CCEMT-P, FP

Dr. Remle Crowe, PhD, NREMT

****1 Hour CE for MT State and NREMT NCCP National Component or Individual Component**

11:25-12:25 | Overcoming the Fear Factor in Pediatrics *Pre-hospital Resuscitation Pearls*

Dr. Mark Piehl, MD

Dr. Peter Antevy, MD

****1 Hour CE for MT State and NREMT Local or Individual Component**

12:40-1:40 | Crew Resource Management

Kris Kaul, B.S., NRP, CCEMT-P, FP

****1 Hour CE for MT State and NREMT NCCP National Component, Local or Individual Component**

1:50-2:50 | How Can Something So Small Cause Problems So Big?

Dr. Ed Racht, MD

****1 Hour CE for MT State and NREMT Individual Component**

3:00 - 4:30 | Stroke

Penny Clifton, MSN, RN, CNRN, SCRNI

****1 Hour 30 Minute CE for MT State and NREMT NCCP National Component, Local or Individual Component**

4:45-5:45 | Pediatric Transport

Jason Mahoney, AAS, NRP, CEDP, CHCM, CHEC, CHEP, CHSP, NHDP-BC

****1 Hour CE for MT State and NREMT NCCP or Individual Component**

6:00 -7:00 | At Risk Populations

Troy Charbonneau, NREMT, Detective

****1 Hour CE for MT State and NREMT NCCP, Local or Individual Component**

7:00 - 7:15 | Closing Remarks

**Directly follows At Risk Populations*

WEBINAR ARCHIVE

POISONING PREVENTION: NEW CHALLENGES AND A NOVEL TOOL

A poison is any substance that is harmful if too much is eaten, inhaled, injected, or absorbed through the skin. Poisoning remains the top cause of injury death in the U.S., and while the main cause of unintentional poisoning death is opioid overdose, almost any substance can be poisonous if used the wrong way, in the wrong amount, or by the wrong person. Common substances about which people call Poison Control include cosmetics, vitamins, hand sanitizers, pesticides, opioids, electronic-cigarettes, prescription drugs and topical medications.

In 2018, there were 631 deaths and 168,410 nonfatal emergency department visits among U.S. children ages birth to 18 due to poisoning^[i] **In that same year the 55 U.S. poison control centers provided telephone guidance for nearly 2.1 million human poison exposures; children younger than 6 years were responsible for nearly half of those cases.**^[ii]

One injury-related outcome of the COVID-19 pandemic has been a sharp increase in poisoning exposures among children to household cleaners and hand sanitizers. This may be a result of the simultaneous increase in the presence in homes of both children and these substances.

In this webinar, Dr. Kelly Johnson-Arbor of Georgetown University Hospital will share the most current data on poisonings among U.S. children, including COVID-19-related trends, describe risk and protective factors and discuss challenges to prevent poisonings. Krista Osterthaler of the **National Capital Poison Center, will demonstrate the recently-developed webPOISONCONTROL, a free online tool and app that provides instant triage recommendations and follow up for acute, unintentional exposures, bringing the expertise of poison control to people where they want it – online.** Bonnie Kozial, of the American Academy of Pediatrics and an active member of the CSN-A, moderates the webinar.

[View Webinar Archive \[r20.rs6.net\]](#)

[i] CDC's WISQARS <https://www.cdc.gov/injury/wisqars/index.html> [r20.rs6.net] [ii] <https://www.poison.org/poison-statistics-national> [r20.rs6.net]

POINT OF CARE COVID-19 TEST KITS FOR MONTANA EMS AGENCIES

The Montana Department of Public Health and Human Services would like to offer Montana EMS agencies point of care COVID-19 test kits for use with their staff. DPHHS has obtained a limited supply of point of care COVID-19 test kits (BinaxNOW COVID-19 Ag CARD). These tests can be administered at your EMS stations following a brief training and will provide results in 15 minutes.

Limitations: Kits must be shipped in boxes of 40. We request that smaller EMS agencies consider sharing a box with neighboring agencies. **Cost:** DPHHS will provide test kits free of charge while supply lasts and will pay shipping costs. The Federal Government procurement agreement expires on 12/31/2020, so we are unable to predict test kit availability past the end of 2020. **Requirements:** Organizations must agree to report test results (positive or negative) to the State website. **Intended Use:** This test should only be used for persons with symptoms and within the first seven days of illness onset. It should not be used for people if they don't show symptoms. This is an antigen test, meaning it looks for antigen on the virus' surface. In the first days of illness onset, the viral load is highest.

How to Request Test Kits: If you would like to obtain test kits AND will commit to the very minimal reporting requirements, please send an email emsinfo@mt.gov with the following information:

Agency Name	Point of contact name, email and mobile telephone number	
Shipping address	Number of employees	Number of tests requested

Give Me Five #29 The Top 5 Biggest Fears... Of Healthcare Professionals



[Pedi-Ed-Trics Emergency Medical Education](#)

In honor of Scott's favorite time of year... Halloween, we decided to shake things up a bit! Don't get spooked, but this week's very special "Give Me Five" (Halloween Edition) covers the biggest fears of healthcare professionals, and more importantly what we decided to do about it!

[Give Me Five! #20 The New Broselow Tape](#)

Pedi-Ed-Trics Emergency Medical Education

[Give Me Five! #27 How to Tape Tiny Tubes \(Part Two\)](#)

Pedi-Ed-Trics Emergency Medical Education

[Give Me Five! #19 Blood Bank Bytes](#)

Pedi-Ed-Trics Emergency Medical Education

[Give Me Five #28 How To Accurately Guess A Kid's Weight](#)

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[Give Me Five #30 Babies, Boogers, and Bronchiolitis](#)

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[Give Me Five! #15 Essentials of Epinephrine](#)

Pedi-Ed-Trics Emergency Medical Education

[Give Me Five #31 Electrical Cord Bites & Burns](#)

Pedi-Ed-Trics Emergency Medical Education

[Give Me Five! #14 Backup Airways Part II](#)

Pedi-Ed-Trics Emergency Medical Education

[Give Me Five #24 Color Coding Outliers](#)

Pedi-Ed-Trics Emergency Medical Education

[Give Me Five! #22 Heel Sticks](#)

Pedi-Ed-Trics Emergency Medical Education



Give Me Five #31 Electrical Cord Bites & Burns



Give Me Five #30 Babies, Boogers, and Bronchiolitis



Emergency Medical Solutions, LLC



Pedi-Ed-Trics Emergency Medical Education
400 subscribers

SUBSCRIBE

Improving Pediatric Emergency Readiness: How to Reduce Skills Decay in The New Era of Virtual Learning - J. Anders, C. Sandau

Summary

Children have anatomical and physiological differences that make assessment and emergency care more difficult. This is especially true in the prehospital hospital environment. Pediatric calls give every EMS provider pause, often because of lack of readiness. The key to reducing the fear and anxiety of pediatric emergencies and improving actual outcomes lies in frequent deliberate practice.

Join Dr. Jennifer Anders and Cole Sandau as they explore new approaches to the delivery of deliberate practice, and how new technologies can scale repeatable, more immersive pediatric training to improve clinical readiness and give EMS providers and instructors accessible training options. This webinar is archived for your on-demand viewing.

https://goto.webcasts.com/starthere.jsp?ei=1373245&tp_key=ac743bb73f

Health Observances, December 2020

12/1 World AIDS Day

- World AIDS Day 2020 [t.emailupdates.cdc.gov]
- HIV Among Women [t.emailupdates.cdc.gov]
- HIV and Pregnant Women, Infants, and Children [t.emailupdates.cdc.gov]
- HIV and Transgender People [t.emailupdates.cdc.gov]

Trivia

Answer the trivia and win a DOSE BY GROWTH Tape =the first 5 to email answers to **Robin** at rsuzor@mt.gov **NOT** to the listserve.

1. What is one feeling you learned about on the Feelings Thermometer?
2. When is World's AIDS Day?
3. What has caused the sharp increase in poisoning calls in 2019/2020?
4. What is one way to help children calm down?



MONTANA
EMS & TRAUMA
SYSTEMS PROGRAM

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