

# EMSC/CHILD READY CONNECTION NEWSLETTER

FEBRUARY 2020

February  
National Heart Month

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.

### WHAT'S NEW?

Page

8 Uncommon tips for heart health	2
Interesting ways to teach kids about the Heart	3
MT Oral Health Program info and resources for Give Kids a Smile Day	4
New Law for tobacco products minimum age	5
Safe Sleep CEUs for Nurses	6
Safe Sleep Environment	6
Coping in a Disaster	7
Health in the 406	7
Health Fair Toolkit	8
Pediatric Disaster Preparedness Educational Toolkit and Trivia- win a SWAT -T	9

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

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



**Child Ready Montana-** The intent of the program is to develop an accountable culturally component and assessable emergent care for pediatric patients across Montana.

Exciting news and events are going on this month



Are you  
pediatric  
ready?

## HAVE A LAUGH

A good laugh causes blood vessels to dilate by 22%. This will increase your blood flow and reduce blood pressure numbers.



## GET A GOOD NIGHT'S SLEEP

7-8 hours of sleep is ideal. Too little sleep can put you at a 48% higher risk of developing heart disease. Sleeping too much can increase that chance up to a 38%.



## FIND A FURRY FRIEND

People who own pets - dogs in particular - have reported lower blood pressure and cholesterol levels, less stress and even some weight loss benefits.



## GET UP AND STRETCH

No matter how much exercise you get afterward, those that sit in front of the TV - or computer - for 4+ hours **straight** are 80% more likely to die from heart disease, heart attack, stroke, or some other serious cardio issue!



## AVOID THE JAM

It's not just the stress of a traffic jam that may be harmful to your heart health, studies show that for every 10 decibels of added roadway traffic noise, the risk of heart attack increases by 12%!



## SAY "I DO"

Marriage has shown a positive correlation with a healthy heart. For women, 10 years of continuous marriage has been correlated to a 13% decrease in cardiovascular risk.



## SNUGGLE UP

Hugging, kissing, and snuggling not only helps to reduce stress and anxiety, it also increases oxytocin levels which can help to reduce blood pressure and the risk of heart disease.



## JUST BREATHE

A simple deep, breath every hour can calm your nerves and ease your mind in just a few short seconds. Feel your body unwind, your stress melt away, and your blood pressure drop!



# 8 UNCOMMON Tips for Heart Health

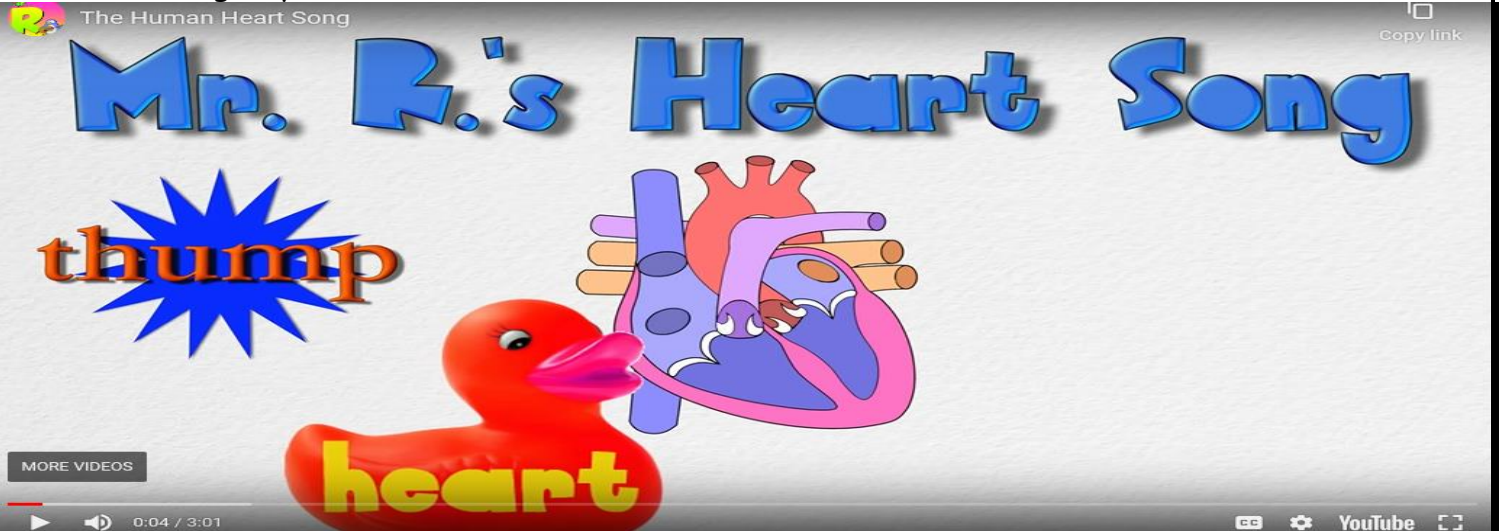
We all know that eating a balanced diet, getting regular exercise, and avoiding cigarette smoke are obvious must-dos for keeping our hearts healthy, but here are some other smart (yet uncommon) ways to keep your heart beating strong!

AmericanMedicals  
your trusted partner

Sources:  
northshore.org  
health.com  
shape.com



Find interesting ways to teach kids about the Heart! OR adults as well.....click on the links below.



<https://youtu.be/-K6LK4DrihY>



<https://www.youtube.com/watch?v=-s5iCoCaofc>



<https://youtu.be/LKcJL4xLmfs>

Find more ways to teach kids about heart health at

<https://www.bing.com/videos/search?q=intersting+health+facts+for+kids&&view=detail&mid=B18783DA73E2B5D2077DB18783DA73E2B5D2077D&&FORM=VDRVRV>

**The mission of the MONTANA ORAL HEALTH PROGRAM is to improve the oral health of Montanans through prevention and education.**

The Oral Health Program promotes oral health activities designed to encourage good oral health practices and increase awareness of the importance of oral health and preventive care. The Oral Health Program collaborates with and identifies oral health resources available for local health departments, schools, daycares, tribes, Head Start programs and others concerned with oral health promotion activities.

**Toolkit:**      [Dental Referral](#)      [Dental Health Goal Setting](#)      [Dental Health Screening Tool for Pregnant Women](#)

#### **Start early**

- ✓ During pregnancy prepare for your baby by seeking dental care to reduce the risk of infecting your baby with decay-causing germs.
- ✓ After your baby is born, begin wiping or brushing baby gums and teeth.
- ✓ Children should see a dentist by age one.
- ✓ Do not share utensils or put a baby's pacifier in your mouth. You could be sharing decay-causing germs.

#### **Stay Healthy**

- Brush twice a day, especially before bedtime, for 2 minutes.
- Use toothpaste that contains fluoride.
- Choose a toothbrush with soft bristles.
- Floss daily to clean in between teeth, where your brush does not reach.
- Replace your toothbrush every 3-4 months, bent bristles are not effective at cleaning.
- Don't share toothbrushes to prevent sharing the germs that cause decay.
- Regular dental check-ups help detect problems early and reduce the cost of dental care.
- Eat a healthy diet and reduce the amount and frequency of sugary beverages.

#### **Oral Health and Overall Health**

- [Tobacco](#) use increases the risk for gum disease and oral cancers.
- [Diabetes and gum disease](#), there is a connection.
- [Oral Cancer and Human Papillomavirus \(HPV\)](#), get the facts.
- [Pregnancy](#), an important time to prevent.

#### **For program information contact:**

Katie Glueckert  
(406) 444-2660  
[katie.glueckert@mt.gov](mailto:katie.glueckert@mt.gov)

#### **American Dental Association**

[Give Kids A Smile](#) Day is observed each February throughout the nation. The month of February is Children's Dental Health Month.

[Mouth Healthy](#) offers dental resources for all ages. [Evidence-Based Dentistry](#) offers research on a broad range of oral health related topics including Community Oral Health

## DPHHS RESPONDS: NEW FEDERAL LAW RAISES MINIMUM AGE-TOBACCO PRODUCTS



State health officials said today that tobacco product retailers in Montana should comply with a new federal law and discontinue tobacco product sales to those under the age of 21. Federal compliance checks will continue to occur under the new minimum age requirement.

On December 20, 2019, the FDA (Food and Drug Administration) announced, effective immediately, it is illegal to sell tobacco products to anyone under the age of 21. <https://www.fda.gov/tobacco-products/compliance-enforcement-training/retail-sales-tobacco-products>

The FDA defines tobacco product as “any product made or derived from tobacco that is intended for human consumption, including any component, part, or accessory of a tobacco product,” and includes hookah, e-cigarettes (vapes), dissolvable, smokeless tobacco, cigarettes, all cigars, roll-your-own tobacco, pipe tobacco, and future tobacco products that meet the statutory definition of a tobacco product.

“DPHHS strongly supports this new law, which is grounded in public health research and will protect young adults from a lifetime of addiction to nicotine,” DPHHS Director Sheila Hogan said. Hogan noted that nearly 95% of people who smoke cigarettes started before they turned 21. Increasing the minimum age of sale from 18 to 21 will reduce tobacco use by delaying the age of initiation.

For more information: <https://dphhs.mt.gov/publichealth/mtupp/tobacco21>

### Need Help Quitting?

- [Montana Tobacco Quit Line](#) – For help quitting tobacco, including e-cigarettes: [quitnowmontana.com](http://quitnowmontana.com) or call 1-800-QUIT-NOW.
- [Montana American Indian Commercial Tobacco Quit Line](#), visit [MTAmericanIndianQuitLine.com](http://MTAmericanIndianQuitLine.com) or call 1-855-372-0055.
- [My Life, My Quit](#) – Youth (anyone under the age of 18) who need help quitting tobacco, including e-cigarettes, can text “Start my Quit” to 1-855-891-9989 or visit [mylifemyquit.com](http://mylifemyquit.com).

**VAPING:** Did you know there are more than 15,000 flavors of vaping products? Unicorn Puke anyone or grape slushie, strawberry cotton candy or sea salt blueberry??? Flavorings in tobacco products can make them more appealing to youth.

Nearly 48,000 Montanans **between ages of 12 and 18 have tried vaping products**. Between 2017 and 2019, the percentage of Montana high school students using the products frequently on **20 or more of the past 30 days** has increased by **243%**. Daily use has increased 263%.

**Vaping** refers to the act of inhaling and exhaling the aerosol, or vapor, created by a vaping device. A vaping device includes a mouthpiece, a battery, a heating component, and a cartridge that contains the e-liquid or e-juice. The e-liquid is a combination of nicotine, flavorings, and other chemicals. Vaping devices can also be used to vaporize THC, the psychoactive chemical in [marijuana](#), by replacing e-liquids with cannabis-infused oils.

The battery in a vaping device powers the heating component, which heats up the e-liquid, also known as vape juice. As a result, the device produces water vapor. Users inhale this vapor into their lungs. Types of vaping devices include the following:

E-cigarettes, which resemble traditional cigarettes—also called e-cigs, hookah pens, vape pens, or ENDS (electronic nicotine delivery systems); Advanced personal vaporizers (also known as “mods”), customized by the user; and Vape pens, which look like large fountain pens.





## Risk Reduction for Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death: Continuing Education Activity for Nurses

### Risk Reduction for Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death: Continuing Education Activity for Nurses

As a nurse, you make a *difference* every day. . .

Some of your smallest patients, babies younger than 1 year of age, are at risk for SIDS and other sleep-related causes of infant death. But there are ways to reduce the risk.

This continuing education (CE) activity explains the latest research on SIDS, other sleep-related causes of infant death, and ways to reduce the risks of these types of deaths. The CE activity also outlines how you can communicate risk-reduction messages to parents and caregivers in just a few minutes.

This CE is approved by the Maryland Nurses Association (MNA) for 1.5 contact hours. MNA is an accredited approver of continuing education by the American Nurses Credentialing Center's Commission on Accreditation.

Learn how to teach parents and caregivers to keep their babies safe and healthy so they can grow up to make a difference—just like you.

[Start the activity now.](#)

[NICHD Home](#) | [NICHD Safe to Sleep® Campaign](#) | [Accessibility](#) | [Contact](#) | [Disclaimer](#) | [FOIA](#) | [NIH Home](#) | [HHS Home](#)

NIH... Turning Discovery Into Health®

# What does a safe sleep environment look like?

## REDUCE THE RISK OF SUDDEN INFANT DEATH SYNDROME (SIDS) AND OTHER SLEEP-RELATED CAUSES OF INFANT DEATH

Use a firm sleep surface, such as a mattress in a safety-approved crib, covered by a fitted sheet.

Do not use pillows, blankets, sheepskins, or crib bumpers anywhere in your baby's sleep area.

Keep soft objects, toys, and loose bedding out of your baby's sleep area.

Do not smoke or let anyone smoke around your baby.



Make sure nothing covers the baby's head.

Always place your baby on his or her back to sleep, for naps and at night.

Place your baby in light sleep clothing, such as a one-piece sleeper, and do not use a blanket.

Baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.

## COPING TIPS FOR RESPONDING TO A DISASTER

Responding to disasters is both rewarding and challenging work. Sources of stress for emergency responders may include witnessing human suffering, risk of personal harm, intense workloads, life-and-death decisions, and separation from family. **Stress prevention and management is critical for responders to stay well and to continue to help in the situation.** There are important steps responders should take before, during, and after an event.

### Preparing for a Response:

- Try to learn as much as possible about what your role would be in a response.
- If you will be traveling or working long hours during a response, explain this to loved ones who may want to contact you. Come up with ways you may be able to communicate with them. Keep their expectations realistic and take the pressure off yourself.
- Talk to your supervisor and establish a plan for who will fill any urgent or ongoing work duties unrelated to the disaster while you are engaged in the response.

### During a Response: Understand and Identify Burnout and Secondary Traumatic Stress

Responders experience stress during a crisis. When stress builds up it can cause—

- Burnout (feelings of extreme exhaustion and being overwhelmed)
- Secondary traumatic stress (stress reactions and symptoms resulting from exposure to another individual's traumatic experiences rather than from direct exposure to a traumatic event)

Coping techniques like taking breaks, eating healthy foods, exercising, and using the buddy system can help prevent and reduce burnout and secondary traumatic stress. Recognize the signs of both conditions in yourself and other responders to be sure those who need a break or need help can address these needs.

**Returning Home from a Response** (adapted from [SAMHSA's Tips for Families of Returning Disaster Responders \[t.emailupdates.cdc.gov\]](https://www.samhsa.gov/families-of-disaster-responders))

Following disaster assignments away from home, reunions are eagerly anticipated by all. Reconnecting with family can sometimes be harder than we expect, but it can be effectively managed. Remember that homecoming is more than an event; it is a process of reconnection.

# Health IN THE 406

## National Children's Dental Health Month

- [Dental sealants](#) are thin coatings that prevent 80% of cavities in the back teeth, where 9 in 10 cavities occur. [Untreated cavities](#) can cause pain and infections that may lead to problems with eating, speaking, playing, and learning.
- In the [2017-2018 school year](#), 62% of third grade children in Montana had experienced tooth decay, and almost 15% had decay that hadn't been treated. Only 48% of Montana's third grade children had at least one dental sealant.
- Parents can ask their child's dentist to apply sealants. If a child does not have a regular dentist, the [Insure Kids Now Dentist Locator](#) can help locate one.



## HEALTH FAIR TOOLKIT

This toolkit is intended to be a resource and planning guide for organizations interested in planning/hosting health fairs in their communities. Within this toolkit you will find a **BASIC HEALTH FAIR DESIGN GUIDE**, a planning timeline, ideas for booths, activities, local and national educational resources, and templates for various forms, letters and evaluations. The design guide is intended to be modified for your organization's needs, there are blanks that can be filled in and boxes that can be checked off as ideas are formed and tasks are completed. Includes resources galore!

**A health fair is a cost-effective strategy to provide community outreach and a common vehicle utilized by health educators to increase awareness and disseminate health information to a variety of priority populations and communities.**

More specifically, health fairs are outreach events that are part of a strategically planned community health intervention that can be tailored to address the needs of a specific segment of a community and increase awareness of a featured health issue. Successful health fairs have been found to include education and screening components and are one way to provide accurate information to communities regarding pressing health issues and concerns in a familiar, non-threatening, and even, festive environment. **They can also increase organizational visibility within a community, while examining health behaviors and facilitating positive lifestyle changes.**

### Booth Ideas

#### Awareness and educational information:

- Self-care information
- Stress information
- Women's/Men's health issues
- Heart health
- Importance of physical activity
- First aid and emergency preparedness
- Humor & its health benefits
- Recreational safety
- Nutritional information
- Mental health
- Substance abuse information
- Child safety
- Dental and oral health
- Childcare resources
- Skin care & sunscreen

#### Question & Answer sessions with local professionals

- "Ask a Doctor, Nurse, Chiropractor, etc."
- "Ask a Policeman, Fire fighter, etc."

### Safety

- Accident prevention
- CPR demonstrations
- Fire extinguisher demonstrations
- First aid
- Carbon monoxide poisoning

### Transportation

- Safety belt and child safety demonstrations
- Walking/Biking trails
- Bike helmet safety
- Bike road rules

See more at: <http://montanaruralhealthinitiative.info/wp-content/uploads/2014/03/ToolkitPDF.pdf>



## PEDIATRIC DISASTER PREPAREDNESS EDUCATIONAL TOOLBOX ONLINE COURSES:

<https://tnemsc.charityfinders.com/Online%20Courses>

The following courses are designed to help improve disaster response. The courses are for families and for healthcare and other professionals who may be expected to respond in the event of large-scale disasters.

Each course has a pediatric focus in keeping with the mission of EMSC, however much of the information applies equally well in non-pediatric situations.

### Online Courses for Healthcare Professionals:

Children with Special Needs: Considerations for Healthcare Professionals [[tnemsc.charityfinders.com](https://tnemsc.charityfinders.com)]

Disaster Preparedness for Schools [[tnemsc.charityfinders.com](https://tnemsc.charityfinders.com)]

Preparing for Explosion and Blast Injuries [[tnemsc.charityfinders.com](https://tnemsc.charityfinders.com)]

Responding to Bioterrorism [[tnemsc.charityfinders.com](https://tnemsc.charityfinders.com)]

Responding to Chemical Incidents [[tnemsc.charityfinders.com](https://tnemsc.charityfinders.com)]

Responding to Radiation Disasters [[tnemsc.charityfinders.com](https://tnemsc.charityfinders.com)]

### Online Courses for the Public:

Family Preparedness [[tnemsc.charityfinders.com](https://tnemsc.charityfinders.com)]

<https://tnemsc.charityfinders.com/Family%20Preparedness%20Supplement%20Children%20with%20Special%20Needs>

## TRIVIA

Answer the trivia and win a SWAT-T =the first 5 to email answers to **Robin** at [rsuzor@mt.gov](mailto:rsuzor@mt.gov) **NOT** to the listserve.

1. What is one uncommon tip for heart health?
2. What is one health awareness for February?
3. What is the new minimum age for purchasing tobacco products?
4. What is one concept for a safe sleep environment?
5. What is one idea for a Health Fair?



MONTANA  
EMS & TRAUMA  
SYSTEMS PROGRAM

EMERGENCY MEDICAL SERVICES FOR CHILDREN PROGRAM, MT DEPARTMENT OF PUBLIC HEALTH AND HUMAN SERVICES, EMERGENCY MEDICAL SERVICES & TRAUMA SYSTEMS,  
P.O. BOX 202951, HELENA, MT 59620 -  
CONTACT INFORMATION: [rsuzor@mt.gov](mailto:rsuzor@mt.gov) or (406) 444-0901

THIS NEWSLETTER IS FOR INFORMATIONAL PURPOSES ONLY