



# Be Prepared for Spring



## Treat Injuries using R.I.C.E.

As warmer weather approaches, people will begin to participate in many different outdoor physical sports and activities. Sprains, strains, and fractures are some of the most common injuries related to physical activity. A sprain occurs when there is damage to the bands of tissues that connect two bones together (ligaments). A strain involves an injury to the muscles or to the bands of tissue which attach muscle to bone (tendon). A fracture is also known as a broken bone.

Some signs/symptoms of these injuries include but are not limited to pain, swelling, bruising of the skin at the injured area, and limited ability to move the joint (ankle, wrist, etc.) as you normally would. Treatment should begin as soon as the injury occurs.

The most common treatment for an injury to an arm or leg (extremity) is often called **RICE** (**Rest, Ice, Compression, and Elevation**). Once a healthcare provider has examined the injury, the treatment may change based on how serious the injury is.

## Spring Safety Checklist

### Inside Your Home

- Test smoke detectors & carbon monoxide detectors
- Ensure fire extinguishers work
- Update first aid kits & home preparedness kits
- Create or review family emergency plans
- Clean out your medicine cabinet; dispose of medications safely (thepointny.org)
- Replace air filters
- Secure cleaning supplies & hazardous substances

### Outside Your Home

- Fight ticks, mosquitoes and rats by clearing debris from your yard
- Be ready for rapid thawing or flooding
- Clean chimneys and gutters
- Always think of driver safety when on the road



## **A Message from our Pharmacist** Regularly Check your Medication Stock

If you are running low on any of your medications, request a refill from the pharmacy. Most medications can be refilled a few days before you are out of medication. Give the pharmacy a few days' notice - this allows the pharmacy to:

- Request a new prescription from the doctor if there are no more refills on the current prescription
- Resolve any insurance issues, if necessary
- Order more medication if the pharmacy is running low or out of stock

### Tips for Refilling Medications

- Set your prescriptions up for auto refill
  - the pharmacy will automatically start working on your prescription when it is due
- Check to see if your pharmacy has medication delivery services
- Set up auto pay at your pharmacy
  - Having a credit card on file may be beneficial if you need to send someone else to pickup



# Trainings



## Erie County Medical Reserve Corps (ECMRC) Trainings

### 2023 2nd Quarter

April: NARCAN Training

May: Social Factors of Health

June: Tents, Trailers, and Tarps

To become a volunteer please visit [www.erie.gov/ecmrc](http://www.erie.gov/ecmrc)

### **EMS Week: May 21-27, 2023**

National EMS Week celebrates paramedics, emergency medical technicians and all who work or volunteer in the EMS field. To our local EMS community: thank you for your service.



## EMT Certification Classes

EMS is running two EMT classes this summer. One will be held at the Erie County Training and Operations Center (3359 Broadway) from 5/22/23 - 8/17/23. The other class will be held at the Holland Vol. Fire Dept. at 49 South Main St. from 5/3/23 - 8/17/23.

For more information about this training or future EMS trainings visit: [erie.gov/ems](http://erie.gov/ems)

EMS has 7 Full EMT Classes for the Spring 2023.

1. Scranton Fire Hall
2. East Amherst Fire Department
3. Daemen University
4. LVAC
5. Erie County Training Academy
6. Twin City
7. Farnham Fire Company



## **More about our ECMRC Team**



Our ECMRC team is a volunteer medical reserve corps located in Erie County that responds to public health emergencies. Formally known as the Specialized Medical Assistance Response Team (SMART), Erie County rebranded this organization in January 2023. There are nine different sectors in ECMRC: Communications, Fatality Management, Logistics, Mental Health, Pharmacy, Spiritual Care, Tactical Medicine, Treatment, and Veterinary/CART. Anyone - medical or non-medical - is welcome to join our team. When not engaged in response activities in a public health emergency, the team offers public outreach and education. The team has one drill a month and would love to see new faces! If you are interested in learning more about our volunteer program, visit [www.erie.gov/ecmrc](http://www.erie.gov/ecmrc) or email [ecmrc@erie.gov](mailto:ecmrc@erie.gov).

# Coming Soon: EMS Trainings

Erie County EMS is excited to be developing and implementing a training opportunity for pre-hospital care providers. A classroom at the County's 500 Commerce Facility in Amherst will comfortably seat up to 30 students. This classroom will have state-of-the-art monitors that will allow for both in-person and virtual learning experiences. Additionally, we are developing a skills lab that will have a host of high-fidelity simulation equipment, such as:

- Advanced Life Support Simulation Manikin
- Simulation Mom
- Mega Code Kid



These different manikins will immerse the students into a real world experience that is controlled by expert instructors. The types of emergencies that can be simulated, range from adult to pediatric medical and traumatic emergencies, and pre- and post-partum emergencies. Not only are we introducing the simulation manikins, we have also invested in state of the art Emergency Medical equipment to allow providers to initiate a host of interventions. Equipment such as:

- LifePak 15 Cardiac Monitors
- Video Laryngoscopes
- IV Pumps
- Wall-mounted Cardiac Monitors
- Sonogram



Once complete we will be able to simulate both in hospital and private residence environments to further enhance the experience for the students. Students will be able to complete a number of certifications while learning at the same time, such as:

- National Association of EMT
- Pre-Hospital Trauma Life Support
- Advanced Medical Life Support
- Tactical Emergency Casualty Care for Law Enforcement
- American Heart Association
- BLS Provider
- Heart saver CPR/AED
- Advanced Cardiac Life Support
- Pediatric Advanced Life Support
- New York State Dept. of Health Bureau of EMS
- Emergency Medical Technician – Basic
- Emergency Medical Technician – Advanced

This facility will be able to better prepare students for the rigors of pre-hospital care. The opportunity to introduce diverse, realistic scenarios to students will create a positive learning environment and motivate learning.



We hope you enjoyed our first edition of our newsletter! We plan to publish new issues every 3 months (quarterly). If there are any topics you would like to see included, email us at [phep@erie.gov](mailto:phep@erie.gov).

- Greg Gill, Deputy Commissioner of EMS

## Technology Advancements in MERS

MERS/ADI provides 911 medical interrogation for approximately 60,000 calls annually for the City of Buffalo and surrounding Public Safety Answering Points (PSAPs) throughout Erie County. Through advancement of technology and Computer Aided Dispatch (CAD), MERS is in the process of implementing a CAD-to-CAD interface link with commercial ambulance services with the addition of Buffalo Fire Department dispatch and Erie County 911. Through this updated technology, critical 911 call information will be able to be sent electronically to these agencies' CADs along with the responding field personnel. This information includes scene safety, building access issues, and patient conditions. Saving minutes and getting information quickly and efficiently will support better outcomes for some of these patients.

