



CENTRAL OHIO EMS TRAINING

NEWSLETTER

NOVEMBER 2022



NOVEMBER STUDENT SPOTLIGHT

Joe Sabo, EMT Student



This month's Student Spotlight focuses on Joe Sabo, EMT program. Joe is a New Philadelphia, Ohio, native. He is one of four children, including one younger sister and two brothers, one older and one younger. Most of his immediate family live in Ohio, which is one of the reasons he decided to remain in the Central Ohio area. In addition to his family, he has two cats, Nina and Hobo. He rescued both of these adorable kitties from unsafe situations.

Mr. Sabo is a 16 yr Air Force Veteran. He spent 9 years active duty, traveling to both the U.S. and International locations. Joe is currently serving his 7th year as a member of the Air Guard, stationed in the Mansfield area. His military experience has been primarily aircraft mechanics, but he is looking forward to being trained in a different field soon.

Joe first became interested in EMS while talking to local emergency responders. They encouraged him to sign up for the EMT program, and he thought it would be an interesting venture. He has completed several clinical hours and has gotten to spend a lot of time with several local fire/medic organizations.

This has afforded him the opportunity to participate in a variety of different calls, which has allowed him to have great clinical experiences. Joe has a heart for helping others and finds it challenging to see people struggling with real-life situations. Specifically, he finds it difficult to see people not receiving adequate assistance to meet their basic needs.

He reports that his best clinical learning experience, thus far, has come from a patient that was short of breath. He got to help perform vital signs and called report to the receiving facility. Joe also stated that he felt like a member of the team, because the family was interactive with him. In addition, he was able to learn how to do an electronic report. He hopes to get a clinical call for either a trauma or a pregnancy/birth situation. He feels that either of these situations would afford him a great learning experience and hone his critical thinking skills.

In his spare time, Joe loves to mountain bike. He has several bikes, including an electric bicycle, which reaches speeds approximately 20mph! He frequently rides his bike to and from work, even in cold weather. He also describes himself as a "gym rat." He feels that his exercise regimen helps him to stay focused for his military requirements. Joe hopes to work as an EMT while finishing up his Air Force associates degree in Aerospace



National Carbon Monoxide Awareness Week

November 21-27

It is the season to be aware of the perils of carbon monoxide poisoning. Carbon monoxide is an odorless, colorless gas that kills without warning. It claims the lives of hundreds of people every year and makes thousands more ill. Many household items including gas and oil burning furnaces, portable generators and grills produce carbon monoxide. If used in an unsafe manner, these items can be a real health hazard! "Why do I need to worry about this," you might be asking. If used in an unsafe manner, these items can be a real health hazard! However, by following a few safety measures, you can keep yourself, your family, and your crew safe during the winter months.

You might also be asking yourself, "That's great, but what are the signs I should be watching for?" You want to be aware of patients complaining of headaches, dizziness, weakness, nausea, vomiting, chest pain, and/or confusion. While these symptoms can be the product of other illnesses or medical conditions, you should survey the scene for portable heaters or other potential sources of CO risks. Having more than one victim on the scene with similar symptoms is a **red flag**.

*** Evacuate the area if the scene is deemed unsafe. Maintaining the safety of you and your crew is primary!**

*** Consider Mass Casualty incident & additional resources required.**

*** Treat CO Poisoning effectively.**

*** Test your patient's CO level, don't rely on your pulse oximeter!**

*** If CO levels are increased, apply high-flow oxygen.**

Carbon monoxide kills by robbing hemoglobin of their ability to hold oxygen. This causes the patient to effectively suffocate. High concentrations of oxygen can begin the process of bumping carbon monoxide molecules off the hemoglobin cells. Assess that the patient is ventilating effectively – look for adequate rate and depth of breathing. Don't trust your pulse oximeter, as it will show abnormally high readings. A carbon monoxide monitor can provide key information and alert you to dangerous levels of CO.

Consider the need for Hyperbaric Chamber with your transport decision.

Remember, scene safety is primary in maintaining your safety at home and work. Know the signs and symptoms of CO poisoning, perform a thorough assessment including asking about the use of portable heating systems, and use CO detectors in your home.

Sources: CDC website & A. Hsieh, MA, NRP EMS1.com



NOVEMBER TRIVIA QUESTION

How many turkeys are prepared, in America, for Thanksgiving every year?

If you think you know the answer, email it to admin@centralohioemstraining.org; *attn: Trivia Question*. Make sure you include your address and phone number. One winner will be chosen from all the entries for a special prize. Good luck!



Winter 2023 ❄️🧑‍🎓

EMT Course - Available as a Web Assisted-Hybrid* or Classroom Course

- Begins: Jan 3, 2023 to April 6, 2023
- Tue/Thur 6:00pm to 9:30pm (Classroom)

*The web assisted-hybrid course requires physical attendance in the classroom to complete lab / practical skills, Module exams and the Final exam.

*Attendance is **approximately** 14 times throughout the 4 month program on a Tuesday or Thursday evening class.

*Students are required to complete clinical time in the pre-hospital environment at a department or agency that has an affiliation agreement with the program. *These agencies are generally located within a 60-mile radius of the program campus.

Visit our EMT Page for more information including steps to enrollment, costs, and FAQ.