30th Anniversary

2019 The Long Hot Summer
A Trauma & Emergency Care Conference

North Memorial Health
Level 1 Trauma Center
A leader in emergency care for more than 50 years

North Memorial Health Ambulance Services is a leader in providing high-quality, comprehensive ambulance and related services to more than 150 communities across Minnesota and western Wisconsin.

March 1-2, 2019
Pre-Conference - Feb. 28, 2019
Marriott Northwest | Brooklyn Park, MN
**Agenda**

**Thursday | February 28, 2019**

5 p.m.  
Pre-Conference Registration

5:30-7 p.m.  
Stop the Bleed Instructor Workshop

5:30-8 p.m.  
Difficult Airway Workshop

5:30-8 p.m.  
MCI Planning Workshop

8-11 p.m.  
Thursday Night Social - Karaoke

**Friday | March 1, 2019**

7 a.m.  
Registration/Breakfast/
Exhibit Areas Open

7:45 a.m.  
Welcome & Introduction

8 a.m.  
Opening Session

9:30 a.m.  
Breakout Sessions

10:45 a.m.  
Breakout Sessions

12 p.m.  
Lunch or Breakout Sessions

1 p.m.  
Lunch or Breakout Sessions

2:15 p.m.  
Breakout Sessions

3:45 p.m.  
Closing Session

4:45 p.m.  
Adjourn

7:30-11:30 p.m.  
Social Hour/Dance

**Saturday | March 2, 2019**

7 a.m.  
Registration/Breakfast

7:45 a.m.  
Welcome & Introduction

8 a.m.  
Opening Session

9:20 a.m.  
Breakout Sessions

10:30 a.m.  
Breakout Sessions

11:40 a.m.  
Lunch or Breakout Sessions

12:40 p.m.  
Lunch or Breakout Sessions

1:50 p.m.  
Breakout Sessions

3:15 p.m.  
Closing Session

4:15 p.m.  
Adjourn

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**Hotel Accommodations**

Marriott Northwest  
7025 Northland Drive  
Brooklyn Park, MN 55428  
(763) 536-8300 | (877) 303-1681

North Memorial Health has arranged for a block of rooms at a special rate of $130.00/night single or double, exclusive of taxes. To make reservations, please call (763) 536-8300 and mention you are with the North Memorial Health Conference “The Long Hot Summer”. This rate will be honored until February 8, 2019 after which reservations will be accepted on a space available basis. Maximum occupancy is four (4) guests per suite.

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**Get Ready to Party!**

**February 28, 2019**

**Thursday Night Social!**

8 – 11 p.m.

Located in the Marriott Conference Center,  
Hennepin Salon 1

Karaoke, Cash Bar, Snacks & Fun!

**Friday, March 1, 2019**

7:30 – 11:30 p.m.

Join us Friday evening for some great music,  
dancing and photo booth!  
No cover charge—cash bar.

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**It’s Long Hot Summer’s Anniversary. Be part of the Celebration!**

- Send us a picture of you in your favorite Long Hot Summer T-Shirt!
- Share your favorite Long Hot Summer pictures
- Tell us how many years have you attended the LHS Conference?
- What has been your favorite session over the years?

Email: Karmel.hotvedt@northmemorial.com
North Memorial Health is offering an option of three Pre-Conference Courses that will help you hone your skills and advance your knowledge. These classes are a great way to start your conference experience, gain valuable insight and earn additional hours of Continuing Education. Dinner is on your own prior to session.

- Pre-conference registration is a separate registration and is an additional $25.
- Courses run concurrently, choose only one.

**ALS-DIFFICULT AIRWAY WORKSHOP**—(2.5 CE)
Alex Trembley II, BS, NRP - John Lyng, MD - Cass Kiser-Topinka, AC, NRP
Join us for hands-on difficult airway skills. Includes video laryngoscopy techniques, surgical airway interventions and patient selection/preparation! Class size limit—30.

**GEN-MCI: Managing Day To Day Incidents and the “Big One”—(2.5 CE) Lance Ross, MBA**
The class will provide background in previous case studies with lessons learned from the case studies. The practical “hands on” (okay there are matchbox cars) piece will consist of time for students on the Incident Command City. The Incident Command City allows the students to take classroom lessons and real world experience to take command of scenarios that are presented to them. These critical thinking situations are a great way to utilize skills and learn from peers as well as the instructors in a realistic yet education setting. By providing a 3D controlled setting allows for students to be at the “boots on the ground” level as well as step back and take a look at the “30,000 foot view” in regards to scene management. Class size limit—30.

**GEN-STOP THE BLEED—(1.5 CE)**
Chad Macheel, MSN, APRN, FNP, ENP, CCRN, CFRN, CEN and Peter Lindbloom, MPAS, PA-C, CAQ(EM)
Almost daily the media captures images and stories of mass violence. This session will discuss the Stop the Bleed national awareness campaign and its goal of training bystanders in hemorrhage control. In addition to receiving the Stop the Bleed curriculum (certificates of completion will be provided), participants will also receive training on how to continue the nation-wide movement by bringing the curriculum back to their communities. Class size limit—16.

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**Register Online & Download the Conference App**

Register for Long Hot Summer 2019 online and be sure to download our new APP so that you can access conference information, all at your fingertips!

Get started by downloading the **Expopass App** on your phone. Then sign in by entering the same credentials you used to register for the conference (northmemorial.com/longhotsummer) and get speaker and session updates.
Are you up for the challenge?

The Long Hot Summer Conference is bringing the challenge to you! Sign up to participate in this fun and interactive scenario-based competition.

Qualifications: Teams will be tested on clinical knowledge, critical thinking skills, teamwork, communication and situational awareness. Teams elect to participate in either an ALS or BLS track depending on their level of certification. A panel of judges will evaluate their performance and provide valuable feedback.

Registration: First come, first serve basis.

Scoring: All score sheets and scenarios will be based on Brady’s Emergency Care, 13th Edition. Scores will be announced on Saturday.

Format: Each team will be judged on two (2) separate scenarios. Scenarios will be designed to cover a variety of different situations that providers might encounter in their day-to-day activities as a pre-hospital care provider.

Equipment: Equipment and Emergency Care Kits will be provided by LHS Staff. No kits are to be opened prior to the start of the challenge. All equipment must be put away after the completion of each scenario and before the start of the next scenario. Gloves must be worn for each scenario and need to be verbally “changed” between each simulated patient contact.

Time Limits: A maximum time limit will be set for each scenario. Near the end of the allotted time, a warning will be announced. A “Time’s Up” will be announced, at which time all team members are to cease their scenario-related activities, pack up their equipment and prepare to be escorted to the next station. Points will be based on completed actions, and any line-item skills not completed may result in a loss of points.

BLS Challenge:
• Each team must consist of three (3) people
• All 3 members of this team must be certified at a maximum of the EMR or EMT level
• Each team member must be individually registered for the LHS conference.
• To register for the BLS Challenge select the time slot you prefer:
  ___ Friday 9:30-10:30 a.m.
  ___ Friday 10:45-11:45 a.m.

ALS Challenge:
• Each team must consist of three (3) people
• At least 1 member of this team must be trained to the minimum of the Paramedic level
• Each team member must be individually registered for the LHS conference
• To register for the ALS Challenge select the time slot you prefer:
  ___ Friday 1-2 p.m.
  ___ Friday 2:15-3:15 p.m.

Teams will consist of 3 participants. Pick a Team Captain, the team captain is the only one who needs to put this on their schedule in the LHS app. Professional Education office will contact the captain for the other Team Members and add this to their schedules.
Amazing Key Note Presentations from National Speakers

Painted Fire: Mentoring in EMS | Jules Scadden
Friday, March 1, 2019, 8-9 a.m.
Mark Twain once said, “Words are only painted fire; a look is the fire itself”. How do we as educators & preceptors light the fire of motivation under our students? This presentation discusses the importance mentoring has on our profession and the quality of EMS practitioners we send to the streets. It is a must see for educators, preceptors and EMS practitioners who are in the position to guide the next generation of care givers and all who want to be effective in their day-to-day jobs as EMS Professionals.

Post Traumatic Growth-Finding Benefits Within Challenges | Dan Sundahl
Friday, March 1, 2019, 3:45-4:45 p.m.
My journey from battling my demons to purging my nightmares in artwork will be shared through images based on calls I’ve attended as a paramedic and firefighter. Although these are my stories you will connect with them through your own experiences and realize you’re not alone in how you’re feeling. More importantly I will share what I did, and continue to do, to build resiliency and recover from my mental stresses. Post traumatic growth is more than recovering, it’s about reconfiguration and becoming a better person than you were before the injury occurred. If I can do it, so can you.

As DanSun Photo Art my images are shared worldwide by hundreds of thousands of my peers. Learn the motivation behind my artwork and how they have been therapeutic for so many of us.

The Gift of Knowledge, The Curse of Knowledge | Bob Page
Saturday, March 2, 2019, 8-9 a.m.
When we entered the medical field, we were given the gift of knowledge in order to help those in need. It is indeed a higher calling to be in health care. These gifts of knowledge and how you use them can make a profound impact in the lives of others. But what happens when this gift doesn’t always work, or at times where you feel powerless to help, even with your gift. When a loved one is seriously ill, will your knowledge be a gift or a curse. Come hear an incredible account of how the knowledge was both a gift and a curse for Bob. He has spent over 23 years teaching others how to find a heart attack, find out what happens when a heart attack found him. He was given an incredible opportunity to study first hand, that which he has taught others to understand. This is an unforgettable presentation by the 2012 Legend Award recipient.

The Dangers of Leadership | Shannon Golnicking
Saturday, March 2, 2019, 3:15-4:15 p.m.
If leadership was only about giving people good news, everyone would do it! How do you survive the dangers involved with questioning the status quo, leading organizational change, and navigating the constantly changing healthcare environment? Leadership can be overwhelming, scary, and even paralyzing. Learn how to navigate the perils of modern leadership in a manner that people can handle and that allows for the movement of organizations.
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<thead>
<tr>
<th>Time</th>
<th>BLS Track</th>
<th>ALS Track</th>
<th>General Track</th>
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<th>Skills Track</th>
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<tr>
<td>7 a.m.</td>
<td>Registration / Breakfast / Exhibitor Hall Opens</td>
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<tr>
<td>7:45 a.m.</td>
<td>Long Hot Summer Welcome — Honor Guard</td>
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<td>Northland Ballroom</td>
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<td>8 a.m.</td>
<td>Opening Session: Painted Fire: Mentoring in EMS</td>
<td>Jules Scadden, Northland</td>
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<td>9 a.m.</td>
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| 9:30 a.m.  | How Vital Are Vital Signs  
Bob Page                                      | Little Scarlet is Gone With Her Wind..  
Ben Ranstrom                | Distracted Driving: An Epidemic Hitting America's Roadways  
Meredith Tepstra            | Never a Dull Moment  
Trauma Case Reviews  
Nicholas Davis              | BLS Challenge  
Gary P. Leafblad  
Sean M. Ahlers               |
| 10:45 a.m. | HeartMath: Strategies for Resilience -  
Sophia Kim                                  | Peer Pressors - Are All the Cool Kids Doing Them?  
Cass Kiser-Topinka            | Managing the Spin -Creating Readiness for High Stress Events  
Jonathan Bundt               | Pelvic Ring Disruptions: Stable or Not?  
Jennifer Wood                 | BLS Challenge  
Gary P. Leafblad  
Sean M. Ahlers               |
| 12 p.m.    | Lunch or Session (Pick a session or attend Lunch — Lunch is offered also at 1:00 p.m.) |                                                                           |                                                                                |                                                                                |                                                                              |
| 12 p.m.    | Fire Rehab  
Steve Baker                                                | I Can't Breathe  
Bob Page                                                | Community Paramedic Case Studies  
Pete Tanghe                       | Upside/Down Kids  
Chris Thein  
Steve Marti                    |
| 1 p.m.     | Lunch or Session                                                          |                                                                           |                                                                                |                                                                                |                                                                              |
| 1 p.m.     | STEMI 12 Lead Basics for EMTS  
Michele Erickson                                           | How Not to Blow It: Ventilation Strategies  
Billie Sell                   | Examining Active Shooter Incidents  
Lance Ross                      | Getting Ahead of Post-Traumatic Stress: An Organizational Approach  
John Brosius                   | ALS Challenge  
Gary P. Leafblad  
Sean M. Ahlers               |
| 2:15 p.m.  | Staying Upwind on Chemical Weapons Agent  
James Young                                             | When 12 Leads Are Not Enough: Stemi Update  
Bob Page                            | Victim to Survivor to Nurse: One Woman's Story  
Carrie Fringer                | Through the Eyes of the Age-Ed: Geriatric EMS  
Jules Scadden                  | ALS Challenge  
Gary P. Leafblad  
Sean M. Ahlers               |
<p>| 3:15 p.m.  | Break                                                                     |                                                                           |                                                                                |                                                                                |                                                                              |
| 3:45 p.m.  | Closing Session: Post Traumatic Growth: Finding Benefits Within Challenges |                                                                           |                                                                                |                                                                                | Northland                                                                   |
| 4:45 p.m.  | Adjourn                                                                   |                                                                           |                                                                                |                                                                                |                                                                              |
| 7:30 p.m.  | LHS 30th Anniversary Party! DJ, Dancing, Music, Cash Bar and Photo Booth  |                                                                           |                                                                                |                                                                                | Northland                                                                   |</p>
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<td>9:20 a.m.</td>
<td>Death by Drugs: Current Trends</td>
<td>Kirk Hughes</td>
<td>How Not to Blow It: Ventilation Strategies</td>
<td>Billie Sell</td>
<td>aBC: The Pediatric Airway</td>
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<td>Rhabdomylosis: Kidney Killer</td>
<td>Jules Scadden</td>
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<td>Refactory V-Fib for Non Urban Areas</td>
<td>Alex Trembley</td>
<td>Marc Conterato</td>
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<td>10:30 a.m.</td>
<td>Trauma Interactive!</td>
<td>Bob Page</td>
<td>Becoming an Airway Jedi: A Step by Step Guide</td>
<td>Cass Kiser-Topinka</td>
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<td>Trauma Case Studies: Onset to Outcome</td>
<td>Pat Lilja</td>
<td>Patty Reicks</td>
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<td>Critical Thinking in Airway Management:</td>
<td>John Lyng</td>
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<td>Ventilator Management</td>
<td>Billie Sell</td>
<td>Seth Witthuhn</td>
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<td>11:40 p.m.</td>
<td>Lunch or Session</td>
<td>(Pick a session or attend Lunch — Lunch is offered also at 12:40 p.m.)</td>
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<td>11:40 p.m.</td>
<td>Intro to Wilderness Medicine</td>
<td>Pete Tanghe</td>
<td>Name that Syndrome!</td>
<td>Joan Somes</td>
<td>Michele Erickson</td>
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<td>The Perfect Storm: OB Emergencies</td>
<td>Jules Scadden</td>
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<td>Incident Command System 101</td>
<td>Lance Ross</td>
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<td>Sports Medicine &amp; EMS: Equipment Removal for Various Sports</td>
<td>Chris Thein</td>
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<td>12:40 p.m.</td>
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<td>12:40 p.m.</td>
<td>Fire Rehab</td>
<td>Steve Baker</td>
<td>Case Reviews &amp; Context Cues</td>
<td>Alex Trembley</td>
<td>Greg Teece</td>
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<td>Sweet &amp; Sour Diabetics</td>
<td>Bob Page</td>
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<td>Minnesota EMS History</td>
<td>Pat Lilja</td>
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<td>Wilderness Kit Mentality</td>
<td>Paul Wampler</td>
<td>Mike Wittrock</td>
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<td>1:50 p.m.</td>
<td>Knowledge is Power: Making Patient Assessment a Habit</td>
<td>Mike Morelock</td>
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<td>Kirk Hughes</td>
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<td>Drugs of Abuse: Not the Elephant in the Room Anymore</td>
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<td>Evolution of Mass Casualty Incidents</td>
<td>John Lyng</td>
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<td>Real Life Smurfs: Blue Baby Syndromes</td>
<td>Jules Scadden</td>
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<td>2:50 p.m.</td>
<td>Break</td>
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<td>3:15 p.m.</td>
<td>Closing Session: The Dangers of Leadership</td>
<td>Shannon Gollnick</td>
<td>Northland</td>
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<td>4:15 p.m.</td>
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Friday, March 1, 2019

Session Descriptions

8 A.M. OPENING SESSION Painted Fire: Mentoring in EMS, Jules Scadden, Paramedic, CAC

9:30-10:30 A.M. (SELECT ONE)

BLS - How Vital are Vital Signs, Bob Page, M.Ed, NRP, CCP, NCEE Getting vitals is a fundamental skill. We do it without thought. But are you taking them correctly? Can you get good vitals in the back of the truck? This session breaks down the techniques and shows you the pitfalls and traps that many providers fall into.

ALS - Little Scarlet is Gone with Her Wind, Ben Ranstrom, DNP, PNP-AC, ENP Most pediatric arrests start with respiratory failure or respiratory arrest. The physiology and pathophysiology of pediatric respiratory failure will be discussed. Assessment and intervention will be discussed for professionals caring for infants and children.

GEN - Distressed Driving: An Epidemic Hitting America’s Roadways - Meredith Tepstra (AAA) Nearly one-fourth of all motor vehicle fatalities can be traced back to distracted driving. It’s a disease that 80% of drivers admit to having – one you can help cure. In this course we will identify the three main components of distraction, explore your relationship with it and how you can educate others.

GEN - Never a Dull Moment, Trauma Case Review Nicholas Davis, MD Discuss several interesting trauma cases and important aspects of trauma care.

SKILLS - BLS Challenge - Sean Ahlers, MS, NRP & Gary Leafblad, MED, NREMT (repeated) BLS Teams only! Teams of 3, consist of EMR & EMT’s only. Work as a team to assess and treat simulated patients who present with any number of evolving medical or traumatic conditions. (class size: limit 8 teams)

10:45-11:45 A.M. (SELECT ONE)

BLS - HeartMath: Strategies for Resilience - Sophia Kim, MD The HeartMath system empowers people to self-regulate their emotions and behaviors to reduce stress and increase resilience for making more effective choices. This enables people to break through to greater levels of personal balance, creativity, insight and health.

ALS - Peer Pressors-Are All the Cool Kids Doing Them? Cass Kiser-Topinka, Flight Paramedic, FTO Critical care transports with hypotension problems can stress even seasoned practitioners. This session will cover current trends in vasopressors for transport, choosing the most appropriate pressor for the problem at hand, and the role “push-dose” pressors in the pre-hospital/interfacility setting.

GEN - Managing the Spin -Creating Readiness for High Stress Events Jonathan Bundt, MA Time and impact of the job can take its toll on any responder at any level. This presentation is designed to work through a process of understanding of the impact in a unique and creative manner that leads to operational readiness. Within awareness, we will discuss actions and steps to take for our own wellness and resilience.

GEN - Pelvic Ring Disruptions: Stable or Not? Jennifer Wood, MD High energy pelvic ring disruptions can be life threatening injuries. Proper initial evaluation and management of patients with these injuries is essential. This talk aims to discuss details of pelvic anatomy, from an orthopedic standpoint, initial treatment that can be utilized to stabilize these patients and definitive treatment options.

SKILLS - BLS Challenge - Sean Ahlers, MS, NRP & Gary Leafblad, MED, NREMT (repeated) BLS Teams only! Teams of 3, consist of EMR & EMT’s only. Work as a team to assess and treat simulated patients who present with any number of evolving medical or traumatic conditions. (class size: 8 teams)

12-1 P.M. PICK A SESSION OR LUNCH (SELECT ONE)

BLS - Fire Rehab - Steve Baker, Battalion Chief/ Paramedic (repeated) As we head into the busy summer months, let’s take the time to cover the importance of incident rehab. Fire Rehab is designed to ensure that the physical and mental well-being of members operating at the scene of an emergency (or training exercise) don’t deteriorate to the point where it affects the safety of any other members. Firefighting is inherently dangerous in the best of circumstances and any additional physical or mental stress increases the danger.

ALS - I Can’t Breathe! Comprehensive Respiratory Assessment and Emergent Management, Bob Page, M.Ed, NRP, CCP, NCEE Common complaint: Complex assessment! Not being able to breathe is the most terrifying sensation that a human being could have. Anxiety and nerves have them at the end. You are called upon to take control of the situation. Respiratory assessment is filled with all sorts of subjective assessments and “tricks of the trade”. Very few concrete and diagnostic signs exist that are specific to any condition. Come to this session, allow Bob Page, a master at making the difficult seem easy, help you make sense of all the assessments and help you develop an assessment routine that will provide you with confidence in the assessment and management of this condition. From Asthma to CHF, Pneumonia to Pneumothorax. We’ll look at several cases and how comprehensive assessment can make a difference.

GEN - Community Paramedic Case Studies, Peter Tanghe, MD Community Paramedicine is an important part of the day evolution of EMS. Join us as we share cases that highlight some of the challenges and rewards that Community Paramedics experience in our work.

GEN - Upside/Down Kids - Jules Scadden, Paramedic, CAC This presentation will discuss those children with special health care needs, basic things you should know about their development and physiology and how EMS CAN do more for them than ‘drive fast to the hospital’. Through discussion and scenario practice, we will discover the intricacies that make these children special in their own ways and what role we play in their lives.

SKILLS - Sports Medicine & EMS: Equipment Removal for Various Sports, Chris Thein, MS, LATC, NREMTR (repeated) This course is designed to bring EMS up to date on current protocols, criteria and methods of removing sports equipment. Much of the current equipment has evolved dramatically over the years and its removal may require certain skills and tools to do so. You should be able to be familiar with any type of equipment that needs to be removed to access the patient if you are called on scene for an athletic injury.

Quote from last year attendee:

“I’ve been coming to this conference for 3 years and there is always something new to learn! This is my favorite conference to attend and I look forward to attending every year!”
Alyssa, EMT, Pepin, WI
Friday, March 1, 2019

1-2 P.M. SESSION OR LUNCH (SELECT ONE)

**BLS - Stemi 12 Lead Basics for EMT's,**
Michele Erickson, RN, CEN, CPEN  This session will cover basic anatomy and the electrical system of the heart. Attendees will learn how to properly perform a 12 lead ECG and identify STEMI patterns.

**ALS - How Not to Blow It: Ventilation Strategies,**
Billie Sell, FPC, NRP (repeated)  You have a patient in severe respiratory compromise. What is the best ventilation strategy? Do you use CPAP? BiPap? Or intubate and use a ventilator? How do you use a ventilator? Today’s EMS providers are expected to be using ventilators as a part of their everyday job. No longer is it just critical care providers. In this lecture, we will discuss the various ventilation strategies available in today’s EMS. We will learn more about ventilator modes and breath types as well as when and how to use them.

**GEN - Examining Active Shooter Incidents,**
Lance Ross, MBA  This session will look at what we know about Active Shooters to date in the US. Look at some of the facts and data that had been gathered since 2000 and discuss best practices for responders and facilities.

**GEN - Getting Ahead of Post-Traumatic Stress,**
John Brosius, BS, NRP, FF-P, CCEMT-P  EMS providers are highly susceptible to PTSD, as well as a myriad of the mental health issues associated with it. Here is how a group of peers at North Memorial Health Ambulance is attempting to mitigate those issues before they become detrimental.

**SKILLS - ALS Challenge - Sean Ahlers, MS, NRP & Gary Leafblad, MEd, NREMT (repeated)**  ALS Teams only! Teams of 3, consist of EMT’s & Medics only. Work as a team to assess and treat simulated patients who present with any number of evolving medical or traumatic conditions. (class size: 8 teams)

2:15-3:15 P.M. (SELECT ONE)

**BLS - Staying Upwind on Chemical Weapons,**
James Young, MD  Chemical Weapons agents have been in use since the days of the Greeks and Romans, deployed against both armies in the field and heads of state in espionage. From the deserts of Syria and the Iran/Iraq frontier to the streets and apartments of Salisbury, United Kingdom, the use of chemical agents to kill en masse or individuals is on the rise. The purpose of this talk is to educate first responders on the physiology, symptomatology, and treatment of patients exposed to the major classes of chemical weapons agents.

**ALS - When 12 Leads Are Not Enough: Stemi Update,**
Bob Page, M.Ed, NRP, CCP, NCEE  So 12 leads have been in place for a while and the STEMI Programs are rolling out across the nation, but is there something we left out? Protocol guidelines outline a standard treatment plan for all patients with Acute Coronary Syndromes. But is it right and safe for ALL cardiac patients? As the song goes, “What you don’t know, might hurt them!” Discover what you didn’t know, you didn’t know!

**GEN - From Victim to Survivor to Nurse: One Woman’s Journey,**
Carrie Fringer, DNP, APRN, AGCNS-BC, CEN  Hear one woman’s sexual assault testimony, and experience with first responders and healthcare professionals; and explore how to care for survivors using a trauma-informed approach.

**GEN - Through the Eyes of the Age-Ed: Geriatric EMS,**
Jules Scadden, Paramedic, CAC  As the “Baby Boomer” generation as grown they have become one of the largest patient populations to which EMS responds. This interactive session will address special issues surrounding assessment, emotional and psychological issues, physical care and packing of this special patient population.

**SKILLS - ALS Challenge - Sean Ahlers, MS, NRP & Gary Leafblad, MEd, NREMT (repeated)**  ALS Teams only! Teams of 3, consist of EMT’s & Medics only. Work as a team to assess and treat simulated patients who present with any number of evolving medical or traumatic conditions. (class size: 8 teams)

3:45 P.M. CLOSING SESSION  Post Traumatic Growth: Finding Benefits Within Challenges, Daniel Sundahl, Advanced Care Paramedic

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Saturday, March 2, 2019

8 A.M. OPENING SESSION  Gift of Knowledge/Curse of Knowledge, Bob Page, M.Ed, NRP, CCP, NCEE

9:20-10:20 A.M. (SELECT ONE)

BLS - Death By Drugs: Current Trends, Kirk Hughes, RN, EMT, CSPI  This session will discuss recent and known drug trends seen at the national and local levels including: Synthetic Cannabinoids, edible marijuana products, amphetamines/ methamphetamine, Novel Synthetic Opioid Receptor agonists. Effects will be discussed by drug category. We will also discuss the myth that what your drug dealer says you are getting is not always the case.

ALS - How Not to Blow It: Ventilation Strategies, Billie Sell, FPC, NRP (repeated)  You have a patient in severe respiratory compromise. What is the best ventilation strategy? Do you use CPAP? BiPap? Or intubate and use a ventilator? How do you use a ventilator? What is a ventilator? Today’s EMS providers are expected to be using ventilators as a part of their everyday job. This lecture will discuss the various ventilation strategies available in today’s EMS, learn more about ventilator modes and breath types as well as when and how to use them.

GEN - Rhabdomyolysis: Kidney Killer, Jules Scadden, Paramedic, CAC  Rhabdomyolysis results as the death of muscle fibers releasing their content into the blood stream, leading to kidney failure. Crush and compression injuries often lead to Rhabdomyolysis. This presentation discusses specific injuries which may cause this syndrome and how EMS can aid in the prevention of kidney failure and improve patient outcomes by recognizing Rhabdomyolysis in the field.

GEN - Refractory V-Fib for non Urban Areas, Marc Conterato, MD and Alex Trembley, NRP  Refractory VF is an entity effecting a small percentage of cardiac arrest patients, but it represents a group that has a high likelihood of excellent recovery if treated correctly. While certain treatments are available only in highly urban areas, some of these treatments can translate effectively to the non-urban/rural setting. The purpose of this presentation is to familiarize providers with the entity of Refractory VF, its causes, and treatment options.

SKILLS - aBC: The Pediatric Airway, Mike Morelock, BA, NRP, FP-C  Review and learn how to manage pediatric airways in common, critical airway situations. Compromised pediatric airways are rare in the pre-hospital setting. Practice here so you don’t have to practice out there. (class size: limit 24)

10:30-11:30 A.M. (SELECT ONE)

BLS - Trauma Interactive!, Bob Page, M.ED, NRP, CCP, NCEE  This is the ultimate participation workshop where the audience will use clickers and other means to get into the presentation and receive immediate feedback. The session will walk through some great trauma cases where all parts of the case are reviewed, from anatomy and physiology, signs and symptoms to therapy for traumatic injuries. It is a great comprehensive review for any provider. It is part game show, part case studies, 100% fun!

ALS - Becoming an Airway Jedi: A Step By Step Guide, Cass Kiser-Topinka, Flight Paramedic, FTO  Everyone wants to be great at airway placement. With changing expectations of “first-pass success“, excellence is an increasingly difficult mark to hit. This session will cover both the preparation behind FPS, patient assessment tools including the HEAVEN criteria, discussions of both direct and video laryngoscopy and methods of minimizing the stress reaction in ourselves.

GEN - Trauma Case Studies: Onset to Outcome, Pat Lilja, MD and Patty Reicks, RN  Time and impact of the job can take its toll on any responder at any level. This presentation is designed to work through a process of understanding of the impact in a unique and creative manner that leads to operational readiness. Within awareness, we will discuss actions and steps to take for our own wellness and resilience.

GEN - Critical Thinking in Airway Management, John Lyng, MD, FACEP, FAEMS, NRP  Not everyone thinks of airway management as a continuous process, however it is more than a single intervention at a fixed point in time. Discuss and review the variables that make EVERY airway challenging and how the impact of those variables is multifactorial. Learn to think critically about comprehensive airway management in nine easy steps!

SKILLS - Ventilator Management Skills, Seth Witthuhn & Billie Sell  After attending ‘How Not to Blow It: Ventilation Strategies’, let’s take a comprehensive hands-on look at ventilator management strategies as it relates to pre-hospital transport in both EMS and HEMS industries. We will have multiple ventilators available with scenarios to help learn ventilator strategies. (class size: limit 24)

11:40 A.M.-12:40 P.M. PICK A SESSION OR LUNCH (SELECT ONE)

BLS - Introduction to Wilderness Medicine, Peter Tanghe, MD  This session will encompass the principles of wilderness medicine: prediction and prevention. Explore critical decision making and evacuation. Critical thinking mindset has applications that tie to other specialties including tactical emergency medicine and community paramedicine.

ALS - Name that Syndrome! Joan Somes, PHd, RN, BC & Michele Erickson, RN, CEN  Review knowledge of various signs, symptoms, causes and effects of various syndromes or diseases by considering the clues being provided and voting for the right answer. In this class you will get to keep your phone turned on!

GEN - The Perfect Storm: OB Emergencies, Jules Scadden, Paramedic, CAC  The miracle of birth is preceded by months of physical and emotional growth and development for both mom and baby. This presentation discusses emergencies that can occur both during pregnancy and birth, the pre-hospital assessment and management of select OB emergencies and explore the emotional and psychological effects of OB emergencies on both parents and pre-hospital caregivers.

GEN - Incident Command System 101, Lance Ross, MBA  This session will cover the basics of the Incident Command System as a management process. It will cover managing incidents with the different disciplines, how to expand and contract an incident. How the Incident Command system can be used for “planned” events. Discuss best practices and common issues that arise.

SKILLS - Sports Medicine & EMS: Equipment Removal for Various Sports, Chris Thein, MS, LATC, NREMT & Steve Marti, MS, LATC, NREMR (repeated)  This course is designed to bring EMS up to date on current protocols, criteria and methods of removing sports equipment. Much of the current equipment has evolved dramatically over the years and its removal may require certain skills and tools to do so. You should be able to be familiar with any type of equipment that needs to be removed to access the patient if you are called on scene for an athletic injury. (class size: limit 24)
Saturday, March 2, 2019

12:40-1:40 P.M. SESSION OR LUNCH (SELECT ONE)

**BLS - Fire Rehab, Steve Baker, Battalion Chief Paramedic (repeated)** As we head into busy summer months, let’s take the time to cover the importance of incident rehab. Fire rehab is designed to ensure that the physical and mental well-being of members operating at the scene of an emergency (or training exercise) don’t deteriorate to the point where it affects the safety of any other members. Firefighting is inherently dangerous in the best of circumstances and any additional physical or mental stress increases the danger.

**ALS - Case Reviews & Context Cues, Greg Teece, MD & Alex Trembley, NRP** Join Greg and Alex, Hosts of The Medic Assessment Podcast, for critical care case reviews and assessment clues to advance your practice! This course, aimed at beginner critical care providers will use real-life scenarios to reinforce lab values, LDA management, and critical care patient transportation techniques.

**GEN - Sweet & Sour Diabetics, Bob Page, M.Ed, NRP, CCP, NCEEE** Diabetes is a disease that is becoming more prevalent in our society. This is a straightforward, easy to understand session designed to assist the provider in the rapid recognition of diabetic presentation, assessment techniques, and management principles. It emphasizes common and not-so-common diabetic conditions. Review the type of care diabetic patients get at home such as glucometry, insulin pumps, etc. Leave this session with a better understanding of this condition and what to expect to see in the field.

**GEN - Minnesota EMS History-Different From Other States? Pat Lilja, MD** Will discuss how EMS evolved in Minnesota with emphasis on the West Metro System and how it influenced state wide development. Will also highlight how Minnesota is different from many other states in our approach in EMS regulation. Also time for questions regarding our system.

**SKILLS - Wilderness Kit Mentality, Paul Wampler, NRP & Michael Wittrock, NRP (Repeat)** Heading to the woods for a day trip, or camping off the grid? Take your EMS skills to a different level with hands on scenarios. Use your skills to adapt your wilderness first aid kit... what do you need and how can you use it. (class size: limit 24)

1:50-2:50 P.M. (SELECT ONE)

**BLS - Knowledge is Power: Making Patient Assessment a Habit, Michael Morelock, BA, NRP, FP-C** Patient assessment is one of the most important skills a provider can have. The more you know about your patient, the more appropriately and more confidently you can treat them. The chaos of critical scenes can disrupt the conscious critical thinking that we are used to when there is nobody screaming at you. Building a habit of consistent and thorough patient assessment will give you the skills to figure out what’s going on even in the most disordered and disorienting circumstances.

**ALS - Drugs of Abuse: Not the Elephant in the Room Anymore, Kirk Hughes, RN, EMT, CSPI** This session will discuss recent drug of abuse trends. A majority of the talk will be discussing opioids and novel synthetic opioids similarities and differences including effects seen and treatments. Naloxone administration will also be addressed. How much naloxone does it take to reverse a Carfentanyl OD? Come and see.

**GEN - Evolution of Mass Casualty Incidents, John Lyng, MD, FACEP, FAEMS, NRP** As NAEMSP celebrates its 35th anniversary, we take time to review past presentations on MCIs to understand how events, threats, and response have evolved over more than 3 decades of experience. This lecture will glean “lessons learned” from previous MCI lectures given at NAEMSP annual conferences, as well as incorporate knowledge from external sources such as US Dept. of Homeland Security, FEMA, and other entities involved with MCI response.

**GEN - Real Life Smurfs: The Blue Baby Syndromes, Jules Scadden, Paramedic, CAC** Survival rates for premature and technology dependent babies have skyrocketed over the past twenty years, while the number of premature births have increased over that same period. Often, these children with special cardiac conditions are cared for at home by young, inexperienced parents for months before they undergo corrective surgery or their conditions improve. This presentation addresses four causes of Blue Babies, assessment challenges and management techniques for pre-hospital and emergency care providers.

**SKILLS - Wilderness Kit Mentality, Paul Wampler, NRP & Michael Wittrock, NRP (repeated)** Heading to the woods for a day trip, or camping off the grid? Take your EMS skills to a different level with hands on scenarios. Use your skills to adapt your wilderness first aid kit... what do you need and how can you use it. (class size: 24 limit)

3:15 P.M. CLOSING SESSION The Dangers of Leadership, Shannon Gollnick, MSM, NRP

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24 HOUR DISPATCH: 1-800-247-0229
**Meet the Speakers**

**Sean M. Ahlers, MS, NRP:** A paramedic for North Memorial Health Ambulance. He has been in EMS since 2003 and a Paramedic since 2007. Sean is an Adjunct Faculty member for the Opportunities in Emergency Care (OEC) Program at Osseo Senior High School in Minnesota. He is also an active member of the International Rescue & Emergency Care Association and the USA Cup Soccer Tournament.

**Steve Baker, Paramedic:** Battalion Chief with Golden Valley Fire Department, firefighter training, public education and paid on-call firefighter recruitment.

**John Broslius, BS, NRP, FP-C, CCMT-P:** North Memorial Health Critical Care, SWAT Paramedic.

**Jonathan W. Bundt, MA, LMFT, MN CEM, BCETS/CR:** Began his career as an Anti/Counter Terrorism team member/Instructor with the Israel National Police Force in the 80s and 90s. He came to the United States in 1993 for graduate school and became licensed as a mental health professional. Jonathan has spent the past 32 years working in the behavioral science, public safety, and emergency management fields specializing in response, consulting and training.

**Marc Conterato, MD:** Medical Director for North Memorial Health Ambulance Service & Air Care and a member of the Board of Directors, Minnesota Resuscitation Consortium. He is Board Certified in Emergency Medicine and a Fellow at the American College of Emergency Physicians.

**Nicholas Davis, MD:** Trauma Surgeon at North Memorial Health.

**Michele Erickson, RN, CEN, CPEN, NREMT:** Resource Educator at North Memorial Health Professional Education. She has 37 years as a critical care nurse, working in ICU-PACU-ER. She is an ENPC, TNCC, ACLS, PALS instructor with years of experience teaching and lecturing on various topics.

**Carrie Fringer, DNP, APRN, AGCNS-BC, CEN:** She is a Medical-Surgical Clinical Nurse Specialist at North Memorial Health Hospital. She has extensive emergency nursing experience and also previously worked as a Sexual Assault Nurse Examiner in a Level 1 trauma center hospital. Special interests include trauma care, violence prevention, education and mentorship, evidence-based practice, patient safety, and working with underserved populations.

**Shannon Gollnick, MSM, NRP:** Director Metro Ambulance Operations at North Memorial Health. He has 20 years of experience in EMS. After 10 years as a professional firefighter/paramedic, he retired to pursue a career in EMS Management where he has spent another 10+ years managing high performance EMS systems in Indiana, Michigan, and Minnesota.

**Kirk Hughes, RN:** Education Director & Poison Specialist at Minnesota Poison Control Center. An EMT & Firefighter for 24 years, an investigator for the Hennepin Medical Examiner’s Office and is published in various medical journals including The Journal of Clinical Toxicology.

**Sophia Kim, MD:** She is board certified in Internal Medicine and Integrative Medicine. She has been the Medical Director of the North Memorial Health Team Member Health Center for the last 11 years. She formed Minneapolis HeartMath to nearly 400 individuals and teaches it informally in most patient interactions to empower people with tools for self-awareness and reduction of the physiologic impact of stress in their body and mind.

**Cass Kiser Topinka, NREMT-P, FP-C, BS:** A flight paramedic and FTO for North Memorial Health Air Care for 6 years. She has over two decades experience in various fire, EMS, HEMS, and critical care services. Cass has accumulated a fair amount of knowledge over the years and is a fan of “evidence-based medicine” with an education focus on “High risk/low frequency” skills.

**Gary P. Leafblad, MEd, NREMT:** Program Director for the Opportunities in Emergencies Care (OEC) Program at Osseo Senior High School in Minnesota. He has been an EMT since 1984, and has been instructing high school students for over 40 years. He is also an active member of the International Rescue & Emergency Care Association and the USA Cup Soccer Tournament.

**G. Patrick Lilja, MD, FACEP:** Medical Director for North Memorial Health Ambulance Service & Air Care. He has over 40 years of experience in EMS and is a pivotal leader and champion of emergency services in Minnesota.

**Peter Lindbloom, MPAS, PA-C, CAQ(EM):** A former paramedic, he has worked for over two decades as a physician assistant in both rural and urban emergency departments. He is currently working in Trauma, Emergency General Surgery and Surgical Critical Care at North Memorial Health Hospital.

**John W. Lyng, MD, FACEP, FAEMS, NRP:** Medical Director for North Memorial Health Ambulance & Air Care and an Emergency Physician at North Memorial Health Level 1 Trauma Center. Dr. Lyng is also Board Certification in Emergency Medicine and has more than 20 years of EMS experience across the US and internationally.

**Chad Macheel, MSN, APRN, FNP, ENP, CCRN, CFRN, CEN:** A former professional educator, EMT-B, ER Nurse, and Flight Nurse. He currently works as a Nurse Practitioner for the North Memorial Health Trauma, Emergency General Surgery, and Surgical Critical Care Service and additionally serves as a Captain in the US Air Force’s 133rd Medical Group.

**Steve Marti, MS, ATC, EMR:** A Certified Athletic Trainer (ATC) for over 40 years. He worked for the Institute for Athletic Medicine for 30 years, including 17 years at Armstrong High School. At the collegiate level, as an ATC he covered wrestling and football at the University of Northern Iowa and the University of Iowa. He is an ATC Injury Spotter for the National Football League at the US Bank Stadium.

**Michael Morelock, BA, NRP, FP-C:** A paramedic with North Memorial Health for 8 years. During that time he has worked as a tactical paramedic, critical care paramedic, flight paramedic, and a field training officer. Currently operations supervisor role for North Memorial Health and is focused on improving the training, reputation, and influence of the North Memorial Health critical care program.

**Robert (Bob) Page, M.Ed, NRP, CCP, NCEE:** An internationally known speaker, award winning instructor, author and paramedic. He has presented seminars across the United States, Mexico, Canada, Europe, the Middle East, Japan and Africa. He is recognized for his energetic, humorous and motivational style. Bob takes ordinarily dry and hard to teach topics and transforms them into a fun, learning experience. Bob calls it “Edutainment.”

“*This is the most organized conference I’ve ever attended! Great variety of speakers, accommodations were excellent and food was amazing! This is the most fun I’ve ever had at a conference! Very laid back with lots of laughter!*”

Carrie Fringer, Clinical Nurse Specialist, North Memorial Health
Meet the Speakers

Benjamin Ranstrom, DNP, PNP, AC, ENP: He is a dual certified Pediatric Nurse Practitioner in acute and primary care as well as a dual certified Family Nurse Practitioner and Emergency Nurse Practitioner and Registered Nurse First Assist who has over 20 years of experience in nursing. He currently works on the Trauma and Emergency General Surgery teams as well as being a PALS instructor at North Memorial Health.

Patty Reicks, RN, BSN, CCRN-K, CRN, TCRN: Manager of the Trauma and Emergency General Surgery at North Memorial Health Hospital. Patty has been with the Trauma Program since 1999. She is the current Performance Improvement Specialist for the Minnesota Metro Regional Trauma Advisor Committee.

Lance Ross, MBA: Manager of the Emergency Management Program at North Memorial Health and Team Leader for the Minnesota Type III All Hazards Incident Management Team. Lance has been involved with Emergency Management and Healthcare Response throughout the country for over 20 years.

Jules Scadden, PM, CAC: Director of EMS for Dysart Ambulance Service in Iowa and involved in EMS for over 26 years, co-chair on the Iowa EMS-C Advisory Council, is a member of the National Scope of Practice Model Review-Expert Panel, and serves on many committees. Jules is regional, state & national EMS Educator with a focus on Pediatrics and Children with Special Healthcare needs and a reviewer and writer of EMT Texts including co-author of Fundamentals of Basic Emergency Care, 3rd edition and contributing author of Prehospital Care Pearls and Pitfalls.

Billie Sell, NRP, FP-C: A 15-year veteran in EMS, currently working for North Memorial Health Air Care. Billie is also adjunct faculty for the paramedic program at South Central College in North Mankato.

Joan Somes, PhD, RN-BC, CEN, CPEN, FAEN, REMT-P: Recently retired after working 40 years as a bedside emergency nurse and nursing educator for HealthEast Hospitals. She now works part time for Regions Hospital EMS as an EMS education specialist. Joan has taught locally, nationally, and internationally on various topics. She has been published numerous times and is the editor geriatric section for the Journal of Emergency Nursing. Awarded the Minnesota EMS Educator of the year in 2018.

Daniel Sundahl, Paramedic: Dan is an advanced care paramedic, firefighter, pre-hospital educator, professional public speaker, photographer and photo editor. He is passionate about reducing the stigma of PTSD for first responders and he uses his art to raise awareness of occupational stress injuries worldwide. He is a published artist and writer and has two art books produced of his works. He has been featured in Canadian Paramedicine, JEMS, Fire Rescue Magazine, EMS One, EMS World Magazine and the Canadian Journal of Emergency Nursing.

Pete Tanghe, MD: Board certified in Emergency Medicine, works clinically at North Memorial Health Emergency Departments and is the Medical Director for the NMH Community Paramedic Program. Prior to becoming a physician, he worked as an EMT in a variety of rural and urban settings.

Greg Teece, NRP, FP-C: Greg currently has been working as a Critical Care Paramedic at Lakeview EMS for nearly a decade. He is a certified flight paramedic (FP-C), a field training officer, and a long time EMS educator.

Meredith Tepstra: Community Relations & PR Specialist for AAA Minneapolis.
Register on line: northmemorial.com/longhotsummer

Registration fees:
$25.00—Pre-Conference Fee  
Thursday, February 28  
Select only 1 session, dinner is on your own. 1.5 or 2.5 hours of education, must be registered for the conference to attend the Pre-Conference Workshop. Stay for the Thursday night Karaoke Social.  

$259.00—2 Day Conference Fee  
Friday, March 1 and Saturday, March 2  
Includes both days, 12 hours of education, lunch on Friday and Saturday, Friday social hour & dance, conference t-shirt, conference binder/pen/lanyard and refreshment breaks throughout both days.  

$179.00—1 Day Conference Fee  
Friday, March 1 only  
Includes 6 hours of education, lunch on Friday, social hour and dance, conference t-shirt, conference binder/pen/lanyard and refreshment breaks.  

$179.00—1 Day Conference Fee  
Saturday March 2 only  
Includes 6 hours of education, lunch on Saturday, conference t-shirt, conference binder/pen/lanyard and refreshment breaks.  

NMH employee registration fees:  
$25.00—Pre-Conference Fee  
Thursday, February 28  
Select only 1 session, dinner is on your own. 1.5 or 2.5 hours of education, must be registered for the conference to attend the Pre-Conference Workshop. Stay for the Thursday night Karaoke Social.  

$179.00—2 Day Conference Fee  
Friday, March 2 and Saturday, March 3  
Includes all aforementioned perks.  

$139.00—1 Day Conference Fee  
Friday, March 1 only  
Includes all aforementioned perks.  

$139.00—1 Day Conference Fee  
Saturday March 2 only  
Includes all aforementioned perks.  

Exhibitors & vendors:  
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Contact Karmel Hotvedt at karmel.hotvedt@northmemorial.com or (763) 581-2456. Exhibit with us and attend the conference! All exhibitor packages include one complimentary conference registration for your representative.  

Cancellations:  
Cancellations must be made by e-mail or in writing.  
Refunds will NOT be issued after February 15, 2019.  
There are no refunds for ‘no shows’ or inclement weather. Substitutions will be accepted if prior approval is arranged through the EMS & Professional Education office before February 25, 2019.  

Registration deadlines:  
• Registrations received after February 25 must include an additional $50.  
• Registrations that are to be billed to facilities must be invoiced prior to February 15 to allow time for us to process billing.  
• The Professional Education Office will close at noon on February 28, 2019 so staff can prepare for the conference.  
• Walk-In Registrations will be accepted at the door on Friday and Saturday for an additional $65.00.  

Confirmations:  
Conference registrations will be sent electronically. If you do not receive confirmation of your registration, please contact us at ems.education@northmemorial.com.  

Disclaimer:  
Conference presenters and presentations are subject to change without notice. If possible we will make every effort to notify you prior to the conference of any changes.  

Continuing education credit:  
• This program has been designed to meet continuing education requirements for all levels of pre-hospital providers based on guidelines by the National Registry of Emergency Medical Technicians and the Minnesota EMS Regulatory Board.  
• This program also meets the Minnesota Board of Nursing guidelines for continuing education. It is the responsibility of the individual to determine if the program meets the Minnesota Board of Nursing criteria.  
• Specific sessions are POST (Police Officer Safety Training) approved.  

Special needs or services:  
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Important note: After you download the new Conference App, you will create a new account with the same email you used to register and then your Long Hot Summer event will automatically populate to the App. You will be able to build your sessions within the App after you have registered.
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