



Professional Paramedic Association of Ottawa

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By Suzanne Noël, BSc KIN, CFC, PCP, Interim Director of Print Media

It has been a very busy fall in Ottawa and we have a lot of news to report in this edition of Canadian Emergency News.

Keeping Paramedics Safe

How many times have you been responding to a life-threatening emergency

at the side of a roadway, worried that you may become the next victim as cars pass by too fast and too close?

Thanks to Ontario's new Move Over law, the safety of paramedics and other emergency services workers on the roads is being addressed. The new law, implemented this past year, makes it mandatory for drivers to slow down and move over a full lane when passing any emergency vehicle stopped at the side of the road.

Unable to find financial and political support in the Ottawa area, our resourceful president Darryl Wilton was able to garner support from Transportation Minister Donna Cansfield. "I can't get over the stupidity of people when they just do not move over. Our emergency service workers demonstrate extra courage just by going to work every day," she said. "We owe it to them, in fact, to ensure that their lives are not put in needless danger."

Darryl Wilton also created a partnership with Constable Lee Bishop, R.I.D.E Coordinator for the Toronto Police Service-Traffic Services, to help inform Ottawa motorists of the risks emergency services workers face on the road. Constable Lee Bishop was able to provide the PPAO with 24 free copies of the public awareness video, *Move Over ... Protect Us All!* These videos will be distributed and broadcast through the media here in Ottawa. The PPAO will be coordinating a safety blitz this spring to make motorists aware of their responsibilities.

More Global Medic Training

This past November, Paramedic Team Leader Francois Cote coordinated another successful training day for Global Medic. Global Medic is an organization that deploys medics to Third World countries across the world to aid victims of natural and man-made disasters.

Paramedics from rookies to those with 20 years service came together for a day to learn about water purification techniques, shelter set-up and field hospital treatments.

Global Medic has deployed teams to more than 20 natural disasters in the past four years. This past summer, Ottawa Paramedic Yvonne Malbasha, who took last year's training, spent several days in Bangladesh after the floods. To see the video of this team in action treating over 2,500 civilians daily, or for more info on Global Medic, please visit www.dmgf.org.



OTTAWA PARAMEDICS learn how to be Global Medics.

Exemplary Service Awards

We are all very proud of the Ottawa paramedics who were selected to receive the Governor General's Emergency Medical Services Exemplary Service Medal. The recipients of this prestigious decoration should be very proud that their career has characterized the exemplary performance, conduct and efficiency that is worthy of such a prestigious award.

The PPAO would like to congratulate paramedics Frank McGregor, Doug Ryan, Andrew Orchard, J.P. Trottier and Joe Micucci who received the Governor General EMS Exemplary Service Medal this fall.

We would also like to extend our thanks to Patty Troiano, In-Room Dining Manager at the Intercontinental Toronto Centre, where the recipients spent the weekend. With Patty's help, the PPAO was able to arrange the sponsored delivery of wine and gift baskets to our members who were receiving these esteemed medals.

For more information, go to this link: http://www.gg.ca/honours/medals/hon04-esm_e.asp

Mike Murray Remembered

Ottawa paramedics were saddened by the recent loss of a former colleague, Mike Murray after a lengthy illness.

Mike began his career as an army medic in charge of NDMC ER, running the ER before the introduction and help of RNs.



PARAMEDIC Association of Canada Benevolent Logo

Following that, he became an ALS medic in Calgary and in the 1980s decided to transfer to Ottawa, becoming an ambulance attendant at OCRAS.

While at OCRAS, Mike made his mark in the paramedic profession. As fellow medic Steve Hallam said, "Mike was well-liked and admired by all fellow ambulance officers at OCRAS. He was instrumental in helping advanced care paramedicine evolve in Ottawa."

In 1988 Mike became the first Base Hospital Coordinator. During his three years in this position Mike was able to help implement important advances for Ottawa medics. Base hospital Physician Dr. Justin Maloney summed up Mike's influence the best when he said, "Mike was an important influence at the time. He had been an ALS paramedic in Calgary and just having someone like that in our midst was very positive. While locally everyone struggled to get people to call ambulance drivers something else like ambulance attendants and later ambulance officers, Mike helped everyone create a vision of what a paramedic did. That was important to the street medic, but also to the skeptical physician group."

Mike loved his career in paramedicine and in honour of his excellent contributions to the field Mike's family has collaborated with the PPAO to have the Paramedic Association of Canada's Benevolent Logo carved in his grave marker as a tribute to the profession he had such an influence on.

Our thoughts and wishes go out to the family of Mike Murray. He will be missed by all who worked alongside him.



PPAO Hockey Tournament

The 5th annual Professional Paramedic Association of Ottawa Invitational Hockey Tournament is coming February 27th and 28th, 2008!

Last year's tournament was our biggest success to date, raising \$4,500 for charity and this year we are hoping to raise even more.

This time, we are introducing a new format to help even out the playing field. Instead of a general round robin format, teams will be divided into a Recreational and an Open division. Each team is guaranteed at least three games and the prizes will be well worth the blood, sweat and tears that go into every game.

As usual, there will be a fun filled night out in the Byward Market on February 27th, where teams can discuss the great plays of the day.

If you would like more information on this year's tournament please contact Denis Gagnon at hockey@ottawaparamedics.ca.

Paramedics Helping The Community

Paramedic Norm Robillard, a local hockey coach, recently helped organize a community marathon sports tournament in Blackburn Hamlet on behalf of KidSport Ottawa.

Norm brought a paramedic edge to the tournament which offers free registration and equipment grants for children who cannot participate in sports due to economic and social reasons. Norm identified that poor nutrition, lack of exercise and sedentary lifestyles all contribute to poor health, but nobody was doing much to help less fortunate children play organized sports.

Norm got the idea after reading about an Amateur Fastball Association that raised money during a pitch-a-thon and thought that he could drum up enough concerned moms and dads to help those kids who can't afford to play sports themselves.

The event was a success and raised \$718 for KidSport Ottawa.

New Merchandise Is Here!

For those of you who have been asking about our new PPAO clothing line, I am happy to report that items are now



NORM ROBILLARD presents a cheque for \$718 to KidSport Ottawa Treasurer Katie Jarvis.

available thanks to the hard work of Glen Gillies from the OPA and his collaboration with Mark's Work Wearhouse.

Now, any item of clothing you buy at Mark's can automatically be embroidered with the PPAO logo or any other OPA Ontario chapter's logo

Here's how it works:

1. Go to any Mark's Work Wearhouse.
2. Purchase any item of clothing you like.
3. Inform the cashier where you want the PPAO logo embroidered.
4. Get dressed.

Our PPAO logo is available in either an English or French version (see images).

We also have a number of new merchandise items available at www.Ottawa-Paramedics.ca. Our high tech shopping cart can be used by anyone with an internet connection and a credit card.

Continued Community Exposure

Keeping with our goal of continued and expanded media and community coverage, here are a few updates on what the PPAO has been up to.

Thanks to a new partnership with RMC Publications, their popular community information magazines now contain the PPAO logo along with the message "Highly trained medical professionals bringing the emergency room to you." These magazines are distributed for children and adolescents throughout Ottawa.

The PPAO has been extremely impressed with second year paramedic student Alexandra Hopkin for doing an absolutely incredible job of organizing the annual student CPR and AED training for the Professional Paramedic Association of Ottawa. Having previous training experience combined with a lifeguard background and an intrinsic ability to lead, Alexandra had no problem taking charge of the whole event by coordinating instructors, booking equipment and securing training rooms. As a current Advanced Public Training Instructor for Ottawa Paramedic Serv-



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PPAO'S ENGLISH logo for Mark's Work Warehouse.



L'Association Professionnelle des Paramédics d'Ottawa

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PPAO'S FRENCH logo for Mark's Work Warehouse.

ice, Alexandra was obviously comfortable leading a room full of students. Alexandra's professionalism, presentation skills and organizational abilities are finely tuned and will be an asset to Ottawa Paramedic Service when she graduates from the PCP program and begins looking for career opportunities. Alexandra Hopkin would be an incredible asset to any paramedic service.

Director of Professional Development, Jeremiah Soucie (CCP, BSc, MBA) currently holds a seat on the Regional Heart Saver Committee. This committee is made up of volunteers from groups such as CPR instructors, police, fire, nurses, physicians and other emergency and allied health care providers who aim to promote and support the Chain of Survival in the Ottawa community. The current goal of the coalition is to increase the number of citizens trained in CPR and Automatic External Defibrillator (AED) use, thus increasing the incidence of bystander initiated CPR and AED use and improving the chance of survival from cardiac arrest for residents of Ottawa.

Director of Media Relations, Rob Wilson, was also a guest host on a two-part show on 580 CFRA where he was interviewed by a prominent Ottawa physician.

Rob did a fantastic job explaining the role of Advanced Care Paramedics in Ottawa and answering questions from callers. If you are interested in hearing the broadcast you can download the MP3 format from www.OttawaParamedics.ca.

Paramedics Yannick Roussel, Hans Oberholzer and Natalie Labelle presented at the National Anaphylaxis Association Conference (AAIA) to provide informative demonstrations to the public as well as a presentation to children suffering from severe anaphylaxis. The paramedic association also had a booth in the vendor area.

The PPAO wants to thank paramedics Kane Newell and Ghislain Bercier for organizing the paramedic component of the Orleans Community Parade of Lights—Canada's largest night parade. They did an excellent job of keeping the paramedic portion of the event very well orchestrated. We would also like to send out a thank you to Ghislain's girlfriend and brother, as well as Gerry Lyon and his family for participating in the parade.

The PPAO also wants to thank paramedic Chris Bugelli (Barrhaven Parade Lead), Coordinator Robert Davidson, CTO Stephen Calkins and family, PTL Paul Morneau and family, PCP Laurie-

Ann Mohring and family, Communications Officer Marie-Claude Graham and family, Communications Officer Breanne Lessard and family, as well as Communications Officer Maggie Labelle for doing an awesome job at the Barrhaven Community Christmas parade.

We also want to thank Paramedic Dwayne Gidney for having a connection that enables us to now be able to award our high energy, high volume community volunteers with free tickets to Ottawa Senators hockey games. What a score!

If you want to review the rest of our community activities, please visit www.OttawaParamedics.ca and go to Initiatives/Calendar. Countless paramedic association members put in hundreds of hours of volunteer time every year.

Student Member Benefits

Student members of the PPAO will soon have another membership benefit. Due to numerous questions and requests from current students about the proper way to document calls on the ACR, a new documentation package will be available from the PPAO. The package will contain several ACR models that demonstrate the proper charting for all basic medications calls and spinal immobilization calls.

The package should help students complete a properly charted ACR for the most common calls encountered in class scenarios and provide an excellent starting point for official documentation when they enter preceptorship.

Weekly Ski Bus

Now that the snow has come, why not get out and enjoy it a little more?

The PPAO has partnered with Nortel and National Defence to offer weekly access to an alpine ski bus that will visit Mont Tremblant, Jay Peak, Mont Ste. Marie, Whiteface, Le Massif and Mont Ste. Sauveur, as well as discounted airfare packages to ski resorts out west.

For more information contact PCP Matthew Smith (a.k.a. The King Snow chaser).



PARAMEDICS Yannick Roussel, Hans Oberholzer and Natalie Labelle entertain children with severe anaphylaxis

www.OttawaParamedics.ca