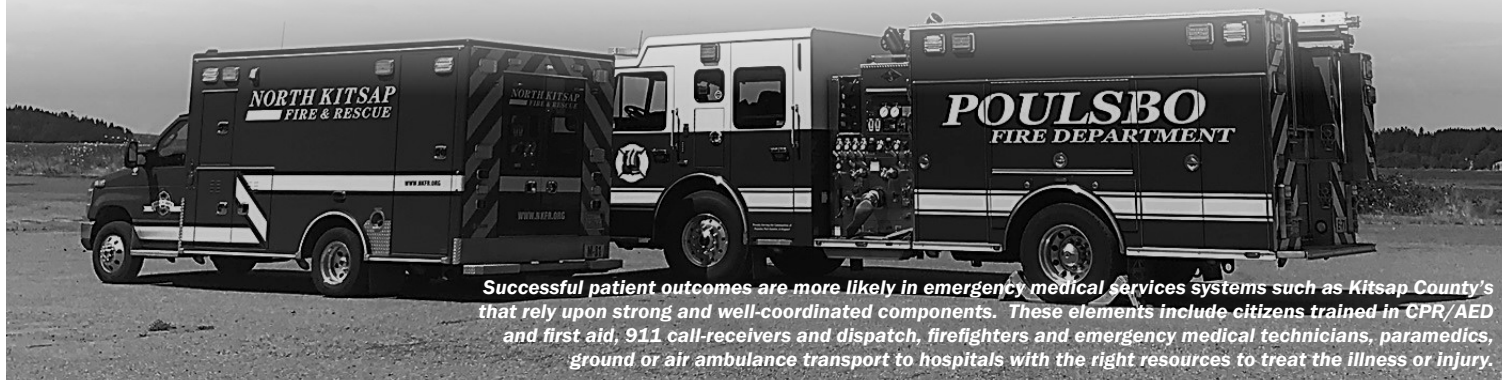


The Pulse

Fall 2019

EMS: A Team Effort



Successful patient outcomes are more likely in emergency medical services systems such as Kitsap County's that rely upon strong and well-coordinated components. These elements include citizens trained in CPR/AED and first aid, 911 call-receivers and dispatch, firefighters and emergency medical technicians, paramedics, ground or air ambulance transport to hospitals with the right resources to treat the illness or injury.

This fall, voters will be asked if North Kitsap Fire & Rescue and Poulsbo Fire Department can continue collecting the Emergency Medical Services (EMS) property tax levy at the rate of \$0.50/\$1,000 of assessed valuation.

This is not a new tax; it is a continuation of a tax that voters have renewed on a regular basis for nearly thirty years.

The two fire districts are partners in providing the north end of Kitsap County with emergency response and related services, improving efficiency by sharing resources whenever possible. This newsletter is just one example of the many cooperative efforts between the agencies.

The districts also share resources in training, public information, apparatus and facilities maintenance, fire and injury prevention, information technology, administration and more.

Most importantly, the two departments provide seamless response to fire, medical and other

emergencies.

Poulsbo Fire Department serves 54 square miles and 25,992 people in the northwest portion of the county.



North Kitsap Fire & Rescue serves 46 square miles and 20,213 people in the northeast part. Both emergency and non-emergency services -- such as blood pressure checks, outdoor burning permits and more -- are provided from seven staffed and two volunteer stations,

shown on the map that appears inside.

Medical responses comprise the majority of calls at the two

departments, totaling about two-thirds of all incidents. Of a combined 7,147 calls in 2018, about 60% were for medical incidents.

Fire districts receive no on-going county, state or federal funding. Between 75 - 85% of the departments' budgets comes from local property taxes. The EMS levy provides about one-quarter of the districts' operating budgets; renewal of the levy will help fund continued high-quality emergency medical services.

Ballots will be mailed out to voters in mid-October, and must be postmarked or deposited in a ballot dropbox no later than November 5. To learn more about the measures, see the districts' websites or the local voters' pamphlet.

The Pulse, published jointly at least once every year, is one of many cooperative efforts between your two local fire departments.

**NORTH KITSAP
FIRE & RESCUE**

26642 Miller Bay Rd NE Kingston, WA 98346
(360)297-3619
www.nkfr.org
@nkfandr facebook/nkfire



911 NE Liberty Rd Poulsbo, WA 98370
(360)779-3997
www.poulsbofire.org
@poulsbofire facebook/poulsbofire

North Kitsap Burn Ban Information Line (360)297-4888



Open Houses

Meet your firefighters, tour the station, gather important safety information, ask questions and enjoy refreshments at the districts' annual open houses:

Poulsbo

Station 71: 911 NE Liberty Rd
Saturday, September 14
3 - 5 p.m.

Edgewater Estates/Lofall

Station 72: 28882 Faulkner Rd NE
Saturday, September 28
3 - 5 p.m.

Hansville

Station 89: 4911 NE Twin Spits Rd
Saturday, October 5
10 a.m. - noon

Suquamish

Station 84: 18533 Augusta Ave NE
Saturday, October 5
1 - 3 p.m.

Keyport

Station 73: 1863 NE Pacific Ave
Tuesday, October 8
5:30 - 7 p.m.

Indianola/Jefferson Beach

Station 85: 23260 S. Kingston Rd
Wednesday, October 9
4 - 6 p.m.

Kingston

Station 81: 26642 Miller Bay Rd
Saturday, October 19
10 a.m. - noon

Vinland

Station 77: 1305 NW Pioneer Hill Rd
Saturday, October 19
3 - 5 p.m.

EMS in Action

Patients needing emergency medical services (EMS) fare best when all components of the EMS system are strong and well-coordinated. The

American Heart Association calls this "The Chain of Survival." In Kitsap County, the following links form a very strong chain.

Well-trained and equipped personnel, properly positioned so they're able to reach the majority of incidents as quickly as possible, respond. They begin providing life-saving care immediately.

Automatic Aid: A crew of two can make a significant difference in patient outcomes by starting care, but serious incidents require more than two sets of hands. There are no borders between local fire districts during emergencies and, often, crews from neighboring agencies are automatically dispatched to help when additional resources are needed.

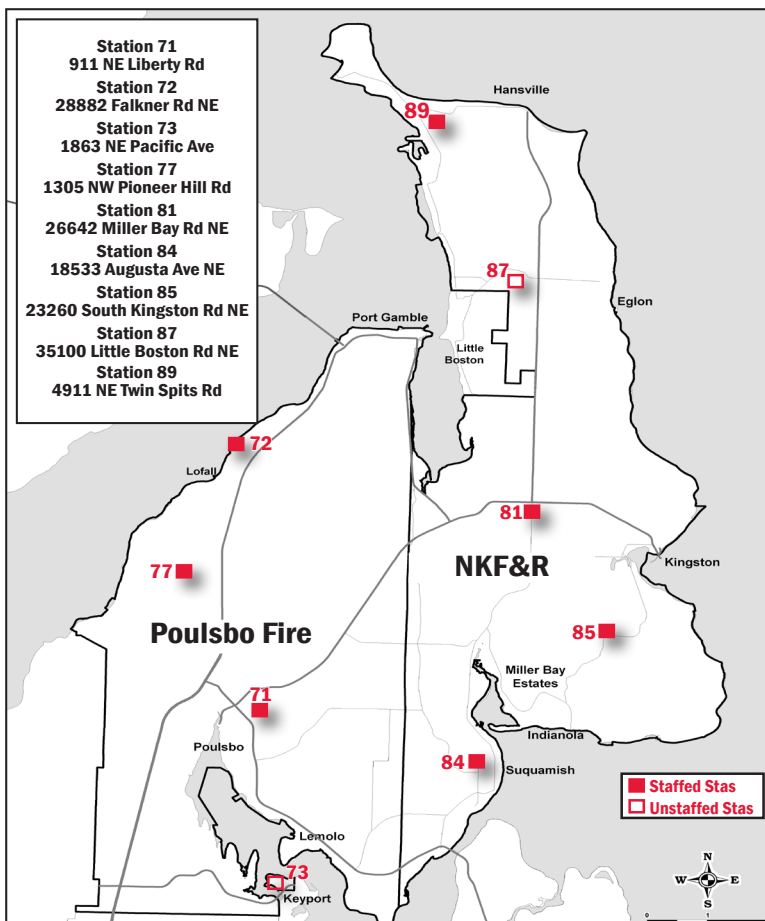
Transport: Most incidents can be resolved with ground ambulance transport to a local hospital. In certain cases, crews call for an air ambulance to transport patients to specialized facilities.

Definitive Care: While field personnel deliver life-saving care, they lack the necessary equipment for definitive diagnosis and treatment. These services are delivered at local hospitals or, when necessary, at other facilities such as the region's only level one trauma center at Harborview Medical Center in Seattle. There, surgeons and other medical professionals stand ready to handle the most critical and complicated cases. Patient destinations are determined by established medical protocols and/or a supervising physician.

911: Passersby(s) recognize the emergency and report it to Kitsap 911. Kitsap 911 personnel, in turn, dispatch the closest appropriate units to the incident while providing the caller with pre-arrival instructions.

Bystander First Aid and/or CPR: Civilians first on scene help prevent further injury to the patient(s) and provide first aid or CPR.

Fast First Response: Seconds count in medical emergencies.



EMS FAQ

We'd like to take this opportunity to share with you the answers to questions most frequently asked about emergency medical services (EMS).

What's the fastest way to get help?

Although we welcome visitors, we discourage coming to the fire station to report emergencies. Citizens may experience unnecessary delays if crews are out of the station or otherwise unavailable. The 911 system provides the fastest response by automatically dispatching the closest appropriate unit. It is also risky to the patient and others to drive when seriously injured or ill. Better to call 911, and leave the driving to us.

Why do fire engines respond to medical calls?

It's important to note that all of our firefighters are medically-trained, and all of our engines carry essential equipment such as defibrillators and oxygen. We send engines to aid calls for several reasons: It is vital to get the closest available

unit to the incident as quickly as possible. Often times, that unit may be a fire engine. Occasionally, engines may respond to provide additional hands to help. Many incidents require additional personnel to provide advanced care and/or to move a patient to the ambulance.

What does the EMS

levy pay for? Revenue from the EMS levy helps pay for the costs of first response to medical incidents. There is never a bill for a response. But the levy doesn't provide enough to fund the additional costs associated with ambulance transports. To provide transport services, we must purchase and maintain ambulances as well as stock and staff them. Although billing revenue doesn't cover all of these additional expenses, we can recover some of the costs by billing patients' health insurers. Many fire departments don't provide any ambulance transport at all and avoid the cost of operating



ambulances by providing first response to medical incidents from fire engines. In those areas, for-profit ambulance companies provide transport services. We will always work with patients to ensure that our efforts at cost-recovery don't cause financial hardship.

What's the difference between an EMT and a paramedic? Both are emergency medical technicians, but those who are called "EMT" have undergone about 120 hours of initial training to earn the EMT-B (Basic) certification. Paramedics hold the EMT-P (Paramedic) certification after

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Signs and Symptoms of Heart Attack and Stroke

According to the American Heart Association, heart and blood vessel disease are our nation's number one killer.

Some heart attacks are sudden and intense, while some start slowly. Here are some of the signs that can mean a heart attack is underway:

Chest discomfort – Pressure, squeezing, fullness, or pain in the center of chest that lasts more than a few minutes, or comes and goes.

Discomfort in other areas of the upper body – Pain or discomfort in one or both arms, the back, the neck, the jaw or the stomach.

Shortness of breath

Other signs – Cold sweats, nausea or lightheadedness.

Learn the signs and symptoms of stroke, and get help even if the symptoms go away:

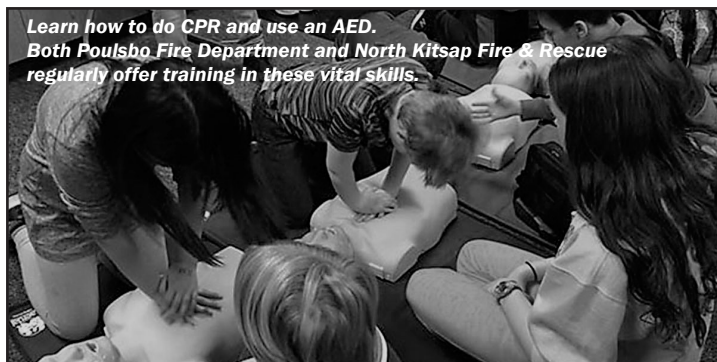
Face drooping – One side of the face droops or is numb. The person's smile is uneven.

Arm weakness – One arm is weak or numb. When the person raises both arms, one drifts downward.

Speech difficulty – Speech may be slurred. The person may be unable to speak or hard to understand. Ask the person to repeat a simple sentence, and see if it's repeated correctly.

Other signs – Sudden numbness or weakness of the leg; sudden trouble seeing in one or both eyes; sudden trouble walking, dizziness, loss of balance or coordination; sudden severe headache with no known cause.

**See the
Emergency
Medical
Information Card
on reverse**



If you suspect heart attack or stroke, call 911 immediately.

Not every hero wears a cape.

PLAN and PRACTICE

your **ESCAPE!**[™]

firepreventionweek.org



 NFFPA

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