

Texas EMS Trauma News

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Remembering Dr. James “Red” Duke

On August 25 we lost a true trailblazer in trauma medicine in Texas and the world. Dr. James “Red” Duke, pioneer and surgeon passed away of natural causes at the age of 86. Dr. Duke played a huge role in shaping today's EMS/Trauma system in Texas and worked tirelessly as a surgeon, educator, and all around innovator in health care. Dr. Duke's family released a statement, “To countless colleagues, friends and patients, he was a skilled physician, innovative healthcare provider, exceptional communicator and dedicated conservationist. We, however, mourn him as a caring father, grandfather and devoted brother who will be deeply missed by his family.”

His “everyman” approach to explaining health care and injury prevention led to a 15 year run of his internationally syndicated show “Dr. Red Duke Texas Health Reports”. Dr. Duke's lifelong dedication to improving trauma care also led to the founding of the American Trauma Society and he was seriously considered to fill the position of U.S. Surgeon General in 1989. In 2014 the Governor's EMS & Trauma Advisory Council (GETAC) presented him with the Journey of Excellence award at the Texas EMS Awards ceremony.

Dr. Duke initially treated President John F. Kennedy and saved the life of Texas Gov. John Connally in 1963, but the outpouring of stories from patients he has helped throughout his career showcase his innate capacity for patient care and genuine humanity.

UT Health Science Center and Memorial Hermann have created a remembrance page for Dr. Duke at <https://www.uth.edu/drredduke/> for those who would like to share their memories of this true Texas legend. Thank you, Dr. Duke for your dedication to Texas EMS/ Trauma systems and to the Duke family for sharing him with us all. Texas has benefited by having Dr. James “Red” Duke involved!

Wellness in EMS: Who's Responsible?

EMS is a demanding mission. EMS care givers perform in difficult environments; do physically demanding tasks; and manage emotional circumstances every day.

Several studies provide important insight into the wellness of EMS caregivers. For example, most do not meet the Centers for Disease Control and Prevention (CDC) recommendations for physical activity and many are overweight. Experienced care givers (16 or more years) have a higher risk of depression, anxiety, and stress and EMS volunteers are in danger of emotional exhaustion and depersonalization. Finally, EMS care givers have a rate of injury three times the national average for all occupations. Studies show that improving wellness among EMS care givers is critical. But whose job is it anyway?

Health, fitness, wellbeing, and a supportive organizational culture and work environment are critical to wellness. Leaders must provide resources to address critical areas, but can't do it alone. Solutions work only if leaders AND care givers collaborate. Here's a breakdown. Healthy choices promote good health. EMS care givers need relationships with physicians who care about them. Leaders should encourage healthy choices and support care givers improving their health.

Fitness reduces injury rates by improving strength, endurance, and flexibility. The National Association of EMTs produced recommendations for health improvement and there are fitness trainers who specialize in EMS. While leaders can improve access to training facilities, equipment, and time for fitness activities, EMS care givers must commit to improving their personal fitness.

Wellbeing includes emotional, mental, and spiritual health. As more EMS care givers are feeling depressed, anxious, and stressed, learning coping skills and having access to counselors and peer support teams are essential. Access to psychologists, life coaches, and chaplains are effective strategies, but only if EMS care givers take advantage of them.

So there you are! The bottom line is that wellness is everyone's responsibility and working together is crucial.

Be well, strong and safe!

Ernesto Rodriguez, Chief
Austin-Travis County Emergency Medical Services

Poor food choices, little exercise and inadequate sleep can contribute to stress then stress can lead to poor food choices, being too tired to exercise and too worried to sleep.

Exercise for stress relief

Exercise in almost any form can act as a stress reliever.

Try to exercise everyday - For stress relief most experts recommend 150 minutes a week.

Start slow, maybe 20 minutes, 3 days a week.

Do something you love; walk your dog, take your kid on a hike, join a team, dance, garden.

Stress Reduction through Nutrition

Stress has a negative effect on our body's resistance to disease. Better nutrition can counteract the effect.

Eat more fruits and vegetables, oatmeal, whole grains include avocados, fish, nuts, oranges (vitamin C).

When we're stressed it absolutely impacts our food choices. We crave carbohydrates aka "comfort foods". Carbs (starch and sugar) prompt the brain to produce more serotonin, which gives us a sense of calmness. We eat more carbs.

Strategy to beat stress

Carry snacks; eat something every 3-4 hours

Eat breakfast, lunch and dinner

Avoid extra sugar and excess alcohol.

NOTE: Lack of sleep (7-9 hours is optimal)

increases your appetite hormones.

As of January 1, 2016 all EMS providers, when submitting initial or renewal applications, must verify that the AOR meets all of the requirements as stated in 157.11 of the Texas Administration Code. DSHS will *not* accept a plan of correction for this requirement.

Requirements: Administrator of Record 157.11 Texas Administration Code

(F) Declaration of Administrator of record and any subsequently filed declaration of a new administrator shall declare the following.

(i) The administrator of record is not employed or otherwise compensated by another private for-profit EMS provider.

(ii) The administrator of record meets the qualifications required for an emergency medical technician certification or other health care professional license with a direct relationship to EMS and currently holds such certification or license issued by the State of Texas.

(iii) The administrator of record has submitted to a criminal history record check at the applicant's expense as directed in §157.37 of this title (relating to Certification or Licensure of Persons With Criminal Backgrounds).

(iv) The administrator of record has completed an initial education course approved by the department on state and federal laws and rules that affect EMS.

(v) The applicant will assure that its administrator of record will complete the requirement of eight hours annual continuing education related to the state and federal laws and rules related to EMS.

(vi) An EMS provider that is directly operated by a governmental entity, is exempt from this subparagraph.

(vii) An EMS provider that held a license on September 1, 2013, and has an administrator of record who has at least eight years of experience providing EMS, the administrator of record is exempt from clauses (ii) and (iv) of this subparagraph.

Air Ambulance Complaints

The US Department of Transportation Office of Federal Aviation Administration (FAA) processes complaints concerning air carriers that offer air ambulance/medical services. This is in accordance with the Airline Deregulation Act of 1978 (ADA), 49 U.S.C. §41713(b)(1), which preempts state EMS offices from regulating rates, routes, and services of air ambulance medical services. If someone needs to file a complaint, there are several methods of contacting the FAA:

For air safety related complaints you may contact the FAA regional office in Ft. Worth at (817) 222-5001.

For concerns and complaints other than safety or security issues you may contact the U.S. Department of Transportation Aviation Consumer Protection Division in Washington DC at (202) 366-2220. A complaint web form is available at <http://airconsumer.ost.dot.gov/escomplaint/ConsumerForm.cfm> or send by mail to:

Additional information from the Aviation Consumer Protection Division can be found at <http://www.transportation.gov/airconsumer/file-consumer-complaint>.

IAP status for trauma facilities upgrading designation?

Recently, our office has had an increase in requests from trauma designated facilities to be recognized as IAP or "In Active Pursuit" status when upgrading or pursuing a higher level of trauma designation. This is not required or needed for trauma facilities that are currently designated by the state of Texas. "In Active Pursuit" status is given in accordance with Texas Health and Safety Code, Chapter 780, Trauma Facilities and Emergency Medical Services; [Sec. 780.004\(h\)\(i\)](#) for funding purposes and refers only to undesignated facilities applying for trauma designation after September 1, 2005.

EMS Obituary

Dr. Matthew Davis, 41, sustained fatal injuries while rock climbing on vacation in Colorado. He was the director of trauma, emergency surgery and critical care at Scott & White Hospital in Temple. Matt served his surgical residency at Scott and White after graduating with honors from the University of Texas Medical Branch in 2002 and was appointed to the hospital's medical staff in August 2008. He was an avid participant in and a key contributor to the ACS COT's Trauma Quality Improvement Program (TQIP).

His colleagues and friends at Baylor Scott and White Medical Center wrote:

"Dr. Davis' career here at Baylor Scott & White has been amazing...a skilled surgeon, visionary leader, and compassionate physician, educator and mentor. As Trauma Director for Scott & White Memorial Hospital, he has led our team through two successful Level 1 trauma center certifications. As an educator he has trained numerous residents in the art and discipline of surgery and trauma. As a mentor he has inspired many to achieve their personal best.

Matt is survived by his wife and three children.

NOTICE to EMS Providers

The Texas Department of State Health Services (DSHS) plans to survey each EMS provider every three years. Want to know more? Read [Survey Article and FAQs](#).

External links to other sites are intended to be informational and do not have the endorsement of the Texas Department of State Health Services.
These sites may also not be accessible to persons with disabilities.

NEWS FROM THE WEB

FEATURED ARTICLES

San Antonio trauma patients 'opted-in' to participate in drug study
www.kens5.com/story/news/health/2015/08/14/sa-trauma-patients-opted-in-to-participate-in-drug-study/31737709/

7/3/15 ABC News Tired EMS Workers a Prescription for Danger on the Roads, Experts Say
<http://abcnews.go.com/US/tired-ems-workers-prescription-danger-roads-experts/story?id=31876777>

The American Heart Association announced its Gold, Silver and Bronze Award recipients for STEMI care in May including 19 Texas gold winners and a link to the national list which includes the Silver and Bronze award winners in Texas. <http://ccemsnews.com/2015/05/29/ccems-1-in-heart-attack-care-in-texas-gulf-region/>

Additional Reading

Homes for Texas Heroes Home Loan Program: www.tsahc.org/homeownership/loans-down-payment-assistance

The program, spearheaded by the Texas legislature, provides a 30-year fixed rate home loan to Texas EMS personnel, firefighters, peace officers and others. In addition, this program offers down payment and closing cost assistance of up to 5% of the mortgage loan amount, in the form of a grant.

Bulletin of the American College of Surgeons: <http://bulletin.facs.org/>

The Bulletin of the American College of Surgeons is published monthly by the American College of Surgeons.

Washington Update: <http://www.nasemso.org/NewsAndPublications/TheWashingtonUpdate/>

The Washington Update is produced bi-monthly by the National Association of State EMS Officials in cooperation with NHTSA OEMS, with funds also provided by HHS EMSC.

EMSC Program News: <http://www.childrensnational.org/emsc/currentnews/programnews/>

Ensuring that all children receive appropriate care in a health care emergency.

NACo County News: <http://www.naco.org/newsroom/countynews/Current%20Issue/1-13-14/Pages/default.aspx>

The voice of American counties.

The Pony Express: <https://www.bcm.edu/departments/pediatrics/texasemsc/?pmid=15790>

Official Newsletter of the EMSC State Partnership, Texas.

Integrated Healthcare Delivery: <http://ihdelivery.com/>

Integrated Healthcare Delivery focuses on improving the patient experience of care through inter-professional collaborations.