

# Vital Signs

## Virtual Conference

# 2020



# Conference Program

## October 30-31

### October 30

8:45 a.m.

#### **Opening Comments**

**Ryan Greenberg, Director**

*Bureau of Emergency Medical Services and Trauma Systems, New York State Department of Health*

9 a.m.–10 a.m.

#### **Emergency Vehicle Operations**

#### **Driver Safety Training, Part I**

**Fire Department of New York Staff**

*Bureau of Training*

Driving an emergency vehicle is a responsibility not to be taken lightly. In part one of this two-part series, Lieutenant Jose Borrero, EMT Michael Caputo, and EMT Christopher Griffin of the FDNY Bureau of Training will explain some essential considerations for anyone who is going to sit behind that wheel. They will go over how your attitude affects your driving behavior as well as legal issues and the ramifications of driving under the influence of alcohol.

10 a.m.–10:15 a.m.

#### **Break**

10:15 a.m.–11:15 a.m.

#### **Saving Kids Safely**

**Denise M. Cuillo, EMTP, CCP-C**

*Director of Education and CQI, Mercy Flight*

Saving Kids Safely: Guidelines for Pediatric Transport walks through the National Highway Traffic Safety Administration's guidelines for safe pediatric transport. We will discuss best practices, solutions for safe transport, what works, and what doesn't, what we can do, and what we should no longer do.

11:15 a.m.–11:30 a.m.

#### **Break**

11:30 a.m.–12:30 p.m.

#### **Emergency Vehicle Operations**

#### **Driver Safety Training, Part II**

**Fire Department of New York Staff**

*Bureau of Training*

In the second part of this series, Lieutenant Jose Borrero, EMT Michael Caputo, and EMT Christopher Griffin will explain the technical aspects of driving an emergency vehicle. Some of these topics will include defensive driving techniques, stopping distances, physical dynamics, and crash dynamics. Stick around to the end of the presentation for a Q and A section.

12:30 p.m.–12:45 p.m.

#### **Break**

12:45 p.m.–1:45 p.m.

#### **EMS: A Year in Review**

**Ryan Greenberg, Director**

*Bureau of Emergency Medical Services and Trauma Systems, New York State Department of Health*

**Dr. Donald Doynow, Chair**

*State Emergency Medical Advisory Committee*

**Mark Philippy, Chair**

*NYS Emergency Medical Services Council*

1:45 p.m.–2 p.m.

#### **Break**

2 p.m.–3 p.m.

#### **Take a Deep Breath: Airway Management**

**Chad Burkhart, Education Manager**

*Mobile Life Support Services*

In this discussion, we will investigate the anatomy and physiology of the airway, as well as techniques for the maintenance of a patent airway and ventilation of the patient in pandemic times. We'll move beyond BLS airways, discuss a project involving EMT supraglottics, and review the importance of capnography.

3 p.m.–3:15 p.m.

#### **Break**

3:15 p.m.–4:15 p.m.

#### **New 2020 AHA Guidelines and COVID-19**

**Comilla Sasson, MD, PHD, FAHA, FACEP**

*AHA ECC VP of Science and Innovation*

COVID-19 has changed the way in which resuscitations occur within and outside of the hospital. How do you keep yourself safe, while still providing high-quality CPR? A look into the new AHA CPR Guidelines, and what this means for EMS providers in the era of COVID-19. ACLS, BLS, and PALS will be discussed.

**October 31**

**8:45 a.m.**

**Closing Comments**

Ryan Greenberg

**9 a.m.–10 a.m.**

**Coping with Burnout Using Behavioral Activation**

**Drew Anderson**

*Department of Psychology  
University at Albany – SUNY*

Burnout affects a large proportion of healthcare workers and is associated with a number of negative outcomes among providers, their families, their patients, and their institutions. This presentation will focus on one potential solution for burnout, called behavioral activation. Behavioral activation was originally developed as a treatment for depression, but it has been adapted for use for a variety of conditions and situations. It focuses on increasing quality of life by helping you becoming aware of the life areas that are most important to you as well as your values in those life areas, and then helping you to engage in activities that are in line with those values and that give a sense of pleasure, achievement, or mastery. Behavioral activation is a simple, practical approach and participants should come away with concrete strategies for improving their quality of life and reducing burnout.

**10 a.m.–10:15 a.m.**

**Break**

**10:15 a.m.–11:15 a.m.**

**Weight and Positioning:  
A Safe Approach to Lifting and Moving**

**Lisa Rewinski, Operations Supervisor**

*American Medical Response*

Weight and Positioning is a presentation designed to demonstrate how to use proper body mechanics for common “everyday” stretcher lifts, as well as a safe approach to lifting awkward, unevenly distributed weight, for example, extremity lifts. Safe lifting starts with knowing your body’s limits and helps to prolong a successful EMS career!

**11:15 a.m.–11:30 a.m.**

**Break**

**11:30 a.m.–12:30 p.m.**

**The Rise of Methamphetamine:  
A Discussion on the Meth Epidemic  
and Its Impact on Patient Care**

**Dan Batsie, EMS Chief**

*Division of Emergency Preparedness,  
Response and Injury Prevention,  
Vermont Department of Health*

The proliferation of methamphetamine has seen a significant increase in the last decade. Associated overdoses, hospitalizations, and deaths have all increased proportionately. But what do we really know about this drug, its effects, and how best to approach an overdose situation? This class will trace the development of methamphetamine as a drug of abuse and discuss the underpinnings of its recent surge. The toxicology of methamphetamine overdose will be described, and best practice assessment and care will be detailed. Both ALS and BLS topics will be reviewed.

To register, go to  
<https://vitalsignsacademy.com/calendar/>

**CME Credits**

*A quiz will be required for each Vital Signs session you attend in order to obtain CME credits.*

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