Midd Ski Patrol

Info Session 2018
What we do

- OEC Class
- Fall Trainings
- Winter: one full weekend day, one weekday afternoon
The Midd College Snow Bowl
About OEC Class

- 6-9 every sunday BiHall 216
  - Yes class fall break weekend, no class before Thanksgiving
- Class is $80 and NSP membership is $120, Textbook is $95 or cheaper online
  - Talk to Kaitlyn or Reed about financial aid
- Textbook material and practicals (Rent/buy cheap on Amazon)
  - There are 2 copies on reserve in Armstrong
- PE Credit!!!
- Class Structure: Lecture + Mentor groups
- Midterm Saturday, Oct. 27th (review Weds. Oct. 24th)
- Final Saturday, Dec. 8th (review Weds. Dec. 5th)
- Must pass OEC and Middlebury Exams
The rundown on trying out for patrol

- If you pass OEC and Middlebury exams you are invited to the ski test
- Ski test is first Thursday and Friday of J-term
- Evaluated on all-terrain skiing
- Skiers, snowboarders, tele skiers,
- monoskiers, snowbladers welcome!
Sick Patrol Perks

- Free pass to the Bowl
- Pro deals!!
- Locker at the Bowl
- Fun people to shred with
- Foster’s maple candy
- Paid work over breaks
- Fulfills EMT service hours
- OEC cert looks really good
- Puppies
Who we are
Philip Klinck
Caroline Daley
Eve Labalme
Asher Brown
Trevor Hopkins
Sam Scatchard
Ben Arquit
Emily Kohutnicki

Speed
RESOURCES

- OEC 5th ed. in Bookstore, ~$95
- http://middpatrol.squarespace.com/
  Go/bowlpatrol
- Instagram: @MIDD_SKIPATROL,
  @middsnowbowl
- Blog:
  https://middleburykipatrol.wordpress.com/
- Suggested reading:
  http://unofficialnetworks.com/2015/09/the-top-10-books-about-skiing
If you need someone to lean on…

- Presidents
  - Kaitlyn Francis → kfrancis@middlebury.edu
  - Reed Hutton → rmhutton@middlebury.edu

- Patrol Director
  - Sean Grzyb → sgrzyb@middlebury.edu
Chapter 1: Intro to OEC
What is OEC?

- Primary prehospital care professionals
- OEC text is primarily focused on skiing, but also carries over to rafting, mountain biking, and other backcountry activities.
Ye Old National Ski Patrol

- Founded by Minnie Dole
- Insurance broker from Connecticut
- Busted his ankle at Stowe
- Realized lack of rescue system
- Began NSP
Ski patrol goes to war

- Dole sees the need for a winter warfare unit
- 7000 volunteers showed up
- Deployed to Italy in 1944
- 10th Mountain Division
What do I get out of the class?

- OEC certification, which includes...
- Written and practical exams
- Three year cert
- Annual refresher course
- CPR also required at most mountains
What do I do as a patroller?

- Foremost, medical care provider
- Second, Ski!!!!
- Mountain ambassador
- Work outdoors
Ethics of being an OEC technician

- Respect the independence of a patient
- Do not harm your patient
- Do good and benefit all
- Be just and faithful
Ethics and Legality

- Good Samaritan Laws
- Doctrine of Public Reliance
- Duty to Act
- Breach of duty
  - Abandonment
  - (Comparative) negligence
- Scope of Training versus Standard of Care
Ethics and Legality

- Types of patient consent
  - Expressed
  - Informed
  - Implied
  - Minor
- Refusal of Care
- HIPAA
Chapter 2
Emergency Care systems

- Bring in specifically trained individuals and resources to the scene of an emergency short after the situation occurs.
- Emergency Medical Services
  - Integration of Health Services
  - Human Resources
  - Education
  - Prevention of Injury
  - Communication Systems
  - Clinical Care
Levels of Emergency Personnel

- EMR
- EMT
  - WEMT, AEMT
- Paramedic
- “Scope of Practice”
- Emergency Facilities
Continuity of Care

- Communication and commonality are key!!!
- Everyone can help out...as long as they have direction
Medical Communications

- Documentation and writing
- Clear and concise language
- Radio Etiquette (use local standards)
Final Important bits

- Medical oversight in emergency care systems
  - Direct versus indirect oversight
- Emergency care protocols
- Quality improvement
- Continuing education
Objectives

- Body temperature regulation
- Four mechanisms of heat exchange
- “Fight or flight response”
- Five modes of disease transmission
- PPE, BSI and standard precautions
- Scene size up

YOUR SAFETY AS A RESCUER IS PARAMOUNT
Adapting to Environments

Fight or Flight response:

- A function of the autonomic nervous system as a response to a stressor
- Release of epinephrine/adrenaline, elevated HR and BP, pupil dilation

Homeostasis:

- The body’s ability to regulate its inner environment in response to changes in outside environment
Four Methods of Heat Transfer

- **Conduction:** transfer of heat by direct contact
- **Convection:** body heat lost to surrounding air
- **Radiation:** loss of heat by infrared rays
- **Evaporation:** sweat or water evaporating and cooling body
Who is doing a better job dealing with heat loss here?
Working Outdoors

Environmental Conditions

- Equipment for all types of weather
- Conditions changes fast

Mental Preparedness

- Patient will be more relaxed if you are more relaxed

Physical Fitness
Working Outdoors

Proper Equipment

- First aid
- Personal

Hydration

- Drink more water than you think you need
- GatorDew

Prolonged Rescue Response Preparation
Protecting Yourself From Disease

Five ways infections diseases are transmitted:

1. Direct contact → person/person contact
2. Indirect contact → contaminated gear, snow...etc.
3. Airborne transmission → occurs from inhaling infectious pathogens
4. Ingestion → ingesting contaminated food/water
5. Vector borne transmission → ticks, mosquitos...

BSI: Body Substance Isolation

PPE: Personal Protective Equipment.

- Gloves, eye protection, gown (ski clothing is good protection)
Assessing Emergency Situations

Scene Safety

● Scene size up.

**MOI:** Mechanism of Injury

● Mechanical forces involved in producing a patient's injuries

**NOI:** Nature of Illness

Number of patients and need for additional resources
HAZMAT and Crime Scenes

Hazardous materials (HazMat)

- Priority is to remain an effective rescuer and medical care provider
- Stay 250 feet from dangerous scene
- All dangerous materials should be clearly marked. Call fire dept for HazMat removal. We do not deal with HazMat. Check MSDS.

Crime Scenes

- Notify law enforcement immediately, do not tamper with crime scene
- Always respect privacy of patients, keep media away
See you next Sunday!!!