

# AMBULANCE *Life*

## Digital Magazine

The Magazine for ambulance personnel throughout the UK

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# Welcome...

**T**he atrocious terror attacks in London and Manchester have made an everlasting impact. A positive side effect is to see the friendship and spirit of the communities where the incidents occurred. It is also touching to see the camaraderie amongst EMS staff. This month on page 5 we report on an EMAS paramedic who rushed to help colleagues in Manchester.

On page 4 we report on a simple test that anyone can do with a medicine skin patch costing as little as 39p which could save hundreds of lives. West Midlands Ambulance Service is working with a number of other ambulance trusts, the British Heart Foundation and the University of Nottingham to test the plaster-like patch which contains the drug glyceryl trinitrate (GTN) on patients suffering from a Stroke.

The researchers believe that the patch can improve outcomes for people who have had a stroke if the medicine is administered quickly.

Early results in hospital suggest the skin patch could double survival chances.

We have managed to squeeze in some Air Ambulance news and on page 10 we feature the Essex and Herts Air Ambulance Aero Medical Conference "Minds Matter". The event explores the effects of mental health, stress and PTSD in the pre-hospital world.

We also have news from around the country and our Life savers and Awards pages provide just a few examples of some of the great work carried out by your colleagues. See if you can spot anyone you know.

I hope you enjoy reading this digital issue of Ambulance Life newspaper and if you have anything you would like featured then please get in contact-my details are opposite.

*Jill Bareham*

**Editor**



## Front cover picture

Ultrasound technology is taking to the skies with the Essex & Herts Air Ambulance Trust,

See page 25



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# GTN patch research for stroke victims

## WMAS stroke trial

A simple test that anyone can do with a medicine skin patch costing as little as 39p, could save hundreds of lives.

West Midlands Ambulance Service is working with a number of other ambulance trusts, the British Heart Foundation and the University of Nottingham to test the plaster-like patch which contains the drug glyceryl trinitrate (GTN) on patients suffering from a Stroke.

The researchers believe that the patch can improve outcomes for people who have had a stroke if the medicine is administered quickly. Early results in hospital suggest the skin patch could double survival chances.

The trial which is currently being run in the Black Country but could be extended to Staffordshire and Herefordshire sees the patch applied by ambulance staff when they assess the patient thus saving vital minutes.

Stroke causes around 3,500 deaths across the West Midlands every year according to latest

statistics.

Researchers say that the ability to start treating patients within an hour could revolutionise stroke care and lead to the technique being adopted worldwide. An initial trial of the GTN patch in hospital showed that it halved the stroke death rate from 38% to 16%.

Research Paramedic, Josh Miler, says: "For this treatment to work best, we need to get to patients quickly and that means people being aware of the FAST Test - Face, Arms, Speech, Time to call 999 - which is a very simple method of assessing whether someone is having a stroke. Time is critical in a stroke so we would strongly advise everyone to learn the test so that they can identify if someone is having a stroke."

Consultant Paramedic, Matt Ward, says: "You cannot underestimate just how important it is that patients

suffering from a stroke are identified as quickly as possible."

WMAS Lead Research Paramedic, Andy Rosser, says: "By improving blood flow in the brain in stroke patients we can dramatically improve their survival chances and recovery. We think that this patch will make a difference to patients, but we need to be sure so taking part in the trial is key."

Consultant Paramedic, Matt Ward, added: "As well as needing the public to be aware that speed is of the essence, we have been making sure our staff spend as little time on scene when they are dealing with stroke patients."

The trial is expected to continue throughout 2017 with results coming through in 2018. The trial has been live within the Black Country area of the West Midlands since the 1st March 2017. WMAS is currently working with Walsall Manor, Sandwell and New Cross Hospitals.

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# Colleague support



• **Paramedic Amanda Fordham**

**E**ast Midlands Ambulance Service NHS Trust Paramedic Amanda Fordham from Scunthorpe generously supported ambulance colleagues in Manchester who responded to the horrific incident at the arena.

With her car packed full of food and drink, Amanda, who works in Gainsborough and Lincoln, drove nearly two hours to Central Manchester Ambulance Station to deliver the treats.

She said: “My friend Jenny is a paramedic in Manchester. I contacted her to check she was OK and she told me she needed a cup of tea and a slice of cake, the idea came from that.”

Amanda’s delivery included 79 bottles of water, freeze dried food, soup, 900 tea bags, coffee, cakes and biscuits. “I wanted to do something to help our colleagues over the border. What they have been through is so tragic and they deserved

to be thanked for everything they did. The staff were really shocked that I had thought of them,” added Amanda.

## Commando Challenge

**A**re you looking for a challenge you? The Royal Marines Commando Challenge takes place on Saturday 14 and Sunday 15 October.

Jonathan Ball, on behalf of Royal Marines Commando Challenge said: “It is a very rare opportunity for any civilian to get the chance to undertake the Royal Marines’ own endurance training course, across Woodbury Common, near Exmouth. It’s a unique way to get a small insight on what a Royal Marine goes through during their training. Of course when they undertake the endurance training course, they will also be wearing a pack weighing approximately 32lbs, but we don’t make our entrants do that.” DAA Chief

Executive Heléna Holt added: “This is also unique as it’s owned by and raising funds for Devon Air Ambulance and The Royal Marines Charity. This is something we are very proud of as it means that as much of the monies raised goes straight back into helping both of the charities do their essential work.”

• **You can enter online at:**  
[www.commandochallenge.co.uk/signup](http://www.commandochallenge.co.uk/signup)

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# This Year's Emergency Serv

**W**ith the strapline "It's all about you," this year's Emergency Services Show offers paramedics a valuable opportunity to focus on their own career development and personal health and wellbeing.

Returning to Hall 5 at the NEC, Birmingham from 20th to 21st September 2017, the event will feature a host of new learning opportunities including CPD-accredited seminars and a Medical and Trauma Challenge - as well as the ever-popular College of Paramedics workshops.

## Health and wellbeing

A new seminar theatre dedicated to health and wellbeing will offer advice on fitness, nutrition, mental health and health and safety. Strategies for supporting crews post-incident will be shared as well as an update on the blue light wellbeing framework for all emergency services being developed by The College of Policing in conjunction with Public Health England.

In the Lessons Learnt seminar theatre, emergency services and partner agencies will share their experiences of responding to real incidents. For example North West Ambulance Service will present a session on the Wirral Gas Explosion, alongside Merseyside Police and Merseyside Fire & Rescue Service. There will also be a case study of a United Nations Medical Field Hospital.

Other free seminars include a session on the work undertaken by the Centre of Excellence for Information Sharing to reduce high demand on blue light services

from local residents through education and intervention. All of the free seminars will be CPD-accredited.

After attending each seminar, visitors will be able to visit the CPDme stand to create a digital certificate (which will be emailed to them) or print off a physical certificate. CPDme will also be launching its new website and free mobile app at the show enabling users to create and manage a portfolio of old certificates, combined with any learnings from The Emergency Services and future practice.

## College of Paramedics Workshops

The College of Paramedics will once again deliver a programme of free 30-minute CPD workshops. This year's programme includes a reflective account on the London bombings and a review of the



changes to the AACE Maternity Guidelines. Visitors can attend workshops on trauma, frequent caller management, airway management, paediatric cardiac arrest, newborn life support, infectious diseases, paediatric resuscitation, basic and advanced life support.

## New Medical and Trauma Challenge

A new feature dedicated to road safety and rescue will incorporate a Medical and Trauma Challenge within an "immersive environment" tent.





# Services Show is All About You



To add authenticity to the trauma scenarios, West Midlands Fire Service Casualty Simulation Group will be providing casualties with realistic make-up and prosthetics.

## Showcase of Training and Technology

Over 400 exhibiting companies and organisations will be showcasing the latest solutions in communications, emergency medical care, protective clothing, uniforms, outsourcing, training and vehicles. These include Oxylitre, Stryker/Physio Control, MedTree and Class Professional Publishing. Key training providers exhibiting include the ATACC group which last year successfully won the Police Framework Contract for delivery of First Aid, Trauma & Casualty Care (now available nationally). Meanwhile Allied Fleet, Baus, BMW Group, Cartwright Conversions, O & H Vehicle Conversions and Volvo Emergency Vehicles are among the leading names exhibiting vehicles and equipment for the

ambulance sector.

Over 50 companies exhibiting at The Emergency Services Show for the first time. Among these new exhibitors is Nielson Chemicals which has developed a range of cleaning products for emergency vehicles which kill bacteria and infection. Another new-comer is online print shop Mediprinting UK, which offers high quality low-cost custom design and printing for everything from staff ID badges to patient records and tourniquets.

Network with Ambulance Organisations

Meanwhile in The Collaboration Zone, over 80 voluntary groups, charities and NGOs will be sharing details of the support they offer, while members of other blue lights services will be available to discuss co-response, current trends and share ideas. Exhibiting organisations include the Association of Air Ambulances, Association of Ambulance Chief Executives and Ambulance Leadership, British Red Cross, Independent



• Dr Rob Buckingham - UKAEA

Ambulance Association, National Ambulance Procurement Group, NHS Commercial Alliance, South Western Ambulance Service NHS Foundation Trust and the UK Registry of Emergency Medical Technicians.

Entry to the exhibition and seminars, as well as parking, is free. The NEC is linked to Birmingham International Station and Birmingham Airport and is directly accessible from the UK motorway network.

**To register for free entry visit [www.emergencyuk.com](http://www.emergencyuk.com).**



## Register

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• **To register for free entry visit [www.emergencyuk.com](http://www.emergencyuk.com)**

# Island's NHS III CQC rating



Isle of Wight NHS Trust has welcomed the latest ratings from the Care Quality Commission. The Trust's NHS III service, part of the Island's innovative integrated care hub, has been rated 'Good'. The 'walk-in' element of the Urgent Care Services has been rated 'requires improvement'. The CQC inspected the services in March 2017.

Speaking about the NHS III service Chris Smith, Clinical Director for Ambulance, Urgent Care and Community Services and Head of the Ambulance Service at Isle of Wight NHS Trust said: "In the last five years over 300,000 people have called the NHS III service on the Isle of Wight. It is increasingly the first point of call for people seeking advice about healthcare issues when they need an urgent response but it's not an emergency. It's fantastic news that the CQC have rated the service 'Good' which is a credit to all the staff who provide the service."

The CQC found that the

Urgent Care Service (Walk-in Service) which is co-located with Emergency Department at St. Mary's Hospital 'requires improvement'. The CQC found that the Urgent Care Service was responsive and the staff caring but that the effectiveness of the service was inadequate and safety and leadership requires improvement. Commenting Dr Mark Pugh, Executive Medical Director at Isle of Wight NHS Trust said: "As a Trust we're working really hard to ensure that the Trust's services improve rapidly to meet the concerns identified by the CQC in April. We will be looking closely at the inspection report and

ensuring that the actions we are taking following the previous report fully embrace the areas identified in this latest report."

Maggie Oldham, interim Chief Executive at Isle of Wight NHS Trust said: "The NHS III service on the Island is a great example of some of the good services we have. Everyone in the Trust and on the Island can be proud of the NHS III service and we're pleased this has been recognised by the CQC. There is however work to be done to improve the Urgent Care Service. The Urgent Care Service, along with other areas of the Trust identified previously, by the CQC, will be the focus of our improvement work going forward. Staff are working incredibly hard to make the changes required to address the issues identified by the CQC."



# Blood pressure awareness

The British Heart Foundation (BHF) supported May Measurement Month, a worldwide screening initiative aimed at highlighting the need for increased blood pressure awareness.

## May Measurement Month

The campaign is being led by the International Society of Hypertension (ISH) and the World Hypertension League (WHL) and is headed up by actor Will Poulter and his father Neil Poulter, Professor of Preventive Cardiovascular Medicine at Imperial College London and Honorary Consultant Physician at Hammersmith Hospital.

By measuring as many people as possible and highlighting just how big the problem is, the ISH and WHL aim to demonstrate to governments across the world why they need to raise public awareness and provide us all with better blood pressure screening facilities and treatment.

Neil Poulter, Professor of Preventive Cardiovascular Medicine at Imperial College, and Honorary Consultant Physician at Hammersmith Hospital, London, said: "People may die suddenly as a result of having high blood pressure, having suffered a heart attack or a stroke.

"Others are diagnosed with debilitating conditions caused by raised blood pressure such as heart failure or kidney disease and raised blood pressure is also linked with dementia later in life. However, with no symptoms, most people don't even know they have it and it can strike without any warning."

BHF Chair and blood pressure Researcher Professor Rhian

Touyz, said:

"High blood pressure is potentially deadly, if untreated it causes a variety of devastating diseases, such as heart attack and stroke.

"Recent research shows that even a small decrease in blood pressure can reduce stroke and heart diseases by up to 40%, which is why it is so important to know your numbers and urgently seek advice and treatment if needed.

"Only then can we begin to lower the huge impact high blood pressure is contributing to cardiovascular disease deaths worldwide."

• **For more information including finding your nearest screening centre, visit: [maymeasure.com](http://maymeasure.com)**

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**"Learning new skills and techniques is important for my career progression but it also means I'm better equipped to help the patients I attend."**

Neil Eddon, Emergency Care Assistant, Yorkshire Ambulance Service

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# Minds Matter, Essex & Herts Air Ambulance Aeromedical Conference 2017

## What is stress and how do we handle it?

**D**o we leave it at the scene, or does it come home with us?

At Minds Matter, the eighth Aeromedical Conference from Essex & Herts Air Ambulance, expert clinicians will be brought together in front of a varied audience to explore the effects of mental health, stress and PTSD in the pre-hospital world.

Chaired by Essex & Herts Air Ambulance's Medical

Director, Dr Ronan Fenton, this free-to-attend event places a national spotlight on how clinicians navigate mental health challenges within the patients they treat and as a result of their own personal experiences.

This free-to-attend event boasts incredible keynote speakers, including Professor Neil Greenberg, founder of TRiM and the Managing Director of March on Stress, Colonel Alan Mistlin of Headley Court's Defence Medical Rehabilitation Centre and Critical Care Intensivist Professor Peter Brindley from the University of Alberta.

As well as specific case studies from across the field, Mind Matters will also see a range of discussion panels and

presentations from leading experts Meghan Angharad, Dr Kevin Enright, Lisa Curatolo, Dr Gareth Grier. Our speakers will be tackling a wide range of subjects, from both personal and professional experiences. During an extended unch break, delegates will also be able to experience immersive training, courtesy of MDT Global Solutions Ltd.

It's time to start talking about mental health in the emergency services and beyond - whether you're a student, in the military, or working for a partner agency, you can join us for an open and inclusive conversation at Anglia Ruskin University in Chelmsford.

Essex & Herts Air Ambulance is extremely proud to host this national event, sponsored by Specialist Aviation Services, Leonardo Helicopters and Anglia Ruskin University, in pre-hospital care which brings together delegates from all over the UK and Europe giving a unique insight into the Aeromedical world.

Ben Myer, EHAAT Clinical Manager said: "Our aim is to bring together the specialists and emergency services involved in

the care of patients in the pre-hospital and critical care industry to create an atmosphere in which we can learn from each other and inspire clinicians of all specialities to strive towards greater patient care and safety and -in the case of Minds Matter -to learn what is best for their own mental health in a high-pressure environment."

After the full-day conference, there is an option to join us for an evening of entertainment at the Atlantic Hotel in Chelmsford for just £25. As well as a two course meal, you will be treated to a show from acclaimed magician Nick Crown to kick-start the evening.

Mind Matter, the 2017 Essex & Herts Air Ambulance Aeromedical Conference takes place on Wednesday 21st June 2017 from 9am to 5pm at the Michael Salmon Building, Anglia Ruskin University, Bishops Hall Lane, Chelmsford, CMI 1SQ.

• **To register for your free conference ticket, book the park and ride, or join us for an additional evening of entertainment afterwards please visit: [www.ehaat.org/events/aeromedical-conference-2017](http://www.ehaat.org/events/aeromedical-conference-2017) or call 0345 2417 690.**





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# Schoolgirl helps to deliver mum's baby in bath tub



**A**n 11-year-old has been praised for her bravery after helping to deliver her mum's baby in a bath tub.

Sarah Cox, 30, was a week overdue when she suddenly went into labour in the bathroom of her family home in Argoed, Caerphilly during the early hours of the morning.

With Sarah's husband Wayne at work, she woke her quick-thinking daughter Shannon who rushed into action by dialling 999.

Without batting an eyelid, she carried out the instructions given to her over the phone by Welsh Ambulance Service call handler Danielle Burrows, and within minutes had successfully delivered her baby brother right there in the bath.

Shannon then gathered towels to wrap him in and even used a shoe lace to tie the umbilical cord, before unlocking the front door and flagging down the ambulance crew.

As a reward for her bravery, she was allowed to choose her brother's name, and decided to call him Riley Henry James.

Sarah praised her 'brilliant' daughter's actions, along with those of Danielle and ambulance crew members Barrie Davies and Steve Picton, who arrived shortly

after she gave birth on March 4th to make sure both mum and baby were safe.

She said: "It was just me and the kids at home. I started having one or two little pains, nothing major, then went to run a bath and that's when my waters went.

"Shannon and my two younger ones were home. I woke her up and she phoned for the ambulance, and gave them the details.

"They did ask me to get out of the bath, but I couldn't manage it so she followed all the instructions they gave her over the phone and before I knew it I'd given birth.

"She did brilliantly, she didn't question anything and she just got on with it. The team that came were also brilliant and they couldn't praise her enough for what she did."

Shannon has been presented with a framed certificate by the Welsh Ambulance Service staff, who wanted to recognise her for acting so quickly and maturely.

Danielle, who has helped to deliver six babies over the phone during her two-and-a-half years with the ambulance service, said: "She was as good as gold throughout the entire call. She did everything I asked her to and whenever I asked how her mum

*• Pictured above from left to right are Sarah Cox, son Riley, daughter Shannon and Welsh Ambulance Service call handler Danielle Burrows.*

was doing she let me know.

"I can remember speaking to her and I could hear Sarah in the background so I was talking to them both, but obviously she had to do a lot of work in preparing her mum for birth.

"There was a lot of commotion, then the next thing I know her mum is on the phone saying the baby's been delivered and Shannon then had to go and get everything ready."

Sarah, who also has two daughters Megan and Jessica May and a son Thomas, said Shannon and three-month-old Riley have developed a special bond.

She said: "She can't do enough for him and the first thing she does is check if he's okay. She's so loving towards him.

"I don't think Shannon realises just how important what she did was. The only thing she says when people ask her is 'That's what the midwives do', as if it was nothing.

"We've also chipped in and bought her a little trophy because we can't thank her enough."



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# Radical plans for NWS

After an extensive consultation with patients, carers and its staff, North West Ambulance Service NHS Trust (NWS) has published a radical Patient Care Strategy which sets out how it will change the way it provides care to patients in order to become the best ambulance service in the UK within five years.

With the Patient Care Strategy, the trust will change the way it provides out of hospital care to meet NHS England's vision for the future of the health service - outlined the Five Year Forward View - which emphasises the need to redesign urgent and emergency care services.

To support the redesign, the trust already takes part in the five, locally defined, sustainability and transformation plans (STPs) in the North West. The STPs look at ways to reform urgent care to tackle performance issues in emergency departments.

NWS will concentrate its efforts on improving the quality of care for all patients but also aims to work with colleagues in the NHS and social care sectors to address care for the nationally identified priority areas; children, maternity, mental health and dementia, older people and frailty and sepsis.

## Below average health

With the health of people in the North West generally worse than the England average and inequalities in health closely linked to deprivation, it's no surprise that 30 percent of the

region's population have a long-term sickness issues.

The Patient Care Strategy describes five key principles which will make sure the trust achieves its vision of making sure that clinical decisions are taken as far forward in the patient journey as possible, with no patient needlessly waiting.

The five principles, described from a patient's perspective, are:

- Before the call
- Answer my call
- Understand my needs
- Respond to my needs
- Direct me to the right place

These principles take account of health promotion and preventative behaviours, including how people can take care of themselves. They also

# A new home

South East Coast Ambulance Service NHS Foundation Trust (SECamb) has welcomed the first staff at its new Emergency Operations Centre and HQ in Manor Royal, Crawley, West Sussex.

Staff from Lewes Emergency Operations Centre (EOC) began working from the new control room on 24 May with support staff from the Trust's offices in Lewes, Coxheath and former HQ in Banstead. Control room staff, from Banstead EOC are expected to join their colleagues in September.

The Trust, which is leasing the site from Surrey County

Council, has previously set out its plans to move from operating three EOCs to two, which will bring it in line with the majority of other ambulance trusts around the country which have two EOCs. SECamb is leasing two floors of the new building.

The Trust has previously operated EOCs at its current HQ site in Banstead in Surrey, and at regional offices in Lewes,

East Sussex and Coxheath in Kent. The move, which will see the Trust close offices in Lewes and Banstead, will ensure greater capacity than the Trust currently has to enable it to meet the ever-growing demand placed upon it as well as better manage the increasing complex clinical needs of its patients.

The move to the new base has been intentionally staggered to allow for EOC staff to be trained on the Trust's new Computer Aided Dispatch



describe how the trust will improve clinical support in its patient contact centres, upskill staff so they can make better decisions about patient care and work closely with other organisations.

NWAS Medical Director, Dr David Ratcliffe said: "The ambulance service of today does far more than transport people to hospital. Our highly skilled clinicians provide treatment for patients with a vast range of needs; many of whom are elderly with complex illnesses.

"Our aim is to be the best ambulance service in the country; a service that is clinically led with a good reputation. Our Patient Care Strategy sets out how we will change to meet the care needs of our patients and communities."

Important to the ambitious care strategy changes are

NWAS' workforce. The trust has an unrivalled clinical leadership structure which sees it employ six consultant paramedics, 44 advanced paramedics and 281 senior paramedics who provide clinical leadership to over 3,500 clinical staff.

The trust has supported paramedics and emergency medical technicians to complete a variety of academic courses from diplomas up to PhD studies. It is this investment that allows the service to drive change.

David continued: "Our established clinical leadership structure and history of investing in staff development will enable us to deliver our ambitious plans. We will continue to invest in the education of our clinical workforce to help our clinicians transform progress into independent critical thinkers

who can make decisions about individuals' care and treatment."

Patients should continue to contact 999 in an emergency situation and 111 when their health needs are urgent but not life-threatening. Those with serious or life-threatening emergency care needs will get timely treatment from highly skilled clinicians and transport to the right place for the best chance of survival and recovery. Patients with injuries or illnesses that are not life-threatening can expect a responsive service close to home and they may be sent to other services if appropriate.

Whatever their needs, patients in the North West can be sure that their ambulance service will lead the way in patient care and make sure they get the right care, at the right time, and in the right place.

(CAD) system. The improved system is currently expected to be in operation across the Trust's region by September with Coxheath the first control room to go live on the new CAD in early July.

SECamb Chief Executive Daren Mochrie said: "We're delighted staff are now working in the new HQ and EOC. The building provides the Trust with modern, fit-for-purpose premises. With greater capacity across two EOCs, our staff will be much better placed to meet current and future demand.

"A huge amount of work has gone into this move and I'd like to thank everyone for their dedication and hard



• SECamb's new HQ and EOC

work in making it possible. We do understand the impact the move will have on some staff but it's essential that we are able to move forward as a Trust and improve the service

we provide in modern facilities with provide staff with the right working environment for the benefit for all our staff and in turn our patients."

# Award for innova

**A**n innovative app which helps frontline ambulance staff interact with patients with additional communication needs has won a prestigious award.

The Welsh Ambulance Service was presented with the People's Choice award at Action on Hearing Loss Cymru's Excellence Wales Awards on Friday 5 May.

The Trust was recognised for its use of technology to enable ambulance teams to communicate with people who are deaf or hard of hearing in an emergency.

The Pre-Hospital Communication Guide app uses pictures and supporting text, and can also assist patients who don't speak English as their first language, have learning difficulties, or whose illness or injury affects their communication.

Since it was launched in October 2016, it has been

downloaded more than 2,200 times and helps staff to find out important information about patients, such as their symptoms and medical history.

It can also identify if they use a specific communication method or which language they speak.

Speaking at the ceremony at Cardiff's St David's Hotel, Leanne Hawker, the Welsh Ambulance Service's Head of Patient Experience and Community Involvement, said: "Being able to communicate with deaf people when they're receiving emergency medical treatment can be crucial, which is why we developed our app.

"We know that it has made a difference for both staff and patients so we're delighted to have won the People's Choice

Award."

The Trust also finished as runners up in the Excellence in Health category at the charity's annual awards, which recognise organisations that take steps to make their services accessible to the 575,500 people in Wales who are deaf or have hearing loss.

The app was pioneered by both the Trust's Patient Experience and Community Involvement and Business Intelligence and Development teams, and is based on a small booklet which was originally developed by The Clear Communication People Ltd and The London Ambulance Service in 2011.

Richard Williams, Director of Action on Hearing Loss Cymru, said: "All our winners prove that simple changes can make the lives of people with hearing loss more manageable on a day-to-



• Carol Hope Simpson and firefighter Andy Digby with his award

## A final goodbye

**T**he partner of a former ambulance medic has said an emotional 'thank you' to the man who resuscitated him after he went into cardiac arrest, giving his family time to say their final goodbyes.

Carol Hope Simpson, who a public recognition award to retired from London Ambulance Andy Digby, who gave CPR to Service last month after 20 her fiancé John Clark in July last years as a paramedic, presented year.

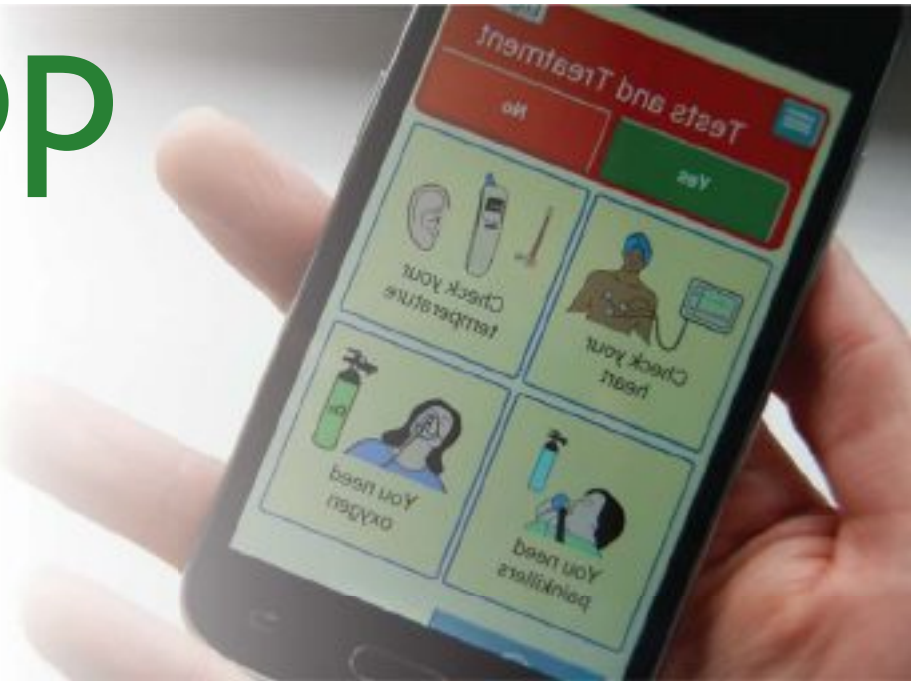


# tive app

day basis."

The app has also been nominated at the Patient Safety Awards, which take place in Manchester on July 4th 2017.

It is available for staff and members of the public to download on devices using the iOS, Android and Blackberry systems.



• **Pictured bottom right-**  
**Megan Boot, ITV Wales News**  
**presenter and awards host,**  
**Sally-Ann Roberts of award**  
**sponsors gocompare.com,**  
**Alison Johnstone, Patient**  
**Experience and Community**  
**Involvement Manager**  
**at the Welsh Ambulance**  
**Service, Jake Plumley, Welsh**  
**Ambulance Service Web**  
**Developer, and Richard**  
**Williams, Director of Action**  
**on Hearing Loss.**



John was doing some building work for a friend when he collapsed and stopped breathing. His good friend Andy immediately started basic life support until an ambulance crew arrived.

Carol, 55, from Catford, said: "Sadly, John died just 18 days before we were due to get married and while the circumstances about what happened are horrific, I will be eternally grateful for what Andy did as it must have been incredibly hard for him."

Carol and John were crewmates

working out of Coulsdon ambulance station and were due to retire in January to sail around the Greek islands.

Andy, a firefighter for London Fire Brigade, said: "It was a very difficult time - nobody wants to be in that situation, it's just a shame we couldn't do more for John. I am first aid trained and so knew what to do and in my view, the more people who know how to do CPR the better."

Andy's efforts helped towards getting John's heart beating again

and he was taken to hospital where he lived another two days, allowing his family to say goodbye.

Andy was given a public recognition award at the London Ambulance Service VIP awards ceremony.

Clinical Team Leader Terry Healy, who worked with John for 20 years, nominated Andy for the award. He said: "I nominated him because of his commitment and instinct to doing all he could to save his friend and he truly deserves this recognition."

# LIFE SAVING ANNIVERSARY



CAMBRIDGESHIRE  
FIRE & RESCUE SERVICE



**A** lifesaving partnership between ambulance staff and firefighters in Cambridgeshire has marked its one year anniversary.

The pilot project to support the East of England Ambulance Service NHS Trust (EEAST) help its most critically ill patients started on 23rd May, 2016.

Since then, Cambridgeshire Fire and Rescue Service firefighters have responded to more than 80 cardiac arrest calls across the county to help save lives when someone is unconscious and not breathing.

On-call crews from March and Ramsey fire stations began co-responding last May, with St Neots and other on-call crews joining the trial in December.

Wendy Risdale-Barrs, EEAST Co-responding Regional Lead, said: "These latest figures are a testament to the excellent collaborative work in Cambridgeshire between our emergency services. I would

like to pay tribute to everyone for getting behind the scheme since day one which has made a significant impact on the lives of many.

"Every second counts when someone is in cardiac arrest and getting someone there quickly doing cardiopulmonary resuscitation (CPR) and equipped with defibrillator greatly increase the chances of survival."

Simon Newton, Cambridgeshire Fire and Rescue Service Group Commander, said: "The trial has been a great way for us to learn more about how we can use our resources to provide a wider service to the community. The crews involved have been fantastic and worked really hard to ensure the trial has worked, but more importantly to help those in drastic need of assistance.

"This has been a very dynamic project and the flexible approach shown by the teams involved in the trial has made it possible to get this far. Having been co-responding now for a year, we are in a good place to understand how it works and what impacts it has on us as a service and our communities."

Firefighters are trained in basic life support and equipped with defibrillators and the Trust is providing on-going training to those taking part in the trial.

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# STROKE SURVIVORS COULD DEVELOP DEMENTIA

**D**uring last month's dementia awareness week, three of the UK's leading health charities have highlighted that one in ten stroke survivors (10 per cent) are expected to develop dementia within a year of having their stroke, increasing to a third (32 per cent) within 5 years.

Three quarters of dementia cases in stroke survivors are thought to be caused by vascular dementia. Vascular dementia is a condition strongly linked to stroke, and there is currently no proven treatment.

## Second most common type of dementia

Vascular dementia is the second most common type of dementia after Alzheimer's disease. Around 150,000 people in the UK are living with

vascular dementia, with the latest estimates suggesting that by 2050 the number could rise dramatically to 350,000 people.

## Uniting to fight dementia

In a bid to find ways to treat people living with this devastating disease, the Alzheimer's Society, British Heart Foundation and the Stroke Association have united to invest £2.2 million into a vascular dementia research programme.

Part of this potentially life changing investment will be used to fund a large clinical study involving about 2,000 stroke patients, and which will include assessing their memory and other cognitive skills over at least a two year period.

## Research will find answers

Researchers hope that by comparing stroke patients who develop vascular dementia with those who don't they will be able to unpick the causes of the disease. Ultimately, this trial will help to improve how doctors identify and treat dementia related to stroke in the future.

# A positive impact

**I**n partnership with the Academic Health Science Networks (AHSNs) NHS Clinical Commissioners (NHSCC) have launched a new joint report that shows how collaboration between Clinical Commissioning Groups (CCGs) and AHSNs can bring positive benefits to local patients and populations.

As the commissioning landscape evolves and moves towards more collaborative models of designing and delivering care across wider footprints, the role of the clinical commissioner is developing into an increasingly strategic one.

In their continuing efforts to achieve the best for patients, CCGs are tapping in to the support and expertise that AHSN can offer, including their additional analytical capacity, expertise at sharing best practice

at scale and links with industry that can lead to the development and implementation of new innovative approaches.

NHSCC co-chair Dr Graham Jackson said: "We can only deliver a sustainable and transformed NHS through collaboration, working across local systems and organisational boundaries. CCGs as leading players in Sustainability and Transformation Partnerships can draw upon AHSNs' experience in spreading approaches across

wider footprints and sharing best practice across regional geographies, translating these to take local circumstances into account." The report recommends that the most successful collaborations between CCGs and AHSNs will be ones that focus on a specific issue rather than on providing more general support. It also states that projects that focus on delivery at scale will be the most impactful making AHSNs natural partners for commissioners working as a part of a Sustainability and Transformation Partnership.

# Target smashed



• *Peter West Memorial Trophy football*

A football match organised by East Midlands Ambulance Service (EMAS) Adam Broadley, a Patient Flow North Co-ordinator for Patient Transport Services (PTS), and Rebecca West, a patient care assistant for the PTS based in Heanor, in aid of a cancer charity has smashed its £2,000 target and has officially become an annual event.

They organised the match to raise funds for Macmillan Cancer Charity after a mutual friend lost both his parents to the disease.

But the Peter West Memorial Trophy football match raised another £3,000 on the day thanks to the support of friends and EMAS colleagues who came to the event.

Adam, who regularly transports cancer patients to chemotherapy appointments in PTS, said he had been blown away by the response and is delighted the money will be able to make such a difference to people's lives.

He said: "At the start of planning this year's match we were quietly confident of raising around £2000 but the generosity of the people involved blew us away, we're currently at £3000 and the Just Giving page is still open so it could increase.

"After finding out in the last few weeks that a close friend has been diagnosed with cancer, it's really brought it home to me just what it means to have the Macmillan Cancer Support around at a time like this, they offer a wide range of help and care and it really does make a difference to people's lives.

"Peter West understood this and that's why he worked so tirelessly to raise money, hopefully we're doing him proud by continuing his legacy."

Peter West was Rebecca's father in law, and her husband John is Adam's best friend. Sadly, Peter West died from lymphoma four years ago, and John also lost his mother when he was 19. Peter spent much of his later life raising money for Macmillan Cancer Care through raffles and auctions and so his son has continued raising funds for the charity.

The debut football match last year raised £3,000, which means the charity event has raised £5,000 for Macmillan Cancer Care in just two years.

Once again, The Rest of the World team beat the Butlins Allstars 3-0, having won on the same goal difference last year when the Butlins Allstars lost 4-1.

The two teams were made up of Adam and Jon's friends from Butlins where they worked together as teenagers, versus Adam's friends from Yorkshire where he grew up. The other two friends who helped them organise the event are Richard Keeling and Adam's brother Rik.

Plans are already underway for next year's Peter West Memorial Trophy charity event, but Adam has promised it won't be a conventional football match and will be more of a challenge for both teams.

• *Anyone who would still like to donate to the fund can do so by visiting [www.justgiving.com/fundraising/pwmt17](http://www.justgiving.com/fundraising/pwmt17)*



# Unique training event

East of England Ambulance Service NHS Trust (EEAST) was delighted at the recent success of their first ever first aid training course for the deaf which ran earlier on Tuesday, 30th May.

The session which was hosted in Bedford in partnership with EEAST and the Access Bedford charity, who support deaf people throughout the county. Participants of the training were taught basic life support for adults and children with an automatic external defibrillator (AED) as well as how to deal with choking, wounds, and bleeding. Commercial Training Officer Vikki Darby said: "They were an amazing Peter West Memorial Trophy

football Unique training event group of people and I learned as much from them as they did from me. It was enlightening to see how we can help them to help others; I look forward to meeting them again should they want any further training." She added: "It was an incredible learning experience and to be part of the first ever session hosted by the Trust was equally as special." Feedback from the participants was equally positive, one person



said: "It was very informative and interesting, four hours passed too quickly."

## JOB ALERT...

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# Come *FLY* with me

A businessman who specialises in virtual reality (VR) walkthroughs for property sales tours and in fact for all industries has used his state-of-the-art technology to create a virtual tour of Devon Air Ambulance's (DAA) emergency helicopter and hangar at the charity's Eaglescott air base.

Noel Sexton who runs based Somerset based View It 360 providing VR Solutions for businesses from London to Truro, has donated the VR tour to thank DAA for the role in getting his new born son Callum to hospital after he suffered severe breathing difficulties and was turning blue.

Although the incident happened 11 years ago, it was when Noel set up his VR business last year that he realised he could do something unique for the charity.

He said: "A few years after the incident my mother heard about the airbase visits for former patients and contacted Head Office to arrange a visit for us all. Afterwards my parents signed up to become volunteers with the charity and they now service the DAA collection boxes in the East Devon areas and also help man DAA stalls at various events.

"Callum is now a fit and healthy 11 year old who loves life. The entire family are very grateful to DAA and over the years we have held several fund-raising events for them. So when I set up my new business, View It 360, at the end of last year I immediately saw an opportunity to raise awareness of the work of the charity by offering to donate a 360 degree virtual reality tour of the helicopter and hangar at Eaglescott."

Using the latest technology, View it 360's immersive and photo-realistic tours provide an easy to navigate walk through with the ability to zoom in and out and ro-tate the image. The tour can be viewed on mobile, tablet and desktop devices by visiting [www.daat.org/vr-tour-of-devon-air-ambulance](http://www.daat.org/vr-tour-of-devon-air-ambulance) and can also be viewed at the base through VR headsets.

DAA Chief Executive Heléna



• **Callum Sexton**

Holt said: "This is a wonderful gesture from Noel. It's a visually stunning tour and will give more of our supporters a better idea of the helicopter's specification and controls as well as being great fun to navigate around. It's a very different type of donation but one we are extremely grateful for especially as it will attract more visitors to our website to see the work we are doing on behalf of the people of Devon."

• **View the virtual tour of Devon Air Ambulance's emergency air helicopter below.**

Click here  
to watch the  
video





# WANT TO SPICE UP YOUR DIGITAL CAMPAIGN?

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On the opposite page is an example of the virtual tour in action demonstrating Devon Air Ambulances emergency air helicopter being used as part of an editorial and below is genral demo of the various applications it has been used for

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## About View It 360

View It 360 provides state-of-the-art life-like 3D scans of real spaces. Unlike traditional “virtual walk-through” technology, a Matterport 3D scan from View It 360 is a fully immersive experience. Navigate the space on a PC, Tablet or Mobile to experience a feeling as if you were there, viewing it as is. The scan software features the ability to zoom out for a full 3D layout view of the building and gives the viewer an accurate feel for the space’s dimensions. If this isn’t enough, you can now view our tours through Virtual Reality headsets.

## WATCH A DEMO CLICK HERE...



# Rapid response



**E**ast Anglian Air Ambulance (EAAA) was delighted last month to launch their two striking new Rapid Response Vehicles (RRVs), with the help of top speed sailor Hannah White, and The ALBORADA Trust, allowing them to continue providing pre-hospital emergency care by road as well as in the sky.

The charity carried out a thorough assessment process on a variety of different vehicles, but found the Land Rover Discovery Sport, 180 horsepower, diesel car to be the best fit for the very specialised job it has to do. Two vehicles were purchased, one for each of the charity's bases in Norwich and Cambridge. The funds for the Cambridge vehicle were provided by The ALBORADA Trust, who were also present at the launch of the vehicles.

Further funds for the provision of the RRVs were kindly donated by The Simon Gibson Charitable Trust, and other generous trusts.

Hannah White, world record breaking sailor and ambassador for Land Rover,

who attended the launch of the vehicles, said: "Supporting EAAA has been an absolute pleasure; it's a charity that really makes an incredible difference saving lives. I am always aiming to shave seconds off a time on the water and they are aiming to shave seconds off to help save lives, so I understand the importance of having the most effective machine to help you do that. Having visited the base and seen the new vehicles in action, I was able to see just how these new Land Rover Discovery

Sports are perfect for the job. Capability with composure is at the heart of Land Rover, and that will ultimately help the charity and the crews on their lifesaving missions".

Director of Operations at EAAA, Matthew Jones, said: "We can't thank The ALBORADA Trust, and other contributors enough for providing the funds to purchase these vehicles, they provide us with another way to get to more patients in the quickest and safest way possible. We are also incredibly

grateful to Hannah White for the time and support she has given to us to help showcase the new RRVs". The high-visibility yellow and red livery replicates the livery on the charity's two Airbus H145 helicopters.



# High flying point-of-care ultrasound



Meet SonoSite  
and their point  
of care ultrasound  
devices at the  
Emergency Services  
Show  
20-21 September 2017

Ultrasound technology is taking to the skies with the Essex & Herts Air Ambulance Trust, a charity that provides a free, life-saving Helicopter Emergency Medical Service for the critically ill and injured of Essex, Hertfordshire and the surrounding areas.

Stuart Elms, Clinical Director of the Trust, explained: “We operate two helicopters crewed by full-time pre-hospital care doctors and critical care paramedics who can be rushed to the scene of an incident with highly specialised and advanced life-saving equipment and pharmacy. As part of our practice, we are moving towards using ultrasound for management of cardiac arrest and advanced life support. Working with expert sites such as the Essex Cardiothoracic

Centre at Basildon, Harefield Hospital and SonoSite, our aim is to train our critical care paramedics to use point-of-care ultrasound, allowing us to tailor our cardiac care even more accurately.”

“SonoSite is a world leader in point-of-care ultrasound, and its hand-carried iViz instrument lends itself perfectly to pre-hospital use, both in the aircraft and at the scene. The system is small and portable with a good screen that gives a brilliant view, and can be used one handed.

The preset views allow rapid set-up and scanning, and are supported by a training mode that allows comparison of normal and abnormal pathology. Ultimately, we also hope to take advantage of the system’s mobile computing capacity to automatically upload data to electronic patient report forms prior to arrival at the hospital. Our aim is to make as much use of ultrasound as possible – whether they are cardiac, medical or trauma patients – helping to improve outcomes.

•For more information visit:  
<https://www.sonosite.com/uk>



# A bright future

**F**uture faces of paramedic care attended a special recruitment event held at the East of England Ambulance Service NHS Trust (EEAST) headquarters in Melbourn, Cambridgeshire.

Around 50 paramedic science graduates attended the event on Saturday May 6th, which provided graduates with practical information on working for EEAST and inspired a number of applications for roles within the service.

Attendees participated in group challenges, clinical exercises and open discussion forums.

Students were also able to ask

questions directly to people already working in ambulance care including senior paramedics, HR representatives, driver training assessors and members of the Trust's Communications team.

Attendees found the event to be enjoyable and informative. Comments included: "Really nice, helpful ... and the Trust seems to value and take care of staff" and "Thoroughly enjoyed

the day ... found it incredibly useful and it reinforced that I want to come to EEAST."

Speaking about the event, Denise Stedman, Recruitment and Resourcing Manager, said: "It's important to run events like this to show what we are proud of and all we have to offer at EEAST, for those looking to join us now and in the future. It's also a great opportunity for them [the graduates] to interact with their peers. Hopefully the event will inspire some of the graduates to join EEAST."





# Outstanding care

**A**n ambulance crew from Blackpool have been thanked by four year old Theo after they helped him when he was very poorly earlier in the year.

The crew from Blackpool included Paramedic, Osian Parry who travelled with little Theo in his Grandma's car to hospital when he became unwell and didn't want to be moved into the ambulance.

Theo often struggles with new people but felt immediately at ease with Osian who he has now invited to his birthday party!

Daley Thompson, an Emergency Medical Dispatcher from Wigan answered the 999 call from Theo's very distressed Grandmother, Angela and was able to calm her down whilst they waited for help to arrive.

Theo has had health problems in the past and his grandmother was very worried when he became unresponsive in the car and his head was drooping down.

Paramedic, Osian Parry said: "It's very humbling for Theo to come back and say thank you, especially when he has a history of not being able to speak to doctors and nurses. It's great to see him so happy and healthy!"

On arrival, the crew decided that it would be best for Theo to keep him in the car whilst they travelled to hospital escorted by the ambulance following behind.

After making a full recovery,

Theo made a special visit to Blackpool Ambulance Station where he was given a tour of an ambulance and was even able to sit in the driving seat and turn on the blue lights!

Daley Thompson, Emergency Medical Dispatcher who answered the 999 call said: "It's great to be able to see Theo after helping his Grandmother on the phone when he was poorly. It's sometimes very difficult not being able to see what's happening but seeing Theo today makes me very proud to work for the ambulance service."

Theo was also presented with a goody bag from North West Ambulance Service with a squishy ambulance and paramedic inside.

# Streamlining management with the aid of point-of-care

**P**oint-of-care ultrasound plays an important role in the emergency sector, enabling hospital clinicians and paramedics responding to an urgent call for medical assistance to assess a patient's condition. Dr Matthew Reed, an Emergency Medicine consultant at the Royal Infirmary of Edinburgh, explained how ultrasound contributes to the management of cardiac arrest.



• **Dr Matthew Reed**

My interest in ultrasound began over a decade ago when, as a registrar training in Edinburgh, I visited Australia to work at the Royal North Shore Hospital in Sydney. At that time, we were not using ultrasound in Edinburgh; emergency departments (EDs) were only just starting to use the technique and there was no college-approved training route. The situation was different in Sydney, where emergency medicine and critical care clinicians

were using ultrasound for FAST scanning in trauma cases and for vascular access, and I completed a level I training course while I was there.

After I returned to the UK, I worked with radiologists from time to time to maintain my ultrasound skills, and also completed another course to refresh my knowledge. When I became a consultant in 2007, I took on the role of ultrasound lead and, at the same time, the department invested in a dedicated ED FUJIFILM SonoSite system, complementing those already used in radiology and critical care. The system's robustness is ideal for the department, and radiologists and critical care physicians needing to scan patients in the ED were already familiar with the system, which was another advantage. Today, we have around 60 clinicians fully trained in level I ultrasound, with another 20 in training. The number of scans performed in a typical month has risen from 10 to in the region of 80 to 100, and the range of applications has expanded to include FAST, vascular access, nerve blocks, foreign body localisation, joint

aspiration, scanning for abdominal aortic aneurysms and, in particular, cardiac echo.

We see about 200 cases of cardiac arrest a year and, as everyone in the department is trained in cardiac ultrasound, almost all of these patients will be scanned. This approach has the potential to benefit the management of cardiac arrest. Currently, all patients without a pulse but with an electrical rhythm receive the same treatment, but we know that the prognosis for patients with a beating heart is far better than for someone in cardiac standstill. An ultrasound scan can show whether or not a patient remains in cardiac standstill following a period of intensive resuscitation, sometimes a pathology – such as cardiac tamponade or ventricular fibrillation – that was not visible on the ECG is detected, and it can also help guide the most appropriate course of action, for example, unblocking a coronary artery in the cath lab, aggressive treatment of alternative causes of cardiac arrest, or possibly ECMO.

As well as my clinical work, I co-founded the Emergency Medicine Research Group Edinburgh (EMERGE), which worked with the Resuscitation Rapid Response Unit (3RU) to explore the potential use of point-of-care ultrasound for pre-hospital assessment of cardiac arrest patients in the



# ment of cardiac arrest of-care ultrasound



Paramedic Ultrasound in Cardiac Arrest (PUCA) study<sup>1</sup>. The 3RU team is a group of paramedics specially trained in life support who have undergone further training in advanced cardiac arrest management, and are preferentially tasked to these call-outs. During the PUCA study – funded by the Resuscitation Council (UK) and Chest, Heart and Stroke Scotland – the 3RU team trained in echocardiography, learning how to establish the presence or absence of cardiac movement and the quality of the contractions, as well as looking for any abnormal rhythms and fluid around the heart. Once trained, the paramedics were monitored as they used ultrasound to assess

cases of cardiac arrest, and the scans were recorded and reviewed until they had developed sufficient expertise to pass a practical test. From that point onwards, they scanned patients independently, discussing the management plan in real time with the emergency clinicians back in the hospital to help determine the most appropriate treatment.

With the study complete, we have devised an algorithm to incorporate point-of-care ultrasound into pre-hospital management of cardiac arrest, and hope to establish it as the standard of care. While we wait for approval from the Scottish Ambulance Service, the paramedics continue to attend training sessions,

practising their ultrasound skills to ensure they keep up to date. Ultimately, the adoption of pre-hospital ultrasound assessment, complementing care in the ED, will help to streamline the management of cardiac arrest patients.

• **Meet SonoSite and their point of care ultrasound devices at the Emergency Services Show 20-21 September 2017.**

• **For more information visit:**  
<https://www.sonosite.com/uk>

<sup>1</sup> Matthew J. Reed, Louise Gibson, Alistair Dewar, Steven Short, Polly Black, Gareth R. Clegg. Introduction of paramedic led Echo in Life Support into the pre-hospital environment: The PUCA study. *Resuscitation*. In press. <http://www.sciencedirect.com/science/article/pii/S0300957216304518>

# Making a splash!



**C**ourageous ambulance staff have taken on the challenge of swimming the English Channel this summer.

Two teams of paramedics and student paramedics, one from east Suffolk and the other from west Suffolk, are aiming to raise as much money as possible for two ambulance-related charities.

The 21 mile challenge is due to start near Dover to the French coast between June 30th and July 8th.

They hope to raise thousands of pounds in aid of TASC, The Ambulance Staff Charity, which supports past and present ambulance staff and their families in times of need, and the Ambulance Wish

Foundation UK, which aims to help terminally ill people to fulfil their final wish.

Team West Suffolk's captain Mark Ransom is no stranger to the English Channel, having completed a solo crossing in 2008.

He said: "After that, I thought a team relay swim would be a wonderful way to encourage my colleagues to engage with the unique challenges associated with cross-channel swimming as well as a great team building opportunity. Open water swimming has become a popular sport and its

benefits to health and wellbeing are well documented. We have chosen to help specific ambulance charities to highlight the wonderful work they do and the special services that they provide for ambulance staff and their families."

Under the Channel Swimming Association rules each team must have one swimmer in the sea at any one time and have a support boat to accompany them on the journey to France. Swimmers are not permitted to wear a wet suit and prior to making the attempt must complete a gruelling two hour open water swim in water less than 15.5 degrees.

**• To sponsor them, visit <http://uk.virginmoneygiving.com/team/paramedicchannelswim>  
And follow them on Facebook at <https://www.facebook.com/#!/paramedicchannelswim/>**



# Mountain climb



An East Midlands Ambulance Service NHS Trust paramedic based at Beechdale Ambulance Station will take on a huge challenge this month when she will cycle up and down a French mountain three times in 12 hours - all in the name of charity.

Erica Smith, who has been a paramedic for 15 years, hopes to raise £2,000 for Derbyshire, Leicestershire and Rutland Air Ambulance through sponsorship for her epic 90-mile expedition.

The challenge will see her cycle up and down all three roads of the 2,000m high Mont Ventoux (known as The Giant of Provence) in France, which is estimated to take around 12 hours.

Erica, who has been a keen cyclist all her life, responded to an incident where a cyclist had crashed in Nottingham, and heard about the challenge from one of the Air Ambulance crew also attending. As Erica has attempted the challenge before but was only able to make it up Mont Ventoux twice, she jumped at

the opportunity to have another go and raise money for the Air Ambulance.

She said: "I'm determined more than nervous about the challenge, as I know I'll keep going until I fall off my bike."

"I'm more nervous about not raising the money - which equates to the cost of one air ambulance mission."

"The air ambulance crews are our colleagues and we help each other out."

"Without them our lives would be more difficult as we don't have the same access to remote places or their level of expertise."

Erica has already raised £900 of her £2,000 target and is asking for any colleagues who are able to spare a couple of pounds to sponsor her.

# New Chief Executive



• **LAS new Chief Executive, Garrett Emmerson**

On 30 May London Ambulance Service's new Chief Executive, Garrett Emmerson, took up his role. Garrett said he is "proud and honoured" to be appointed as Chief Executive and says it is "an exciting time to join the Service".

Setting out his immediate priorities over the next few weeks, Garrett said: "The quality of our patient care is already good and we will continue deliver excellent health care to Londoners in the face of increasing demand."

"I want to build on progress already made in the last two years and help set the Service's longer term vision and strategy."

On his first day in the Service, Garrett met ambulance crews, motorbike and cycle responders as well as control room staff and those supporting frontline operations in the back office.

Garrett, who was previously Transport For London's Chief Operating Officer for Surface Transport, says he is proud to work in "one of the greatest cities in the world."

# Gateshead reu

**A** 26-year-old woman from Gateshead has been reunited with the ambulance crews who saved her life after she suffered a cardiac arrest at home.

Dawn Foster was at home in Wrekenton with her partner Carl Walmsley and her dad Keith in April 2015 when she began to feel unwell. Moments later she began having a seizure followed by a cardiac arrest.

"Carl rang for an ambulance and while he was on the phone to the call handler I went grey and had a cardiac arrest in my dad's arms," she said.

With instructions over the phone from the 999 call handler, Keith immediately began cardiopulmonary resuscitation (CPR), keeping the blood pumping around Dawn's body until the arrival of North East

Ambulance Service (NEAS) paramedic Sandra Glencourse and student paramedic Jordan Short three minutes later, backed up by St John Ambulance Service technician crew Alex Bushby and Jamie Sullivan.

With support from Alex and Jamie, Sandra and Jordan gave Dawn three shocks with a defibrillator, before Dawn's body finally responded and they regained a return of spontaneous circulation (ROSC).

Dawn was taken to the Queen Elizabeth Hospital and, after discovering she had an underlying heart condition,

has now had an internal defibrillator fitted.

Dawn has now been reunited with both crews to thank them for saving her life.

Keith said: "I can't thank them enough for looking after Dawn. They did an absolutely fantastic job."

"My dad doing CPR and the paramedics getting to me quickly and the great work they did saved my life," said Dawn.

"I've always wanted to meet them again to say thank you but it's taken me a while to come to terms with what happened, it still doesn't seem real.

"I've since been diagnosed with an extremely rare heart condition called Long QT Syndrome, which is a fault with

## Club support

**A** golf club in South Staffordshire is proudly supporting a local group of volunteers with a driving ambition to save lives.

The South Staffordshire Golf Club recently presented a cheque for £1,300 to local responder group, South Staffordshire First Responders (SSFR) after a year-long fundraising effort by the outgoing captain, Richard Chapman. The charity provides trained volunteers in Codsall, Perton, Pattingham, Wombourne, Kinver and all the surrounding villages.

Matt Jevons, Founding Trustee of SSFR said: "This is a fantastic donation to receive and is much more than we originally thought it might be. The money donated to us will go towards purchasing new life saving pieces of equipment."

Richard Chapman, Club Captain of the South Staffordshire Golf Club said: "I and all the golfers



• **Left - right CFRs Mick Leadbetter and Jean Morgan, Club Captain Richard Chapman and SSFR Trustee Matt Jevons.**

at The South Staffordshire Golf Club who supported my Charity competitions are pleased to be able to help the First Responders. They are a very worthy group to receive this donation."



# union

the electrics in my heart. You don't think anything like this is going to happen to you, I'm just so thankful I'm still here."

Sandra, who joined NEAS in 2003 as an advanced technician and qualified as a paramedic in 2008, said Keith's quick actions undoubtedly made a difference to Dawn's chance to survival.

Jordan, who qualified as a paramedic last year and is now based in Swalwell, added: "Once you bring patients into hospital you don't always get to find out what happens to them, particularly patients who are as poorly as Dawn was. As well as being able to see her now she's well, it's good to be able to find out what's happened since."

For Alex, meeting Dawn



• Dawn Foster with, left to right, Alex Bushby, Jordan Mann, Jamie Sullivan and Sandra Glencourse

again was all the more special. Now working in Leeds for Yorkshire Ambulance Service

as an advanced technician, Alex travelled back up to Gateshead specifically for the reunion.

## Defying the odds

A man who defied all the odds after a cardiac arrest in November last year has had the chance to thank one of his 'guardian angels' in an emotional reunion.

David Walkden, 81, was watching the Formula 1 Grand Prix at home in Thorpe-Le-Soken, Essex on 27th November when he developed severe chest pains. His wife dialled 999 and help quickly arrived in the form of Paramedic Sheena Bumphrey and Emergency Care Assistant Jason Purvis.

It was apparent that David was

having a heart attack. Sheena said: "The moment we walked it was obvious that David wasn't well, and symptoms were trademark of that of a heart attack.

"I cannulated him quickly because I felt like he could go into cardiac arrest at any stage whilst Jason helped grab equipment from our ambulance."

Unfortunately David's condition deteriorated rapidly whilst in the ambulance enroute to Basildon Hospital's PPCI (Primary Pre-cutaneous Coronary Intervention) unit. Sheena said: "We were having a normal conversation when he suddenly went into cardiac arrest; it threw me completely."

Sheena and Jason were forced into action, pulling roadside to

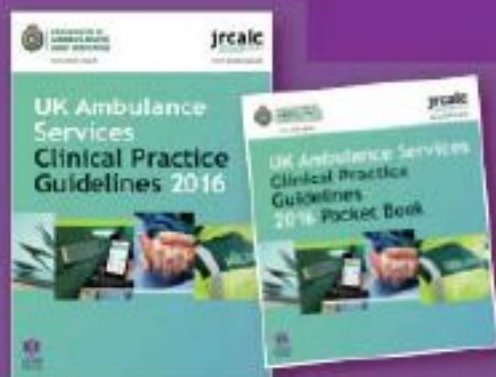
begin advanced life support. David was shocked 15 times before he was resuscitated, stabilised, and taken to hospital, having been in cardiac arrest for 15 minutes. They were then supported by Paramedic Lou Wheatley, Emergency Care Assistant Victoria Everett and Duty Locality Officer Steven Keating.

Sheena said: "This will be a job that will live with me forever; I honestly thought he wouldn't survive. But to see him now is a testament to his strength and the excellent team effort of all involved on that day." David, who has now been fitted with two stents, said: "Thankyou isn't enough; I feel humbled by what they did. Without them, I wouldn't be standing here now."

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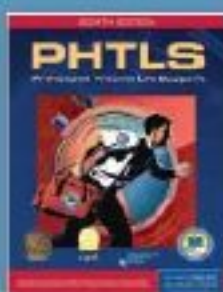


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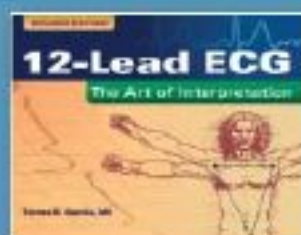
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