



CMEMSC Newsletter

THE REGION II RESPONDER

7th Annual EMS Training Officers Workshop

The Region 2 EMS Training and Education Committee is hosting our 7th annual workshop for EMS training officers and coordinators.

November 17, 2023; 10a-3pm

As usual, the event is free and includes lunch. We encourage in-person attendance for the benefit that networking with colleagues offers. You can [CLAIM YOUR TICKETS](#) now to ensure your seat. Seats are limited and we always “sell” out. Whether you are new to the position or a seasoned veteran, we will have something for you.

2023 EMS Training Officers Workshop Agenda

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| 10:00-11:15 | Ricci Hall - Modalities in learning and student engagement |
| 11:15-12:15 | Tina Dixson - Class for ConEd and with take home materials to teach. |
| 12:15-12:45 | Lunch/ Networking |
| 12:45-13:15 | CMEMSC Staff - OEMS Required training an updates to NREMT and AR 2-212 |
| 13:15-13:45 | Scott Cluett - ASHER Training Update - Overview |
| 13:45-15:00 | Colby Fiske - Preparation for MCI/ASHER tabletops, drills, and Full-Scale Exercises |

We plan to stream the event on Zoom as well for virtual attendance, but do **NOT** claim a ticket if you plan to attend virtually. The link will be on our [website](#) or you can follow [this link](#) when the workshop starts.

Veteran's Day Observed

Since Veteran's Day is on November 11th but is being observed officially on November 10th, there are two days to ensure you thank a veteran. Our freedom comes at a price. Thank you, Veteran's for your selfless service!

It's Recertification Time

If you are one of the early birds that is trying to recertify or a training officer that has providers that are ready to go, there are a few noteworthy items for you to be aware of.

There is a glitch on the NREMT website that is not properly assigning partial hours when courses are entered. It will look ok when the course is entered but not in the transcript, 0.25 hours is populating as 25 hours. While that might help you complete your hours quicker, it isn't going to fly! NREMT is aware and working on the fix.

For all your classes that are manually entered by TO or yourself, you **MUST** have a pdf or picture of the certificate for each class. A [CAPCE](#)-approved class that is imported does not need a certificate.

Another item on the radar is the preview of a new model for the 2025 national curriculum. NREMT has not released information about regarding the details, but you can see reference to the [NCCP Model 2025](#) on the website. There will be plenty of time to switch over to the new format so there is no need to change anything yet.

These items, along with several others will be covered in the [Training Officers Workshop](#). If you have specific questions, you are always welcome to contact the office anytime.



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30 Second Health Nugget

As Thanksgiving fast approaches, many will think about what they are grateful for, but did you know that gratitude can actually improve your health. People that express gratitude have been shown to have lower rates of anxiety, depression, and stress hormones. Gratefulness can lower your blood pressure and improve your sleep and immune response. Even when things don't look like a bed of roses, being grateful for things that you have can give you a better outlook. It can take practice to have a grateful heart but remember that your behavior can change your biology. So by showing thanks (even if it isn't the first thing you want to do) your body releases oxytocin, a hormone strongly associated with happiness. Who knew that saying thank you was such good medicine.

Learn more [HERE](#)

“Gratitude blocks toxic emotions, such as envy, resentment, regret and depression, which can destroy our happiness.”

— Robert Emmons,

Prof. of Psychology UC Davis



CMED Call(s) of the Month

A woman called for an ambulance to have her tooth evaluated after she chipped it a year ago. Don't worry, she still has the piece too.

There was a patient with a laceration to his scrotum who then used a paperclip as a tamponade. I don't have anything witty to say about this one because I'm having a hard time... holding it together... right now.

Nero's Law - Ambulance Required Equipment

Every ambulance is required to carry a few key items to [treat a Police K9](#). This includes a non-vented, tight-fitting O2 mask and a non-windlass tourniquet. Central Mass EMS received a grant from the Central Region Homeland Security Council to provide this equipment for our services to ease this burden. If you still need this equipment or if you need CPR dogs for training, give the office a call or email.



Happy Thanksgiving

Congratulations, Another EMS Field Delivery

Fitchburg EMS was transporting a woman in labor to Memorial when baby decided he wasn't waiting any longer. Paramedic Stephen Greenwood and EMT William Rowe assisted mom as she delivered a healthy baby boy on the side of I-190. They have some stork pins heading their way that are also out for delivery. With all the sad events that we witness, it is always nice to be part of an event that is celebrated.



More Recognition for Hard Work and Dedication

The annual meeting and award ceremony might be a way off, but we want to solicit for nominations now. In another six months it'll be hard to remember back this far. If it is something exceptional, we might highlight it in the newsletter as well as except the nomination for our May ceremony.

Have you witnessed an EMT or paramedic that has gone above and beyond the call of duty or that exemplifies what it means to serve others on a regular basis? Is there someone in your staff that exemplifies great leadership? How about someone that is excellent in EMS training or public education? [Submit your form](#) now while it's still fresh in your mind, for any single event that happens from May 1 until now or for someone that is continually rising to the top.

Need a PALS or ACLS Recert

Central Mass EMS has several new ACLS and PALS instructors that are looking for students to complete their monitoring requirements. We have fully in-person and blended learning options available. Since it is helping us out too, these classes are offered at a discount. [Contact Chris](#) if you need any AHA class certification.

If you are already a PALS or ACLS instructor but need access to equipment for training, we have monitor simulators, advanced IV arms, intubation manikins and more at low rates. [Email Tammie](#) for more info. We are also taking instructor transfers.