

Summer 2019

### Age matters! Why we need to reframe care of older adults

Caring for aging patients comes with unique challenges. You already know this. You're reminded of it each time you get the call to help a patient up from a fall (especially the repeat offenders).

But the usual approach to care – high-intensity evaluation, intervention and prescribing – becomes problematic as patients age, especially over the age of 65. Patients' growing lists of medications serve as evidence that more care can lead to overprescribing and potentially unnecessary diagnostic tests.

It would be great if we had an improved paradigm to simplify our care approach.

And, we do! The buzz at this year's national American Geriatric Society meeting was all around "The 4 M's." Simply put, it is a comprehensive way to consistently package many of our patient-centered concerns. It suggests we consider:



- What **matters** to our patients, both their goals and preferences.
- Using **medications** that present less harm and proven good.
- Promoting **mobility** and environmental safety.
- Recognizing **mentation** (mental activity) and its impact on care and outcomes.

Because of your presence in our patients' homes, you have a uniquely comprehensive view of these four factors, a vantage point shared by few other members of the healthcare team. I encourage you to leverage this awareness. Intentionally communicate your observations to the care facilities and primary teams you work with when you notice patients beginning to deviate from expectations. This may be a departure from the traditional EMS role, but in our new era of population health, we must enact novel collaboration. Your insight is invaluable in helping all of us deliver better care, and we welcome your voice in the conversation!

*Karen Kirkham, MD, FACP  
Geriatric Assessment Program, OhioHealth Grant Medical Center*

### IN THE FIELD

#### A job well done

*Barbara Dean, BSN, RN, Paramedic  
Program Manager, OhioHealth EMS*

"For the sick, it is important to have the best." – Florence Nightingale

World War II changed the course of nursing history. Flight evacuations of wounded soldiers became possible, and after the Allied invasion of North Africa in November 1942, the need for flight nurses was critical. In 1943, the U.S. Army Nurse Corps' first class of flight nurses graduated, with 2nd Lt. Geraldine Dishroon receiving the first wings.

Today, flight nurses continue to deliver lifesaving care right here in our community. Nurses like Holly Herron, DNP, CNP, RN, who recently received the Columbus CEO Lifetime Achievement Award in Healthcare.

Holly began her career in the Intensive Care Unit at OhioHealth Grant Medical Center after graduating nursing school in 1980. She joined Grant LifeFlight in January 1984, providing rapid care to patients who were critically injured or ill. In 1986, Holly was instrumental in creating the nation's first remote medical helicopter not hospital-based, in Wellston, Ohio.

Holly often recalls the flights that left an impression. She once cared for a teenage boy with an accidental gunshot wound to the groin, whose survival she credits to the helicopter and flight crew based in Coshocton that carried him to Grant.

After 30 years and more than 5,000 flights, Holly retired from flying. She now serves as director of OhioHealth EMS and is the undergraduate clinical coordinator for Otterbein University's School of Nursing.

Congratulations, Holly, on this well-deserved honor, and thank you to all of our flight nurses for the care you provide every day!

### SERVICE LINE FEATURE

#### Emergency cardiac care capabilities in central Ohio

*Nicholas Davakis, MD, FACC  
System Quality Chief, OhioHealth Heart and Vascular*

*Kathy Taylor, BSN, RN  
Clinical Outcomes Manager and STEMI Coordinator,  
OhioHealth Quality and Patient Safety*

OhioHealth Heart and Vascular continues to excel in the efficiency of our emergency care response, significantly reducing time to treatment for heart attack and those suffering from chest pain.

Three OhioHealth hospitals in central Ohio are equipped to perform STEMI interventions and provide 24/7 cardiology care, although the campuses differ in their capabilities.

- **OhioHealth Doctors Hospital** provides 24/7 interventional cardiac care as well as intra-aortic balloon pump therapy and Impella device support for critically ill patients.
- **OhioHealth Grant Medical Center** has the ability to use extracorporeal membrane oxygenation for heart and lung bypass support. The hospital also performs on-site cardiothoracic surgery, and has a Structural Heart program.
- **OhioHealth Riverside Methodist Hospital** can provide all of the above services as well as left ventricular assist device implantation, when necessary.

Our goal is to provide appropriate care quickly to all patients, regardless of their presentation. But delivering advanced care the moment patients need it most is only one piece of the strategy that makes OhioHealth's heart and vascular care so exceptional. We've organized our Heart and Vascular program with the entire care continuum in mind, so every patient who comes to us receives the right care, at the right place, at the right time.

Please visit [OhioHealthEMS.com](http://OhioHealthEMS.com) for more information about our EMS programs.

### EDUCATION CALENDAR

#### EMS Quarterly Update

OhioHealth Grant Medical Center  
*Saturday, August 10*

#### EMS Regional Quarterly Updates

EMSafari at the Columbus Zoo  
*August 13–14*

OhioHealth Riverside Methodist Hospital  
*Friday, September 27*

#### Trauma Care 2019

Hilton Columbus at Easton  
*November 18–19*

[EVENT DETAILS](#)

### CASE STUDY

Speed saves lives. See how the quick response of a Columbus Fire Department medic gave a patient hit by a car a second chance at life.

[READ MORE](#)

### DIRECTOR'S CORNER

#### Ohio EMS Conference wrapup

*Holly Herron, DNP, RN, CNP  
System Director, OhioHealth EMS*

Our 12th Annual Ohio EMS Conference was again a success! Thank you to the more than 1,700 attendees who make time each year to celebrate National EMS Week at this event.

The conference continues to offer EMS education from a national perspective to ensure our local EMS community is aligned with and learning from best practices across the country.

Our keynote speaker Michael Hingson's 9/11 experience was amazing to hear firsthand, and gave us all a great deal to reflect upon. Out-of-hospital resuscitation remains an extremely important topic with an ever-changing lens as we dig deeper into what really matters during resuscitation. EMS is the first link in the chain of survival, and those first minutes are the most critical for influencing patient outcomes.

We also learned that our own health and wellness must be our highest priority if we are to give our very best to the patients we serve. I hope you enjoyed our breakout sessions on this topic. Our EMS educator track equips attendees with the tools they need to provide continuing education throughout the year.

Planning for next year's conference is already underway. Please save May 18–19 to join us once again!

### FAST FACTS: EMS EDUCATION

*Barbara Dean, BSN, RN, Paramedic  
Program Manager, OhioHealth EMS*

- OhioHealth EMS and staff offer more than 1,000 education classes each year.
- Education is open to EMTs, paramedics, nurses and physicians.
- Classes take place in a variety of settings, including classrooms, fire departments, simulation laboratories and other onsite EMS locations.
- The Franklin County Firefighters and OhioHealth Grant Medical Center EMS Education program educates more than 150 new students annually. Classes are held at Grant, Ohio University-Lancaster and MedCare Ambulance.