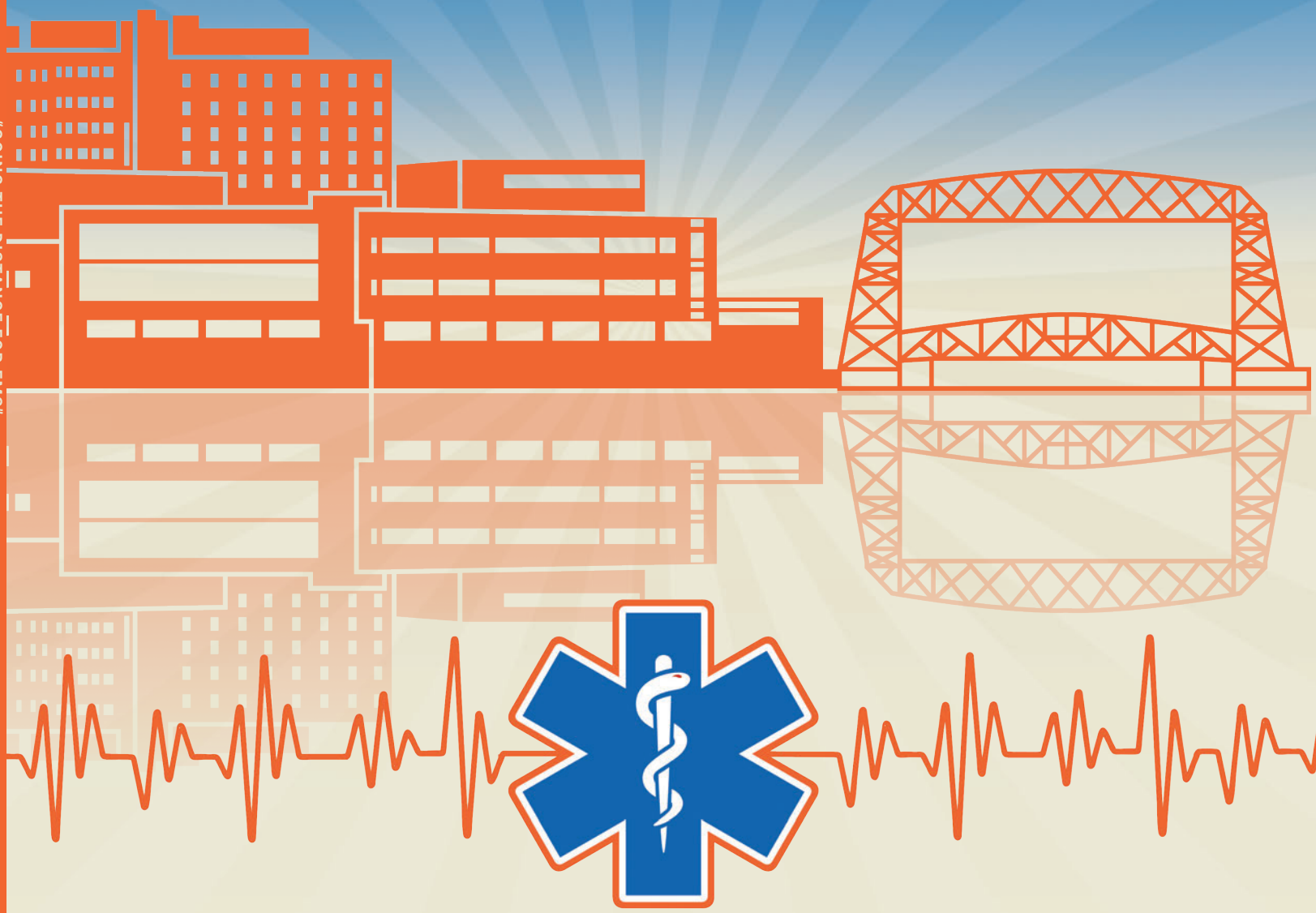
42ND ANNUAL

Arrowhead EMS Association Conference & Expo

JANUARY 25 – 29, 2023



"GOING THE DISTANCE FOR EMS"

"Going the Distance for EMS"

DULUTH ENTERTAINMENT CONVENTION CENTER ✱ 350 HARBOR DRIVE ✱ DULUTH, MN

OUR SERVICES

EMS System Assessment, Development & Improvement

Our approach recognizes and honors the uniqueness of ***local communities*** and systems. A robust assessment starts with consultants who ***listen deeply***.

Strategic Planning

We believe that planning should be a regular organizational practice that is ***fun and engaging***. We build internal support and enthusiasm for ***realistic, actionable plans***.

Leadership Development & Education

We are passionate about EMS leadership. Through our ***EMS Leadership Academies*** and our ***coaching*** sessions with individuals and teams, we are developing a new generation of EMS leaders, managers and supervisors.

EMS Management Services

We help organizations, large and small, operate sustainably. Fundamental to our approach is creating and nurturing ***employee-engaging cultures***.

WHY CHOOSE US

Since our start in 2004, SafeTech Solutions has steadily built a reputation for providing great service and value to our clients.

Our mission is to facilitate EMS improvement and change through listening, evaluating, educating, and guiding.

SafeTechSolutions

Guiding Leaders, Organizations & Communities

THE SOLUTION when it comes to EMS Leadership

Whether it's assessment, strategic planning, EMS leadership development and education, or financial consulting, SafeTech Solutions guides organizations, communities and government in creating reliable, sustainable and high-quality emergency medical services.

RURAL EXPERTISE

Rural EMS faces unique challenges. SafeTech Solutions' understanding of rural EMS is unmatched in the industry. We have conducted some of the largest and most innovative studies of rural EMS in the nation and are helping organizations and communities create sustainable systems.

http://www.safetechsolutions.us info@safetechsolutions.us

WELCOME TO THE

42ND ANNUAL ARROWHEAD EMS CONFERENCE & EXPO!

The staff at Arrowhead EMS Association would like to personally welcome each of you to the 42nd Annual Arrowhead EMS Conference and Expo. It's an exciting time as we continue to grow, remaining always adaptable, motivated, and open to new ideas.

Our objective is to provide Emergency Medical Services personnel with applicable knowledge to better manage, treat, and assess various traumatic and medical-related emergencies, and to provide the tools to continuously improve the overall management of services.

Please find everything you need in this conference booklet. If you have any questions, please come see us at the walk-in registration area.

ATTENDEE BOOKLETS INCLUDE:

Evaluation Instruction **Certificate of Attendance Card**
Presentation Information **Presenter Information**
List of Exhibitors **DECC Map**
AND MUCH MORE!

Here are a few important items to know during our conference and expo:

- Your attendee ID Badge will be your entrance key into all conference & expo events, including classes, lunches, and exhibitor areas.
- Please donate a non-perishable food item(s) at the Arrowhead EMS Association booth in the South Pioneer Hall to be entered to win a prize or get your $50.00 walk-in registration fee waived.
- Please visit the exhibitors in South Pioneer Hall during breaks and meals. Expo opens at 9:45 am on Friday and Saturday with light refreshment option and coffee.
- Registration includes lunch. Additional lunch meal tickets must be purchased for $20 at the walk-in registration desk.
- At the end of each session, you will receive a CEU label to place on your "Certificate of Attendance" card located in this booklet.
- The health and safety of all visitors to the 2023 Arrowhead EMS Conference and Expo remains our top priority. To reduce to spread of COVID-19 and other infectious disease amongst participants, please wash/sanitize hands on a regular basis, stay home if you have any new or unexplained symptoms and maintain appropriate physical distance between participants wherever possible.
- And as always, out of respect to others and the presenters, please either turn off cell phones/pagers or set to silent/vibrate mode.

Finally, we thank you all for attending and bringing your expertise to our conference. You are truly our greatest asset and we could not accomplish what we do without your participation. We sincerely hope you will enjoy the next several days of sessions and networking.

Sincerely,
Arrowhead EMS Association Staff

EXPO–SOUTH PIONEER HALL

EXPO HOURS:

Friday: 9:45 am – 2:45 pm
Saturday: 9:45 am – 2:45 pm

ID BADGES REQUIRED:

If you are looking to only go to the expos, please come to the walk-in registration area for an Expo Only ID Badge.

$25.00 Expo Only ID Badge available

SAVE THE DATE

43rd Annual
Arrowhead EMS Association's
Conference & Expo

January 17 – 21, 2024

WE VALUE YOUR OPINION

Thank you for attending Arrowhead EMS Association's 42nd Annual Conference & Expo.

Please help us maintain a quality conference & expo by taking a few moments to complete your online evaluation.

www.GoingTheDistanceForEMS.com

YOU ARE THE BEST OF THE BEST

Arrowhead EMS Association Conference & Expo Team would like to express our sincerest appreciation to…

our Volunteers, our Medical Director, Dr. Gary Foley, and our Board of Directors:
President: Sue Bengtson, Vice President: Steve DuChien, Secretary: Lucas Goodin, Treasurer: Joe Newton, Sharon Lepak, Cory Larson, Marlyn Halvorson, Erik Jankila, James Ducharme, Nathan Myers, Stan Sadenwasser, Mindy Olander, Eric Lohn, Pete Walsh, Karen Wright

AEMSA CONFERENCE & EXPO PLANNING TEAM

Sue Bengtson
Retired

Geoffrey Galaski
Ely Area Ambulance Service

Charles Gallet
Arrowhead CISM Team

Lucas Goodin
Cromwell-Wright Fire & Ambulance

Marlyn Halvorson
Carlton County Sheriff's Office

Caitlin Korpi
Arrowhead EMS Association

Pam Kuschner
Arrowhead EMS Association

Nathan Myers
International Falls Fire & Ambulance

Joe Newton
Essentia Health

Adam Shadiow
Arrowhead EMS Association

Jo Thompson
Arrowhead EMS Association

Nicci Trierweiler
Kerrick Fire & Rescue

Sarah Zayas
Arrowhead EMS Association

THANK YOU TO OUR SPONSORS

PLATINUM

Northwood Technical College

MAYO CLINIC

Life Link III Air Medical Transport

THE PATIENT. ABOVE ALL ELSE.®

St. Luke's

Essentia Health

Lakes Region EMS

Regions Hospital
Level I Adult & Level I Pediatric Trauma Center
HealthPartners

GOLD

Allina Health
EMERGENCY MEDICAL SERVICES

GUARDIAN FLIGHT

NORTH MEMORIAL HEALTH AIR CARE

SANFORD HEALTH

ENBRIDGE

Children's MINNESOTA | The Kid Experts™
Level I Pediatric Trauma Center

Hennepin Healthcare

SILVER

CLIFFS

CMH Community Memorial Hospital

ZOLL

Minnesota North College

SUPPORTER

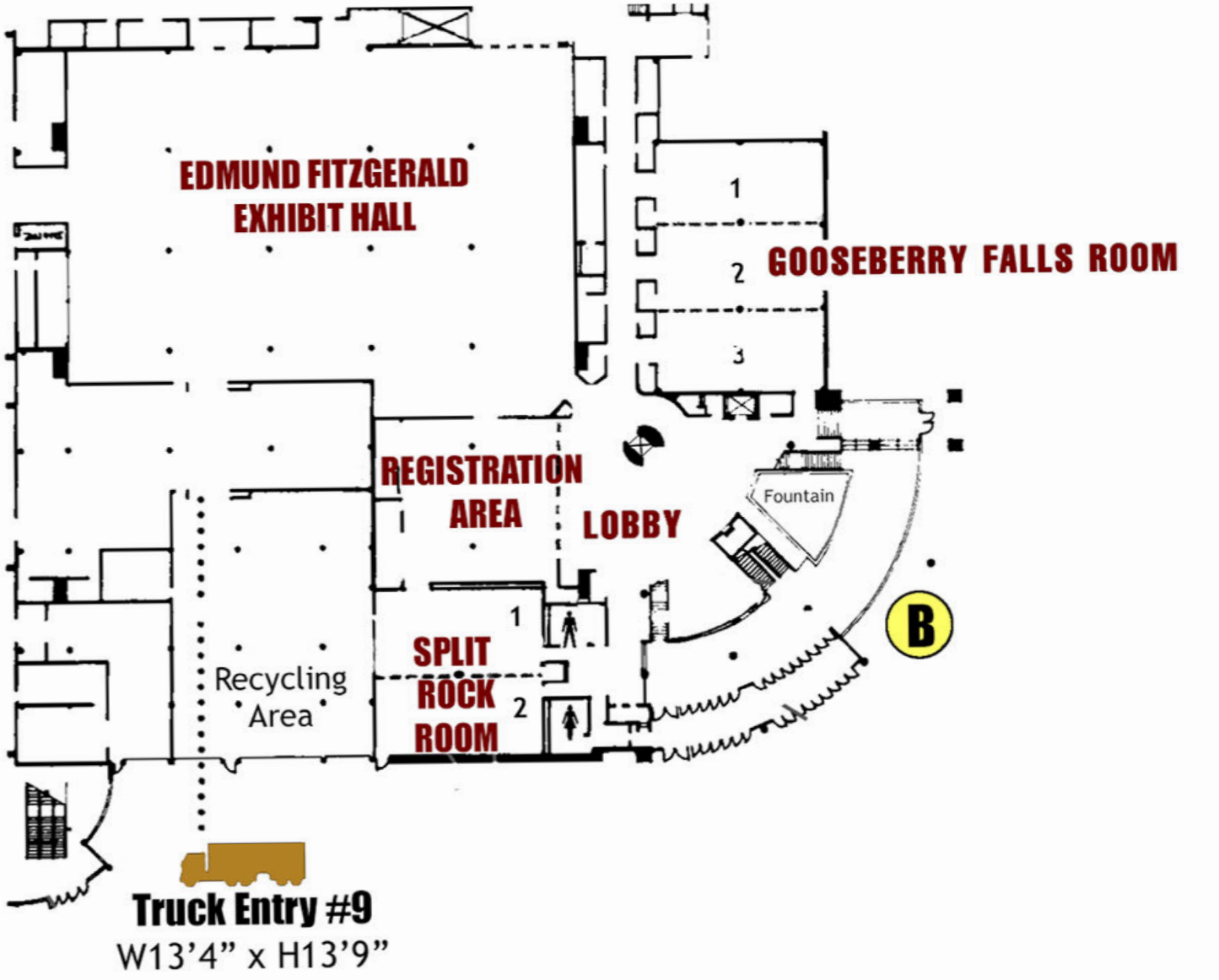
American Solutions for Business

Minnesota Emergency Medical Services Honor Guard

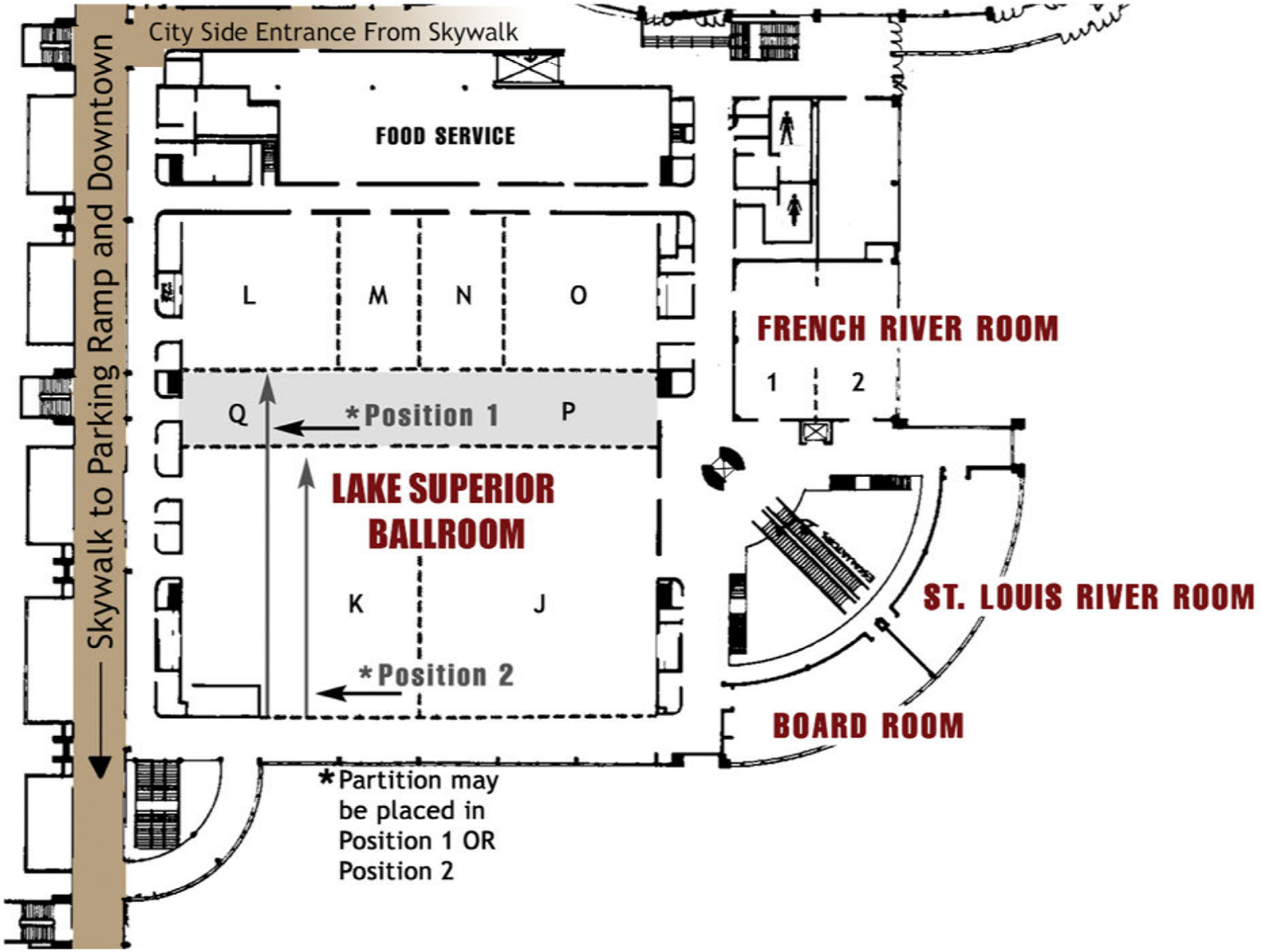
PRO PRINT

DECC Duluth Entertainment Convention Center

City Side Convention Center
Ground Level



City Side Convention Center
Skywalk Level



350 Harbor Drive, Duluth, MN 55802-2698 • *p.* 218.722.5573 • *f.* 218.722.4247 • www.decc.org

WI-FI INSTRUCTIONS

NETWORK NAME:
AEMSA

PASSWORD:
arrowhead

1. Connect your personal digital device to the "**AEMSA**" Wi-Fi network
2. When prompted, enter the password "**arrowhead**"

Please note: Password is case sensitive.

PLATINUM SPONSORS

mayoclinic.org

World-class care begins with us.

Mayo Clinic Ambulance

MAYO CLINIC

© 2022 Mayo Clinic

Lakes Region

State of the Art Patient Care • Outstanding Customer Service • Financial Responsibility • Dedication To The Communities We Serve •

EMS

Are you ready for the challenge?

www.lrems.com

StarTribune TOP 150 WORKPLACES
2015
2016
2017
2018
2019

Life Link III®

Rapid Response. Exceptional Patient Care.

Our Member Owners:

Allina Health
Essentia Health
St. Luke's
FAIRVIEW
Children's MINNESOTA
CentraCare
Hennepin Healthcare
Regions Hospital HealthPartners
HSHS Sacred Heart St. Joseph's
Marshfield Clinic Health System

www.lifelinkiii.com

1-800-328-1377

Regions Hospital
WEST ENTRANCE
640
Only Level I Pediatric Trauma Center in the east metro
For patient consults and transfers, call HealthPartners Direct: 888-588-9855
Offering injury care, inpatient and outpatient care, rehabilitation, child & family services, and preventative & outreach services.
Regions Hospital
gillette CHILDREN'S
22-2029450-2029960 (9/22) © 2022 HealthPartners

Health
ESSENTIA
EMS
EMERGENCY CARE
LIKE NOWHERE ELSE℠
Essentia Health
Essentia Health-St. Mary's Medical Center is proud to serve as the region's only Adult Level I Trauma Center and Level II Pediatric Trauma Center.
Join our team: EssentiaCareers.org

Nationally Recognized by **U.S. News & World Report.**

HIGH PERFORMING HOSPITALS U.S.News & WORLD REPORT 2022-23
HIP FRACTURE

HIGH PERFORMING HOSPITALS U.S.News & WORLD REPORT 2022-23
KNEE REPLACEMENT

HIGH PERFORMING HOSPITALS U.S.News & WORLD REPORT 2022-23
STROKE

St. Luke's is ranked as a high performing hospital for hip fracture, knee replacement and stroke procedures by U.S. News & World Report for 2022-23.

These awards recognize that St. Luke's care in these areas is significantly better than the national average, as measured by factors such as patient outcomes, patient experience and how successfully a health system helps patients get back home.

U.S. News & World Report is the global authority in hospital rankings and consumer advice.

▸ **slhduluth.com**

THE PATIENT. ABOVE ALL ELSE.®

St. Luke's

Northwood Technical College

Public Safety & Emergency Services

Serving the Northwestern Wisconsin region

Specialized Training

Emergency Medical Services
Firefighting & Technical Rescue
Law Enforcement

NorthwoodTech.edu 800.243.9482

Northwood Technical College is an Equal Opportunity/Access/Affirmative Action/Veterans/Disability Employer and Educator.

AGENDA
AT A GLANCE

WEDNESDAY

January 25, 2023
Pre-Conference

EMT Refresher (Day 1 of 2)
Lake Superior Ballroom L,M
8:00AM – 5:00PM

Leadership Bootcamp (Day 1 of 2)
Split Rock Room
8:00AM-5:00PM

Special Populations SIM Training: Beat the Reaper SIM Challenge
French River Room
8:00AM – 12:00PM

Armer Radio 101: A Hands on Approach
Gooseberry Falls Room
8:00 AM – 12:00 PM

Human Anatomy Lab #1
Bus Pick-Up: 9:00AM
Lab Hours: 9:30AM – 11:30AM
The College of St. Scholastica

Human Anatomy Lab #2
Bus Pick-Up: 1:00PM
Lab Hours: 1:30PM – 3:30PM
The College of St. Scholastica

Self Defense for EMS Personnel
Lake Superior Ballroom N,O
1:00PM-5:00PM

Training Officer and Instructor Development
French River Room
1:00PM-5:00PM

THURSDAY

January 26, 2023
Pre-Conference

EMT Refresher (Day 2 of 2)
Lake Superior Ballroom L,M
8:00AM – 5:00PM

Leadership Bootcamp (Day 2 of 2)
Split Rock Room
8:00AM-5:00PM

Hands on OB Simulation
Gooseberry Falls Room
8:00 AM – 12:00 PM

Pediatric Medical & Trauma SIM Training: Beat the Reaper SIM Challenge
French River Room
8:00AM – 12:00PM

Self Defense for EMS Personnel
Lake Superior Ballroom N,O
8:00AM – 12:00PM

Adult Medical & Trauma SIM Training: Beat the Reaper SIM Challenge
French River Room
1:00PM – 5:00PM

Hands on OB Simulation
Gooseberry Falls Room
1:00PM – 5:00PM

FRIDAY

January 27, 2023

Welcome and Keynote
Dining Hall
8:00 am – 9:45 am

Blood Drive
Edmund Fitzgerald Hall
9:30 am – 4:00 pm

Breakout Session 1
10:30 am – 11:45 am

Lunch
11:45 am – 12:45 pm

Breakout Session 2
12:45 pm – 2:00 pm

Breakout Session 3
2:45 pm – 4:00 pm

Expo
South Pioneer Hall
7:00 am – 2:45 pm

Legislative Forum
Gooseberry Falls Room
4:15 pm – 5:15 pm

SATURDAY

January 28, 2023

Welcome and Keynote
Dining Hall
8:00 am – 9:45 am

Blood Drive
Edmund Fitzgerald Hall
9:00 am – 3:00 pm

Breakout Session 4
10:30 am – 11:45 am

Lunch
11:45 am – 12:45 pm

Breakout Session 5
12:45 pm – 2:00 pm

Breakout Session 6
2:45 pm – 4:00 pm

Expo
South Pioneer Hall
7:00 am – 2:45 pm

SUNDAY

January 29, 2023

Breakout Session 7
8:00 am – 9:15 am

Breakout Session 8
9:30 am – 10:45 am

Breakout Session 9
11:00 am – 12:15 pm

Hands on Approach to Trauma Care
(Box lunch included)
8:00 am – 4:00 pm

WEDNESDAY

WEDNESDAY • JANUARY 25, 2023

	French River Room	Lake Superior Ballroom L,M	Lake Superior Ballroom N,O	College of St. Scholastica	Gooseberry Falls Room	Split Rock Room
7:00am - 8:00am	REGISTRATION					
8:00am - 12:00pm **Mid-Morning Break 10:00 AM**	**Special Populations SIM Training (Beat the Reaper Challenge)** *Brad Zinniel Marty Sullivan Marvin Sullivan*	**EMT Refresher** (Day 1 of 2) *Lucas Goodin Pete Boyechko Greg Eliason Gene Lott*		**Human Anatomy Lab #1** **(Bus Leaves: 9:00 AM)** **Lab: 9:30AM-11:30AM** *Lindsay Pacey-Allen Dr. Gary Foley Dr. Brandon Drazich*	**Armer Radio 101: A Hands on Approach** *Marlyn Halverson Duane Johnson*	**Leadership Bootcamp** (Day 1 of 2) *Aarron Reinert Ben Wasmund*
12:00pm - 1:00pm	LUNCH					
1:00pm - 5:00pm **Afternoon Break 3:00 PM**	**Training Officer and Instructor Development** *Brad Zinniel Marty Sullivan Marvin Sullivan*	**EMT Refresher** (Continued) *Lucas Goodin Pete Boyechko Greg Eliason Gene Lott*	**Self-Defense for EMS Personnel** *Scott Peterson Michael Gau*	**Human Anatomy Lab #2** **(Bus Leaves: 1:00 PM)** **Lab: 1:30PM-3:30PM** *Lindsay Pacey-Allen Dr. Gary Foley Dr. Brandon Drazich*		**Leadership Bootcamp** (Continued) *Aarron Reinert Ben Wasmund*
Time Varies by Session	SESSIONS END					

THURSDAY

THURSDAY • JANUARY 26, 2023

	French River Room	Lake Superior Ballroom L,M	Lake Superior Ballroom N,O	Gooseberry Falls Room	Split Rock Room
7:00am - 8:00am	REGISTRATION				
8:00am - 12:00pm **Mid-Morning Break 10:00 AM**	**Pediatric Medical & Trauma SIM Training (Beat the Reaper Challenge)** *Brad Zinniel Marty Sullivan Marvin Sullivan*	**EMT Refresher** (Day 2 of 2) *Lucas Goodin Pete Boyechko Greg Eliason Gene Lott*	**Self-Defense for EMS Personnel** *Scott Peterson Michael Gau*	**Hands on OB Simulation** *Alanna Groth Lucas Goodin*	**Leadership Bootcamp** (Day 2 of 2) *Minnesota Ambulance Association*
12:00pm - 1:00pm	LUNCH				
1:00pm - 5:00pm **Afternoon Break 3:00 PM**	**Adult Medical & Trauma SIM Training (Beat the Reaper Challenge)** *Brad Zinniel Marty Sullivan Marvin Sullivan*	**EMT Refresher** (Continued) *Lucas Goodin Pete Boyechko Greg Eliason Gene Lott*		**Hands on OB Simulation** *Alanna Groth Lucas Goodin*	**Leadership Bootcamp** (Continued) *Minnesota Ambulance Association*
Time Varies by Session	SESSIONS END				

FRIDAY • JANUARY 27, 2023

7:00am - 8:00am	**REGISTRATION**					
8:00am - 8:15am	**CONFERENCE WELCOME** **Adam Shadiow, Executive Director, Arrowhead EMS Association**					
8:15am - 9:45am	**KEYNOTE: *The Champion's Code*** **Ross Bernstein**					
9:45am - 10:30am	**BREAK (Refreshment and Exhibits in South Pioneer Hall)**					
	French River Room	**Lake Superior Ballroom L,M**	**Lake Superior Ballroom N,O**	**St. Louis River Room**	**Gooseberry Falls Room**	**Split Rock Room**
10:30am - 11:45am	**Managing the Difficult Airway in the Resource Limited Environment** *Aaron Peth*	**Talking to Myself** *Holly Brodt*	**Defusing Fear in Crisis** *Carrie Manke*	**Neonate and Pediatric Transport Lessons Learned in Haiti** *Johanna Thompson*	**Thank Goodness You're Here! ALS Hands-off for BLS providers** *Latimer Hoke*	**Stroke 12 Lead of the Nero Perfusion** *Reed Groth*
11:45am - 12:45pm	**LUNCH**					
12:45pm - 2:00pm	**Dust off Your Catcher's Mitt... Obstetrical Emergencies Outside the Hospital** *Aaron Peth*	**Ketamine for Seizures: a match made in receptor heaven!** *Nikhil Williams*	**Treatment Beyond the Physical Ailments: Creating a Culture of Trauma-Informed Care** *Carrie Manke*	**PTSD-A Family Problem** *Todd Messer* *Kathy Messer*	**"Think About What You Just Said": Dispelling Common EMS Myths** *Latimer Hoke*	**Bleeding Control** *Reed Groth*
2:00pm - 2:45pm	**BREAK (REFRESHMENT AND EXHIBITS IN SOUTH PIONEER HALL)**					
2:45pm - 4:00pm	**Suffering In Silence: One Paramedic's Journey Through Post-Traumatic Stress** *Aaron Peth*	**Advancements in Acute Frostbite Management** *Thomas Masters*	**Beyond SPICES and Beers: Geriatrics In the Field** *Carrie Manke*	**The Night I Almost Jumped: EMS and the Stigma of Mental Health** *Matthew Giacopelli*	**Pediatric Airway Management Like Macguyver** *Ashley Strobel*	**Endocrine Emergencies** *Reed Groth*
4:00pm	**SESSIONS END**					
4:15pm - 5:15pm	**LEGISLATIVE FORUM (Gooseberry Falls Room)**					

SATURDAY

SATURDAY • JANUARY 28, 2023

7:00am - 8:00am	**REGISTRATION**					
8:00am - 8:15am	**OPENING REMARKS** **Adam Shadiow, Executive Director, Arrowhead EMS Association**					
8:15am - 9:45am	**KEYNOTE: *Making It Count-Uncovering The Strategies to What Matters Most*** **Dave Davlin**					
9:45am - 10:30am	**BREAK (Refreshment and Exhibits in South Pioneer Hall)**					
	French River Room	**Lake Superior Ballroom L,M**	**Lake Superior Ballroom N,O**	**St. Louis River Room**	**Gooseberry Falls Room**	**Split Rock Room**
10:30am - 11:45am	**The Night Joe's Crab Shack Almost Changed Everything** *Chris Ebright*	**The Right Stuff** *Janet Taylor*	**Bleeding Control Made Easy: Tourniquets, Pressure Points and Wound Packing** *Jason Dush*	**I Miss the Circus, Not the Clowns-My 39 years in EMS** *Paul Werfel*	**Suicide Assessment in EMS** *Stephanie Leather*	**Neonatal Resuscitation On the Go** *Ashley Strobel*
11:45am - 12:45pm	**LUNCH**					
12:45pm - 2:00pm	**Russian Roulette - The American Way** *Chris Ebright*	**Time is Brain** *Janet Taylor*	**Is Something Wrong with Me? First Responder PTSD & Suicide** *Jason Dush*	**Sacred Cows Make the Best Steaks-EMS Myths and Legends** *Paul Werfel*	**Psychological Trauma Prevention** *Stephanie Leather*	**Commit to Recommit to your EMS job** *Todd Messer* *Kirk Hughes*
2:00pm - 2:45pm	**BREAK (REFRESHMENTS AND EXHIBITS IN SOUTH PIONEER HALL)**					
2:45pm - 4:00pm	**The Danger of Dihydrogen Oxide** *Chris Ebright*	**The Final Cut: Amputations** *Janet Taylor*	**It's In Our Back Yard: Domestic Terrorism on the Rise** *Jason Dush*	**Prehospital Pediatric Assessment Systematic Approach** *Paul Werfel*	**Major Mental Health Illnesses** *Stephanie Leather*	**Sepsis-Suspect and Save Lives** *David Brenner*
4:00pm	**SESSIONS END**					

SUNDAY • JANUARY 29, 2023

7:00am - 8:00am	REGISTRATION				
	French River Room	**Lake Superior Ballroom L,M**	**Lake Superior Ballroom N,O**	**St. Louis River Room**	**Gooseberry Falls Room**
8:00am - 9:15am	**Military Trauma Care: Lessons from Iraq and Afghanistan for Civilian EMS** *Curtis Olson*	**Hands on Approach to Trauma Care** (Limited to 45 participants) *Lucas Goodin* *Jason Dush*	**AED Deployment for Law Enforcement – Upper Midwest Project** *Kimberly Harkins*	**Outcomes from the North American COVID-19 Positive Myocardial Infarction (NACMI) Registry)** *Catherine Benziger*	**Keeping your cool when your patient has hypothermia** *David Brenner*
9:15am - 9:30am	BREAK				
9:30am - 10:45am	**Football Injuries: On the Field and in the Stands** *Curtis Olson*	**Hands on Approach to Trauma Care** (continued) *Lucas Goodin* *Jason Dush*	**MN Mobile ECMO Project - Redefining the Future of Cardiac Arrest Care** *Kimberly Harkins*	**An ALS look at Acute Coronary Syndromes for BLS providers** *Brad Wright*	**Can You Catch a Heart Attack Like you Can Catch the Flu?** *David Brenner*
10:45am - 11:00am	BREAK				
11:00am - 12:15pm	**The Unresponsive Patient: Approaches for the BLS Provider** *Curtis Olson*	**Hands on Approach to Trauma Care** (continued) *Lucas Goodin* *Jason Dush*	**Help I've Fallen, and I Can't Get Up! Falls and other pitfalls of caring for injured older adults** *Kristin Colling*	**Air goes in, Air goes out...until it doesn't** *Brad Wright*	**Tox Matters** *Kirk Hughes*
12:15pm	SESSIONS END				

WEDNESDAY
JANUARY 25

REGISTRATION
7:00 am – 8:00 am
Registration Area

PRE-CONFERENCE SESSIONS
8:00 am – 12:00 pm

ARMER Radio 101: A Hands On Approach
8:00 AM – 12:00 PM
Gooseberry Falls Room

Description: Have you been issued an ARMER radio but wish you were more comfortable using it? This class is for you! This course will review how the ARMER system works, fleetmap basics, basic portable operations and a hands on exercise with your own radio to enforce the topics learned.

Objectives:
- Understand how the ARMER system works
- Understand the basics of fleetmap construction.
- Demonstrate knowledge of portable operation through a hands on exercise

Presenters: Duane Johnson
Marlyn Halvorson

Leadership Bootcamp
(2 Full Days)
Split Rock Room
8:00AM-5:00PM

Description: This two day preconference session is presented by SafeTech Solutions and the Minnesota Ambulance Association. Participants will engage in discussions about leading their EMS organization and leave with strategies to help them advance their service in the years to come. You should attend this bootcamp if you are interested in building upon your leadership skill set and want to learn more about recent changes to the landscape of EMS organizational management. Topics will apply to both high and low volume services and range from leadership practices to tackling CMS ground ambulance cost collection, and the role of EMS in advocacy. All are welcome and encouraged to participate. We look forward to active discussions, the identification of solutions to current challenges and some fun group work to provide tools you can implement on your first shift back in service.

Presenters: Aarron Reinert
Ben Wasmund

EMT Refresher (2 Full Days)
8:00am - 5:00pm
Lake Superior Ballroom L,M

Description: This course is designed to meet the National Continued Competency Requirements

LUMBERJACKS
NAU
NATASHA

(NCCR) that meets the current MN and NREMT requirements to maintain your EMT license. During this refresher you will be provided with interactive discussions as well as hands on applications of your skills in live scenarios including moulaged victims.

You will still be required to get your additional 20 hours of you State/Local and Individual hours. This course does not cover any of these additional hours.

Objectives:
The national competency component requires all EMTs to obtain 20 hours of continuing education. The topic areas for the national component is published by the NREMT every four years. The most recent revision of the National Component was published in October 2016.

Airway/Airway/Respiration/Ventilation: 1.5 Hours
Ventilation [1 Hours]
Oxygenation [0.5 Hour]
Cardiovascular: 6 Hours
Post-Resuscitation Care [0.5 Hour]
Ventricular Assist Devices [0.5 Hour]
Stroke [1 Hour]
Cardiac Arrest [2 Hours]
Pediatric Cardiac Arrest [2 Hours]
Trauma: 1.5 Hours
Trauma Triage [0.5 Hour]
Central Nervous System (CNS) Injury [0.5 Hour]
Hemorrhage Control [0.5 Hour]
Medical: 6 Hours
Special Healthcare Needs [1.5 Hours]
OB Emergencies [0.5 Hour]
Infectious Diseases [0.5 Hour]
Pain Management [0.5 Hour]
Psychiatric and Behavioral Emergencies [0.5 Hour]
Toxicological Emergencies – Opioids [0.5 Hour]
Neurological Emergencies – Seizures [0.5 Hour]
Endocrine Emergencies – Diabetes[1 Hour]
Immunological Emergencies [0.5 Hour]
Operations: 5 Hours
At-Risk Populations [0.5 Hour]
Ambulance Safety [0.5 Hour]
Field Triage—Disasters/MCIs [0.5 Hour]
EMS Provider Hygiene, Safety, and Vaccinations [0.5 Hour]
EMS Culture of Safety [0.5 Hour]
Pediatric Transport [0.5 Hour
Crew Resource Management [1 Hour]
EMS Research [0.5 Hour]
Evidence Based Guidelines [0.5 Hour]

Presenter: Lucas Goodin

Special Populations SIM Training: Beat The Reaper

Special Populations SIM Challenge

8:00am - 12:00pm
French River Room

Description: Are you up for a challenge? If you are a new provider, take the challenge and see how sharp your skills are. If you are a seasoned provider looking for something that is different, engaging, and low key, this session is for you too. This session will challenge you with trauma and medical emergencies. This course will feature lectures, case based scenarios, and hands on skills. Can You Beat The Reaper? If you attended in the past, come and join us, the session scenarios and discussions change annually.

Objectives:
- Demonstrate competence in effectively assessing a wide range of special population patient's.
- Demonstrate increased confidence in recognizing and treating special population emergencies.
- Demonstrate increased confidence with communicating with patients.
- Demonstrate increased awareness of safely moving and transporting patients.
- Demonstrate increased confidence with scene management.

Presenters: Brad Zinniel
Marty Sullivan
Marvin Sullivan

Human Anatomy Lab #1

(Bus Pick Up: 9:00am at DECC Entrance B)
Lab Hours: 9:30am - 11:30am
The College of St. Scholastica

Description: Session Basic introduction into anatomy and physiology for those involved with pre-hospital care. In this interactive class, students will be given an opportunity for hands on education on donor bodies (cadavers) in an actual human anatomy teaching lab. They will be shown dissected human bodies while having an opportunity to see and explore the relation of anatomy to illness and injuries. Effects of trauma and emergency procedures on the body will be discussed and demonstrated. Seeing the great internal variability of the human body will help students recognize the need to approach each patient individually. This session will be taught by an Emergency Medicine physician as well as an anatomy instructor. Questions are encouraged.

Objectives:
- To learn more about human anatomy and physiology
- Review the pathology of causes of death
- To recognize what happens internally to organ systems from direct or penetrating trauma
- Experience hands-on exploration of human muscle and organ attributes
- To learn how early EMS treatment can reduce the morbidity/mortality of our patient

Presenters: Lindsay Pacey-Allen
Dr. Gary Foley
Dr. Brandon Drazich

LUNCH
12:00 pm – 1:00 pm
Lake Superior Ballroom-Main Dining Hall

PRE-CONFERENCE SESSIONS
1:00 pm – 5:00 pm

Human Anatomy Lab #2
(Bus Pick Up: 1:00pm at DECC Entrance B)
Lab Hours 1:30pm - 3:30pm
The College of St. Scholastica

Description: Session Basic introduction into anatomy and physiology for those involved with pre-hospital care. In this interactive class, students will be given an opportunity for hands on education on donor bodies (cadavers) in an actual human anatomy teaching lab. They will be shown dissected human bodies while having an opportunity to see and explore the relation of anatomy to illness and injuries. Effects of trauma and emergency procedures on the body will be discussed and demonstrated. Seeing the great internal variability of the human body will help students recognize the need to approach each patient individually. This session will be taught by an Emergency Medicine physician as well as an anatomy instructor. Questions are encouraged.

Objectives:
- To learn more about human anatomy and physiology
- Review the pathology of causes of death
- To recognize what happens internally to organ systems from direct or penetrating trauma
- Experience hands-on exploration of human muscle and organ attributes
- To learn how early EMS treatment can reduce the morbidity/mortality of our patient

Presenters: Lindsay Pacey-Allen
Dr. Gary Foley
Dr. Brandon Drazich

Self Defense for EMS Personnel
1:00pm - 5:00pm
Lake Superior Ballroom N,O

Description: This course is designed specifically for emergency medical personnel to address situations they may encounter with their patients or clients. The course will include situational awareness, de-escalation, basic blocking and avoidance techniques. Self-defense techniques will be covered in the event an EMS worker is grabbed or attacked in various ways. Questions from those attending will be encouraged to maximize the usefulness of the course for those in attendance.

Presenters: Mike Gau
Scott Peterson

Training Officer and Instructor Development
1:00PM-5:00PM
French River Room

Description: Are you a training officer or instructor that wants to excel and create fun and interactive training sessions? If so, then this course is for you. We will start at the foundation of roles and responsibilities, discuss adult learning styles, progress into creating fun and interactive training sessions. We will create a sample training plan for monthly department meetings. Part 2 of the department training plan is training in new members of the service. We will wrap it up with record keeping and navigating through state and national requirements.

Objectives:
- Cognitive Domain
- Identify educator attributes that motivate students to be lifelong learners.
- Discuss characteristics of an educational philosophy that empower student success.
- Discuss the importance of organizational and leadership skills in planning educational sessions.
- Discuss classroom strategies that engage and stimulate learning for successful outcomes.
- Identify characteristics that are unique to the adult learner.
- Identify the components of a well constructed lesson plan.
- Identify challenges for the educator when implementing student -centered learning strategies in the classroom.
- Describe the role of of clinical educator and filed preceptor in the students learning process.
- Discuss the use of written assessment tools

Presenters: Brad Zinniel
Marty Sullivan
Marvin Sullivan

PRE-CONFERENCE SESSIONS END
5:00 pm (Time varies by session)

THURSDAY
JANUARY 26

REGISTRATION
7:00 am – 8:00 am
Registration Area

PRE-CONFERENCE SESSIONS
8:00 am – 12:00 pm

Leadership Bootcamp
(Continued)
Thursday | January 26, 2023
Split Rock Room
8:00AM-5:00PM

Description: This two day preconference session is presented by SafeTech Solutions and the Minnesota Ambulance Association. Participants will engage in discussions about leading their EMS organization and leave with strategies to help them advance their service in the years to come. You should attend this bootcamp if you are interested in building upon your leadership skill set and want to learn more about recent changes to the landscape of EMS organizational management. Topics will apply to both high and low volume services and range from leadership practices to tackling CMS ground ambulance cost collection, and the role of EMS in advocacy. All are welcome and encouraged to participate. We look forward to active discussions, the identification of solutions to current challenges and some fun group work to provide tools you can implement on your first shift back in service.

Presenters: Minnesota Ambulance Association

EMT Refresher (Continued)
Thursday | January 26, 2023
8:00am - 5:00pm
Lake Superior Ballroom L,M

Description: This course is designed to meet the National Continued Competency Requirements (NCCR) that meets the current MN and NREMT requirements to maintain your EMT license. During this refresher you will be provided with interactive discussions as well as hands on applications of your skills in live scenarios including moulaged victims.

You will still be required to get your additional 20 hours of you State/Local and Individual hours. This course does not cover any of these additional hours.

Objectives:
The national competency component requires all EMTs to obtain 20 hours of continuing education. The topic areas for the national component is published by the NREMT every four years. The most recent revision of the National Component was published in October 2016.

Airway/Respiration/Ventilation [1.5 Hours]
Ventilation [1 Hours]
Oxygenation [0.5 Hour]
Cardiovascular [6 Hours]
Post-Resuscitation Care [0.5 Hour]
Ventricular Assist Devices [0.5 Hour]
Stroke [1 Hour]
Cardiac Arrest [2 Hours]

SPEAKER
VOLUNTEER
CVFD

Pediatric Cardiac Arrest [2 Hours]
Trauma [1.5 Hours]
Trauma Triage [0.5 Hour]
Central Nervous System (CNS) Injury [0.5 Hour]
Hemorrhage Control [0.5 Hour]
Medical [6 Hours]
Special Healthcare Needs [1.5 Hours]
OB Emergencies [0.5 Hour]
Infectious Diseases [0.5 Hour]
Pain Management [0.5 Hour]
Psychiatric and Behavioral Emergencies [0.5 Hour]
Toxicological Emergencies – Opioids [0.5 Hour]
Neurological Emergencies – Seizures [0.5 Hour]
Endocrine Emergencies – Diabetes [1 Hour]
Immunological Emergencies [0.5 Hour]
Operations [5 Hours]
At-Risk Populations [0.5 Hour]
Ambulance Safety [0.5 Hour]
Field Triage—Disasters/MCIs [0.5 Hour]
EMS Provider Hygiene, Safety, and Vaccinations [0.5 Hour]
EMS Culture of Safety [0.5 Hour]
Pediatric Transport [0.5 Hour
Crew Resource Management [1 Hour]
EMS Research [0.5 Hour]
Evidence Based Guidelines [0.5 Hour]

Presenter: Lucas Goodin

Hands on OB Simulation

Thursday | January 26, 2023
8:00am - 12:00pm
Gooseberry Falls Room

Description: Labor and delivery are an everyday occurrence yet for EMS providers this is a low volume call. Creating a simulated environment can be difficult at best. This course with provide you with a life like birthing simulator mannequin that allows for a realistic delivery. This will be a hands on course providing a wide range of birth scenarios for you to work through.

Objectives:

- Demonstrate effective and appropriate skills with a normal delivery.
- Demonstrate signs and symptoms of preeclampsia, be able to intervene appropriately and efficiently.
- Demonstrate and intervene appropriately for postpartum hemorrhage.

Presenter: Alanna Groth, RN
Lucas Goodin

Pediatric Medical & Trauma SIM Training: Beat The Reaper Pediatric SIM Challenge

Thursday | January 26, 2023
8:00am - 12:00pm
French River Room

Description: Are you up for a challenge? If you are a new provider, take the challenge and see how sharp your skills are. If you are a seasoned provider looking for something that is different, engaging, and low key, this session is for you too. This session will challenge you with trauma and medical emergencies. This course will feature lectures, case based scenarios, and hands on skills. Can You Beat The Reaper? If you attended in the past, come and join us, the session scenarios and discussions change annually

Objectives:

- Demonstrate competence in effectively performing a pediatric patient assessment.
- Demonstrate increased confidence in recognizing and treating pediatric emergencies.
- Demonstrate increased confidence with communicating with pediatric patients.
- Demonstrate increased awareness of safely moving and transporting pediatric patients.
- Demonstrate increased confidence with scene management.

Presenters: Brad Zinniel
Marty Sullivan
Marvin Sullivan

Self Defense for EMS Personnel

Thursday | January 26, 2023
8:00am - 12:00pm
Lake Superior Ballroom N,O

Description: This course is designed specifically for emergency medical personnel to address situations they may encounter with their patients or clients. The course will include situational awareness, de-escalation, basic blocking and avoidance techniques. Self-defense techniques will be covered in the event an EMS worker is grabbed or attacked in various ways. Questions from those attending will be encouraged to maximize the usefulness of the course for those in attendance.

Presenters: Scott Peterson
Mike Gau

LUNCH
12:00 pm – 1:00 pm
Lake Superior Ballroom-Main Dining Hall

PRE-CONFERENCE SESSIONS
1:00 pm – 5:00 pm

Adult Medical and Trauma Simulation Training (Beat the Reaper SIM Challenge)
Thursday | January 26, 2023
1:00pm - 5:00pm
French River Room

Description: Are you up for a challenge? If you are a new provider, take the challenge and see how sharp your skills are, or if you are a seasoned provider looking for something that is challenging and different, this session is for you too. This session will challenge you with trauma and medical emergencies. This course will feature lectures, case based scenarios, and hands on skills.

Objectives:
- Demonstrate competence in effectively performing an adult patient assessment.
- Demonstrate increased confidence in recognizing and treating adult emergencies.
- Demonstrate increased confidence with communicating with patients.
- Demonstrate increased awareness of safely moving and transporting patients.
- Demonstrate increased confidence with scene management

Presenters: Brad Zinniel
Marty Sullivan
Marvin Sullivan

Hands on OB Simulation
Thursday | January 26, 2023
1:00pm - 5:00pm
Gooseberry Falls Room

Description: Labor and delivery are an everyday occurrence yet for EMS providers this is a low volume call. Creating a simulated environment can be difficult at best. This course with provide you with a life like birthing simulator mannequin that allows for a realistic delivery. This will be a hands on course providing a wide range of birth scenarios for you to work through.

Objectives:
- Demonstrate effective and appropriate skills with a normal delivery.
- Demonstrate signs and symptoms of preeclampsia, be able to intervene appropriately and efficiently.
- Demonstrate and intervene appropriately for postpartum hemorrhage.

Presenter: Alanna Groth, RN
Lucas Goodin

PRE-CONFERENCE SESSIONS END
5:00 pm (Time varies by session)

FRIDAY
JANUARY 27

REGISTRATION
7:00 am – 8:00 am
Registration Area

CONFERENCE WELCOME
8:00 am – 8:15 am
Adam Shadiow, Executive Director, Arrowhead EMS Association
Lake Superior Ballroom - Main Dining Hall

KEYNOTE:
The Champion's Code
Friday | January 27, 2023
8:15am - 9:45am
Lake Superior Ballroom
(Main Dining Hall)

Description: "The Champion's Code," is based on more than six years of research that resulted in two critically acclaimed series of sports-business books. The first examines how and why certain teams win championships; while the other chronicles the unwritten and unspoken rules in the world of sports, or "codes" as they are known, which explores the fine line between cheating and gamesmanship — and the ethical consequences involved when that line is crossed. Ross interviewed more than 1,000 professional athletes and coaches for the six books and along the way he saw some fascinating trends, patterns, metrics and analytics develop among certain peak performers who possessed a very unique DNA. For these special individuals, or "champions," it wasn't always about winning, it was about following their moral compass' in order to play the game the right way — with respect — in order to achieve success. Weaving inspirational stories and poignant life lessons from the world of sports, along with success stories and best-practice ideas of businesses and senior executives who he has worked with about how to increase sales, overcome disruption, harness creativity and generate momentum — Ross challenges his audiences to think about the differentiators they possess which would ultimately lead customers to choose to do business with them, or be influenced and led by them. At the core of his message is the simple fact that we like to do business with people who we trust, people who we like, and people who just "get it" — CHAMPIONS. Ross' message reinforces the fact that individuals win games, but TEAMS win championships. Roles, buy-in, motivation, consistency, sacrifice, trust, failure, chemistry, culture, work ethic, innovation, resiliency, karma, and being humble — they're all a part of what it takes to become the best of the best — a champion both on and off the field.

Presenter: Ross Bernstein

BREAK (Refreshment and Exhibits)
9:45 am – 10:30 am
South Pioneer Hall

BREAKOUT SESSION 1
10:30 am – 11:45 am

Managing the Difficult Airway in the Resource Limited Environment

Friday | January 27, 2023
10:30am - 11:45am
French River Room

Description: We often focus on getting the endotracheal tube placed, however Paramedics intubating has become a source of great debate on the national level. The focus should move toward identifying the potentially difficult airway and taking time to adequately prepare and manage these patients to provide safe and evidenced-based care.

Objectives:
- Identifying the Difficult Airway
- Preparation for the Difficult Airway
- Strategy For Difficult Airway and Poor View
- Bougie Technique
- Discuss the Need to Optimize Conditions Prior to RSI
- Discuss the Benefits of a Stepwise Approach In Difficult Airway
- Discuss Benefits of Delayed Sequence Induction.

Presenter: Aaron Peth

Talking to Myself

Friday | January 27, 2023
10:30am - 11:45am
Lake Superior Ballroom L,M

Description: This course will explore the importance of Positive Self-Talk and it impact on our personal and professional lives and happiness.

Objectives:
- How Positive Self -Talk reduces stress
- How Positive Self-Talk boost confidence
- How Positive Self Talk builds better relationships
- How Positive Self-Talk increases resiliency.

Presenter: Holly Brodt

Defusing Fear in Crisis

Friday | January 27, 2023
10:30am - 11:45am
Lake Superior Ballroom, N,O

Description: A patient in crisis and the healthcare worker interacting with them both experience a fear response. During this critical time, trust must be established to prevent further escalation and promote scene safety. This presentation will provide an overview of behaviors exhibited by a patient in crisis, explore the underlying fear response, and provide the learner with strategies to implement, including de-escalation techniques, during the initial encounter of a patient in crisis needing emergency care.

Objectives:
- Identify specific behaviors in a patient that indicate they are in crisis
- Explain the fear response underlying the patient's explicit actions
- Demonstrate de-escalation techniques and tactics for developing a safe and trusting relationship with patients in crisis.

Presenter: Carrie Manke

Neonate and Pediatric Transport Lessons Learned in Haiti

Friday | January 27, 2023
10:30am - 11:45am
St. Louis River Room

Description: What would you do if you arrived on a scene and discovered your patient is a 1 day old baby born at 27 weeks gestation or a 6 month old with severe malnutrition, or a 9 year old with ST elevation and congestive heart failure? As EMS providers we aren't always fortunate enough to have NICU or PICU specialty equipment or teams. Facilitated by case studies, we will go beyond the basics of neonate and pediatric assessment. We will discuss tips and tricks for treatment and transport with the resources you have and by the end of this session, you will have gained the confidence to care for these precious patients.

Objectives:
- Review Neonate Pediatric Resources Available to Assist in Cognitive Offload.
- Breakdown Neonate and Pediatric Respiratory Distress Syndrome.
- Discuss Management of Neonates and Pediatrics Presenting with Cardiac Disease Processes.
- Demonstrate Neonatal and Pediatric Resuscitation Techniques.

Presenter: Johanna Thompson

Thank Goodness You're Here! ALS Hands-off for BLS Providers

Friday | January 27, 2023
10:30am - 11:45am
Gooseberry Falls Room

Description: Intercepting with and transferring patients to higher levels of care can be relieving, but it can also be frustrating. Maybe the BLS provider isn't providing the information the ALS provider wants. Or maybe the ALS provider just isn't listening. Usually this frustration results from a breakdown in communication. Better techniques for the hand-off process can result in fewer crushed feelings and increased patient safety.

Objectives:
- Identify common pitfalls in patient-care Hands-off.
- Gain communication tools for improved transfer of care.

Presenters: Latimer Hoke

Stroke 12 Lead of the Nero Perfusion

Friday | January 27, 2023
10:30am - 11:45am
Split Rock Room

Description: 5 different case studies on different symptoms and outcomes. Mapping out, where in the Brain the clot has formed or logged. Looking at thrombectomy's, and what they look at on an MRI DWI scan that plays into proceeding or not.

Objectives:
- The importance of every activation of Stoke symptoms.

Presenter: Reed Groth

LUNCH
11:45 am – 12:45 pm
Lake Superior Ballroom-Main Dining Hall

BREAKOUT SESSION 2
12:45 pm – 2:00 pm

Dust off Your Catcher's Mitt...Obstetrical Emergencies Outside the Hospital

Friday | January 27, 2023
12:45pm - 2:00pm
French River Room

Description: For many Paramedics, childbirth can be one of the most anxiety-inducing calls imaginable. However, with better training, education, and experience, these calls can become much more manageable.

Objectives:
- Review relevant anatomy and physiology associated with obstetrics
- Review common obstetrical emergencies encountered outside the hospital with management techniques
- Review common childbirth presentation with best-practices for the out-of-hospital environment

Presenter: Aaron Peth

Ketamine for Seizures: A Match Made in Receptor Heaven!

Friday | January 27, 2023
12:45pm - 2:00pm
Lake Superior Ballroom L,M

Description: This lecture introduces seizure management concepts which utilize Ketamine. Ketamine, a drug many clinicians are already acquainted with, has not been traditionally used to control seizures. 20+ years of observational and prospective data have noted Ketamine's value in the presence of difficult to control seizures in the hospital setting, but within the last 4 years significant developments have allowed these practices to enter the pre-hospital environment. Most recently, RCT's and retrospective human trials have showed high efficacy for Ketamine use with seizures that fail to terminate from conventional therapies such as Benzodiazepines. Providers who attend this lecture will review fundamentals of seizure pathology, pharmacokinetics of conventional therapies, and gain an understanding of when Ketamine may be indicated in the pathway and why it works during seizure management.

Objectives:
- Develop concise understanding of neuron pathways
- Reinforce knowledge of seizure pathology
- Discuss conventional seizure control options in respect to seizure pathology

- Identify how/where conventional seizure therapies fail
- Locate where Ketamine has efficacy in seizure control
- Case study review

Presenter: Nikhil Williams

Treatment Beyond the Physical Ailments: Creating a Culture of Trauma-Informed Care

Friday | January 27, 2023
12:45pm - 2:00pm
Lake Superior Ballroom N,O

Description: Foundational knowledge on trauma-informed care is critical to provide a safe and compassionate culture for trauma victims, and avoid re-traumatizing the patient. This presentation will dive into a personal account of sexual assault and provide the learner with an understanding of the physiological impact of trauma, methods for creating a culture of trauma-informed care, and demonstrate how to develop a trusting relationship with a patient that has experienced trauma.

Objectives:

- Define trauma-informed care and explain the importance of creating a culture of trauma-informed care
- Describe the physiologic impact of trauma on the body
- Identify opportunities and strategies to create a culture of trauma-informed care
- Demonstrate how to develop a trusting relationships with patients that have experienced

Presenter: Carrie Manke

PTSD-A Family Problem

Friday | January 27, 2023
12:45pm - 2:00pm
St. Louis River Room

Description: We talk about PTSD/PTSI and the affect it has on a family. We discuss the attributes of PTSD/PTSI and how the person affected fails to admit they are having issues and how the family members will have to be the ones to address the issue. The present This is presented by a husband and wife who experienced this a few years ago. I (Husband) talks about the behaviors leading up to, the denial that came along with, the affect it had on our family. My wife discusses what she noticed and the struggles she faced in getting me the help I needed and the trials of my denial of the injury. In the end we both discuss where we are at today and the successes we had with treatment.

Objectives:

- Talk about what PTSD/PTSI.
- Address the behaviors associated with PTSD/PTSI.
- Discuss the affects it has on family members.
- Discuss taking responsibility of the injury.
- Discuss the associated stigma and the need for change.
- Discuss our success.

Presenter: Todd Messer
Kathy Messer

Think About What You Just Said, "Dispelling Common EMS Myths

Friday | January 27, 2023
12:45pm - 2:00pm
Gooseberry Falls Room

Description: Unfortunately, too many of us believe too much nonsense in EMS, cluttering our brains with rules we believe to be important, which actually makes us provide less efficient care. This is likely because research in emergency settings has only recently become normal, and evidence-based care is slow to catch hold. Dinosaurs and textbooks alike continue to spread outdated dogma to new EMS personnel, and this session will dispel many common EMS myths.

Objectives:

- Identify myths, i.e. counter-productive ways of thinking/practicing.
- Investigate evidence-based rationales for why these are myths.
- Gain tools to reframe one's mindset in EMS and review both research and lived experience to improve practice.

Presenter: Latimer Hoke

Bleeding Control

Friday | January 27, 2023
12:45pm - 2:00pm
Split Rock Room

Description: Going through Compressible and Non-Compressible bleeds. Tourniquets, Junctional Tourniquets, Quikclot, & Occlusive dressing.

Objectives:

- Systematic approach for applying Tourniquets.
- Multiple Tourniquets
- How Quikclot works and do's and don'ts

- Different wound packing (rules that are good to follow)

Presenter: Reed Groth

BREAK (Refreshment and Exhibits)
2:00 pm – 2:45 pm
South Pioneer Hall

BREAKOUT SESSION 3
2:45 pm – 4:00 pm

Suffering In Silence: One Paramedic's Journey Through Post-Traumatic Stress

Friday | January 27, 2023
2:45pm - 4:00pm
French River Room

Description: Although we often discuss Post-Traumatic Stress Injury (PTSI), it is often in an abstract sense about others. However, what happens when you become the patient? Do you know the more obscure symptoms associated with PTSI. This presentation is dedicated to breaking down the walls regarding PTSI discussion and having an open and honest discussion regarding one Paramedic's journey through treatment.

Objectives:
- Discuss what constitutes a critical incident
- Discuss what symptoms are associated with PTSI
- Differentiate PTSD/PTSI
- Discuss treatment options of PTSI in EMS providers
- Discuss leadership responsibilities EMS leaders in regards to PTSI

Presenter: Aaron Peth

Advancements in Acute Frostbite Management

Friday | January 27, 2023
2:45pm - 4:00pm
Lake Superior Ballroom L,M

Description: Will discuss the developments in frostbite management; from new diagnostic modalities to therapies. The primary objective will be for attendees to be comfortable managing patients with frostbite and know how to diagnosis and treat frostbite and when to consider transferring.

Objectives:
- Discuss the physiology of frostbite
- Discuss the acute management of frostbite
- Discuss diagnostic modalities for frostbite
- Presenter: Thomas Masters

Beyond SPICES and Beers: Geriatrics in the Field

Friday | January 27, 2023
2:45pm - 4:00pm
Lake Superior Ballroom N,O

Description: Healthcare is flooding with older adults as the population in the United States continues to age. Older adults are not only complex with multiple comorbidities, but often do not present with typical symptoms. This presentation will explore atypical presentations of geriatric patients, review common geriatric syndromes, and enhance your knowledge on emergency management of this unique population.

Objectives:
- Explain the pathophysiology of aging and implications for practice
- Identify and list risk factors for common geriatric syndromes
- Recognize atypical presentations of older adults and describe special considerations when caring for older adults

Presenters: Carrie Manke

The Night I Almost Jumped: EMS and the Stigma of Mental Health

Friday | January 27, 2023
2:45pm - 4:00pm
St. Louis River Room

Description: Mental health - the elephant in every Emergency Services station and dispatch center. Mental health - the taboo subject no one talks about. Well, not anymore. We're going to have a talk about why Matt had a bout of depression that nearly ended his life. We are going to talk about some of our brothers and sisters who are no longer with us because they lost their battle with their demons. What is the extent of the problem? What's being done about it? We're going to talk about the stigma, and how to break it. We're going to learn how to cope, how to be resilient. Above all, we are going to learn it's OK to not be OK, and it's OK to talk about all of this. Because this time, the life we save may be our own.

Objectives:
- List some reasons why someone may contemplate suicide.
- Discuss the stigma surrounding mental health in EMS.
- List coping mechanisms for the stress many EMS providers experience.
- List steps for resiliency.

Presenters: Matthew Giacopelli

Pediatric Airway Management Like Macguyver

Friday | January 27, 2023
2:45pm - 4:00pm
Gooseberry Falls Room

Description: Discussion of the management of pediatric difficult airways using multiple different devices (no financial disclosures) depending on the providers abilities on the pediatric difficult airway algorithm. Several cases with videos of pediatric/neonatal difficult intubations.

Objectives:
- Understand the incidence of pediatric intubations
- Review the complexities of high acuity, low volume procedural events
- List the differences in pediatric airway
- Recognize the emergency difficult airway algorithm
- Develop a systematic approach to pediatric airway management to avoid common pitfalls

Presenters: Ashley Strobel

Endocrine Emergencies

Friday | January 27, 2023
2:45pm - 4:00pm
Split Rock Room

Description: A deep dive into DKA. Looking at how fast to drop you blood sugar, and why. Why dropping blood sugar is not a priority in managing patient.

Objectives:
- Proper management of your DKA patient.

Presenters: Reed Groth

BREAKOUT SESSIONS END
4:00 pm

LEGISLATIVE FORUM
4:15 pm – 5:15 pm
Gooseberry Falls Room

FOR OUR COMMUNITY

Help preemies like James & Cole

Life Link III Blood Drive

Arrowhead EMS Conference

Friday, January 27st
9:30 AM - 3:30 PM

Saturday, January 28th
9:00 AM - 3:00 PM

Blood Drive in Edmund Fitzgerald Hall

Memorial Blood Centers

Contact Trudy to Sign Up!
(218) 740-1542
Trudy.youngren@innovativeblood.org

#SaveLives

Save time! COMPLETE YOUR HEALTH HISTORY QUESTIONNAIRE ONLINE ON THE DAY OF YOUR DONATION AT MBC.ORG/iDONATE

Bring ID • Eat before donating • No cold or flu symptoms for 72 hours • Visit MBC.ORG to learn more or call 1-888-GIVE-BLD (888-448-3253). • MN-DR-214.1 • ©2019 Memorial Blood Centers. All rights reserved.

GUARDIAN FLIGHT

Guardian Flight proudly serves Minnesota with 2 base locations.

FIXED WING		ROTOR WING	
KSDY	Sidney, MT	KISN	Williston, ND
KGFK	Grand Forks, ND	KDIK	Dickinson, ND
KCMX	Houghton, MI	KDVL	Devils Lake, ND
KIMT	Iron Mountain, MI	KROX	Roseau, MN
KGPZ	Grand Rapids, MN	KESC	Escanaba, MI

AirMedCare Network Join today! Enroll online: www.amcnrep.com

We're here for life

Level 1 Trauma and Burn Center for Adults and Pediatrics

Hennepin Healthcare

hennepinhealthcare.org

Improving the human condition

Sanford has employment opportunities in our Ambulance and AirMed services across Minn, ND and SD. Classes available for recertification, and initial EMT and paramedic (with rural options and college credit/degrees).
Visit booth #G6

SANFORD HEALTH

THANK YOU FOR PROVIDING EXCEPTIONAL CARE TO PEDIATRIC PATIENTS AROUND THE REGION.

We have seen the EMS community rise to the challenge time and again, and we're proud to work with you as you provide the highest level of care for kids — from the scene to discharge.

▶ Stop by our booth for giveaways and helpful resources.

ASK US ANYTHING. 24/7.
THIS IS WHERE THE PEDIATRIC EXPERTS ARE.
866-755-2121

Children's MINNESOTA
The Kid Experts™
Level I Pediatric Trauma Center

E = stronger together. We didn't get suited up at the sound of the alarm. Or battle not just a fire, but a case of the nerves. But through our Safe Community Program, we have invested approximately $13.3 million to help ensure first responders have exactly what they need to get the job done. When the energy you invest in life meets the energy we fuel it with, life-changing moments happen.

ENBRIDGE
Life Takes Energy®

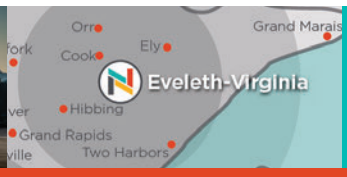
NORTH MEMORIAL HEALTH | AIR CARE

Your partner for sky-high service

Thank you for all that you do for the communities you serve. We are proud to be your partner.

For Events & LZ Training:

Mike Zolik
Outreach Specialist
(763) 229-0555
Mike.Zolik@Northmemorial.com
Northmemorial.com/Aircare



AIR CARE 7
SERVING THE ARROWHEAD

24 HOUR DISPATCH: 1-800-247-0229 • NORTHMEMORIAL.COM

EMTs, Drivers, Paramedics and Dispatchers

Deliver world-class care and compassion

Allina Health Emergency Medical Services is an accredited leader and innovator in pre-hospital emergency care and transportation. Nearly 700 employees provide service for more than one million people in 130+ communities throughout our service areas. At Allina Health EMS, we serve our communities by providing exceptional care, as we prevent illness, restore health and provide comfort to all who entrust us with their care.

Explore these opportunities and more visit our website scan the QR code below! AllinaHealth.org/careers

- Twin Cities Metro
- River Falls, WI
- Buffalo, MN
- Glencoe, MN
- St. Peter, MN
- Hutchinson, MN
- New Ulm, MN

Are you an EMT interested in becoming a Paramedic? Stop by our booth to learn how we can help you achieve your goal!

Allina Health
EMERGENCY MEDICAL SERVICES

Allina Health is committed to providing Equal Employment Opportunities to all employees and applicants.
EO M/F/Disability/Vet Employer

ARROWHEAD EMS ASSOCIATION

Our mission is to provide resources and advocacy to advance, sustain and connect our healthcare and public safety communities.

ARROWHEAD EMS ASSOCIATION
4219 Enterprise Circle Duluth MN 55811
218-726-0070

SATURDAY
JANUARY 28

REGISTRATION
7:00 am – 8:00 am
Registration Area

OPENING REMARKS
8:00 am – 8:15 am
Adam Shadiow, Executive Director, Arrowhead EMS Association
Lake Superior Ballroom - Main Dining Hall

KEYNOTE: Making it Count- Uncovering The Strategies to What Matters Most
Saturday | January 28, 2023
8:15am - 9:45am
Lake Superior Ballroom (Main Dining Hall)

Description: In his presentation "The Game-Winning 3", speaker/author Dave Davlin shares that the scorecard of true success is built upon three elements … The Person You Become, The Memories You Create and The Difference You Make. "MAKE IT COUNT" is the sequel as it takes the audience into a deeper understanding of what is required in terms of action and mindset in order to accomplish a life and career of purpose, fulfillment and contribution. In this eye-opening presentation, Dave leads the audience through a nine-step journey of self-discovery and mastery… a journey toward extraordinary results. "MAKE IT COUNT" uncovers the strategies and steps necessary to identify, pursue and experience what is truly most important.

Objectives:
- Identifying critical goals and compelling motives
- Recognizing obstacles and eliminating excuses which inhibit success
- Developing the winning assets of action, gratitude and teamwork

Presenter: Dave Davlin

BREAK (Refreshment and Exhibits)
9:45 am – 10:30 am
South Pioneer Hall

BREAKOUT SESSION 4
10:30 am – 11:45 am

ELLSBURG
AirMed

The Night Joe's Crab Shack Almost Changed Everything

Saturday | January 28, 2023
10:30am - 11:45am
French River Room

Description: This presentation explains and follows the development of the pathophysiology, signs, symptoms and treatment of a severe anaphylactic reaction. This case study shows how an allergic reaction develops into an anaphylactic presentation in real time with real events. Audience participation will help demonstrate the components of the immune system and the events of a normal immune response. All of the actual events during this case study correlated with the underlying pathophysiology of the immune response and will help the EMS professional better understand the development of anaphylaxis and its management.

Objectives:

- Describe the signs and symptoms of an anaphylactic reaction.
- Explain the underlying pathophysiology of anaphylaxis.
- Construct a proper treatment plan from all the gathered patient assessment information.
- Discuss the importance of early and aggressive airway management for a patient suffering from an anaphylactic reaction.

Presenter: Chris Ebright

The Right Stuff

Saturday | January 22nd, 2022
10:30am - 11:45am
Lake Superior Ballroom L,M

Description: "If it walks like a duck and quacks like a duck…." We've heard that saying and have always relied on that way of thinking to get us through most of the medical calls we are dispatched to. But things aren't always what they seem. Just changing a back story by one small detail can completely change an assessment and/or treatment. In this presentation we are going to go over actual cases and list the potential differential diagnoses that may fit the history and physical and use critical thinking to narrow down the possibilities and find out what is really going on with these patients.

Objectives:

- Differentiate the textbook version of heat stroke versus heat exhaustion
- List at least three other conditions that are considered stroke mimics
- Describe the danger of drinking water versus electrolyte solution in hot weather
- List at least 2 unique findings when looking at someone with Todd's paralysis

Presenter: Janet Taylor

Suicide Assessment in EMS

Saturday | January 28, 2023
10:30am - 11:45am
Gooseberry Falls Room

Description: Do you have thoughts...: Suicide assessment in EMS is the class to fill in where the EMT course gravely lacks. It explores suicide assessment (nuances, questions to ask, important information to have and provide to the ER) as well as explaining the New Jersey Screening Law. This class also debunks myths about suicide assessment. Concretely, it will examine the levels of suicidality and what each means, in order to provide accurate and full reports. Additionally, a brief overview of treatment levels of care will be offered. Often, EMS reports are used as collateral when determining a patient's safety and understanding the importance of that is key to patient safety.

Objectives:

- Understand the concrete information about suicide (levels of suicidality and treatment, myths)
- Learn skills to engage patients who are experiencing or suspected to be experiencing suicidal ideation
- Understand quality standards for assessment of suicidal patients

Presenter: Stephanie Leather

I Miss the Circus, Not the Clowns-My 39 Years in EMS

Saturday | January 28, 2023
10:30am - 11:45am
St. Louis River Room

Description: Paid of volunteer, what is it about this Wild West show called Emergency Medical Services that attracts us? The money? The camaraderie? What are the changes that have been seen in EMS in the last 35 years? Led by long time educator and author, Paul Werfel, participants will systematically examine the milestones, good and bad, in EMS and examine old things that were considered ground breaking, at least for a while.

Objectives:

- Describe the history of modern EMS
- Discuss the need for change in EMS
- Identify benchmarks for effective EMS systems
- Discuss needed changes in EMS education
- Compare and contrast Leadership roles in EMS

Presenter: Paul Werfel

Neonatal Resuscitation On The Go

Saturday | January 28, 2023
10:30am - 11:45am
Split Rock Room

Description: Discussion of the assessment and management of a neonate born prehospital whether kangaroo care, positive pressure ventilation, hypothermia management, and CPR/meds

Objectives:

- Discuss the steps in assessment and management of a neonate's transition to the extrauterine world
  - warming
  - hypothermia
  - airway management
  - CPR
  - medications
- Review resources available prehospital
- Discuss a scenario/case based example

Presenter: Ashley Strobel

Bleeding Control Made Easy: Tourniquets, Pressure Points and Wound Packing

Saturday | January 28, 2023
10:30am - 11:45am
Lake Superior Ballroom N,O

Description: When I went to EMT school, I had numerous bandages for different types of wounds and that's all I could use. Not all of my patients met the text book type injuries and what was I to do with all of my bandages? Today's data supports a paradigm shift of bleeding control measures that are simple and effective for medical providers and the general public. This class will cover hands on demonstrations of simple and effective techniques along with tricks of the trade that will change the way you do bleeding control. This lecture will be full of videos and pictures.

Objectives:

- Discuss statistical and historical data on bleeding control in EMS
- Discuss patient management priorities
- Discuss tools for bleeding control
- Demonstrate bleeding control techniques

Presenter: Jason Dush

LUNCH
11:45 am – 12:45 pm
Lake Superior Ballroom-Main Dining Hall

BREAKOUT SESSION 5
12:45 pm – 2:00 pm

Russian Roulette- The American Way

Saturday | January 28, 2023
12:45pm - 2:00pm
French River Room

Description: Parents do not know that inhalants – cheap, legal and accessible products, are as popular as marijuana. Even fewer know the deadly effects the poisons in these products have on the brain and body when inhaled. It's like playing Russian Roulette – the user can die the 1st, 10th or 100th time a product is misused. This presentation will explain the pathophysiology of various gases, nitrites, volatile substances and other information you need to know about this deadly underground problem affecting teens and pre-teens.

Objectives:

- Differentiate between the different categories of abused inhalants.
- Explain the pathophysiology of commonly abused inhalants.
- Discuss proper treatment after recognizing the use of certain inhalants.
- Describe the signs and symptoms of a patient that has inhaled a caustic substance.

Presenter: Chris Ebright

Time is Brain

Saturday | January 28, 2023
12:45pm - 2:00pm
Lake Superior Ballroom L,M

Description: Based on the 2020 AHA guidelines for CVA recognition and treatment, we will review the different types of strokes as well as the different assessments you will find based on what portion of the brain a stroke is affecting. Assessment, recognition and timely decision making as to where we will transport a patient for intervention is discussed.

Objectives:

- List at least three risk factors for a stroke
- List at least four of the "Ds"' of Rapid Stroke Response"
- Differentiate between the 4 levels of Stroke Centers as defined by the AHA
- Differentiate between the 2 types of stroke
- List the criteria for determining a CVA from a TIA
- List at least two contraindications for administering tPA.

Presenter: Janet Taylor

Psychological Trauma Prevention

Saturday | January 28, 2023
12:45pm - 2:00pm
Gooseberry Falls Room

Description: There will be little debate that the initial EMT training severely lacks direction on engaging patients in a supportive or congruent manner. While the skills of emergency medicine are the basis of patient care, providing appropriate psychological support and care can have significant influence on the overall outcome of the patient. This course explores the biological and psychological reactions to psychological trauma; reminding attendees that trauma expands beyond physical injury. The social reactions are discussed and clinical definitions for the symptomatology of Post-Traumatic Stress Disorder are examined, including risk factors increasing risk of developing those symptoms long term. The core of the course focuses on the 'what do we do now?' task be teaching an organized and concise set of skills that may mitigate the acute stress reaction and decrease the severity of trauma that the patient experiences through the eSCAPe model. Through these skills, providers will be able to improve their patients' overall psychological outcome of the medical emergency.

Objectives:

- 1.Define psychological trauma
- 2. Identify presentation of psychological trauma
- 3. Discuss and learn tools for engaging a patient to minimize impact of psychological trauma

Presenter: Stephanie Leather

Sacred Cows Make the Best Steaks-EMS Myths and Legends

Saturday | January 28, 2023
12:45pm - 2:00pm
St. Louis River Room

Description: Are there EMS myths and legends? Of course….. We as instructors should try to adhere to the mantra of "evidence based medicine". But many of our instructors do not. They substitute experience for fact and twice told tales for fact. Please join noted speaker and author Paul Werfel in this fun and insightful look into these myths and the evidence that does not support them. We will destroy some sacred cows along the way.

Presenter: Paul Werfel

Commit to Recommit to Your EMS Job

Saturday | January 28, 2023
12:45pm - 2:00pm
Split Rock Room

Description: This session will discuss how we can Recommit to our jobs as they relate to EMS. A candid discussion using the STEP theory will be presented. Service, Trust, Excellence & Professionalism. EMS has become more challenging than ever. As EMS providers, we need to Recommit ourselves to providing STEP in all of our interactions with our patients. COVID has taken placed an even higher burden on EMS providers. Now is a good time to Recommit to those we serve.

Objectives:

- Discuss STEP theory as it relates to our EMS interactions with our patients and each other
- Identify Ingredients for success, i.e. Character, ethics, pride, commitment, integrity
- Describe characteristics of professionalism

Presenters: Todd Messer
Kirk Hughes

Is Something Wrong with Me? First Responder PTSD and Suicide

Saturday | January 28, 2023
12:45pm – 2:00pm
Lake Superior Ballroom N,O

Description: The words Post Traumatic Stress Disorder (PTSD) have been labeled in our society as a curse or disease for someone affected by the events that can cause the PTSD. With the alarming rate of suicides among public safety and first responders, we have to take a deep, honest look into the roots and reasons why these actions have become the norm. We pride ourselves in being able to help and save others in times of crisis, but we struggle in managing and caring for our own. Let's have a true, open, and honest, discussion – learning together and supporting each other as we tackle this topic. You are not alone!

Objectives:

- Discuss the challenges we face as public servants
- Discuss the pillars of life we need to live healthy
- Discuss the tools needed to shore up your life personally and professionally

Presenter: Jason Dush

BREAK (Refreshment and Exhibits)
2:00 pm – 2:45 pm
South Pioneer Hall

BREAKOUT SESSION 6
2:45 pm – 4:00 pm

The Danger of Dihydrogen Oxide

Saturday | January 28, 2023
2:45pm - 4:00pm
French River Room

Description: Drowning is a common and often preventable cause of death, with significant risk factors that include gender, time of year, lack of supervision, history of epilepsy, and alcohol and drug use. Unfortunately, in the United States, it is the second leading cause of injury-related death among children one to four years old. This presentation follows a real-time case study involving a pediatric drowning where pathophysiology, and EMS management are discussed at the basic and advanced levels of care.

Objectives:
- List three risk factors for a child drowning.
- Define what is drowning.
- Discuss the management of a drowning victim.
- Explain the pathophysiology of drowning.

Presenter: Chris Ebright

The Final Cut: Amputations

Saturday | January 28, 2023
2:45pm - 4:00pm
Lake Superior Ballroom L,M

Description: While being faced with doing a field amputation is considered rare, caring for a patient who has already cut off a limb in an accident is common and most of us have a couple of these types of calls under our belt already. We will review ALL aspects of an amputation including mechanism of injury, recovering a limb, partial versus complete amputations, and what criteria is considered IF you were, in fact, faced with the possibility of doing the amputation yourself.

Presenter: Janet Taylor

Major Mental Health Illnesses

Saturday | January 28, 2023
2:45pm - 4:00pm
Gooseberry Falls Room

Description: This training came from a conversation that was had with a group of EMTs following a psychological trauma class. Understanding the concrete parts of major mental illnesses is shown to increase confidence and ability to manage unpredictable situations. By exploring the specific pieces of major mental health illnesses (e.g., depression, anxiety, bipolar, psychosis) and debunking myths or social beliefs, providers will be able to better engage those presenting with these concerns. It discusses myths and offers real knowledge that is relevant to the first response field.

Objectives:
- Understand the concrete parts that make up major mental health illness and myths versus facts of each
- Gain a better knowledge for typical presentation of major mental illnesses in a comprehensive and applicable way
- Learn ways to better interact with and provide care for those patients experiencing any manifestation of these and other mental health illnesses

Presenter: Stephanie Leather

Prehospital Pediatric Assessment: Systematic Approach

Saturday | January 28, 2023
2:4pm - 4:00pm
St. Louis River Room

Description: For most prehospital practitioners, few things create as much anxiety as the emergent pediatric patient. Most of us are quite comfortable with assessing adult patients, but what are the assessment parameters for kids? Is there a way to quickly find out if the patient is stable or requires resuscitation? This presentation will quickly sharpen your assessment skills, thus "demystifying" this essential topic.

Objectives:
- Describe the physiological differences between stable and unstable adults and children
- Compare and contrast the differences between assessment of the adult and child
- Describe the signs and symptoms of : Respiratory difficulty, respiratory failure and shock in the infant and child
- Identify treatment modalities to treat the unstable child

Presenter: Paul Werfel

Sepsis-Suspect and Save Lives

Saturday | January 28, 2023
2:45pm - 04:00pm
Split Rock Room

Description: This overview of The Third International Consensus Definitions for Sepsis and Septic Shock (Sepsis-3) is vectored for the EMS provider. Following a historical look at sepsis, these recent assessment guidelines along with treatment strategies are presented in a very interactive format. The new pediatric guidelines can also be included if time permits

Objectives:

- Attendees will be able to define sepsis and septic shock according to The Third International Consensus Definitions for Sepsis and Septic Shock.
- Attendees will be able to identify patients at high risk for being septic.
- Attendees will describe potential prehospital interventions for those suspected of being septic.
- Attendees will identify the components of the qSOFA process.

Presenter: David Brenner

It's In Our Back Yard: Domestic Terrorism on the Rise

Saturday | January 28, 2023
2:45pm - 4:00pm
Lake Superior Ballroom N,O

Description: Domestic Terrorism has become a big challenge for public safety and the health care industry facing everything from deadly mass shootings to bombings. The question remains, "What are we doing to be proactive vs. reactive?" Active shooter drills have become the norm for training law enforcement and first responders. Mass shooting protocols are starting to become a frequent policy addition for most agencies. Intelligence units within law enforcement are working more with federal assets to keep our communities safer. However we have to ask additional questions about whether we're paying enough attention to domestic terrorism attacks. This session will evaluate numerous domestic terrorism events and address ways to improve situational awareness and challenges we continue to face.

Objectives:

- Discuss currents data trends
- Discuss response protocols and resources
- Discuss cases studies

Presenter: Jason Dush

BREAKOUT SESSIONS END 4:00 pm

Minnesota North College
A Member of Minnesota State
Emergency Medical Services Education
www.minnesotanorth.edu

ZOLL®

CLIFFS

CMH ORTHOPEDICS:
- Lisa Leedham, PA-C
- Dr. Kyle Menzel
- Dr. Joseph Lemker

Joint pain?
NOT WITH US.

Board certified orthopedic surgeons.
Expert, personalized care.

Ready to live pain free and return to the activities you love? Schedule your visit today!

Appointments available at three convenient locations:
- **Community Memorial Hospital - (218) 878-7626**
- **Bigfork Valley Hospital - (218) 743-4317**
- **Cook Hospital - (218) 666-6247**

CMH Community Memorial Hospital
cloquethospital.com

SUNDAY
JANUARY 29

REGISTRATION
7:00 am – 8:00 am
Registration Area

BREAKOUT SESSION 7
8:00 am – 9:15 am

Hands on Approach to Trauma Care

Sunday | January 29, 2023
8:00am – 4:00pm
Lake Superior Ballroom L,M

Description: This class is designed to give you an opportunity to apply all the assessments and skills needed to manage your trauma and medical patients. This is an all day class and attendance for the whole day is required. Throughout the day you will be rotating between different stations that are designed to challenge you while working in the controlled environment. (Limit 45)

Objectives:
- Hands on approach to patient assessments. Objectives will need to be modified to fall within the current guidelines for COVID.

Presenters: Jason Dush
Lucas Goodin

Military Trauma Care: Lessons from Iraq and Afghanistan for Civilian EMS

Sunday | January 29, 2023
8:00 am- 9:15am
French River Room

Description: The current military guidelines for Tactical Combat Casualty Care are the result of analysis of thousands of patient records of combat wounded. Every facet of injury, field treatment, transport, and rehabilitation was recorded and analyzed to find the common elements that lead to success in trauma treatment.

Not all elements of military trauma care can be used in the civilian setting ("Return fire as directed or required. The casualty(s) should also continue to return fire if able…") But many elements from the guidelines are applicable to civilian EMS. In addition to innovative new practices and techniques, the military guidelines contain surprising, research-based protocols that challenge routines of trauma care that EMS has practiced for decades.

This lecture describes the process of recording and analyzing the data from thousands of casualty records, then takes a deep look at new guidelines that emphasize innovations in bleeding control and de-

SPEAKER

emphasize fluid boluses, c-spine stabilization, and other longstanding routines in prehospital care.

Objectives:
- Review the process of data collection and analysis process from the Joint Theater Trauma Registry.
- Review the highlights of the 2019 revision of the Trauma Combat Casualty Care guidelines.
- Analyze the application of military combat trauma care guidelines in the civilian setting.

Presenter: Curtis Olson

AED Deployment for Law Enforcement Upper Midwest Project

Sunday | January 29, 2023
8:00am - 9:15am
Lake Superior Ballroom N,O

Description: Thanks to the support of the Helmsley Charitable Trust, multiple states are embarking on a project to provide new, updated AEDs to public service agencies. Law enforcement, including city, county, campus, parks, and other first responders, are often the first public safety agency on scene of a cardiac arrest. Updating and filling gaps in AED coverage can generate new enthusiasm in cardiac response. A comparison between an early implementer and the results of a state further in the AED project will show how much work is needed to achieve results and improved survival. A survivor story will summarize the success of this amazing program and show the important role of law enforcement plays in the chain of survival.

Objectives:
- Learn about the grant project in the upper Midwest by the Helmsley Charitable Trust as part of a comprehensive strategy to improve cardiac care.
- Understand findings in law enforcement that support AED program review and expansion.
- Review outcomes to date in Minnesota in grant implemented law enforcement AED programs.

Presenter: Kimberly Harkins

Outcomes from the North American Covid-19 Positive Myocardial Infarction (NACMI Registry)

Sunday | January 29, 2023
8:00am - 9:15am
St. Louis River Room

Description: COVID-19 patients with ST-segment elevation myocardial infarction (STEMI) are a high-risk population with unique demographic and clinical characteristics resulting in an increased risk of mortality and stroke. Essentia Health was one of 64 sites that contributed data to the North American COVID-19 Myocardial Infarction (NACMI) registry. Results from 586 STEMI patients who tested positive for COVID-19 were published in April 2022. This talk will discuss the outcomes of STEMI (in-hospital mortality and hospitalization) as well as time trends from 2020 to 2021 in baseline characteristics of and management strategies.

Objectives:
- Describe the time trends in clinical characteristics, management strategies and outcomes of patients in the NACMI registry.
- St. Louis River Room

Presenter: Catherine Benziger

Keeping your cool when your patient has hypothermia

Sunday | January 29, 2023
8:00am - 9:15am
Gooseberry Falls Room

Description: Hypothermia presents itself in a variety of ways and circumstances. Sometimes, the circumstances are not what we expect them to be. Regardless of the circumstances, the recognition, triage, treatment, and transportation decisions we make are often critical to the survival of the patient. What the leading authorities are recommending and how this impacts our practice will be discussed. Although the material is scholarly, the presentation promises to be entertaining.

Objectives:
- The attendee will be able to identify 3 factors (other than a cold environment) that should increase the suspicion that their patient is experiencing hypothermia.
- The attendee will be able to quickly categorize the hypothermic patient so that the patient will be transported to the appropriate facility.
- The attendee will be able to identify how typical BLS and ACLS interventions should be modified for the hypothermic patient.
- The ALS provider will be able to identify the 12-Lead ECG changes consistent with hypothermia.

Presenter: David Brenner

BREAK (Refreshment)
9:15 am – 9:30 am
Lobby

BREAKOUT SESSION 8
9:30 am – 10:45 am

Football Injuries: On the Field and in the Stands

Sunday | January 29, 2023
9:30am - 10:45am
French River Room

Description: Head, neck, and extremity injuries in athletes are the main focus of this presentation. Management of bleeding, heat and cold emergencies, and allergic reactions (in spectators) are also discussed. The lecture is targeted to personnel at athletic events who may be called to provide care to athletes AND to spectators. The session includes a detailed discussion of current practice with immobilization and airway issues with helmeted athletes.

Objectives:
- Describe signs and symptoms of typical medical emergencies in event spectators.
- Utilize treatment protocols for optimal treatment of athletes and athletic event spectators.
- Practice standard treatments for airway, spinal, and orthopedic emergencies.

Presenter: Curtis Olson

MN Mobile ECMO Project - Redefining the future of cardiac arrest care

Sunday | January 29, 2023
9:30am - 10:45am
Lake Superior Ballroom N,O

Description: This session will summarize the work of Dr. Demetri Yannopoulos and Dr. Jason Bartos on the mobile ECMO project and ARREST clinical trial on ECMO. The two papers, published in the Lancet, will be presented to show relationship to early CPR and public safety engagement in resuscitation.

Background: We describe implementation, evaluate performance, and report outcomes from the first program serving an entire metropolitan area designed to rapidly deliver extracorporeal membrane oxygenation (ECMO)-facilitated resuscitation to patients with refractory ventricular fibrillation/ventricular tachycardia (VF/VT) out-of-hospital cardiac arrest (OHCA).

Methods: This observational cohort study analyzed consecutive patients prospectively enrolled in the Minnesota Mobile Resuscitation Consortium's ECMO-facilitated resuscitation program. Entry criteria included: 1) adults (aged 18–75), 2) VF/VT OHCA, 3) no return of spontaneous circulation following 3 shocks, 4) automated cardiopulmonary resuscitation with a Lund University Cardiac Arrest System (LUCAS), and 5) estimated transfer time of < 30 min. The primary endpoint was functionally favorable survival to hospital discharge with Cerebral Performance Category (CPC) 1 or 2. Secondary endpoints included 3-month functionally favorable survival, program benchmarks, ECMO cannulation rate, and safety. Essential program components included emergency medical services, 3 community ECMO Initiation Hospitals with emergency department ECMO cannulation sites and 24/7 cardiac catheterization laboratories, a 24/7 mobile ECMO cannulation team, and a single, centralized ECMO intensive care unit.

Findings: From December 1, 2019 to April 1, 2020, 63 consecutive patients were transported and 58 (97%) met criteria and were treated by the mobile ECMO service. Mean age was 57 ± 1.8 years; 46/58 (79%) were male. Program benchmarks were variably met, 100% of patients were successfully cannulated, and no safety issues were identified. Of the 58 patients, 25/58 (43% [CI:31–56%]) were both discharged from the hospital and alive at 3 months with CPC 1 or 2.

Conclusion: This first, community-wide ECMO-facilitated resuscitation program in the US demonstrated 100% successful cannulation, 43% functionally favorable survival rates at hospital discharge and 3 months, as well as safety. The program provides a potential model of this approach for other communities.

Objectives:
- Learn about the mobile ECMO project and impact shown to date.
- Understand the implications for a program like this on cardiac arrest outcomes and data collection resources.
- Evaluate the opportunities for local cardiac arrest patients.

Presenter: Kimberly Harkins

An ALS look at Acute Coronary Syndromes for BLS providers

Sunday | January 29, 2023
9:30am - 10:45am
St. Louis River Room

Description: It is important for providers at all levels to recognize when patient are suffering and Acute Coronary Syndrome (ACS). This presentation will look at ACS from a differential diagnosis phase to a treatment phase utilizing the intermixing of ALS tools and medications with the EMT scope of practice. Why can't we expand the

EMT scope to meet the needs of these patients while waiting for ALS to arrive to while transporting to an appropriate facility for definitive care??

Objectives:
- Recognize ACS
- Utilize the ECG machine to achieve a successful 12 Lead ECG
- Provide a brief overview of different types of myocardial infarctions on a 12 Lead ECG
- Discuss treatment options available for patients experiencing ACS

Presenter: Brad Wright

Can You Catch a Heart Attack Like you Can Catch the Flu?

Sunday | January 29, 2023
9:30am - 10:45am
Gooseberry Falls Room

Description: Often, we treat patients with infections like flu, pneumonia, COVID-19, or UTIs. We know that some of these conditions were brought on by other people with the condition. Also, we often find patients with pleuritic chest pain that we attribute to non-cardiac causes. These patients often fail to get field 12-lead ECGs. Are we making a mistake? Do infections lead to heart attack? The evidence may surprise you.

Objectives:
- The attendee will be able to identify infection as a risk factor for heart attack.
- The attendee will describe the role of 12-Lead ECG in patients with pleuritic chest pain.
- The attendee will be able to describe EMS strategies for assessment of patients with infections.
- The attendee will be able to describe steps that reduce the risk of patients getting a heart attack from an infection.

Presenter: David Brenner

BREAK (Refreshment)
10:45 am – 11:00 am
Lobby

BREAKOUT SESSION 9
11:00 am – 12:15 pm

The Unresponsive Patient: Approaches for the BLS Provider

Sunday | January 29, 2023
11:00am - 12:15pm
French River Room

Description: The unresponsive patient requires careful on-scene assessment to evaluate emergent treatment needs. While advanced-level providers have access to complex diagnostic tools and high-acuity interventions, the basic-level provider can make important contributions to the assessment and initial management of the patient with a decreased level of consciousness. This lecture presents a systematic approach to assessment of the scene, history, and patient, and treatment priorities. While ALS interventions are discussed, the emphasis is providing a toolkit for the BLS provider. This one is for the "B"s!

Objectives:
- Review mnemonics as a tool prompting assessment and treatment in the healthcare field.
- Review the common etiologies of altered and decreased mental status.
- Utilize clues from the prehospital scene, history, and assessment to guide treatment of the unresponsive patient.

Presenter: Curtis Olson

Help I've Fallen, and I Can't Get Up! Falls and other pitfalls of caring for injured older adults

Sunday | January 29, 2023
11:00am - 12:15pm
Lake Superior Ballroom N,O

Description: A review of geriatric trauma care, reviewing how differences in mechanisms of injury, physiology in older adults, comorbidities and more can change the presentation of an injured patient and lead to higher morbidity and mortality. We will discuss specific recommendations for EMS care of the elderly, as well as pre-hospital warning signs to watch out for.

Objectives:
- Understand different mechanisms of injury in older adults, may be lower energy but still have a great risk of severe injury
- Understand how aging physiology and comorbidities can contribute to injury and pre-hospital needs

Presenter: Kristin Colling

Air goes in, Air goes out…until it doesn't

Sunday | January 29, 2023
11:00am - 12:15pm
St. Louis River Room

Description: Ventilating a patient is more than just squeezing a bag and watching for chest rise. To ventilate well the practitioner needs to take into account the effects of ventilatory rate and tidal volume in maintaining a stable patient. In order to talk about ventilation well we also need to talk about the effect that the usage of ETC02 has guiding how we ventilate a patient. In short we will cover how to assure that we can get air in and let air out of our patients while maintaining stable vital signs. Take a deep breath and exhale slowly, lets talk ventilation!!

Objectives:

- Review of ventilation to include tidal volume, minute volume, and dead spaces
- Address the effect of the usage of ETC02 on ventilation of a patients
- Provide clarity on effect of tidal volume and rate and the impacts it has on Blood Pressure

Presenter: Brad Wright

Tox Matters

Sunday | January 29, 2023
11:00am - 12:15pm
Gooseberry Falls Room

Description: Toxicology is a unique discipline of medicine. This Presentation will discuss the mnemonic Tox MATTERS to assist EMS and other allied health care professionals with management of tox patients. M is medication/material exposure to; A is amount; T is time taken; T is Therapies prior to arrival; E is emesis?; R is Reason; S is symptoms. Each area will be discussed in depth as it relates to EMS management of the poisoned/intoxicated patient.

Objectives:

- Identify the components of the Mnemonic Tox MATTERS
- Discuss the importance of gathering specific, unique information about the Tox patient
- List important traits of substances including lethal dosages, basic pharmacokinetics, and the importance of calling Poison Control for OD's/Poisonings

Presenter: Kirk Hughes

BREAKOUT SESSIONS END 12:15 pm

PRESENTERS

Michelle Anderson

Michelle joined the Lakes Region EMS family as an EMT-B in 2008. She served in this role for 6 years and transitioned into the Education and Community Outreach Manager in 2014. While serving as an EMT, she was awarded the American Ambulance Association Star of Life Award, in 2011. Michelle took on the role of the Director of Administration in 2019. In this role, she has increased efficiencies and streamlined processes by reorganizing workload and vetting new opportunities. Her dedication to EMS has led to serving on the Workforce and Cost Data Collection committees through the American Ambulance Association.

Catherine Benziger

Dr. Catherine Benziger currently serves as the Medical Director of Heart and Vascular research for Essentia Health (EH) and is adjunct professor at University of Minnesota Medical School. She maintains a clinical practice that focuses on cardiovascular disease prevention as a non-invasive cardiologist. Her research focuses on the promotion of cardiovascular health and better understanding health disparities in the treatment and prevention of cardiovascular diseases in rural areas. She was voted "Top Doctor" by her peers in Minnesota for cardiology in 2019 and 2021. She mentors students during the summer and through the cardiology clerkship at the University of Minnesota Medical School. She is actively involved in the American Heart Association and American College of Cardiology both locally and nationally to help promote education and awareness of cardiovascular disease. She is actively involved as principal investigator in multiple large clinical trials and pragmatic trials.

Ross Bernstein

The best-selling author of nearly 50 sports books, Ross Bernstein is a peak-performance business speaker who's keynoted conferences on all seven continents for audiences as small as 10 and as large as 10,000. He is just one of three professional speakers in the world to hold the CPAE (Speaker Hall of Fame), CSP (Certified Speaking Professional), and the Global Speaking Fellow Designation. Ross and his books have been featured on thousands of TV and radio programs over the years including CNN, FOX News, CBS Mornings, MSNBC, and ESPN, as well as in the Wall Street Journal, New York Times and USA Today. Weaving inspirational stories and poignant life lessons from the world of sports, along with success stories and best-practice ideas of businesses and senior executives who he has worked with about how to increase sales, overcome disruption, harness creativity and generate momentum — Ross challenges his audiences to think about the differentiators they possess which would ultimately lead customers to choose to do business with them, or be influenced and led by them. At the core of his message is the simple fact that we like to do business with people who we trust, people who we like, and people who just "get it" — CHAMPIONS. Ross' message reinforces the fact that individuals win games, but TEAMS win championships. Roles, buy-in, motivation, consistency, sacrifice, trust, failure, chemistry, culture, work ethic, innovation, resiliency, karma, and being humble — they're all a part of what it takes to become the best of the best — a champion both on and off the field.

Pete Boyechko

Pete Boyechko, RN-BSN & EMT/FF, is the Ambulance Manager and Captain with the Cromwell-Wright Fire District. He has been on the dept for 8 years. He has been a nurse for 13 years working in cardia and intensive care. Currently he is the Clinical Supervisor for Skilled Homecare.

David Brenner

Paramedic David Brenner is a Captain in the Holbrook Fire Department and has been providing advanced life support EMS services for over 4 decades. He is a New York State Certified Instructor/Coordinator and Regional Faculty who has taught EMT through Paramedic courses for Suffolk County EMS, Suffolk County Community College, and LaGuardia Community College. As Regional Faculty he has been training providers to be instructors for over thirty years. He holds instructor level certifications for BLS, ACLS, PALS, AMLS, PHTLS, GEMS. PTEP, Safety, and Community Paramedicine. He is particularly proud to be a co-author of the NAEMT's Psychological Trauma in EMS Patients course. He has authored the 12-Lead ECG Made Clear and Simple course that he has presented in multiple settings. In addition to providing patient care and provider instruction, Captain Brenner has served on the county Regional Emergency Medical Services Council. During his tenure as vice-chair and chair, he led the county through difficult times to ensure that patients received timely pre-hospital care.

Holly Brodt

Holly Brodt is a retired St. Paul Police Officer who has been a Certified Police Peer Support Personnel for over 30 years and Certified in Critical Incident Response and Critical Incident Stress Management for over 20 years. In addition to her Law Enforcement Degree, she holds a bachelor's

degree in Clinical Psychology from Northwestern University and is a Certified Mindfulness Meditation Teacher. She is an active member of the Association of Trauma Specialists, the Arrowhead CISM Team (since 2012), an Arrowhead CISM Outreach Education Instructor (since 2014) and the Outreach Education Coordinator (since 2015).

She founded Resiliency P.O.W.E.R. Education and created The Resiliency P.O.W.E.R. Program, specifically designing it to address the unique issues, stressors and experiences of Public Safety and Emergency Responders and to provide the scientific foundation and specific tools necessary to build a resilient lifestyle at home and at work.

Kristin Colling

Kristin Colling is a trauma surgeon at Saint Mary's Medical Center, a Level one trauma center serving a large rural catchment area of Northern Minnesota, Wisconsin and Michigan and an assistant professor in the University of Minnesota's Translational Center for Resuscitative Trauma Care. She received her Undergraduate degree in Biomedical Science at Marquette University, in Milwaukee WI, and then completed her medical degree at the University of Minnesota. She is a fellow of the American College of Surgeons and an active member on numerous national societies, including the American Association for the Surgery of Trauma, Eastern Association of the Surgery of Trauma, the Surgical Infection Society and the American Geriatric Society. She serves an active committee member for these societies, including the rural trauma committee of EAST, the geriatric trauma committee for AAST, the therapeutics and guideline committee for SIS and the surgery interest group in the AGS. In addition to her patient care roles, Dr. Colling is the trauma research director at Saint Mary's Medical Center. Her research focuses on improving patient outcomes after emergency surgery and traumatic injury, surgical infections and geriatric populations in trauma and emergency surgery. Dr. Colling is also actively working through the UMN's Translational Center for Resuscitative Trauma Care to develop a Minnesota wide pre-hospital trauma database through multiple grants and collaborations to improve pre-hospital care and trauma outcomes in Minnesota. She is committed to excellence in trauma care in the Northland, and in her free time loves spending time outdoors with her dogs and husband.

Dave Davlin

Over 25 years ago, Dave Davlin began bringing smiles to faces with a form of entertainment he developed as a young boy. From NBA and major college arenas across America to the Summer Olympic Games in Seoul, South Korea— and even to the world-famous Branson Strip— "Travelin" Davlin has entertained people of every age and background. His amazing ability with basketballs even landed his name and picture in the 1990 Guinness Book of World Records. Dave began to hone his speaking skills in the early 90's as a national speaker in the public schools across America. Combining his entertainment ability with a powerful message, he was instrumental in the fight for education and against drugs. At the advice of friends working in corporate America, Dave began to develop presentations for the corporate and association market and the rest is history. He now speaks at numerous corporate and association conferences each year. From public school students to CEOs, Dave's message has made a difference in the lives of thousands, and his impact continues to grow each year as he shares his philosophy and wisdom through speaking and writing.

Dr. Brandon Drazich

Brandon Drazich is employed as an Emergency Medicine physician with Essentia in Duluth.

Jason Dush

Jason serves as the EMS Manager for the Texas Department of Public Safety. Prior to working for DPS, he was the Chief Operating Officer for a national ambulance transport company. He previously worked as full-time Firefighter Paramedic for the Arlington Fire Department for 10 years where he also served as the EMS Clinical Coordinator for 3 years. Jason's resume includes 25 years of paid EMS/Fire with 2 different large metropolitan departments and 13 years as a Critical Care flight paramedic. Jason has been an active commissioned police officer and Tactical Paramedic since 1997, currently commissioned as a sheriff deputy in Williamson County, TX. Jason is passionate about EMS education and is a known speaker locally and nationally over the last 15 years for bringing a sense of motivation, humor, passion, energy, leadership, and practical experience to his audience.

Chris Ebright

Chris Ebright is the lead instructor for The University of Toledo EMS Program in Toledo, Ohio, where he provides all aspects of primary EMS education in-house, as well as external continuing education for numerous EMS services in northwest Ohio. Chris has been a Nationally Registered paramedic for 28 years, providing primary EMS response and critical care transportation. He has educated hundreds of first

responders, EMT's, paramedics, and nurses with his trademark whiteboard sessions, including students from the Cayman Islands, India, and Australia. Chris is also a recurring article contributor to the Limmer Education website, and has been a featured presenter at numerous local, state, and national EMS conferences over the past 16 years. Chris holds a Bachelor of Education degree from the University of Toledo and can be contacted at c.ebrightnremtp@gmail.com or christopherebright.com.

Greg Eliason

Greg Eliason, EMT/FF, is an Assistant Chief with the Cromwell-Wright Fire District with 12 years experience. Currently Greg is a High School Life Science Teacher and he is a for wilderness trip leader and sea kayak instructor trainer.

Dr. Gary Foley

Gary Foley is employed as an Emergency Medicine physician with Essentia in Duluth.

Mike Gau

Certified Master Instructor 20 yrs experience Tae Kwon Do

Hapkido Instructor, Womens Self Defense, Itasca Comm Col. Mother/Teen Self Defense

United States Marine Corps Recruit Special Training. Representing Northland Tae Kwon Do

Matthew Giacopelli

Matt has been involved in EMS since 1991, starting as a volunteer at SUNY Maritime College, where he earned a degree in Meteorology and Oceanography. He earned EMT certification in 1992 and paramedic in 2000. Matt has worked in urban, suburban, and rural settings doing 911 and critical care transports, gaining experience in ground and air transport. And while he's been around a few different blocks, from New York City, to Long Island, to York, PA, a few times, he'll never say he's seen everything. Currently, he is a Paramedic with First Capital EMS in Yoe, PA.

Lucas Goodin

Lucas Goodin, CCP, FF, is the Fire Chief and Emergency Management Director for the Cromwell-Wright Fire District with 24 years experience in the prehospital setting. He has also worked in the Emergency Department for 17 years and is now the Director of Safety and Emergency Preparedness for Community Memorial Hospital and Clinic system. He has worked all over the world teaching and providing advanced care in austere environments.

Alanna Groth

Alanna Groth RN, is Obstetrics and Medical Surgical Nurse at Community Memorial Hospital. She received her LPN from Fond du Lac Tribal and Community College and her BSN from University of Northwestern. When she is not working at the hospital she is enjoying the great outdoors.

Reed Groth

Reed Groth is a flight paramedic at Sanford AirMed in Fargo North Dakota. He has been an EMS since 2003. Getting his paramedic in 2005. He has work the streets in Bismarck North Dakota for Metro ambulance, and at FM Ambulance in Fargo North Dakota, before starting his flight career in 2016. Reed holds an advanced certificate and flight paramedic certification and an advanced certificate in safety management training through the Association of air medical services. Reed is also a private pilot and love flying. In his free time, he enjoys spending time with his wife, and three boys. Being at the lake, coaching wrestling and coaching baseball are also big commitments in his life.

Marlyn Halvorson

Marlyn has been the Carlton County Emergency Management Director since June of 2020. Prior to that, he was a Deputy with the Itasca County Sheriff's Office for 22 years. During that time, he served as the Itasca County Emergency Manager for 10 years. He has 34 years in the public safety sector. In that 34 years of Public safety, Marlyn served 10 years as a Paramedic and 20 years as a Firefighter. He continues to expand on his public safety knowledge and as a leader in the public safety community.

His professional affiliations include the following:

Board Member of the Arrowhead EMS 2016 -Present

Vice-Chair of the Northeast Healthcare Preparedness Coalition Advisory 2018 - Present

President of the Arrowhead Regional Association of Emergency Managers (AREMA) 2016-Present

MN Certified Emergency Management Director 2012 - Present

Paramedic 1988-1998 (Retired)

Kimberly Harkins

Kim Harkins is a program manager with the University of Minnesota Center for Resuscitation Medicine and the Minnesota Mobile Resuscitation Consortium, a collaboration of health systems and EMS agencies in the Twin Cities working to improve survival rates from out-of-hospital cardiac arrest. She holds a Master of Public Health degree from the University of Minnesota

and a Bachelor of Science degree in Education from Crown College. Kim has worked in resuscitation science, EMS, the fire service and emergency education for over 20 years.

Samantha Hilker

Samantha Hilker is the founder of Hilker Project & Strategy Management, LLC, a lover of books and favors a facilitative leadership style. She believes the future of EMS resides in our ability to build relationships, work together and play nice in the proverbial sandbox. She is a licensed paramedic in the state of Wisconsin, and her passion for patient care is still a driver for her personally and professionally. She has held positions as a paramedic, supervisor, staff development manager and project manager. Hilker has successfully led and managed organizational change, process improvement and public engagement efforts. After finishing her master's degree in organizational leadership, she started her own company with a goal of helping more EMS and healthcare organizations strengthen their leadership teams, effectively share their stories and better engage the communities they serve.

Latimer Hoke

Latimer Hoke has worked in rural EMS for over 13 years, responding to calls for, and/or working closely with more than 20 emergency service organizations, including volunteer and career EMS agencies, fire departments, law enforcement, ski patrols, and search and rescue. He has managed supply ordering, served as training officer, and written workplace policies. He holds a Bachelor's Degree in Secondary English Teaching, a Master's Degree in Education Leadership, National Ski Patrol Senior Alpine Patroller Certification, and maintains an Advanced EMT license in Montana and Vermont. Latimer currently teaches high school English and healthcare classes while continuing to work in EMS.

Kirk Hughes

An RN working as a specialist in Poison Information and Education Director of the MN Poison Control System since 2000. He has managed over 87,000 cases.

Duane Johnson

Dewey is currently the Emergency operations Manager for St. Louis County. Dewey has been with St. Louis County for 27 years with 20 years experience in 9-1-1 communications and 7 years in his current role. Dewey lead the ARMER migration for St. Louis County by training over 1000 public safety professionals and continues to train agencies annually. Dewey is retired from the Grand Lake Fire Department where he served for 22 years. Dewey is currently an EMR and was previously employed by Life Link III as a paramedic. Dewey currently serves on the Grand Lake Township board of Supervisors and is an adjunct faculty member at Fond du lac Tribal and community college.

Mark Jones

Bio: Mark is the Executive Director of the Minnesota Rural Health Association. He has been involved in rural health care for over twenty years, working in many areas of the pre-hospital and hospital environment. As a resident of a rural Minnesotan community, Mark has a very personal interest in the future of rural health care. He is committed to seeing that every community has a strong health care system that can succeed long into the future.

Stephanie Leather

Earning her Masters in Counseling with a concentration in Trauma studies as an EMT provides a specific, yet unique background. This lends itself greatly to keeping her training relevant to current emergency medical providers. As a psychiatric screener, she brings a mastery level of understanding of suicide risk assessments and interventions to the table.

Gene Lott

Gene Lott, EMT/FF, is a Lieutenant with the Cromwell-Wright Fire District with 16 years experience. He recently retired and decided to work part time as a maintenance mechanic for Premier Tech.

Carrie Manke

Dr. Carrie Manke is an advanced practice nurse with over 10 years of experience in the nursing field. She has spent the majority of her career in the Emergency Department and worked as a Sexual Assault Nurse Examiner. She obtained her Doctor of Nursing Practice degree in 2017 and worked as an ED Clinical Nurse Specialist (CNS). As a CNS, Dr. Manke focused on process and quality improvement to positively impact patient outcomes through evidence-based practice. Dr. Manke now devotes her life to helping others outside the hospital as an author, motivational speaker, and coach, specializing in helping individuals find freedom from their pain and experience life to the fullest. She is a survivor of sexual assault and domestic violence, and speaks openly about her experiences to help others break through their past, overcome obstacles, and find empowerment in healing. Special interests include change management, compounding trauma, suicide prevention, healing PTSD, and

reaching under-served populations through medical mission work.

Thomas Masters

I am a staff physician at Hennepin County Medical Center having worked here for the past 8 years. My primary boards are in emergency medicine and I have done a fellowship in hyperbaric and undersea medicine. My research interests are in frostbite and wound care.

Buck McAlpin

Buck McAlpin has worked in Government Affairs for nearly 20 years. In in 2004, Buck founded McAlpin Consulting LLC, to provide consulting and active lobbying services to corporate, trade association and non-profit clients, which provides primarily health care consulting. Buck has worked in the health care arena since 1985, starting as a Paramedic for North Memorial Health Care and working through the ranks to Operations Manager and most recently as the Director of Government Relations. Buck has an extensive background in health care financing and a strong understanding of the commercial and governmental payment programs at the State and Federal level. Buck also understands the legislative hurdles involved around "Scope of Practice" issues. Buck drafted, lobbied and successfully implemented the first of its kind "Community Paramedic" program in Minnesota. Buck travels around the Country as a frequent speaker and a sought out expert on Scope of Practice issues and implementation of the Community Paramedic Program. Buck maintains a National and State licensure as a Paramedic in Minnesota.

Brian McClung

Brian has spent more than 25 years at the intersection of media, politics, and business as a television news reporter, campaign manager, political spokesperson, communications strategist, and public relations executive. Prior to Park Street Public, he was a Partner at MZA+Co, a successful full-service public affairs firm. From 2004 to 2010, he served Minnesota Governor Tim Pawlenty as Press Secretary, Director of Communications, and Deputy Chief of Staff, overseeing strategic communications efforts and media relations on behalf of the Governor and his Administration. During that time, Brian was included on the Minneapolis-St. Paul Business Journal's "40 Under Forty" list of young leaders making a difference in the Twin Cities.

Since leaving the Governor's Office, Brian's media and PR work has been recognized with a Politics in Minnesota/Capitol Report "Leaders in Public Policy" award and his firm was named the region's "Top Emerging Business" in the region by the St. Paul Area Chamber of Commerce. He was named to Minnesota Business Magazine's "Real Power 50" list of the top connectors in the state's business community in 2018. Brian continues to have strong relationships with reporters at the State Capitol and around Minnesota and is a regular guest on the state's most-watched public affairs programs – Twin Cities Public Television's "Almanac" and KSTP-TV's "At Issue." As a spokesman and commentator, he has been quoted in the Washington Post, USA Today, New York Times, Chicago Tribune, and Miami Herald. Brian has also served as an adjunct professor at the Humphrey School of Public Affairs at the University of Minnesota. He earned a B.A. in Mass Communications and Journalism from Washington & Lee University in Lexington, VA.

Todd Messer

Todd has 30+ years in the fire service with multiple agencies and has served in multiple roles including Fire Officer and Fire Instructor. He has also been a Public Safety Dispatcher for 27 years.

Joe Newton

Joe Newton is the Senior Director for Essentia Health EMS which operates ambulance services across northern Minnesota, specializing in rural areas. He is currently serving as the president of the Minnesota Ambulance Association. Joe has been involved in EMS for 30 years, starting his career as a volunteer EMT in southwest Minnesota for a city run ambulance service. Joe has worked in rural prehospital care most of his career but has experience in the metro areas of Omaha and Minneapolis working on various interfacility transfer services and as an ED Paramedic in a Level II Trauma Center. He has enjoyed the opportunities to work in almost every area of prehospital medicine, from a county 911 dispatcher to a flight paramedic. In his free time, Joe enjoys spending time with his family, children and 4-legged children.

Curtis Olson

Curtis Olson is the Trauma Outreach Coordinator at a level II trauma center in Lincoln, Nebraska. Previous to this, he worked for two decades as a night shift emergency department nurse in Lincoln and at a critical access hospital north of the city.

He has degrees in nursing (Diploma 2003/BSN 2010) and English literature (1985). He completed the Paramedic certification training at Creighton University in 1998 and passed the Certified Emergency Nurse exam in 2007.

Olson's prehospital medical experience includes two years as a volunteer EMT-B with the Bethesda-Chevy Chase Rescue Squad in the Maryland suburbs of Washington, DC and a year as a paramedic-firefighter with Lincoln Fire & Rescue. He currently holds an inactive national registry as an Advanced EMT.

Olson is a certified instructor in ENA's Trauma Nurse Core Course and has been an ACLS and PALS instructor. Before working in healthcare, he worked as a writer, editor, bookstore manager, and coffee shop barista.

Lindsay Pacey-Allen

Lindsay Pacey-Allen received her M.S. in Clinical Anatomy from Creighton University, her M.Ed. from the College of Saint Scholastica (CSS), & her MSMEd from Lake Erie College of Osteopathic Medicine (LECOM). She is the director of anatomy labs & a lab instructor for undergraduate students at CSS.

Scott Peterson

I have been involved in martial arts for 33 years, have conducted numerous self defense courses, was previously certified as a PPCT (pressure point control tactics) instructor, and have instructed classes for marine recruits.

Aaron Peth

Aaron is a Clinical Instructor for Creighton's Paramedicine Education Program, joining the department full-time in 2021. He has over fifteen years of experience in various levels of emergency medicine including clinical, urban, suburban, rural, and austere international environments. Aaron holds a Bachelor of Science in EMS from Creighton University. Aaron's research and professional interests include prehospital airway management, bringing critical care level care to the prehospital environment, and leadership development.

Kate Raddatz

Kate Raddatz serves in the role of Senior Principal, Public Relations and Communications at Park Street Public where she assists clients in PR and media outreach strategies and media coaching. Prior to joining Park Street Public, Kate was an Emmy-award winning TV news reporter, regarded as one of the best in the business for her breaking news coverage, health and science reporting, and family-focused storytelling.

Kate has more than 13 years of news experience, including almost 10 years as a reporter for CBS at WCCO-TV in Minneapolis-St. Paul. Over the past decade, Kate became one of the most trusted journalists in the Twin Cities, making connections at newsrooms, businesses, non-profits, and government entities across the state.

Kate has won four Emmy awards for her work, which has been picked up by national media outlets including the CBS Evening News, People, Yahoo News, and more. Prior to working in Minnesota, Kate covered news, politics, and sports for an ABC affiliate in Green Bay, Wisconsin. She earned a B.A. in Journalism from the University of Minnesota, Twin Cities

Aarron Reinert

Aarron has become nationally known as a leader, master teacher and expert in management, leadership, system design and applied best practices in rural and small town emergency medical services systems. Aarron has been involved in emergency medical services for more than 25 years and is the executive director of an emergency medical service in central Minnesota. He is well known for asking tough questions and encouraging out-of-the-box thinking. Using such tools as the Balanced Scorecard, Aarron helps organizations recognize the necessary balance between finance, customer service, employee satisfaction and community awareness. Aarron's recognized understanding of current emergency services issues led to him serving on numerous national boards and projects and to an appointment as chairperson of the National EMS Advisory Council by the U.S. Secretary of Transportation.

Marty Sullivan

Marty is an EMT with 17 years of service and is employed by Ridgeview Medical Center. He has been a EMS educator for the past 10 years.

Marvin Sullivan

Marvin is an EMT with 16 years of service for Le Sueur Ambulance and Ridgeview Medical Center. He has been an EMS educator for the past 8 years.

Ashley Strobel

With a background in both Emergency Medicine and Pediatrics, Dr. Strobel has a special interest in pediatric emergencies, in particular pediatric cardiac and sports related emergencies. She sees patients in the Emergency Department, helping to provide family and pediatric friendly ouch-less care. She also started the Teddy Bear Clinic "to help take the ouch out of emergency care for children". "I enjoy caring for each patient like they are part of my own family, both caring for their immediate needs, and helping to advise on the next steps to take for personal health. I speak Spanish and particularly enjoy serving the Latino community." Associate Professor of Emergency Medicine

University of Minnesota Medical School

Janet Taylor

After graduating from nursing school in 1998, Janet worked in various departments through the hospital gaining knowledge and experience in ICU, Obstetrics and ER. Janet has been a flight nurse since 2004 and now works full time for Golden Valley EMS as a nurse in a paramedic role. She enjoys teaching part time for EMS conferences across the country and for local paramedic programs. She also writes modules for various online forums. You can see where she will be heading next at www.emsteacher.com . You can also reach her at janettaylor6@icloud.com

Johanna Thompson

Johanna Thompson is a Flight Paramedic and Clinical Educator for Life Link III, home based in Rice Lake Wisconsin. Hanna started her EMS career in 2004, working as an EMT for Sawyer County Ambulance Service. In 2010 Hanna obtained her Associates Degree and Paramedic Licensure and soon to follow obtained her Critical Care Certification, in which she began working as a Critical Care Paramedic for North Memorial. For the last 8 years Hanna has been flying with Life Link III, starting at the Hibbing base and then transferring back home to Rice Lake WI. Hanna was the Essentia Health STEMI Award Recipient in 2017 and completed Echelon Front Leadership Course in 2019. In addition, Hanna regularly volunteers with Haiti Air Ambulance based in Port au Prince. She is the first volunteer in the history of Haiti Air to transport over 50 patients earning her "wings". Hanna continues to passionately seek out ways to become a better leader, educator, mentor and clinician in EMS.

Ben Wasmund

Ben has been the Director of Operations since 2011. Prior to becoming the director, he held numerous roles within this organization including, EMT, Paramedic, Field Lead, Supervisor and Manager. Ben has more than 24 years of diverse experience in emergency medical services and has held positions in EMS operations in both paid and volunteer EMS organizations. He began his career in a small rural BLS ambulance service and through the years helped to advance this service to a combination full time/volunteer ALS system. He recently celebrated over 24 years with this department where he still works as a Paramedic. In addition to his volunteer and front line EMS experience, he has been a firefighter and has worked and trained in the Fire and Rescue arena including: Vehicle Extrication, High Angle Rope Rescue, Dive Rescue Operations and Tactical EMS. Ben brings his leadership experience as a Director and personal experiences of working at all levels of systems as a volunteer working for different EMS systems across multiple states.

Paul Werfel

Former, NYC Paramedic, Author, International presenter. Professor of Clinical Emergency Medicine and EMT/ Paramedic Prog Director, SUNY Stony Brook-Retired

Brad Wright

Brad has been in EMS since 1991. He has been in EMT and paramedic and has worked in rural, suburban, and urban areas in the state of MN. Since 2007 Brad has been involved as Paramedic/ EMT faculty and since 2015 has been at Anoka Technical College where he assisted in starting a paramedic program in 2019 and a Community Paramedic/EMT program in 2022. In his spare-time Brad enjoys running with his dog, spending time with family, and officiating high school and Division III college football.

Nikhil Williams

I started my EMS journey in 2013 when I pursued a local opportunity for EMT certification. Since then, it has been a blur of educational opportunities and challenges. In 2019 I was certified as a Critical Care Paramedic; at that point I transitioned to full-time critical care transport. Currently I live in Charlottesville, Virginia. I am employed by the University of Virginia within the Medical Transport Network and assigned to the Newborn Emergency Transport Team. Currently I am pursuing Nursing school to become a dual role provider and expand my professional expertise/experience. Additionally, I am an active EMS educator in my free time. In my personal time I enjoy video games, volunteering at my local rescue squad, 3D printing, and being outdoors.

Brad Zinniel

Brad is a paramedic with 29 years of service in EMS and has been an EMS educator his entire career. He is also a Tactical Medic.

NOTES

NOTES

NOTES

CLAIMING CONTINUING EDUCATION CREDITS?

WHAT YOU NEED TO DO

- At the completion of each session, please bring your Certificate of Attendance sheet to the room monitor for your stamp.
- Before your expiration date, complete a Renewal application specific to your level of certification in the National Registry of Emergency Medical Technicians.

Content has been selected with the intent of meeting the individual continuing education needs of the conference participants at many different certification types and levels. Participants are responsible for maintaining all documentation for education obtained and ensuring content is appropriate for their specific and unique continuing education requirements.

QUESTIONS?

Contact the Arrowhead EMS Association with any questions or for clarifications:

Caitlin Korpi, EMS Coordinator
218.780.9906
caitlin.korpi@arrowheadems.com

2023 Arrowhead EMS Conference & Expo • Duluth, MN
Certificate of Attendance • January 25–29, 2023

_____
Attendee's Name

Wednesday and Thursday January 25 and 26, 2023	Friday January 27, 2023	Saturday January 28, 2023	Sunday January 29, 2023
Pre-Conference	Keynote Session	Keynote Session	Breakout Session 7
Pre-Conference	Breakout Session 1	Breakout Session 4	Breakout Session 8
Pre-Conference	Breakout Session 2	Breakout Session 5	Breakout Session 9
Pre-Conference	Breakout Session 3	Breakout Session 6	
	Legislative Forum		

Adam Shadiow, Executive Director

Gary P. Foley, M.D., Medical Director

Minnesota Board of Peace Officer Standards and Training (POST) #

Continuing Education Accreditation
For more information or questions about accreditation contact the Arrowhead EMS Association..

Caitlin Korpi, EMS Coordinator
Caitlin.korpi@arrowheadems.com
(218)780-9906

JOIN US IN

2024

Arrowhead EMS Association

Conference & Expo

ARROWHEAD EMS ASSOCIATION

SAVE THE DATE

JANUARY 17 – 21, 2024 | DECC, DULUTH, MN

WWW.ARROWHEADEMS.COM