

43RD ANNUAL

Arrowhead EMS Association Conference & Expo

JANUARY 17 – 21

2024



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NEW

FROM SAFETECH SOLUTIONS...

THE WOMEN'S LEADERSHIP DEVELOPMENT SERIES

EMERGING FEMALE LEADER COURSE

An experiential learning course designed for women by women.

Based on SafeTech Solutions' Leadership Academy, the Women's Leadership Development Series is a three-level program of study designed to elevate, empower and engage women in various stages of their careers. Beginning with the challenges, issues and experiences women face in professional organizations, this series offers specific skills, tools, actions and frameworks to help participants reflect on and develop their leadership journeys.



Michelle Reinert, MBA is a Director of Operations for an international medical technology company. Michelle's co-authorship of the Women's Leadership Development Series is part of her ongoing practice of teaching, advocacy and work for women's advancement in professional and leadership roles.



Michelle Anderson, BA is Director of Administration for an Advanced Life Support ambulance service in Minnesota and Wisconsin. She is an award-winning educator, manager and administrator and has worked as a frontline employee and in leadership roles in emergency medical services for fifteen years.

DAY 1: *Personal Competencies*

- Skills & qualifications
- Getting out of your comfort zone
- Emotional intelligence & Executive presence

DAY 2: *Financial, Business & Strategic Acumen*

- My connection & value to the customer
- External influences
- How money flows through a business

DAY 3: *Developing Others*

- How to have difficult conversations
- Calling others to greatness
- The art of influence

NEW!

WOMEN'S LEADERSHIP DEVELOPMENT SERIES



MORE
INFO
ONLINE

WELCOME TO THE

43RD ANNUAL ARROWHEAD EMS CONFERENCE & EXPO!

The staff at Arrowhead EMS Association would like to personally welcome each of you to the 43rd 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.

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

- Your attendee ID Badge will be your entrance key into classes and exhibitor areas.
- Keynote speakers will present upstairs in the Lake Superior Ballroom on Friday and Saturday from 8:15AM to 9:15AM.
- Please visit the exhibitors in South Pioneer Hall from 9:15AM to 11:30AM on Friday and Saturday. A light refreshment option and beverages will be provided. Concession stands will be open in the South Pioneer Hall during expo hours for anyone to take part in.
- Attendee registration includes lunch. Lunch will be upstairs in the Lake Superior Ballroom. Additional lunch meal tickets must be purchased for \$25 at the walk-in registration desk.
- Before going into your classes, the room monitor volunteer will scan your QR Code on your badge, so you receive credit for the class.
- Note pages are in the back of this conference booklet for taking notes during the presentations.
- The health and safety of all visitors to the 2024 Arrowhead EMS Conference and Expo remains our top priority. To reduce to spread of sickness and/or infectious disease amongst participants, please wash/sanitize hands on a regular basis, stay home if you are not feeling well 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 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: 9:15 am – 11:30 am

(Light Refreshment Options and Beverages with Exhibitors)

Saturday: 9:15 am – 11:30 am

(Light Refreshment Options and Beverages with Exhibitors)

**The concession stand will be open in the South Pioneer Hall
during expo hours for anyone to take part in.**

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 Badges are available

SAVE THE DATE

**44th Annual
Arrowhead EMS Association's
Conference & Expo
January 15 – 19, 2025**

WE VALUE YOUR OPINION

Thank you for attending Arrowhead EMS Association's
43rd Annual Conference & Expo.

**Please help us maintain a quality conference & expo
by taking a few moments to complete your
evaluation on our Pheedloop App.**

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: Lucas Goodin,
Secretary: Nathan Myers, Treasurer: Joe Newton,
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Erik Jankila, James Ducharme, Stan Sadenwasser,
Mindy Olander, Dr. Jon Shultz, Karla Pankow,
Karen Wright and Rick Goutermont

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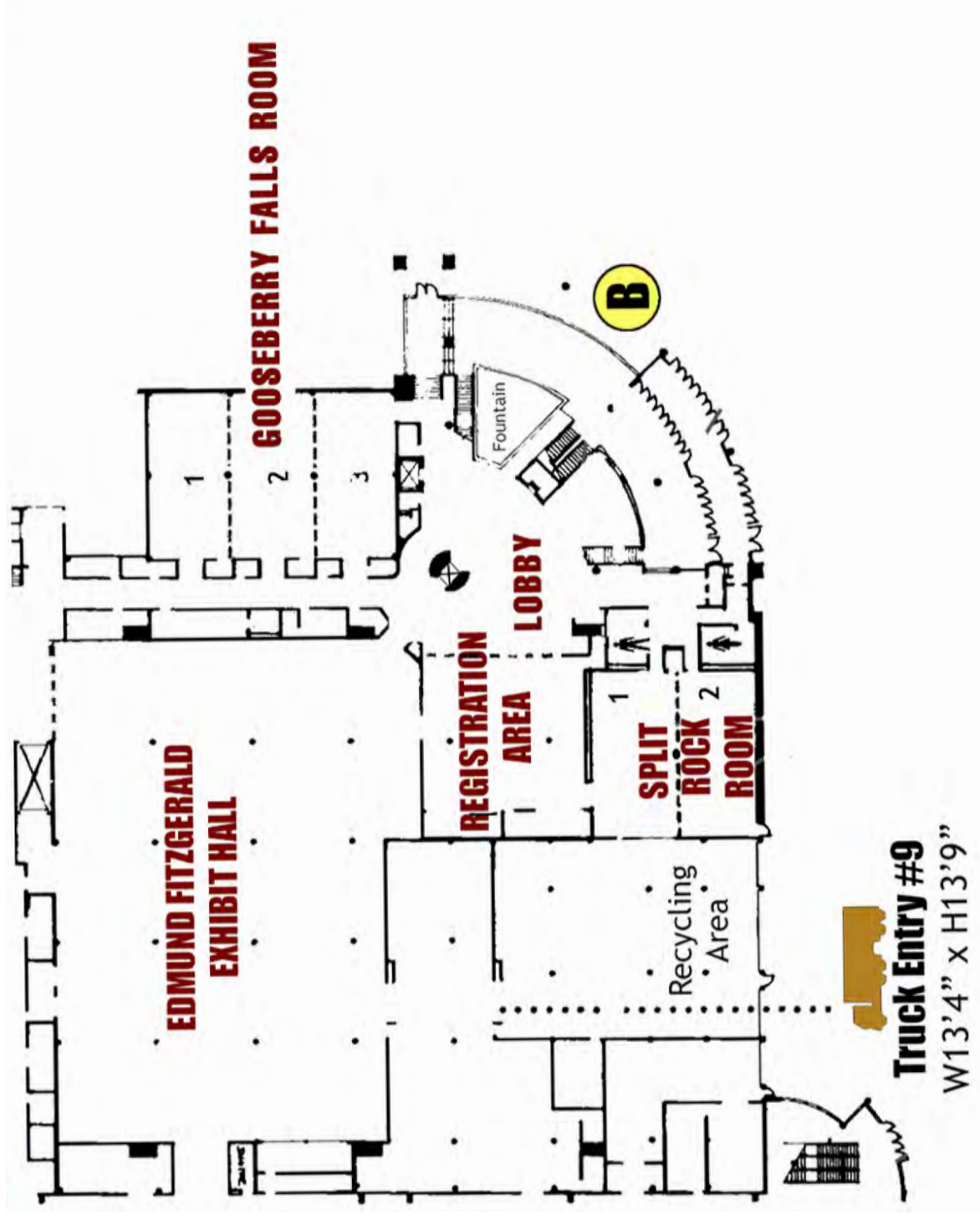
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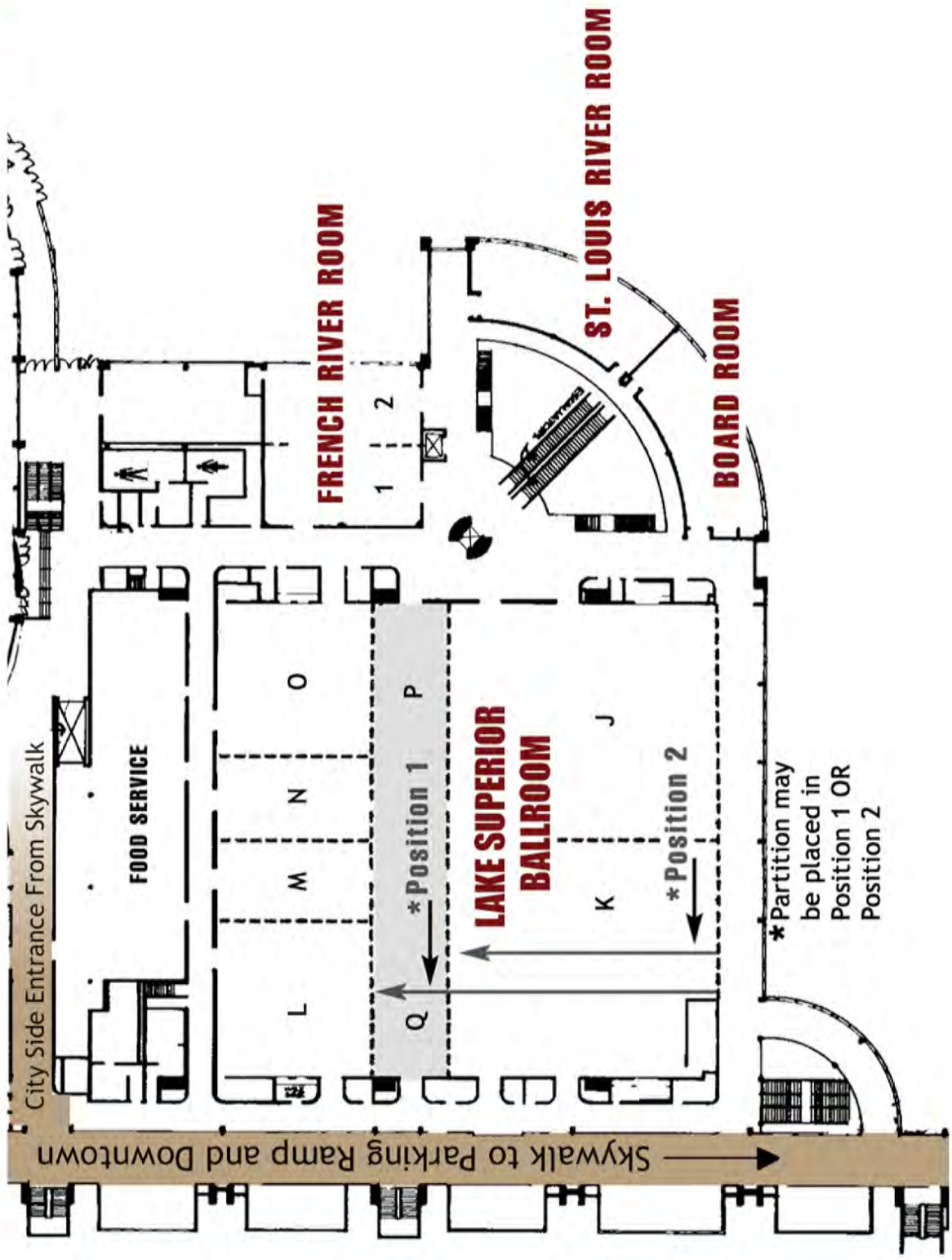


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WI-FI INSTRUCTIONS

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PASSWORD:

arrowhead

1

Connect your personal digital device to the “**AEMSA-CONFERENCE**” Wi-Fi network

2

When prompted, enter the password “**arrowhead**”

Please note: Password is case sensitive.



JOIN US IN

2025

**Arrowhead EMS Association
Conference & Expo**



SAVE THE DATE

JANUARY 15 – 19, 2025 | DECC, DULUTH, MN

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Life Link III Blood Drive



Arrowhead EMS Conference




Friday, January 19th
9:30 AM - 3:30 PM

Saturday, January 20th
9:00 AM - 3:00 PM

Blood Drive in Edmund Fitzgerald Hall


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AGENDA

AT A GLANCE

WEDNESDAY

January 17, 2024
Pre-Conference

EMT Refresher (Day 1 of 2)

Lake Superior Ballroom L,M
8:00AM – 5:00PM

Leadership Academy Refresher

St. Louis River Room
8:00AM – 5:00PM

**Special Populations SIM Training:
Beat the Reaper Challenge**

French River Room
8:00AM – 12:00PM

**Armer Radio 101: A
Hands on Approach**

Lake Superior Ballroom N, O
8:00 AM – 12:00 PM

DOT Instructor Course (Day 1 of 2)

Gooseberry Falls Room
8:00AM – 5:00PM

**Pediatric Medical & Trauma
SIM Training: (Beat the
Reaper Challenge)**

French River Room
1:00PM – 5:00PM

Self-Defense for EMS Personnel

Lake Superior Ballroom N, O
1:00PM – 5:00PM

THURSDAY

January 18, 2024
Pre-Conference

EMT Refresher (Day 2 of 2)

Lake Superior Ballroom L, M
8:00AM – 5:00PM

Financial Leadership for EMS

St. Louis River Room
8:00AM – 5:00PM

**Navigating Excellence in
Ambulance Service Management**

French River Room
8:00 AM – 5:00 PM

Self-Defense for EMS Personnel

Lake Superior Ballroom N, O
8:00AM – 12:00PM

DOT Instructor Course (Day 2 of 2)

Gooseberry Falls Room
8:00AM – 5:00PM

**Use of Point-of-Care
Ultrasound (POCUS) in the
Pre-hospital setting**

Lake Superior Ballroom N, O
1:00PM – 5:00PM



FRIDAY

January 19, 2024

Welcome and Keynote

Lake Superior Ballroom (upstairs)
8:00AM – 9:15AM

Exhibits for the Day

South Pioneer Hall
9:15AM – 11:30AM

Breakout Session 1

11:30AM – 12:30PM

Lunch for Attendees

12:30PM – 1:30PM

Human Anatomy Lab

College of St. Scholastica
(Bus Leaves: 1:45PM)
Lab: 2:15PM – 4:15PM
Back to DECC at 4:45PM

Breakout Session 2

1:30PM – 2:30PM

Breakout Session 3

2:45PM – 3:45PM

Breakout Session 4

Gooseberry Falls Room
4:00PM – 5:00PM

SATURDAY

January 20, 2024

Welcome and Keynote

Lake Superior Ballroom (upstairs)
8:00AM – 9:15AM

Exhibits for the Day

South Pioneer Hall
9:15AM – 11:30AM

Hands on Approach to Trauma Care

Lake Superior Ballroom L, M
(Limit to 45)
11:30AM-5:00PM

Breakout Session 5

11:30AM – 12:30PM

Lunch for Attendees

12:30PM – 1:30PM

Breakout Session 6

1:30PM – 2:30PM

Breakout Session 7

2:45PM – 3:45PM

Breakout Session 8

4:00PM – 5:00PM

SUNDAY

January 21, 2024

Breakout Session 9

8:00AM – 9:00AM

Breakout Session 10

9:30AM – 10:30AM

Breakout Session 11

10:45AM – 11:45AM

WEDNESDAY • JANUARY 17, 2024

7:00am - 8:00am	REGISTRATION				
	French River Room	Lake Superior Ballroom L,M	Lake Superior Ballroom N,O	Gooseberry Falls Room	St. Louis River Room
8:00am - 12:00pm Mid-Morning Break 10:00 AM	Special Populations SIM Training (Beat the Reaper Challenge) <i>Brad Zinniel Marvin Sullivan Martin Sullivan</i>	EMT Refresher (2 Full Days) <i>Lucas Goodin</i>	Armer Radio 101: A Hands on Approach <i>Dewey Johnson Marlyn Halvorson</i>	DOT Instructor Course (2 Full Days) <i>Dylan Geiger Jaymes Feil Jennifer Shea Kerry Degan Mary Welch Ron Lawler Toby Oehler</i>	Leadership Academy Refresher <i>Ben Wasmund Aaron Reinert</i>
12:00pm - 1:00pm	LUNCH				
1:00pm - 5:00pm Afternoon Break 3:00 PM	Pediatric Medical & Trauma SIM Training (Beat the Reaper Challenge) <i>Brad Zinniel Marvin Sullivan Martin Sullivan</i>	EMT Refresher (Continued) <i>Lucas Goodin</i>	Self-Defense for EMS Personnel <i>Marlyn Halvorson Scott Peterson Mike Gau</i>	DOT Instructor Course (Continued) <i>Dylan Geiger Jaymes Feil Jennifer Shea Kerry Degan Mary Welch Ron Lawler Toby Oehler</i>	Leadership Academy Refresher (Continued) <i>Ben Wasmund Aaron Reinert</i>
<i>Time Varies by Session</i>	SESSIONS END				

THURSDAY • JANUARY 18, 2024

7:00am - 8:00am	REGISTRATION				
	French River Room	Lake Superior Ballroom L,M	Lake Superior Ballroom N,O	Gooseberry Falls Room	St. Louis River Room
8:00am - 12:00pm Mid-Morning Break 10:00 AM	Navigating Excellence in Ambulance Service Management <i>Samantha Hilker Megan Mulholland Sara Rybarczyk Holly Jacobs Dr. Aaron Burnett John Fox</i>	EMT Refresher (Day 2 Continued) <i>Lucas Goodin</i>	Self-Defense for EMS Personnel <i>Marlyn Halvorson Scott Peterson Mike Gau</i>	DOT Instructor Course (Day 2 Continued) <i>Dylan Geiger Jaymes Feil Jennifer Shea Kerry Degan Mary Welch Ron Lawler Toby Oehler</i>	Financial Leadership for EMS <i>Aaron Reinert Michelle Anderson</i>
12:00pm - 1:00pm	LUNCH				
1:00pm - 5:00pm Afternoon Break 3:00 PM	Navigating Excellence in Ambulance Service Management <i>Samantha Hilker Megan Mulholland Sara Rybarczyk Holly Jacobs Dr. Aaron Burnett John Fox</i>	EMT Refresher (Continued) <i>Lucas Goodin</i>	Use of Point-of-Care Ultrasound (POCUS) in the Pre-hospital setting <i>Dr. Casey Litchke Dr. John Holst</i>	DOT Instructor Course (Continued) <i>Dylan Geiger Jaymes Feil Jennifer Shea Kerry Degan Mary Welch Ron Lawler Toby Oehler</i>	Financial Leadership for EMS (Continued) <i>Aaron Reinert Michelle Anderson</i>
<i>Time Varies by Session</i>	SESSIONS END				

FRIDAY • JANUARY 19, 2024

7:00am - 8:00am	REGISTRATION						
8:00am - 8:15am	CONFERENCE WELCOME Adam Shadiow, Executive Director, Arrowhead EMS Association						
8:15am - 9:15am	KEYNOTE: <i>No Excuses</i> David Atkins						
9:15am - 11:30am	Exhibits for the Day (Refreshment and Concession 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	College of St. Scholastica
11:30am - 12:30pm	The Case for OMI and NOMI <i>Brad Wright</i>	Evidence Based Medicine: The Myths that EMS made up and the Myths that made up EMS <i>Patrick Horan Kirstie Breneman</i>	Fun with Physiology: Let's Get Cellular <i>Bob Matoba</i>	Inside the Mind of a SPI <i>Kirk Hughes</i>	The WHY Behind the Patient, the Monitor, and Your Paramedic Partner Scrambling <i>Andrea Sjaardema Zickmund</i>	Hospital at Home: What EMS Needs to Know <i>Tia Radant</i>	
12:30pm - 1:30pm	LUNCH						
1:30pm - 2:30pm	March ahead with MARCH <i>Brad Wright</i>	Baba Yaga Comes a Calling <i>Chris Ebright</i>	Making a Difference in Chest Trauma <i>Bob Matoba</i>	Keeping Your Head Above Water When Your Patient had Drowned <i>David Brenner</i>	Little Tykes are Not Little Adults! <i>Andrea Sjaardema Zickmund</i>	The Latest Research: Community Paramedicine Prevents <i>Tia Radant</i>	Human Anatomy Lab <i>Lindsey Pacey-Allen</i>
2:30pm - 2:45pm	BREAK						
2:45pm - 3:45pm	Pre-hospital Decompression of Pneumothorax: Indications, Treatment Options and Pitfalls <i>Kristin Colling</i>	Unique Patient Sings <i>Chris Ebright</i>	Drowning, the Warm and Cold Truths of Treatment <i>Brad Zinniel</i>	Preventing Invisible Wounds- Mitigating Psychological Trauma <i>David Brenner</i>	Bizarre and Unusual Case Studies: You Can't Make this Stuff Up <i>Andrea Sjaardema Zickmund</i>	Are you Open and Willing to Accept Help?; The 31 Billion Dollar Question <i>Amy Lucht Steve Koering</i>	(Bus Leaves: 1:45PM) Lab: 2:15PM – 4:15PM Back to DECC at 4:45PM
3:45pm - 4:00pm	BREAK						
4:00pm - 5:00pm	Recruitment, Remediation, Retention <i>Brad Wright</i>	Until All the Pieces Fit <i>Chris Ebright</i>	Trauma in the Water: Recovering the Dead from the Great Lakes and Fostering Resiliency <i>Andrew Bock</i>	STEMI Case Studies and Conundrums... Lessons and Opportunities for Improvement <i>Richard Mullvain</i>	First Pass Success: Is That Good Enough? <i>Nick Eastman</i>	Social Determinants of Health- post pandemic point of view- Social Influencing <i>Pete Tanghe</i>	
5:00pm	SESSIONS END						

FRIDAY

SATURDAY • JANUARY 20, 2024

7:00am - 8:00am

REGISTRATION

8:00am - 8:15am

CONFERENCE WELCOME

Adam Shadiow, Executive Director, Arrowhead EMS Association

8:15am - 9:15am

KEYNOTE: *Finding Your Inner Super Hero* Josh Duda

9:15am - 11:30am

EXHIBITS FOR THE DAY (Refreshment and Concession 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
11:30am - 12:30pm	Sex Matters: How your care may endanger your female patients <i>Timothy Redding</i>	Hands on Approach to Trauma Care (Limited to 45) <i>Lucas Goodin Jason Dush</i>	Survivor or Statistic <i>Stevie Johnson Chuck Palme</i>	My Short Transport Times are an Hour <i>Latimer Hoke</i>	Advances in care for acute stroke and Cerebrovascular Diseases <i>Vikram Jadhav</i>	Community Paramedics and Diabetes Education <i>Aimee Zeinert</i>
12:30pm - 1:30pm	LUNCH					
1:30pm - 2:30pm	STEMI is OUT: OMI is where the cool kids hang <i>Timothy Redding</i>	Hands on Approach to Trauma Care (Continued) (Limited to 45) <i>Lucas Goodin Jason Dush</i>	When Things Get Hot-Heat Stroke <i>David Brenner</i>	We Want You Here: Retention in EMS <i>Latimer Hoke</i>	Talking to Myself <i>Holly Brodt</i>	What is Community Paramedicine, Community EMT & MIH? A look into the programs in MN. <i>Clara Kessel</i>
2:30pm - 2:45pm	BREAK					
2:45pm - 3:45pm	Ventilation 101: Better Patient care for all providers <i>Timothy Redding</i>	Hands on Approach to Trauma Care (Continued) (Limited to 45) <i>Lucas Goodin Jason Dush</i>	Calming the Troubled Waters of SCUBA Diving Emergencies <i>Brad Zinniel</i>	In Anothers Eyes <i>Chelsea Groom Jeff Nichols</i>	Moral Injury: Addressing Ambiguity, Mistakes, and Ethical Conflicts in Public Safety <i>Gwen Powell</i>	Patient Advocacy in Community Paramedicine (Case Review) <i>Clara Kessel</i>
3:45pm - 4:00pm	BREAK					
4:00pm - 5:00pm	How Can Diving Emergencies Be Helped with Hyperbaric Medicine? <i>Ryan Mueller Daniel Popa</i>	Hands on Approach to Trauma Care (Continued) (Limited to 45) <i>Lucas Goodin Jason Dush</i>	When Lightning Strikes <i>Brad Zinniel</i>	Seizures and its Mimics <i>Dr. Anu Luke</i>	Leadership at 5 Levels <i>Todd Messer</i>	Enhanced Collaboration <i>Michael Juntunen</i>
5:00pm	SESSIONS END					

SATURDAY

SUNDAY • JANUARY 21, 2024

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	Split Rock Room
8:00am - 9:00am	Navigating the Labyrinth EMS Response to Hoarding Situations <i>Amy Eisenhauer</i>	Hospice in EMS <i>Reuben Farnsworth</i>	Pediatric Preparedness: Prepare for the Worst, Succeed in the Chaos <i>Brandon Minogue</i>	Does my Happiness Matter? Why finding Personal Fulfillment is Critical to Career Success (NACMI) Registry) <i>Brett Lyle</i>	Planning to Fail <i>Sam Henne</i>	
9:00am - 9:30am	BREAK (REFRESHMENT)					
9:30am - 10:30am	Stress and Women in First Responder Roles <i>Amy Eisenhauer</i>	Lightning and Electricity <i>John Hanson</i>	F.E.A.R.-False Evidence Appearing Real <i>Carrie Manke</i>	Nobody Wants to Work Anymore <i>Brett Lyle</i>	PTSD-It's a Family Problem <i>Todd Messer</i>	Review Games (Limited to 20) <i>Reuben Farnsworth</i>
10:30am - 10:45am	BREAK					
10:45am - 11:45am	The Malicious and Monstrous Maladies of Disney <i>Amy Eisenhauer</i>	Guns and Knives <i>John Hanson</i>	State Emergency Response Teams-What They Do and How Do I Get Help! <i>Bradley Winger</i>	Footsteps <i>Jeff Nichols</i>	S.T.E.P. Up and Recommit Yourself to Excellence in EMS <i>Kirk Hughes Todd Messer</i>	Review Games (Continued) (Limited to 20) <i>Reuben Farnsworth</i>
11:45am	SESSIONS END					

SUNDAY

WEDNESDAY

JANUARY 17

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

Lake Superior N,O

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 fleet map construction.
- Demonstrate knowledge of portable operation through a hands-on exercise

Presenters: Duane Johnson
Marlyn Halvorson

EMT Refresher (2 Full Days)

8:00 AM – 5:00 PM

Lake Superior 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 moulage 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]

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 Challenge)

8:00 AM – 12:00 PM

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 patients.
- 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 Zinnel
 Marty Sullivan
 Marvin Sullivan

Department of

Transportation (DOT) EMS Instructor Course (Day 1 of 2)

8:00 AM – 5:00 PM

Gooseberry Falls Room

Description: The Department of Transportation (DOT) EMS Instructor Course is in accordance with the DOT/NHTSA 2002 National Guidelines for Education. The DOT-Instructor is intended for all individuals who provide EMS education; it is required by the EMSRB for primary instructors of EMS courses in Minnesota. This course will provide the new instructor with the knowledge and skills necessary to become an entry-level instructor but will also be engaging to expand a current instructor's toolkit.

Objectives:

- Incorporate foundational principles in instruction and classroom management.
- Provide tools and resources for the EMS instructor in the classroom and course development.
- Discuss legal and ethical issues in classroom management.
- Demonstrate assessment and debriefing techniques.

Presenters: Dylan Geiger
 Jaymes Feil
 Jennifer Shea
 Kerry Degan
 Mary Welch
 Ron Lawler
 Toby Oehler

EMS Leadership Academy Refresher

8:00 AM – 5:00 PM

St. Louis River Room

Description: This 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: Aaron Reinert
 Ben Wasmund

LUNCH

12:00 pm – 1:00 pm

Lake Superior Ballroom-Main Dining Hall

PRE-CONFERENCE SESSIONS

1:00 pm – 5:00 pm

Pediatric Medical and Trauma SIM Training (Beat the Reaper Challenge)

1:00 PM – 5:00 PM

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

1:00 PM – 5:00 PM

Lake Superior 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: Marlyn Halvorson
Scott Peterson
Mike Gau

PRE-CONFERENCE SESSIONS END

5:00 pm (Time varies by session)

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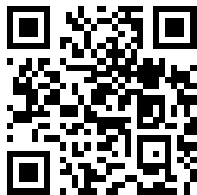
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THURSDAY

JANUARY 18

REGISTRATION

7:00 am – 8:00 am

Registration Area

PRE-CONFERENCE SESSIONS

8:00 am – 12:00 pm

EMT Refresher (Day 2 Continued)

8:00 AM – 5:00 PM

Lake Superior 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 moulage victims.

You will still be required to get your additional 20 hours of your 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]

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/MCI's [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



Self Defense for EMS Personnel

8:00 AM – 12:00 PM

Lake Superior 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
Marlyn Halvorson
Scott Peterson

Financial Leadership for EMS

8:00 AM – 5:00 PM

St. Louis River Room

Description: You do not have to be a MBA, or the organization's CFO to understand, lead, and manage an organization's finances. This session will provide an overview of usual revenue streams, expenses, and how to lead and manage both. How to create a budget, read a balance sheet, and do basic financial forecasting will all be covered using tools, techniques and resources for the non-finance person. Bring some paper, a pencil, and a calculator as this will be a roll up your sleeves hands on session.

Presenters: Aaron Reinert
Michelle Anderson

Department of Transportation (DOT) EMS Instructor Course (Day 2 of 2)

8:00 AM – 5:00 PM

Gooseberry Falls Room

Description: The Department of Transportation (DOT) EMS Instructor Course is in accordance with the DOT/NHTSA 2002 National Guidelines for Education. The DOT-Instructor is intended for all individuals who provide EMS education; it is required by the EMSRB for primary instructors of EMS courses in Minnesota. This course will provide the new instructor with the knowledge and skills necessary to become and entry-level instructor but will also be engaging to expand a current instructor's toolkit.

Objectives:

- Incorporate foundational principles in instruction and classroom management.
- Provide tools and resources for the EMS instructor in the classroom and course development.
- Discuss legal and ethical issues in classroom management.
- Demonstrate assessment and debriefing techniques.

Presenters: Dylan Geiger
Jaymes Feil
Jennifer Shea
Kerry Degan
Mary Welch
Ron Lawler
Toby Oehler

Navigating Excellence in Ambulance Service Management

8:00 AM – 5:00 PM

French River Room

Description: Calling all EMS professionals! Join us for a dynamic and interactive 1-day workshop that covers a range of critical topics essential for managing and thriving in the world of ambulance services. In this session, we will explore the following key areas:

1. **Agency Management and Financial**

Strategies: Understand the foundations of effective agency management, encompassing financial management principles specifically tailored to the ambulance services industry.

2. **Building Strong Community Relations:** Learn how to build and maintain strong ties with your community, a vital aspect of your service's reputation and success.

3. **Workforce Recruitment, Retention, and Provider Resilience:** Share your successes and challenges in workforce management, and engage in peer-to-peer learning to enhance recruitment and retention strategies, all while promoting provider resilience.

4. **Regulatory Compliance:** Navigate the complexities of regulatory compliance. We will discuss the regulatory requirements and share best practices for success along with resources and information to strengthen your service.

5. **Billing Best Practices:** Billing procedures in the ambulance services industry can be complicated! Learn about best practices from managing in-house billing teams to engaging third party billing services and what you can do to ensure your operations meet requirements and optimize financial returns.

6. **Staying Current with Industry Trends:** Stay informed and ahead of industry trends and innovations, adapting your ambulance service to remain competitive and responsive to evolving healthcare demands.

7. **Succession Planning and the Role of Professional Development:** Develop a strategic approach to succession planning, recognizing the significance of professional development in ensuring your service's long-term sustainability.

8. **Medical Direction:** Let's get real about Medical Direction. Finding an engaged Medical Director is a challenge for many services. In this interactive workshop, we will discuss challenges, best practices, and potential solutions to finding a successful medical direction relationship for your agency.

This interactive workshop provides an ideal opportunity for ambulance service professionals to collaborate, learn from one another, and gain valuable insights and strategies to drive excellence in their respective organizations. Don't miss this chance to improve your service's operations, sustainability, and community impact.

Presenters: Samantha Hilker
Megan Mulholland
Sara Rybarczyk
Holly Jacobs
Dr. Aaron Burnett
John Fox

LUNCH

12:00 pm – 1:00 pm

Lake Superior Ballroom-Main Dining Hall

PRE-CONFERENCE SESSIONS

1:00 pm – 5:00 pm

Use Of Point-of-Care Ultrasound (POCUS) In the Pre-Hospital Setting

1:00 PM – 5:00 PM

Lake Superior N,O

Description: Understanding the use of POCUS in the pre-hospital setting particularly in cardiac arrest, trauma and line placement..

Presenters: Dr. Casey Litchke
Dr. John Holst

PRE-CONFERENCE SESSIONS END

5:00 pm (Time varies by session)

FRIDAY
JANUARY 19

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:

No Excuses

8:15 AM – 9:15 AM

Lake Superior Ballroom (upstairs)

Description: “In this Keynote you will be able to recognize the excuses we all tell ourselves of why we can’t achieve a certain goal, or attain that next promotion, or make the biggest impact in our career and life. >TRANSITION YOUR MINDSET FROM SIMPLY SURVIVING TO THRIVING.

1) Having A Vision

Often, we think about what we truly want to achieve but we must have the Vision within ourselves, to live it, to breathe it, to read it and to focus on it so everything we do is in alignment with making our Vision become a reality.

2) Positive Mindset

If our mindset isn’t strong, we will constantly let life’s circumstances dictate how we respond. But when we flip that upside down, we learn that we cannot control what happens to us but we can control how we react. A positive focused Mindset is the most powerful tool for one’s success.

3) Sense of Urgency

We often talk about the things we are going to do and accomplish. We talk about starting “tomorrow” or “someday.” It’s the start that stops most people. But the fact is tomorrow not guaranteed, and success is never convenient. It will never be the perfect time to start. It’s about creating it.

Presenter: David Atkins

EXHIBITS FOR THE DAY

(Refreshment and Concession in South Pioneer Hall)

9:15 am – 11:30 am

BREAKOUT SESSION 1

11:30 am – 12:30 pm



Evidence Based Medicine: The myths that EMS made up and the myths that made up EMS.

11:30 AM – 12:30 PM

Lake Superior L,M

Description: This course covers popular trends in prehospital care starting from our inception until the present day. Looking at all the practices we performed and the realization that the EBM may not have been present and to this day may not be present.

Presenters: Kirstie Breneman
Patrick Horan

Fun with Physiology: Let's Get Cellular

11:30 AM – 12:30 PM

Lake Superior N,O

Description: There is a good chance you were taught cellular physiology in a very academic manner. This session will address cellular "action potentials" in a manner that is anything but academic. Interactive case studies will illustrate how cellular action potentials can become an intuitive concept for every level of EMS provider. More importantly, participants will understand how diseases influences cellular action potentials and outwardly reflect specific signs and symptoms in their patients.

Presenter: Bob Matoba

Inside the Mind of a SPI

11:30 AM – 12:30 PM

St. Louis River Room

Description: This presentation will discuss the scope of practice, requirements and decision process used by Specialist in Poison Information (SPI) when providing Telehealth recommendations for various tox-related cases from start to medical clearance. This is meant to be an interactive discussion forum. Cases covered will be real cases managed by the speaker and/or real or hypothetical cases from the attendees for group discussion related to management of the poisoned patient.

Presenter: Kirk Hughes

The WHY behind the patient, the monitor, and your paramedic partner scrambling!

11:30 AM – 12:30 PM

Gooseberry Falls Room

Description: This class is designed for the EMT to gain a better understanding of what cardiac rhythms make their ALS partner start to scramble on a call, and the why behind it. It will review basic critical rhythms and what they do to the body and why.

Presenter: Andrea Sjaardema Zickmund

The case for OMI and NOMI

11:30 AM – 12:30 PM

French River Room

Description: For years we have learned that a STEMI is the defining line of a heart attack. But simple ST elevation may not tell the whole story when taking care of a cardiac patient. In the presentation we will make the case to our thinking from STEMI/NSTEMI to OMI/NOMI.

Presenter: Brad Wright

Hospital at Home: What EMS Needs to Know

11:30 AM – 12:30 PM

Split Rock Room

Description: Hospital at Home programs are an innovative new care model which is developing across the country. EMS has a critically important role in successful and safe care delivery within a Hospital at Home program. Community Paramedics can provide acute care in the homes of patients who would otherwise be admitted to a physical hospital. The unique partnership between hospital medicine physicians, EMS physicians and community paramedics allows for an expanded role for EMS in this innovative care model. Come learn what a Hospital at Home program is all about and how EMS providers can and should be involved.

Presenter: Tia Radant

LUNCH

12:30 pm – 1:30 pm

Lake Superior Ballroom-Main Dining Hall

BREAKOUT SESSION 2

1:30 pm – 2:30 pm

Keeping your head above water when your patient has drowned

1:30 PM – 2:30 PM

St. Louis River Room

Description: Good care of the victim of drowning requires the most up-to-date information in an area where even the definitions have changed. Alterations in typical interventions may be needed. Further, the patient needs to go the right hospital. The latest guidelines on treating victims of drowning will be reviewed. As well, you will be provided the insight of a very experienced ocean lifeguard who has managed the scene of hundreds of drowning episodes.

Presenter: David Brenner

Little Tykes are not Little Adults!

1:30 PM – 2:30 PM

Gooseberry Falls Room

Description: Pediatric calls can make any one on EMS take a deep breath, but when that pediatric call is one involving a traumatic event, it can be downright nerve racking. This presentation will review the anatomy and injury patterns of the pediatric patient vs the adult patient, stressing that they ARE NOT LITTLE ADULTS! Hopefully with a better understanding of the pediatric anatomy and physiology, during a traumatic event, the next pediatric call will not cause as much anxiety.

Presenter: Andrea Sjaardema Zickmund

Making a Difference in Chest Trauma

1:30 PM – 2:30 PM

Lake Superior N,O

Description: **This presentation is intended to be delivered as a general session** Differentiating between major thoracic injuries can sometimes be a challenging process. An entertaining, but memorable method for approaching the scene size up will be introduced. Participants will also be provided with a simple, yet effective strategy for differentiating between tension pneumothorax, massive hemothorax, and pericardial tamponade.

Presenter: Bob Matoba

March ahead with MARCH

1:30 PM – 2:30 PM

French River Room

Description: For years we have been taught a Primary Survey contains ABC or CAB. But the time has come to think differently. Many places have started to use M.A.R.C.H. We will breakdown each of these components from a pathophysiological and treatment perspective. So, come join us as we MARCH along!

Presenter: Brad Wright

The Latest Research: Community Paramedicine Prevents Hospital Readmissions

1:30 PM – 2:30 PM

Split Rock Room

Description: Explore the latest research on community paramedicine! The role of the community paramedic continues to expand as this highly trained clinician is incorporated into various areas of healthcare. Research on the topic has been scarce, and the HealthPartners Community Paramedic program is excited to share their most recent publication demonstrating how a post-discharge community paramedic intervention can reduce ER visits and readmissions.

Presenter: Tia Radant

The Baba Yaga Comes a Calling

1:45 PM – 4:15 PM

Lake Superior L,M

Description: Two words that strike fear in anyone: John. Wick. An expert with firearms, knives, and even a pencil - when he comes for you, he is the last person you see. But how is he so efficient? What injuries does he inflict that are so fatal? The ability to manage patients with penetrating trauma is enhanced by understanding basic mechanisms of injury rendered by projectiles and hand-driven objects. This presentation will discuss anatomic disruptions, ballistics, and the traumatic mechanisms of the most fatal penetration injuries that we as EMS professionals encounter - all with the goal of optimizing patient outcome.

Presenter: Chris Ebright

Human Anatomy Lab

1:45 PM – 4:45 PM

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.

Session 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

Presenter: Lindsay Pacey-Allen
(TBT) Add Speakers?

BREAK

2:30 pm – 2:45 pm

BREAKOUT SESSION 3

2:45 pm – 3:45 pm

Bizarre and Unusual Case Studies: You can't make this stuff up

2:45 PM – 3:45 PM

Gooseberry Falls Room

Description: A review of bizarre case studies that the presenter has actually experienced that will bring to the light the importance of thinking outside of the box and not getting stuck in tunnel vision when dealing with complicated calls that are not textbook scenarios. This lecture will discuss the importance of patient assessment and prioritizing treatment plans when multiple medical and trauma issues exist together.

Presenter: Andrea Sjaardema Zickmund

Drowning, the Warm and Cold Truths of Treatment

2:45 PM – 3:45 PM

Lake Superior N,O

Description: This will be an interactive session discussing the assessment and treatment of both cold and warm water drownings. The session is designed to instill confidence and reinforce your knowledge of treating drowning victims.

Presenters: Brad Zinniel
Martin Sullivan
Marvin Sullivan

Pre-hospital Decompression Of Pneumothorax: Indications, Treatment Options and Pitfalls

2:45 PM – 3:45 PM

French River Room

Description: This session will review indications for emergency chest decompression in the field, including the pathophysiology of tension pneumothorax, signs and symptoms and the differences between a tension pneumothorax and a non-tension pneumothorax. We will discuss the options for decompression, including needle thoracostomy, finger thoracostomy and tube thoracostomy, including how to optimally perform these procedures. We will review real life deidentified cases of times that decompression was needed or not needed, and review imaging of correct and incorrect decompression treatments.

Presenter: Kristin Colling

Preventing Invisible Wounds - Mitigating Psychological Trauma

2:45 PM – 3:45 PM

St. Louis River Room

Description: Attendees will develop an understanding of the psychological trauma often inflicted on our patients. The patients we treat in the pre-hospital setting often recover from their physical injuries but may carry the psychological trauma of their experience with them forever. Attendees will learn specific interventions (the eSCAPe protocol) to use on every patient encounter that tend to mitigate this reaction. The presenter is one of the authors of the NAEMT's Psychological Trauma in EMS Patients course.

Presenter: David Brenner

Unique Patient Signs

2:45 PM – 3:45 PM

Lake Superior L,M

Description: Even experienced clinicians can be stumped when a patient presents with multiple signs and symptoms. Diagnosis and treatment are often delayed as a result, especially when these signs and symptoms don't jive with the patient's chief complaint. Interestingly, there is a subset of medical terminology known as an eponym – which is any word related to medicine, whose name is derived from a person, usually a physician. Observing these unique "signs" and understanding what they represent can help an EMS professional efficiently differentially diagnose, guide patient management, and make appropriate transport decisions.

Presenter: Chris Ebright

Are you Open and Willing to Accept Help?; The 31 Billion Dollar Question

2:45 PM – 3:45 PM

Split Rock Room

Description: The session will help define the growing problem of falls and lift assists; The impacts it has on the response system, and the work being done to reduce or eliminate the problem through a coordinated approach to community-based resources. The program will share the work the St Louis Park Fire Department in partnership with the non-profit Care Resource Connection to create a Community Health Alliance, and how that concept is expanding to other departments throughout the State of Minnesota.

Presenters: Amy Lucht
Steve Koering

BREAK

3:45 pm – 4:00 pm

BREAKOUT SESSION 4

4:00 pm – 5:00 pm

First Pass Success: Is That Good Enough?

4:00 PM – 5:00 PM

Gooseberry Falls 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.

Presenter: Nick Eastman

Recruitment, Remediation, Retention

4:00 PM – 5:00 PM

French River Room

Description: This session geared toward educators will cover how to get people into your classes, providing extra education for assist students in staying on our classes and profession.

Presenter: Brad Wright

STEMI Case Studies and Conundrums. ... Lessons and Opportunities for Improvement

4:00 PM – 5:00 PM

St. Louis River Room

Description: STEMI heart attacks remain one of the most time critical challenges that EMS is faced with. While care has gotten better, there are still plenty of opportunities for improvement. Whether you are a rookie or a savvy veteran, there is always something more to learn about optimizing care. Richard has been a STEMI leader with the Minnesota Mission:Lifeline project, and has 18 publications related to heart attack care. This will be both an entertaining and enlightening presentation that will hopefully educate and motivate you to provide better heart attack care with confidence.

Presenter: Richard Mullvain

Trauma in the Water: Recovering the Dead from the Great Lakes and Fostering Resiliency

4:00 PM – 5:00 PM

Lake Superior N,O

Description: This workshop explores issues relevant to Employee Assistance Program managers and CISM coordinators of first responder agencies. The unique role of the Coast Guard in recovering human remains from the Great Lakes region of the upper Midwest will be discussed, as well as the Coast Guard's use of Critical Incident Stress Management (CISM), its program coordination, training, and deployment of CISM peers. Pre- and Post-Search and Rescue Season trainings will be discussed for both boat crews and the command centers directing search and rescue missions, with attention to vicarious traumatization. The workshop will conclude with future directions for decreasing traumatic stress reactions in first responders, followed by discussion and questions and answers from participants. Expected audience: EAP providers, CISM coordinators and peers providing critical incident support.

Andrew delivered a version of this speech at the 2023 ICISF World Congress in Baltimore, MD and the 2022 Employee Assistance Professionals Association Institute and Expo in Norfolk, VA.

Learning Objectives:

At the end of the workshop, participants will be able to:

- 1) Identify the scope and variety of human loss in the Great Lakes each calendar year, and the agencies whose first responders recover the remains
- 2) Define the unique stressors faced by boat crews and the command centers responding to the mission of recovering a dead body from the water
- 3) Understand the Coast Guard's use of the Critical Incident Stress Management model in a geographical region containing 4,530 miles of shore line
- 4) Apply the information presented to assist evaluating what is necessary for the emotional care of first responders on the water and other settings"

Presenter: Andrew Bock

Until All the Pieces Fit

4:00 PM – 5:00 PM

Lake Superior L,M

Description: As a pre-hospital care provider, on average, you are seven times more likely to encounter a patient diagnosed with autism. It is not one condition, but rather a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and non-verbal communication. As a result, these patients can present to EMS providers with unique assessment and management challenges. This presentation will explain the autism spectrum as well as certain notable characteristics of these patients to consider when performing an assessment and rendering medical treatment.

Presenter: Chris Ebright

Social Determinants of Health- post pandemic point of view- Social Influencing

4:00 PM – 5:00 PM

Split Rock Room

Description: Community Paramedics and EMTs are daily witnesses to when the Social Determinants of Health(SDOH) play an adverse role for someone trying to be well. Therefore SDOH often has a negative connotation and can be thought of as social risks for health. Covid 19 served as a stress test for all of us and creates an opportunity to experience the SDOH, especially when it comes to access, literacy and social isolation and loneliness. The stresses on the system continue today when it comes to capacity, financial challenges and how people interact with the healthcare system. In this presentation the SDOH will be reviewed with an updated perspective that accounts for some of what was learned in the pandemic. An updated view will be presented and case made to think of the Social Determinants of Health as the Social Influencers of Health.

Presenter: Pete Tanghe

**BREAKOUT SESSIONS END
5:00 pm**



SATURDAY

JANUARY 20

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:

Finding Your Inner Superhero: A Journey of Resilience

8:15 AM – 9:15 AM

Lake Superior Ballroom

Description: What do you do when things don't go as planned? How do you respond when things get tough? Are you prepared for the unthinkable? How do you find the strength to dig deep and keep moving forward?

This session will explore a personal journey through tragedy, lessons learned, and tools used to overcome the challenges encountered. You control your own outcomes.

Objectives:

- Describe the power of goal setting.
- Identify the importance of peer support.
- Describe the importance of attitude in outcomes.

Presenter: Josh Duda

EXHIBITS FOR THE DAY

(Refreshment and Concession in
South Pioneer Hall)

9:15 am – 11:30 am

South Pioneer Hall

BREAKOUT SESSION 6

11:30 am – 12:30 am

Advances in care for acute stroke and cerebrovascular diseases

11:30 AM – 12:30 PM

Gooseberry Falls Room

Description: Stroke is one of the leading causes of morbidity and mortality. The presentation will highlight latest advances in acute treatment of stroke and cerebrovascular diseases. The best medical care is now available in Northland.

Presenter: Vikram Jadhav

"PTSD – It's a FAMILY Problem"

ALVIN J. JORDAN
Arrowhead EMS Association
Conference & Expo

PTSD
Survivor

HAWK

ARK

Hands on Approach to Trauma Care

11:30 AM – 5:00 PM

Lake Superior 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)

Presenters: Jason Dush
Lucas Goodin

My short transport times are an hour

11:30 AM – 12:30 PM

St. Louis River Room

Description: Before I moved to Northwestern Montana, I thought Northwestern Vermont was rural. I now know differently, and have a few stories and lessons to share that are actually quite reassuring about the resilience of the human body. The variety of experiences on the "frontier" are also fascinating and helpfully applicable to EMS providers everywhere: regular helicopter intercepts, dead body transports for the county coroner, evidentiary blood draws for law enforcement, horses, dirt bikes, guns, TASERs, volunteerism, hospital choice, avalanches, international border crossings, sports medicine, record setting driveway lengths, deer-slalom, 80mph speed limits, and more. These experiences offer lessons that anyone can incorporate into their EMS responses, interactions, and management practices.

Presenter: Latimer Hoke

Sex Matters: How your care may endanger your female patients

11:30 AM – 12:30 PM

French River Room

Description: Let's talk about (biological) sex (male vs female.) The history of medicine, what we know, and how we practice has mostly been led by men. Due to normal human bias, this has led to a very male-centric model of medicine. Did you know most medical research does not involve female participants, particularly including new drugs? Come learn how these biases have led to missed diagnoses and inappropriate treatment and how to avoid them while treating your next female patient

Presenter: Timothy Redding

Survivor or Statistic

11:30 AM – 12:30 PM

Lake Superior N,O

Description: Increased violence against EMS providers is causing physical and psychological harm. You will learn how to manage risk by fine-tuning your situational awareness- anticipating potential situations, quickly recognizing unsafe environments and identifying a safe exit when necessary. De-escalation in potentially dangerous situations is difficult, so you will have to tools to take back to your organization to educate and provide to your team.

Presenters: Chuck Palmer
Stevie Johnson

Community Paramedics and Diabetes Education

11:30 AM – 12:30 PM

Split Rock Room

Description: Paramedics are great at treating an acute hypoglycemic or hyperglycemic event but what do we really know about long term diabetes management? A deep dive into diabetes medications and management. Empowering Community Paramedics to provide diabetes education in a real and meaningful way in the patient's home. Case studies of real patient wins.

Presenter: Aimee Zeinert

LUNCH

12:30 pm – 1:30 pm

Lake Superior Ballroom-Main Dining Hall

BREAKOUT SESSION 7

1:30 pm – 2:30 pm

STEMI is OUT: OMI is where the cool kids hang!

1:30 PM – 2:30 PM

French River Room

Description: Since 1999, the term STEMI is how we guided our treatment and transport decisions. Twenty-three years is a LONG time without change! Best practice currently is to know when STEMI criteria isn't enough. If you want to take your 12-lead game to a new level, attend this session and learn to be a 12-lead ninja.

Presenter: Timothy Redding

Talking to Myself

1:30 PM – 2:30 PM

Gooseberry Falls Room

Description: This course will explore the importance of Positive Self-Talk and its impact on our personal and professional lives and happiness. Objectives: How Positive Self-Talk reduces stress and increases wellbeing.

Presenter: Holly Brodt

We Want You Here: Retention in EMS

1:30 PM – 2:30 PM

St. Louis River Room

Description: Recruiting people to a job, even to a volunteer job, is the “easy” part (even though it’s not easy). Keeping them is more difficult, especially in the EMS profession, which gives us PTSD and remains generally forgotten by the public and politicians. If the organization itself is unhealthy, the flow of people out the door will start to steer hopeful new people away from the organization and the profession in general. After working for and closely with over 20 emergency service organizations, I have made many observations about what keeps people, and why they leave.

Presenter: Latimer Hoke

When Things Get Hot - Heat Stroke

1:30 PM – 2:30 PM

Lake Superior N,O

Description: Heat stroke is a deadly condition brought on by hyperthermia. Prompt recognition and the right actions can make a huge difference in the outcome. This lecture includes case presentations, pathophysiology, epidemiology, assessment and treatment strategies. The continuum of care will be looked at, as well. Strategies for prevention for the public and those in emergency services will be discussed.

Presenter: David Brenner

What is Community Paramedicine, Community EMT & MIH? A look into the programs in MN

1:30 PM – 2:30 PM

Split Rock Room

Description: Taking a look at the different systems operating in Minnesota and how they are serving their communities.

Presenter: Clara Kessel

BREAK

2:30 pm – 2:45 pm

BREAKOUT SESSION 8

2:45 pm – 3:45 pm

Calming the Troubled Waters of SCUBA Diving Emergencies

2:45 PM – 3:45 PM

Lake Superior N,O

Description: Do you have a county dive team, recreational divers, or local residents that go on dive trips? If so, this course is for you. We will take a deep dive into these emergencies to instill confidence and knowledge so that you can provide a high level of care to your patients.

Presenters: Brad Zinniel
Martin Sullivan
Marvin Sullivan

In Another's Eyes

2:45 PM – 3:45 PM

St. Louis River Room

Description: Patients come and go, sometimes too fast to even remember all the details. But we as prehospital providers, or in-hospital for that matter, can leave an incredible impression in the lives of our patients. It is up to us as to what that equates to. Does that mean the patient being assessed, packaged, and processed like an Amazon special, with no human connection? Does this leave the patient uninformed, scared, and forever jaded in future healthcare interactions? Simple things that we can do with our patients' can go a long way. We have things like AIDET et al., but whether it's telling the patient he or she may have cancer, telling the wife of 65 years that her husband cannot be resuscitated, telling the family member that their loved one has died of an overdose, it's a memory that we can play an incredible role in how that will be engrained for the rest of their lives. In this talk, we will discuss simple human compassion, dignity, body signals, and speech can help make the best possibility of worst situation.

But also how we need to do a better job of looking after each other's, and strategies to do so. *Warning: Graphic Content*

Presenter: Chelsea Groom
Jeff Nichols

Moral Injury: Addressing Ambiguity, Mistakes, and Ethical Conflicts in Public Safety

2:45 PM – 3:45 PM

Gooseberry Falls Room

Description: When outside circumstances, such as protocols, poor leadership, and lack of clarity put public safety professionals into situations where they must behave in ways that are counter to their values and morals, psychological injury can occur. These injuries are common but seldom discussed in public safety, and yet contribute to the negative effects of cumulative stress and burnout. How do we cope with the reality of our own choices and the choices of others that can result in harm? How do we work through these injuries in order to function well as public safety professionals and human beings? This presentation discusses some common situations resulting in moral injury, what organizations can do to reduce it, and resources for healing after injury has occurred.

Presenter: Gwen Powell

Ventilation 101: Better patient care for all providers

2:45 PM – 3:45 PM

French River Room

Description: How good are your BVM skills? Maybe, not as good as you think. This class will discuss the assessment and management of the airway. We will cover common pitfalls in airway management and various methods and devices used to better control the patient's airway and ventilation. ***This can be a one-hour presentation or a 2-3 hour skills course. For the skills (since I am flying), I would need some airway manikins, BVM's, blankets or cushions depending on how many people attend.

Presenter: Timothy Redding

Patient Advocacy in Community Paramedicine (Case Review)

2:45 PM – 3:45 PM

Split Rock Room

Description: Understanding the importance of advocacy in patient treatments and subsequent outcomes. We will be discussing two cases. One a complex medical case resulting in a patient receiving an organ transplant. The second case involving an individual with complicated mental health and hoarding disorder.

Presenter: Clara Kessel

BREAK (REFRESHMENT)

3:45 pm – 4:00 pm

BREAKOUT SESSION 9

4:00 pm – 5:00 pm

How Can Diving Emergencies Be Helped With Hyperbaric Medicine?

4:00 PM – 5:00 PM

French River Room

Description: Dr. Daniel Popa and Certified Hyperbaric Technologist and first responder Ryan Mueller will explore different emergencies that can occur while diving. What are the potential causes of complications or even death while diving? What can first responders do to give a dive emergency patient the best shot at survival? How might hyperbaric medicine help in such situations? The answers are informative may even surprise you.

Presenters: Daniel Popa
Ryan Mueller

Leadership at 5 Levels

4:00 PM – 5:00 PM

Gooseberry Falls Room

Description: This class will examine you as a leader. John Maxwell's "5 Levels of leadership" in business apply to us in the fire/ems/law enforcement sector. We all like to be leaders in this industry, whether its a formal position or its an informal position within the ranks. We will examine the 5 levels and talk about where you fall in and ways to advance to the next level. As we all grow in our jobs, we are the ones who will take our origination to the next level. The question is, how are we going to do that.

Presenter: Todd Messer

When Lightning Strikes

4:00 PM – 5:00 PM

Lake Superior N,O

Description: MN is not a prime lightning state, but they do occur. Do you feel prepared and confident in your skills when dealing with lightning strike emergencies? If that answer is no, or kind of, then come and join us for a session that will be informative and fun, and designed to boost your confidence and skills.

Presenters: Brad Zinniel
Martin Sullivan
Marvin Sullivan

Seizures and its Mimics

4:00 PM – 5:00 PM

St. Louis River Room

Description: Will discuss seizure presentations, evaluation and management. Differentiate between true seizures and its mimics.

Objectives:

- Differentiate between seizures and its mimics.
- Identify causes of seizures Discuss options for management.

Presenter: Dr. Anu Luke

Enhanced Collaboration

4:00 PM – 5:00 PM

Split Rock Room

Description: Community paramedics can work closely with other healthcare providers, including primary care physicians and specialists, to ensure coordinated and comprehensive care for patients. How our team partnered with a world-renowned cardiovascular department to provide in home heart failure care.

Presenter: Michael Juntunen

BREAKOUT SESSIONS END
5:00 pm



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

ARROWHEAD EMS ASSOCIATION

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SUNDAY

JANUARY 21

REGISTRATION

7:00 am – 8:00 am

Registration Area

BREAKOUT SESSION 10

8:00 am – 9:00 am

Does my Happiness Matter? Why finding Personal Fulfillment is critical to Career Success to Trauma Care

8:00 AM – 9:00 AM

St. Louis River Room

Description: Burnout is one of the hottest topics in today's environment- lots of people are talking about it, but are they getting to the core of how to prevent it? In this session, you will learn how to define your true success, understand what your personal fulfillment looks like, the psychology of why it matters, and how to align those things with your career goal and ambitions. When you feel your best, you show up for the world in the best way possible- for your friends and family, your organization, and your patients. Join me in this session as we explore your personal values, skillsets, and experiences and identify how to utilize them to avoid career fatigue and burnout, and champion for yourself and your professional goals.

Presenter: Brett Lyle

Hospice in EMS

8:00 AM – 9:00 AM

Lake Superior L,M

Description: Medic 41 please respond to 911 Emergency Way for a 54 year old female with terminal breast cancer and agonal breathing. When you arrive the patient's husband tells you that he thinks his wife is dying and she has a DNR. What do you do now, why are you even here? In this course, we will talk about the complicated social dynamic that can exist with hospice patients as well as how to handle these often difficult encounters.

Objectives:

- The student will be able to list complications that can arise with hospice patients.
- The student will be able to identify methods to deal with end of life situations.
- The student will be able to explain how to provide end of life pain management
- The student will be able to list techniques used to communicate with the family in these situations.

Presenter: Reuben Farnsworth



Navigating the Labyrinth EMS Response to Hoarding Situations

8:00 AM – 9:00 AM

French River Room

Description: Reality television has popularized hoarding disorder, but what happens before the “Got Junk” people show up? This session will discuss the hoarding disorder, its associated features, and possible co-morbid diseases. Situational awareness and provider safety is of particular concern during these responses; hidden dangers in hoarded environments and appropriate PPE and resources will be examined. Planning and interaction with other agencies, particularly Hoarding Task Forces will be addressed as well.

Presenter: Amy Eisenhauer

Pediatric Preparedness: Prepare for the Worst, Succeed in the Chaos

8:00 AM – 9:00 AM

Lake Superior N,O

Description: CThe pediatric call. If there is one type of call that is dreaded and feared most by EMS providers, this would be it! Why does the pediatric call scare providers so much? These calls are what we call “High Stress, Low Frequency” incidents. Simply, we don’t see pediatric calls often. As a result, these calls push us out of our comfort zones, which, subsequently, makes us stressed. That said, how can we reduce some of the stress associated with these calls? One answer is improving our pediatric preparedness. In this presentation, we will discuss some of the stumbling blocks providers face on the pediatric call and discuss strategies to help prepare us to succeed and handle the pediatric call before it is ever dispatched.

Presenter: Brandon Minogue

Planning to Fail

8:00 AM – 9:00 AM

Gooseberry Falls Room

Description: A look at failures, how and why they happen, preventing them, and moving on.

Presenter: Sam Henne

BREAK (REFRESHMENT)

9:00 am – 10:30 am

BREAKOUT SESSION 11

9:30 am – 10:30 am

F.E.A.R. – False Evidence Appearing Real

9:30 AM – 10:30 AM

Lake Superior N,O

Description: The number of mental health patients who seek emergency medical care continues to rise. Interacting with this population can be challenging and requires a skillset beyond traditional first aid. To effectively and safely care for these individuals, first responders must be able to identify patients in crisis and develop an immediate trusting relationship with them. The emergency care provider and mental health patient both experience fear as a predominant emotion during their initial interaction. 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 during the initial encounter of a mental health patient in need of emergency care.

Presenter: Carrie Weiss

Lightning and Electricity

9:30 AM – 10:30 AM

Lake Superior L,M

Description: Safety will be a main concern of all electrical injuries. We will learn about lightning and electrical caused injuries, how we treat a Pt with such injuries and transport. Learning about the pathways of electrical current through the body will help identify a treatment plan for our Pt’s.

Objectives:

- Identify the safe handling of electrical injured Pt’s
- Learn pathways for electrical current to travel through the body
- Identify different types of Lightning injuries
- Outline treatment options for electrical injuries.

Presenter: John Hanson

Nobody wants to work anymore

9:30 AM – 10:30 AM

St. Louis River Room

Description: This session is going to change the way you think about your retention and recruiting strategies! Experience a unique coaching-approach to uncovering the solution and action plan that your specific agency needs in order to attract and retain your ideal employees. You will be given a roadmap for identifying exactly where to start and how to use your organizational brand to efficiently implement strategies. We will define the foundational necessities to writing a successful program, will walk through the mindset required for effective implementation, and you will leave with 30+ ideas and step-by-step strategies for implementing initiatives at your agency, today.

Presenter: Brett Lyle

PTSD - It's a Family Problem

9:30 AM – 10:30 AM

Gooseberry Falls Room

Description: This presentation was a hit last year and some missed it due to a full classroom. 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 will be the one to address the issue. This presentation is delivered by a husband and wife who experienced this a few years ago. I (husband) talk about the behaviors leading up to my diagnosis of PTSD, the denial that came along with it, the effect it had on my family. My wife talks about what she noticed and the struggles she faced in getting her husband the help he needed and the trails of his denial of the problem. We also address the misses that the leadership teams made in this process. In the end we both discuss where we are today, how our lives have changed because of PTSD and the successes we had with the treatment plan that was given to us.

Presenters: Kathy Messer
Todd Messer

Stress and Women in First Responder Roles

9:30 AM – 10:30 AM

French River Room

Description: The presence of increased stressors in emergency response and the need for mental wellness among first responders is becoming commonly accepted in our communities, but is there a difference between how male and female first responders experience and process these stressors? This class will include discussion on stressors unique to female first responders, mechanisms and tools female first responders use to mitigate and respond to work related stress, and tools all responders can use to mitigate workplace stress.

Presenter: Amy Eisenhauer

Review Games

9:30 AM – 11:45 AM

Split Rock Room

Description: Come on down, you're the next contestant on the EMS Challenge. We will square off in teams and go head-to-head, testing your knowledge of the stated topic. Get your competitive edge out, polish up your knowledge, stretch your thumbs, and get ready to buzz in for fun. A game show format with questions germane to the topic chosen. Designed to encourage review of basic concepts and some advanced topics in the chosen area of study. A very engaging and fun review session. (Limit 20)

Objectives:

- A fun filled review game based on the chosen topic.
- Encourages teamwork in a competitive game setting with prizes for the winners.

Presenter: Reuben Farnsworth

BREAK

10:30 am – 10:45 am

BREAKOUT SESSION 12

10:45 am – 11:45 pm

Guns and Knives

10:45 AM – 11:45 AM

Lake Superior L,M

Description: Gunshot wound, weather self-inflicted, accidental or with cause raises the hair on most EMS. Learning on the pathways of the bullets through the body will help in the decision process of treatment options. Weather it be an open evisceration, impaled object or small laceration, knives can be the cause. Learn how we can treat the Pt and get them to the appropriate care.

Objectives:

- Identify the difference between high velocity and low velocity bullets
- Recognize cause and effect of pathways thru the body of different bullets
- Treatment for gunshot wounds
- Laceration, puncture, or impaled object, treatment option differentials
- Stop the bleed!

Presenter: John Hanson

Footsteps

10:45 AM – 11:45 AM

St. Louis River Room

Description: We all entered this occupation with a vision of what EMS encompasses, but the longer we are in this wacky world of EMS, the more we realize how far we have come and how diverse it is. But we could not have gotten here if it hadn't been for those who came before us that made it possible to be where we are today. Pioneers of their time, they changed medicine and the way someone can receive medical care in the prehospital environment, like Vivien Thomas, the Mayo's, Elizabeth Blackwell, Mary Seacole, Eugene Nagel, James "Red" Duke et al.

Now, here we are with things like Balloon pumps and talking about things like prehospital ECMO and REBOA. But we are also dealing with staffing, teaching, technology, social and generational issues, such as simple social interaction and connectivity. In this talk, we will discuss not only the histology of EMS, but ways to solve modern day difficulties in communication, leadership, and training of the leaders of tomorrow. We walk in the footprints of those who walked before us, not only in human progress, but humanity (jn).

Objectives:

- Understand the histology of EMS, and the pioneers that allowed us to be where we are today.
- Discuss how current trends, different generations, and limitations, effect how we currently do our job.
- Demonstrate how with different approaches, technology, creativity, but more importantly passion will set a better future for those in prehospital medicine.

Presenter: Jeff Nichols

S.T.E.P. up and Recommit yourself to Excellence in EMS

10:45 AM – 11:45 AM

Gooseberry Falls Room

Description: This presentation encourages both new and experienced EMS personnel to commit themselves to providing excellent patient care with Service, Trust, Excellence and Professionalism (STEP). This method was developed by a large Minnesota Fire Department and provides a framework to be your best in responding to EMS calls. Are you committed to S.T.E.P'ing up and committing yourself to being the best responder you can be? Come and recharge your batteries and find out how.

Presenters: Kirk Hughes
Todd Messer

State Emergency Response Teams – What they do and how do I get help!

10:45 AM – 11:45 AM

Lake Superior N,O

Description: Providing education of the state of Minnesota's emergency response teams which includes the bomb squads, Chemical Assessment Teams, Emergency Response Teams, MN Task Force One and Two, 55th WMD CST Team, and Minnesota Air Rescue Team. These teams are available at no cost to first-responder organizations.

Presenter: Bradley Winger

The Malicious and Monstrous Maladies of Disney

10:45 AM – 11:45 AM

French River Room

Description: We are all familiar with the reels of the denizens of Disney and the trials and victories they encounter; yet their medical ailments are hidden in plain sight without notice. Both mysterious and monotonous diseases affecting the residents of the realms of Disney will be discussed from Ariel to Mary Poppins. Come join the Siren on this voyage of discovery from under the sea and beyond.

Presenter: Amy Eisenhauer

BREAKOUT SESSIONS END
11:45 am



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PRESENTERS

David Atkins

Retired New York State Police Captain

David is a retired New York State Police Captain after 22 years of service. He ran all State Police operations for the entire County of Westchester NY which averages approximately 400-500,000 911 calls a year. David was the New York State Trooper of the Year in 2003 followed by New York State Police Investigator of the Year in 2007. He moved up through the ranks during his 22 year career with the New York State Police. He went from patrol to Investigations to leading undercover units involved in Organized Crime, Auto Theft, Money Laundering and large scale drug organizations. David was also a first responder at Ground Zero on 09/11 where he spent weeks working in New York City. Additionally while working full time with the NY State Police David also built a million dollar direct sales business. Through his success both in law enforcement and business David became a Keynote Motivational Speaker presenting to groups of a few hundred people to over 20,000 people in the NFL Super Dome in New Orleans. David is currently publishing his first book The Leveled Up Life.

Michelle Anderson

Director of Administration

Michelle Anderson, BA, NREMT-B, Director of Administration. 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.

Andrew Bock

Employee Assistance Program Coordinator

Andrew Bock is the Employee Assistance Program and CISM Coordinator for the US Coast Guard Ninth District. Before accepting the position with the Coast Guard in 2017, he provided mental health services in a primary care clinic in a VA hospital in St. Petersburg, Florida. Andrew has worked with active duty service members, veterans and their dependents since 2009. A mental health counselor for the past 25 years, Andrew was previously a translator of Hungarian literature. He is married and has three daughters.

Kirstie Breneman

Interim EMS Chief

I began my journey in emergency services back in 2012 as a volunteer at my local fire department. During my time there, I discovered my passion for EMS and became an EMT in 2014. From that point on, I was completely dedicated to this field. In 2017, I proudly graduated from my paramedic program, and since then, I've taken on various roles such as field paramedic, critical care paramedic, supervisor, assistant chief, and currently, I'm serving as the Interim EMS Chief. In addition to my clinical and supervisory responsibilities, I have a strong interest in education, with my favorite topics being pediatrics, OB/GYN, and neurological emergencies (particularly stroke care).

David Brenner

Captain

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 AMLS, PHTLS, GEMS. PTEP, and Safety. He is particularly proud to be a coauthor 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.

Dr. Aaron Burnett

Emergency Medicine

Dr. Burnett practices Emergency Medicine at Regions Hospital in St. Paul, MN. He serves as an EMS Medical Director for the St. Paul Fire Dept, the largest fire based EMS agency in the state. He received his medical degree from the State University of NY at Syracuse and completed a residency in Emergency Medicine and fellowship in Prehospital Medicine at Regions Hospital in St. Paul, MN. He is board certified through the American Board of Emergency

Medicine in both Emergency Medicine and EMS. Dr. Burnett conducts research and has published peer reviewed articles on topics including cardiac arrest, paramedic student education, prehospital sedation and airway management. His term expires in January 2024.

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Kristin Colling

MD, trauma surgeon, trauma research director

Kristin Colling MD FACS is a trauma, critical care surgeon and the trauma research director at Saint Mary's Medical Center, a level 1 Trauma Center in Duluth, MN. Dr. Colling is passionate in provide patient-centered care to patients needing emergency surgery, surgical intensive care and care after traumatic injury. This includes not only providing the highest level of medical and surgical care, but also supporting the individual's overall health and recovery down the road.

In addition to her clinical care, Dr. Colling is an assistant professor with the University of Minnesota Surgery Department, and a member of the Translational Center for Resuscitative Trauma Research at the UMN. Her research focuses on rural trauma systems, including methods to improve pre-hospital care, improve equity of trauma care access, and studying special populations that are disproportionately represented in rural areas. More than 1.2 million Minnesotans live in rural communities, and rural Minnesotans are at higher risk of death due to injury compared to urban residents. Dr. Colling's research aims to improve these disparities in health outcomes in rural populations. In addition to rural injury, Dr. Colling has a special interest in improving care and patient-centered outcomes in older patients after injury or surgery.

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Kerry Degan

Deputy Chief of Education

Kerry Degen has been involved in EMS since 1993 and a Paramedic since 1997; since then, he completed his master's degree in Curriculum and Instruction and a bachelor's degree in Organizational Leadership. Throughout his career, he has been a field paramedic in rural and urban settings, manager, educator, and faculty in the college setting. He is the Deputy Chief of Education at Hennepin EMS and a Flight Paramedic with Life Link III. Kerry has had the opportunity to present at conferences and has been a representative on several local, state, and national committees.

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Josh Duda

Paramedic

Josh is a Nationally Registered Paramedic and Certified Flight Paramedic with 30 years of EMS experience. He has served for the past 20+ years as a Critical Care Flight Paramedic, Field Training Officer, & Educator. When not at work, he can also be found responding with the local sheriff's office dive & rescue team. Josh has been a dedicated safety professional and advocate his entire EMS career. He is the sole survivor of a medical helicopter crash in 2019. Josh has been an active member in the MN Towards Zero Death campaign and Child Passenger Safety programs on the state & local levels. When not serving communities, he enjoys traveling, camping, and can often be found training for a local triathlon.

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Jason Dush

EMS Manager

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.

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Nick Eastman

Education Development Coordinator

Nick got his start in EMS nearly 25 years ago when he joined his local volunteer first responder team. An excitement for learning and teaching was quickly ignited and he soon began the journey to becoming a paramedic. He first began working as a paramedic in Western Wisconsin and would spend the next 15 years as a street paramedic, field training officer, supervisor, educator, and manager. In that time, he was fortunate to gain a variety of experience and learn from the many patients, partners, and professionals he interacted with. He recently joined the team at Lakes Region EMS to focus on his passion for teaching where he greatly enjoys the culture of clinical excellence.

Chris Ebright

Lead EMS Instructor

Chris Ebright is the Lead Instructor for The University of Toledo EMS Program, where he provides all aspects of primary EMS education in-house, as well as continuing education for numerous EMS services within Toledo and Northwest Ohio. Chris has been a Nationally Registered paramedic for 29 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 17 years.

Amy Eisenhower

Principle/ Educator

Amy has more than 25 years of EMS experience having served in multiple operational, supervisory, managerial, and executive rolls in a variety of clinical and educational settings within EMS. She currently serves as an EMS program manager in New York. Amy has authored articles in several EMS trade journals and contributed to first responder texts on mental health and wellness for EMS providers. She is a nationally recognized speaker and has made presentations at a myriad of EMS and public safety conferences.

Reuben Farnsworth

President

Reuben started his career in EMS as an EMT-B on a rural volunteer service. Reuben has spent the last 20 years in the field of EMS holding numerous positions along the way. Reuben still works the truck monthly and is now most focused on developing the next generation of EMS leaders. Reuben has held positions as a Captain, Education Coordinator, Critical Care and Community Paramedic with Delta County Ambulance District; Executive Project Manager with an international expeditionary medical company, the Lead Instructor for the Paramedic program at Colorado Mesa University and the EMS Program Director at Technical College of the Rockies. Reuben is currently the Clinical/Operational Coordinator for Delta County Ambulance District, the National Director of Paramedicine for Wellness and Equity Alliance, and owns RockStar Education and Consulting which keeps him busy in his spare time, teaching all over the country on topics from CPR to Critical Care Refresher, and everything in between. You can follow Reuben and the travels of the RockStar Medic on numerous social media platforms.

Jaymes Feil

JEMT Program Coordinator

Jaymes is the EMT Program Coordinator with Sanford Health EMS Education/ North Dakota State College of Science. Jaymes started as an EMT in 2011 and currently serves as an active paramedic with Sanford Ambulance in Fargo and a member of their Peer Assistance Crisis Team (PACT). Jaymes enjoys teaching AHA and NAEMT courses as well as serving on the MCI team. In addition to his responsibility for all

aspects of EMT education, Jaymes is a principle implementor of the federal Substance Abuse & Mental Health Services Agency rural EMS training program, in which he spearheads training across a tristate rural area.

John Fox

Paramedic

John Fox has over 25 years of EMS experience including positions in direct patient care, supervisory, leadership, and education. Much of John's EMS experience has been in the rural setting. He has worked in ground 911 / Interfacility Critical Care, Aeromedical, and Fire Based organizations. In addition to clinical practice, he is involved in a number of regional committees and task forces including the Rural EMS Sustainability joint workgroup of the EMSRB / Minnesota Department of Health / Minnesota Ambulance Association.

Mike Gau

Certified Master Instructor

Certified Master Instructor 20 yrs experience Tae Kwon Do Hapkido Instructor, Womens Self Defence, Itasca Comm Col. Mother/Teen Self Defense United States Marine Corps Recruit Special Training. Representing Northland Tae Kwon Do.

Dylan Geiger

Educator - Paramedic Clinical Coordinator

Dylan Geiger started his career in EMS in 2010 as a volunteer EMT in rural Wisconsin. During that time, he was also going to school to become a paramedic and graduated in 2013. He then moved to Oklahoma City, OK to work for EMSA. During his time at EMSA, he was a preceptor and FTO.

While at EMSA he gained a lot of experience and honed his skills as a new paramedic. When he felt the need to move closer to home, he started to look at other high volume EMS agencies and applied to Hennepin EMS. Dylan started his career at HEMS in 2016 and worked as an operation paramedic until 2021 when he transitioned to the EMS Education department. Since 2021 he has served as the Clinical Coordinator for the HHS Paramedic Program.

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Chelsea Groom

Flight Paramedic

Chelsea was born and raised in Northeast Ohio, a graduate of Kent State University with a bachelor's degree in Integrated Health Science, focusing on Exercise Science and Psychology. While in school, Chelsea was employed by 440 Performance as a strength and conditioning coach. Her role was to assist and advise youth, pre- professional, and professional athletes in proper strength and conditioning regimes. She also volunteered as an EMT at Hudson Emergency Medical Services.

Her continued hands-on experience, education and passion for medical healthcare paved the way for a position at Akron Children's Hospital, Showers Family Center for Childhood Cancer and Blood Disorders. Realizing her talent and dedication, ACH funded her Paramedic education.

At ACH, Chelsea saw firsthand the impact that a Life Flight Paramedic can have on the outcome of patient care. This quickly became her dream job. After countless work hours and several upwardly progressing career opportunities, Chelsea's mantra of "Never let go of the dream" brought her to her present position.

Chelsea is now a Flight Paramedic for Guardian Flight. Favorite quote: "Never tell me the odds." -Han Solo.

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Lucas Goodin

Fire Chief / Emergency Management Director

Lucas Goodin, NRP, ED is the Fire Chief for the Cromwell-Wright Fire and Ambulance District with 23 years' experience working in the pre-hospital setting. He has taught for Hibbing Community College/ Advanced Minnesota since 2001. As well as working in the Emergency Department at Community Memorial Hospital in Cloquet, MN for the past 16 years and is now the Director of Safety and Emergency Preparedness for CMH. He also teaches with the CALS Program national and internationally. He is the CEO of MED STAR Education providing customized training throughout Minnesota.

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Matthew Hagan

Founder/Presenter

Matt Hagan is from Oregon and is a 24 year law enforcement veteran. After a particularly horrific investigation as a detective, his life began to spiral out of control. He stepped up and sought help. He was diagnosed with P.T.S.D., Major Depressive Disorder and Anxiety. He's now made it his mission to break down the stigma of asking for help.

In his spare time he enjoys outdoor activities from white-water rafting to hunting and paddle boarding. He is the proud father of a 7 year old boy and 10 year old girl. He also has a podcast with his best friend, where they talk about mental health in a very real and raw, but humorous format.

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Marlyn Halvorson

Emergency Management Director

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).

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John Hanson

Vice President

John Hansen started EMS in 1989 with Granville fire and Rescue as a first responder. The following year he passed EMT training and continued that until 2003 when he received his Iowa Paramedic. In 2017 John tested out and got his National registry Paramedic. He loves teaching classes and has spoke at many local, regional and national conferences. Nowadays John works EMS for Remsen and Granville Ambulances along with being on Granville Fire. He has been teaching for over 30 years of CPR and EMS classes. John farms full time in NW Iowa along with his wife Rahkel, son Andy and daughter in law Sarah. They raise cattle and hogs along with trucking livestock whenever time permits. Hunting and fishing are some of his hobbies along with eating a good steak!

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Samatha Hilker

Director of Strategic Initiatives for the American Ambulance Association

Samantha Hilker is a seasoned professional in the Emergency Medical Services (EMS) field, currently serving as the Director of Strategic Initiatives for the American Ambulance Association. Samantha has dedicated herself to advancing the standards and impact of EMS for over 15 years. Armed with a Master's degree in Organizational Leadership, Samantha brings a unique blend of academic insight and practical experience to her role. As a licensed paramedic, she has not only demonstrated her commitment to the well-being of others but has also excelled in the dynamic and high-pressure environment of emergency response. Samantha's expertise extends beyond traditional paramedic duties. She has actively contributed to the improvement of EMS quality, specializing in project management and implementation. In a rapidly evolving field like EMS, Samantha Hilker is a dynamic professional, dedicated to the ongoing enhancement of emergency medical services and the betterment of the communities they serve.

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Sam Henne

Instructor

Sam is a critical care flight paramedic originally from Pennsylvania but currently resides in northern Minnesota. Having started his EMS career in 2009, he's gained prehospital medical experience in various settings from urban streets to aeromedical to wilderness EMS and overseas contracts. He is also the founder of Mind Over Medic, and teaches Human Factors to medical professionals.

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Latimer Hoke

Advanced EMT

As an Advanced EMT and EMS instructor, Latimer Hoke has worked in rural EMS for 14 years, working for and/or closely with dozens of emergency service organizations in Vermont and Montana, as well as in Canada. These experiences involve volunteer and career EMS agencies, fire departments, law enforcement, emergency communications, ski patrol, and search and rescue. He has managed supply ordering, served as training officer, and written policies for many workplaces. In addition to EMS, Latimer holds a B.S. in Secondary English Education, a M.Ed. in Education Leadership, and Senior Alpine certification with the National Ski Patrol.

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Dr. John Holst

Doctor

Dr. John M Holst DO, RDMS, RDCS, FACEP is the Point-of-Care Ultrasound (POCUS) Director for Essentia Health. His passion for ultrasound was developed early on in his medical career while in the military. LCDR Holst worked as a Naval Flight Surgeon from 2004-2009. He was stationed overseas with the First Marine Aircraft Wing where he first learned and developed his passion for ultrasound in austere environments. After leaving active military service, he decided to continue his medical training in emergency medicine at Johns Hopkins in Baltimore for residency and also completed his dedicated year- long ultrasound training. His wife, a Duluthian, brought him and his twin girls to Minnesota to establish a POCUS program at Essentia Health over 10 years ago. Dr. Holst continues his mission to spread POCUS through Essentia Health's 14

hospitals and 72 clinics, and teaches regularly at University Minnesota-Duluth Medical School. Dr. Holst is always looking to expand POCUS knowledge of interested medical providers.

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Patrick Horan

Training Officer

I began my career in 2005. I am currently the Training Coordinator for Wakefield EMS (Lancaster County, PA) as well as an educator for local Paramedic programs and even a field paramedic on the few days I am not in a classroom. In my time I have found myself in a myriad of roles but the role I find the most rewarding is of course in education.

Delivering the highest quality content and helping others become the best clinician they can is what motivates me every day.

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Kirk Hughes

Education Director/Poison Specialist

S.T.E.P. up and Recommit yourself to Excellence in EMS | Jan 21 | 10:45 am

Kirk and Todd have involved with Fire/EMS for over 50 years combined in many roles and agencies including: Brooklyn Park Fire, Fridley Fire, Lexington Fire, Metro Transit Police Dispatch and Poison Control.

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Holly Jacobs

Specialist / EMS

Holly has been an EMS Specialist with the EMSRB for 14 years. Prior to working on the regulatory side of EMS, Holly was the manager of a rural ambulance services in Southeast Minnesota. Her experience in ambulance management, led to a successful EMS in Schools program,

and building stronger community relations for sustainable services. Holly enjoys caring out the mission of the EMSRB through both regulation and support of the EMS system.

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Vikram Jadhav

Medical Director of Stroke and Interventional Neurology

Interventional and Vascular Neurologist at Essentia Health East.

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Dewey Johnson

Emergency Operations Manager

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 Fon du lac Tribal and community college.

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Stevie Johnson

Operations Supervisor/Paramedic

I have worked for Mayo Clinic Ambulance for almost 18 years. I have held many roles including FTO, paramedic student preceptor, internal and external education instructor, operations supervisor as well as paramedic and community paramedic.

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Michael Juntunen

Coordinator of Community Paramedicine

Mayo Clinic Ambulance Service

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Clara Kessel

Paramedic, Community Paramedic

I presently reside in Robbinsdale MN. and have dedicated my professional life to prehospital emergency care proudly serving communities in New York City, rural North Dakota and throughout the state of Minnesota. I have taken my passion for patient care and advocacy and continue to utilize it in the field of Community Paramedicine. I am currently completing my MBA in Healthcare Administration to assist in the continued development and recognition of this important work.

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Steve Koering

Fire Chief

Chief Koering is a 34-year veteran of the fire and EMS service. Koering has earned degrees in Fire Administration and Emergency Management. The department is widely engaged throughout the community on issues of wellness and improved health, care coordination, community risk reduction and resiliency. The St Louis Park Fire Department has adopted mobile integrated healthcare by partnering with Care Resource Connection to form its Community Health Alliance. This alliance develops programs that reduce 911 utilization by connecting patients to a broad base of community-based resources through a structured care coordination model. Chief Koering is a member of the Minnesota State Fire Chiefs, Women in Fire International, the International Association of

Fire Chiefs (IAFC) EMS Section, and a former member of the IAFC Affordable Care Act Taskforce, and an Executive Board member for Career and College Readiness at St Louis Park Schools.

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Ron Lawler

Director of Learning and Development

Ron has had a diverse career. He has worked in the military, retail, manufacturing, and service industries. He became involved in EMS in the 1990s at F-M Ambulance Service (now Sanford Ambulance) in Fargo, ND where serves as the Director of Learning and Development. Ron is a board member of the North Dakota EMS Association, is governor appointed to the ND EMS Advisory Committee, where he serves as the education subcommittee chair and the EMS for Children subcommittee Co-Chair. He is an elected board member for the National Association of EMS Educators (NAEMSE) and is also on the Board for the Commission on Accreditation for Prehospital Continuing Education (CAPCE). Ron volunteers as a site visit captain for the Committee on Accreditation of Educational Programs for the Emergency Medical Services Professions (CoAEMSP) and serves on several workgroups with the National Registry of EMTs (NREMT). He has visited Ghana on several occasions to provide train-the-trainer education to their National Ambulance Service. Ron is married with 5 grown children but 2 cats at home.

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Dr. Casey Litchke

Doctor

Dr. Casey Litchke is the POCUS Director for EH Emergency Departments. He developed a passion for POCUS early in his medical career during clinicals. He was interested in POCUS due to the ability to improve his bedside diagnostic evaluation, rapidity and portability of POCUS, and the many uses in EM. He always envisioned that it would make him a better physician and he can confidently say it has done exactly that. In medical school he was able to do a rotation at HCMC, using the Sonosite, and start to learn POCUS applications in the ED. From there his interest continued into EM residency in Chicago which had its own U/S fellowship. During residency he was able to bring a Sonosite for a month to Brasil to teach and help with patient evaluations on the inpatient side. This was a very rewarding experience. He was involved in several POCUS related projects during his residency and into his EM U/S fellowship which he also did in Chicago. He has worked at EH from over 7 years now and has been involved with POCUS projects alongside Dr. Holst. He continues to teach POCUS regularly to a wide variety of students and continues to try to expand on his own POCUS knowledge and skills.

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Amy Lucht

CEO

Amy has worked in the healthcare field for over 30 years and has always had a passion for helping others and being the voice of her patients and those in need of care. Leading many initiatives with process improvements including Fall Risk Prevention Workgroup, Post Hospital Safe Discharges and Preventative Care Workgroup. The groups fall risk programs and cancer screenings with CMS were awarded at the highest state level for quality care initiatives. Every provider,

co-worker and patient will attest to Amy's commitment to quality patient care and compassion for the community members that reached far beyond the clinic walls. And because of that passion, she found the gaps within the healthcare system, and founded a nonprofit to bridge the gaps with a patient centered focus.

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Dr. Anu Luke

MD

Dr. Luke is a consultant at Mayo Clinic, department of Emergency Medicine and Chair of the Division of prehospital care. Dr. Luke has been in medical direction of Mayo Clinic Ambulance in some capacity since 2014 and Medical Director of the EMT and paramedic training programs.

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Brett Lyle

Founder

Brett began her coaching career in 2014, with a health and wellness focus, while concurrently serving the Emergency Medical Service industry in Business Development, Public Relations, and Social Media roles. Identifying an industry gap and client need, she launched Brett Lyle Coaching and established personal and professional development programs in 2018; since then, she has done career coaching at multiple conferences, has led virtual workshops and events, hosted healthcare industry renowned leaders on her own podcast called #EmergentLeadership, and supported 120+ professionals in 1:1 Career Success Strategy Sessions. Brett works with business professionals and organizations to define goals, execute on strategic plans, and watch them realize their successes, related to branding, leadership growth and development, networking, and storytelling.

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Bob Matoba

Associate Professor

Bob Matoba, M.Ed., EMT-P, has made it his mission to educate clinicians, rather than technicians. Bob's career has spanned almost every aspect of the EMS profession, first as an EMT and paramedic for private ambulance companies, EMS coordinator for medical oversight, EMS system consultation in the private and public sector, all the way to the EMS Chief for a metropolitan fire department. He strives to provide education that has relevance while improving the clinical practice of his participants. Bob has had the privilege to speak at many EMS conferences throughout the nation, and has been a monthly columnist for EMS1.com, as well as a featured and contributing author for EMS World Magazine and JEMS.

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Kathy Messer

CMA/NREMT

Allina Health

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Todd Messer

Fire Inspector

I have been in the fire/ems service for 33 years. During my time, I have served in several leadership positions. I have been a mentor, a field training officer, instructor (classroom and live burn), department training officer, sr. firefighter, Lieutenant, Captain, investigator, inspector and a conference presenter both locally and statewide. Leadership has been a very important aspect in my work and I wish to share it with others.

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Brandon Minogue

Paramedic, NRP, PECC

Brandon Minogue is a Nationally Registered Paramedic, with 15 years of EMS experience serving Clinton, Essex, and Warren counties of New York. Working for the University of Vermont Health Network, in Plattsburgh, NY, and serving as the agency's Pediatric Emergency Care Coordinator, Brandon speaks on pediatric issues, including pediatric safe transport, pediatric preparedness, and child abuse recognition. Brandon has a passion for improving EMS, including first responder mental health, safe lifting and moving, and scene safety. Currently, Brandon is working towards a BS in Biomedical Sciences from SUNY Plattsburgh, working in EMS, and dedicated to helping educate fellow EMS providers.

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Ryan Mueller

Certified Hyperbaric Technologist

I am a Certified Hyperbaric Technologist at Hennepin County Medical Center, a Level 1 trauma hospital. I am a local Twin Cities Firefighter/EMT. I am a first-responder and also work with paramedics in their ALS ambulances. I have been involved with Hyperbaric Medicine for over 4 years and love the practice. I am encouraged by the progress I have seen in patients and love to educate others in healthcare about the benefits of this treatment.

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Megan Mulholland

Marketing and Communications

Megan is a dedicated marketing and communications leader who wants to help an organization live their mission and their values by supporting their

marketing and communication goals. She is a creative strategic thinker with a passion for storytelling, public relations, crisis communications, media relations, social media, and public speaking. She loves networking in the community, listening to and taking with people about what they do and care about. That is vital tactic in promoting an organization's value, story and impact. Megan loves to smile, meeting people and learning about their wants, needs, challenges and successes is invigorating. She is passionate about crisis communications and enjoy being a public information officer. She gives back and want to help those on the front lines especially - EMS, fire, police, healthcare, government and others - be comfortable with communicating during a crisis. She also helps small and medium businesses create a crisis response plan. She is a mother, traveler, and explorer and love to talk with people. She also enjoys networking, and helping others, especially if we talk over a cup of coffee.

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Richard Mullvain

STEMI Program Manager & Clinical Pharmacist

Richard is a clinical pharmacist specialized in Cardiology, and is the STEMI Program Manager for Essentia Health, in Duluth, MN. He has worked at Essentia for 30 years. He is a well known educator throughout the Northland, and was the Co-Chair of the AHA Minnesota Mission Lifeline Project. He has 18 publications related to heart attack care. He also has a fishing problem...

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Jeff Nichols

Regional Clinical Practices Educator-
Midwest Region / Flight Paramedic

Jeff Nichols is a Critical Care/ Flight Paramedic with Guardian Flight/GMR, formerly working for the Mayo Clinic and also North Memorial Health/ EMS as a Critical Care Paramedic. Jeff Nichols entered the world of EMS as an EMR/FF in his local Fire Department. He then went onto earn his EMT-Basic, EMT-Intermediate, Paramedic, Critical Care Paramedic, and then Flight Paramedic. He also earned his Neonatal/pediatric Critical Care certification at Johns Hopkins/ UMBC in Baltimore Maryland. Jeff has been an FTO and educator at all levels of EMS, from EMR to Flight Medicine. He is currently serving in Clinical Leadership with his shop at Guardian Flight, as the Midwest Clinical Practice Educator. Jeff has a passion for gaining knowledge, FOAM-Ed, supporting his peers both clinically and with PTSD/mental awareness, as well as mentoring the next generation of prehospital providers.

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Toby Oehler

Educator - Paramedic Lab Coordinator

Toby Oehler is the Paramedic Program Lab Coordinator for Hennepin EMS Education in Minneapolis MN. Over the past 24 years in Fire and EMS, Toby has held various education positions as an Assistant Instructor for the Woodbury Public Safety Department EMT Academy, EMS Lab Assistant at Inver Hills Community College, and Education Specialist with M Health Fairview EMS. Toby is a Nationally Registered Paramedic, IBSC Certified FP-C, as well as a NAEMSE Level 1 Instructor and DOT EMS Instructor.

Lindsay Pacey-Allen

Director of Anatomy Labs

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

Chuck Palmer

Base Manager - Operations

Been in EMS since 2001 working for a small rural volunteer service in Iowa. In 2005 transitioned to a Pediatric/ Neonatal Critical Care Ground/Rotor Wing/Fixed Wing Team in Kansas City. There I served as an EMT, Fleet Coordinator and Safety Officer. In 2017 I transitioned into my current role as the Base Manager of Operational Resources at LifeFlight Eagle in Kansas City, MO.

Scott Peterson

Master

I have been involved in martial arts for 35 years, have conducted numerous self defense courses, was previously certified as a PPCT (pressure point control tactics) instructor, and have instructed classes for Marine and National Guard recruits. Please let me know if you need any further information.

Dan Popa

MD

Dr. Daniel Popa, MD is an undersea & hyperbaric medicine specialist in Minneapolis, MN. He graduated from University of California at San Diego. He currently practices at Hennepin Healthcare and the University of Minnesota Medical Center.

Gwen Powell

Chaplain

Gwen Powell is an ordained episcopal priest and board certified professional chaplain who has been working with Allina EMS since 2020. Gwen's role at Allina is to provide emotional and spiritual support to employees, particularly after critical incidents, and to provide proactive

education to equip employees to better cope with the chronic and acute stress of EMS. Prior to working for Allina, she provided spiritual care to patients and staff on the adolescent behavioral health units at the M Health Fairview University of Minnesota Medical Center. Gwen graduated from Valparaiso University with a degree in psychology in 2008 and earned her Master of Science in Psychology from Kansas State University in 2010. She earned her Master of Divinity degree from Luther Seminary in St. Paul, MN in 2014. As a mental health chaplain, Gwen believes it is vital to care for the whole person: mind, body, and spirit, and hopes that through education, advocacy, and compassionate care she can help public safety professionals live and work in healthy, sustainable, and life-giving ways.

Tia Radant

Director of Community Paramedicine

Tia Radant, MS, NRP Tia Radant is the Director of HealthPartners Hospital@ Home and Community Paramedicine programs in Minnesota. Tia joined HealthPartners in 2014, since then she has developed a thriving community paramedicine program to address the post-acute needs of our patient population and has achieved national recognition for her work in the Acute Care at Home space. Tia has worked as a paramedic for urban

and suburban 9-1-1 EMS services in the Twin Cities metro area and has over 25 years' experience in EMS, leadership and education. Tia is a Nationally Registered Paramedic and holds a Master of Science degree in Experiential Education from Minnesota State University Mankato.

Timothy Redding

CEO

Mr. Redding is the founding President and Owner of Emergency Education Consultants, a firm that strives to improve patient care through quality, current education and best-practice. Tim has been in EMS since 1992 and a Paramedic/Instructor since 1996. He holds multiple credentials and certifications and is an Instructor Coordinator for the states of Massachusetts and New Hampshire. He is a regular speaker across the US who has also presented internationally in Guyana, Guatemala, Ireland and Australia.

Tim is a two-time Ironman and a Boston Marathon finisher.

Aarron Reinert

Executive Director and Chief of EMS

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 30 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. Aaron'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 as well as serving as President for the American Ambulance Association.

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Sara Rybarczyk

Ambulance Director

Lake City Ambulance

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Jennifer Shea

Education Supervisor

Jennifer Shea has worked for Regions Hospital Emergency Medical Services for 23 years, starting as an instructor and serving in various roles. She is now the Education Supervisor. With a mix of EMS clinical experience and an education background, Jennifer oversees the development of innovative education driven by clinical quality metrics (of said student population.) She has participated in clinical research, including the ResQ Trial cardiac arrest study. Jennifer earned a Masters of Business Administration in Healthcare Administration from Columbia Southern University and a Bachelor of Arts from Metropolitan State University in Adult Training and Development.

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Andrea Sjaardema Zickmund

FP-C, NRP/FF, Critical Care Educator Coordinator

Andrea Sjaardema Zickmund FP-C/NREMT-P/FF has been working in EMS for 18 yrs. She has worked at every level from EMT through Flight

Paramedic. She is known as the black cloud in all the busy 911 systems she has worked, as a lead paramedic. She has been teaching in EMS programs since 2007. She has worked in the helicopter and fixed wing environment, and she currently works for Franciscan EMS as the Critical Care EMS Educator and critical care paramedic on the ground service. She also works for Laporte County EMS as a Paramedic. She owns her own CPR instruction business and is an expert content author for Vector Solutions, building online learning courses. Andrea has a passion for teaching and working as a paramedic.

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Martin Sullivan

Educator

I have been an EMT for 20 years. Starting on a volunteer service and now for the last 5 years working Fulltime as an EMT. I have been working in EMS education for the last 12 years starting with the South Central MN EMS and currently working with Medical and Safety Resources. I also coordinate medical for several BMX tracks in the state of MN.

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Marvin Sullivan

Educator

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 10 +years.

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John Tafolla

Presenter

John has been a law enforcement officer for 26 years at the state, county, and federal levels, working in several states. He is also an EMT. He has been a peer support member for 21 years and is trained in

critical incident stress management. Additionally, John has volunteered in the community on a crisis line, as a domestic violence/sexual assault advocate, and as a hospital patient companion.

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Pete Tanghe

Medical Director

Pete is the Chief Medical Director with North Memorial Health Ambulance Services. His work includes operational support of North Memorial's Air Care, Community Paramedics, Emergency Dispatch and Ground Ambulance Services. He is board certified in Emergency Medicine and Emergency Medical Systems. His clinical work includes attending at a Level 1 trauma center and Community and Rural Critical Access Hospitals. As an EMS physician he provides in person and telemedicine care with the 911, interfacility and Community Paramedic team. His role allows him to see a broad spectrum of how people experience a variety of issues in diverse situations and settings. He appreciates working with a team to solve complex problems and care for others. He is a current Bloomberg Fellow at Johns Hopkins School of Public Health focusing on the topic of addiction and overdose.

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Ben Wasmund

Director of Operations

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.

Carrie Weiss

Owner

Dr. Carrie Manke is a published author, national speaker, life coach, and advanced practice nurse. She spent the majority of her career in the Emergency Department and also worked as a Sexual Assault Nurse Examiner. Dr. Carrie obtained her Doctor of Nursing Practice degree from the University of Minnesota in 2017 and worked as an ED Clinical Nurse Specialist. Her most recognized work includes implementing the first mobile ECMO program in Minnesota, significantly reducing falls throughout the hospital, increasing staff engagement, and implementing a multi-hospital suicide-risk assessment tool. Furthermore, she fearlessly imparts her personal and professional insights on subjects such as sexual assault, mental health, and PTSD, leveraging her status as a renowned national speaker with a special emphasis on addressing the unique challenges confronted by first responders.

Mary Welch

Battalion Chief of Education

Mary Welch began her career in EMS in 2011 and has been involved in EMS Education since 2017. Mary has a bachelor's degree from the University of Minnesota and has spent the majority of her EMS career at Hennepin EMS, a large urban service located in Minneapolis. Mary's current position is Battalion Chief of Education at Hennepin EMS and Paramedic Program Director for the Hennepin Healthcare Paramedic Program.

Bradley Winger

Assistant State Emergency Response Teams Coordinator

Under the Minnesota Department of Public Safety, oversee, coordinate, and respond as an SME to incidents that require any state team response. This includes Minnesota's 4 Bomb Squads, 11 Hazardous Material Response Teams, Minnesota's Air Rescue Team, 55th Weapons of Mass Destruction Civil Support Team, and Minnesota's Task Force 1 & 2 Structural Collapse Teams (USAR). Works directly with the FBI on investigations of any WMD responses—National Registered Paramedics with knowledge of CBRNE medicine and AHLS Toxicological Paramedic Instructor Certification. Brad has been a Hazardous Materials Specialist for the past ten years.

He has worked casually as a paramedic for Northfield EMS for the past eight years. Before joining SFMD, Brad worked in various roles at Minnesota Homeland Security and Emergency Management. He retired from the Savage Fire Department in January of 2021 after 20 years of service.

Brad Wright

EMS Program Director/Faculty

Brad is the EMS Program Director and Faculty for the EMS Program at Anoka Technical College. Brad has been in EMS for over 30 years with most of those as a paramedic. Brad has worked in rural, suburban, and urban areas within MN.

Aimee Zeinert

Community Paramedic

Working in EMS for about 20 years. Starting as a first responder and volunteer EMS on a super rural service, became a paramedic in 2009 and Critical Care Paramedic in 2012 and now Community Paramedic in 2019. I am passionate about diabetes care and the lifelong impacts we can have on patient's overall health and wellbeing.

Brad Zinniel

Educator

Calming the Troubled Waters of SCUBA Diving Emergencies | Jan 20 | 2:45 pm

When Lightning Strikes | Jan 20 | 4:00 pm

Brad has 32 years of experience in EMS, first as an EMS provide for multiple agencies. He has 27 years as a Paramedic, 16 years as a tactical medic, and 32 years of education experience. He owns and has been the primary educator for Medical & Safety Resources, an EMS training center, since 1998. Brad has also been involved with the South Central EMS Region, in various capacities since 1991. Brad is also the Director of Operations for MJM Medical Direction.

NOTES

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

NOTES

This image shows a full page of blank, lined paper. It features approximately 28 horizontal ruling lines spaced evenly across the page, typical of standard notebook paper. The lines are thin and light gray or blue. There is no handwriting, printed text, or other markings on the page.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

CLAIMING CONTINUING EDUCATION CREDITS?

WHAT YOU NEED TO DO

- 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
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2025

**Arrowhead EMS Association
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