



S.C.F.R. Reporter

Shenandoah County Department of Fire & Rescue Quarterly Publication

Volume 1, Issue 2

September 2015

Special points of interest:

- EMT/Patient meet
- Firefighter Academy
- 2015 World Police & Fire Games
- Virginia Fire Officer Academy
- Significant Saves
- Note from the Chief

Inside this issue:

- EMT/Patient meet 1
- Info on Heart Attacks 1
- Firefighter Academy 2
- 2015 World Police & Fire Games 2
- Virginia Fire Officer Academy 3
- 15 Years of Service 3
- Significant Saves /Calls 4
- Note from the Chief 4

Too Young to Have a Heart Attack? Think Again!



Pictured: Beverly Violett-Mathias and Lt. Jordan Highland

On November 19, 2013, at 12:22 pm, Beverly, then age 39, started to have crushing chest pains and numbness in her left arm and jaw. She was home alone and scared; she called 9-1-1 and providers responded to her house in just a few minutes.

The crew that responded was Lt. Jordan Highland (Paramedic) and Sarah Gough (EMT-Enhanced), both with Shenandoah County Department of Fire & Rescue working out of Strasburg that day. A Strasburg Volunteer Rescue Squad member, David Hupp (Paramedic), also responded in his private vehicle to help out.

On scene, Lt. Highland could tell the severity of what was going on, remained calm, and kept Beverly calm. Lt. Highland and FF Gough transported Beverly to Winchester Medical Center. On the way there, Lt. Highland performed another 12 lead, started an IV, gave a variety of medicines, and took great care of Beverly, keeping her calm and informed of what was going on. Once at the hospital, she was taken straight to the Cath Lab, which was activated following Beverly's 12 lead transmission and Lt. Highland's communication to the ER.

While talking to Beverly about this life changing day, this is what she had to say: "Jordan I cannot say enough good things about. I certainly did not fit protocol for what was going on but he didn't take the situation anything less than serious just because I was in good shape and too young for what was happening. He made me feel comfortable and I knew I was in great hands. I remained in critical condition until 10 AM the following morning until all the pieces of the clot had dissolved, so pain management was difficult due to the allergies to typical pain medicines I have. They ended up using what Jordan had used in the ambulance since that seemed to work well. This is another example of him really taking all things into consideration because I told Jordan that certain pain meds made me severely ill."

Beverly is doing great now, and cannot express how grateful she is to Jordan, Sarah, and David for all they did to help her. Jordan stated that it is great to see patients that have positive outcomes. Chief Streett said, "This is another great example of what is possible when great quality patient care, great crew dynamics, great training, and attention to detail all come together." Great job everyone!

Some Signs and Symptoms of a Heart Attack

Not all heart attacks are sudden and intense. Most start slowly with mild chest or upper body discomfort. Women are more likely to experience certain symptoms (nausea/vomiting, back pain, jaw pain, etc.) than men. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain. There can also be discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach. Shortness of breath with or without chest discomfort. Other signs may include breaking out in a cold sweat, nausea or lightheadedness. For more information please visit: <http://www.heart.org/HEARTORG/> and click on "warning signs". And as always, if you are unsure if you should call 9-1-1 or not, just call! We are here to help you, and it is better to be safe than sorry.

Firefighter I & II Academy

On July 3, 2015, 14 members of this year's Firefighter I and II Academy transitioned from recruits to firefighters as part of a graduation ceremony held at the Charter House School in Edinburg, Virginia. This ceremony served as the capstone event of 6 month training program that offered certification opportunities at the Firefighter I and II level, Hazardous Materials Operations level, Mayday Firefighter Down Awareness level, Swift Water Rescue Awareness level, and LP Gas Emergencies. The total amount of hours dedicated to this academy exceeded 250 hours of classroom and hands on instruction.

Special awards were presented to the following personnel:

Firefighter I High Achievement Award – Firefighter Shane Taylor

Firefighter II High Achievement Award – Firefighter Jeremy Sine

Spark Plug Award – Firefighter Aaron Pattie

Outstanding Instructor Award – Michael Gochenour

Several agencies were awarded Agency Support awards for various contributions to this year's FF I and II Academy and a special plaque for instructor excellence was presented on behalf of this year's graduating class to Lt. Richard Funkhouser. A DVD slideshow of photographs taken throughout the six months of instruction was shown to showcase the various topic areas and practical exercises.

“ This event marks a turning point in the next generation of firefighters to serve Shenandoah County and surrounding localities. It should serve as a reflection point along the journey of your fire service career and not a destination point . Your learning and experience as firefighters has just begun,” said Deputy Chief Bill Streett who coordinated this year's academy and served as master of ceremonies for the graduation.



Pictured from left to right: Aaron Pattie, of the Woodstock Fire Dept., receives the 2015 Spark Plug Award from Deputy Chief Streett, Fire & Rescue Chief Gary Yew, and Fire Marshal David Ferguson.
Photo Credit: Renee Good of Firehouse Photography

FF Kane Medals in Women's Rugby in 2015 World Police and Fire Games

Fire Fighter/EMT-B Robyn Kane, with Shenandoah County Fire & Rescue participated in the 2015 World Police and Fire Games in Fairfax, VA on June 30th and July 1st. USA Women's Rugby Team played 5 games over 2 days, and her team placed 3rd earning a bronze medal. For more information on this event, or to see other pictures of the teams that participated, please visit: <http://fairfax2015.com/>. They have picture galleries from all the events.



Virginia Fire Officer Academy

The Virginia Fire Officer Academy is held 2 weeks a year with a total of 40 students each week and is held at the University of Richmond. The academy provides leadership training that is second to none that carries the message of "Safety Through Leadership." It is designed for company officers by company officers. The staff is made up of graduates of previous academies.

Throughout the week the fire and rescue leaders from all over the state are taught ways to handle tough situations and how to take care of themselves and their crews, not only physically but also mentally. Crews work together in several team building exercises and workout every morning before classes. "The Academy provides fire and emergency service professionals a comprehensive certificate program designed to provide the key skills and techniques of exemplary leadership necessary to enhance firefighter safety and to advance a culture of leadership through ownership and safety in today's fire and emergency services." (From their website: <http://vfca.us/index.php>).

This year, two of our newly promoted Lieutenant's attended this academy. Lieutenant Ralph Crabill went the first week, and Lieutenant Jordan Highland went the second week. They both gained so much useful knowledge to bring to their new positions here at SCFR.

Lieutenant Crabill was quoted as saying: "The highlight of the week is the graduation ceremony that was held in the Cannon Memorial Chapel. Our class, the class of 2015-1 will be forever known as the class of 'firsts'. This was an awesome experience and I gained a lot of knowledge. I gained at least 39 new friends and hope to be able to go back and be a part of the staff one day." Lieutenant Highland said: "It was truly a life and career changing experience."



Left to right: Deputy Chief Bill Streett, Lt. Ralph Crabill, Fire & Rescue Chief Gary Yew, Deputy Chief Tim Williams.



Pictured are Lieutenant Jordan Highland and Deputy Chief Bill Streett.

SCFR's Service Assistant Receives Certificate of Appreciation



On June 9th, Shenandoah County Department of Fire & Rescue's own Service Assistant, Shannon Walters, was presented with a certificate of appreciation from Board of Supervisor Chairman David Ferguson for her 15 years of service with Shenandoah County. We appreciate all that Shannon does for SCFR. Thank you Shannon for all of your hard work and dedication!

Significant Saves/Events/Call Volume for April-August 2015

One of the big things that really get to our providers is when they know for a fact that they saved someone's life. Not all calls are like what you see on TV or in the movies, but some are. Here is a brief listing of the significant saves and events for April to August, 2015.

April 6-Heart attack victim was unresponsive, the 12 lead showed a Myocardial Infarction and the patient coded 2 minutes prior the arrival at the ER. The Lucas Device was used and the patient regained a pulse and was admitted to the ICU.

April 12-A significant sink hole developed on I-81 NB 284MM closing the interstate overnight through Monday afternoon.

May 3-Patient with severe neck wound into the airway. Bleeding was managed/slowed and airway kept open until transfer of care to the ER.

May 5-Patient fell, when EMS got there the patient was in cardiac arrest. EMS got a pulse back before arriving to the ER and the patient was flown to NOVA.

May 21-Patient fell, when EMS arrived the patient was in cardiac arrest. EMS got pulse back before arriving to the ER.

June 23-Patient with chest pains, 12 lead showed having a heart attack, taken to ER and straight to Cath-lab upon arrival to the ER.

June 29-Patient fell 70 feet, flown to UVA.

July 13-Flash flooding in certain parts of Shenandoah County.

August 8-Route 11 Yard Crawl.

August 13-Patient with chest pains, 12 lead confirmed heart attack, Cath-lab notified. Patient taken to Cath-lab upon arrival and blockage was removed.

August 13-Patient was found unresponsive. Patient in critical condition, ER alerted to have respiratory waiting for EMS arrival.

August 22-Injured Hiker at Elizabeth Furnace Campground, needed extensive amount of resources for the 9 hour event.

August 27-Structure Fire at Skyline Paintball, Strasburg.

Shenandoah County Call Volume (Career and Volunteer):

April: 616 May: 725 June : 640 July: 733 Aug : 633

Note from Chief Yew

Living in Mayberry

I have always been a huge fan of the Andy Griffith Show; attracted not only by the talented cast and the life's lessons portrayed in just about every episode but the lifestyle the residents of Mayberry lived and the personal values they exhibited. I have told many that if I lived anywhere else it would be Mayberry; then an event occurred that reminded me that I do. Early Monday morning July 13th, severe flooding wreaked havoc in Central Shenandoah County; many roadways blocked, damage to residential, business and agriculture facilities along with people displaced from their homes. What I was so fortunate to witness was those personal values portrayed by residents of Mayberry exhibited by the residents of our Community. Motorist that exhibited patience and caution when they encountered roadways blocked by water, first responders working to ensure the safety of our community and lessen the impact of the flood waters, public employees clearing debris and opening roadways, others inspecting damage to determine if the structure will be safe to occupy after the water recedes; all displaying much pride in their community. Countless times I saw neighbors helping neighbors; truly demonstrating that they care. Many of the fine values depicted by the citizens of Mayberry I saw displayed by our community and it was certainly reality and not TV.

Many times over the 8 year run of the Andy Griffith show, Andy expressed his pride in serving Mayberry and reminded us of the good people that live in that community. I too take much pride in serving the County and there is no doubt the County is full of good people.

