



Abington Health

Abington Memorial Hospital
Lansdale Hospital



EMS MESSENGER

MAY 2014

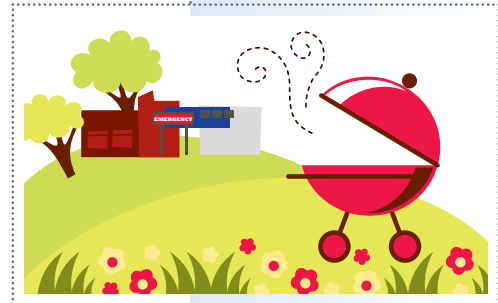
MAY IS STROKE MONTH

Facts about Stroke:

- About 795,000 Americans each year suffer stroke
- Stroke is the fourth leading cause of death in the U.S.
- About 87% of all strokes are Ischemic - caused by a blockage in the blood vessels to the brain
- About 13% are Hemorrhagic - caused by burst or leaking blood vessels in the brain
- 37% of all Americans cannot accurately identify even one warning sign for stroke
- TIAs are "warning strokes" that can happen before a major stroke
- TIAs occur when blood flow through a brain artery is briefly blocked or reduced
- 80% of all strokes can be prevented with healthy behaviors
- Long-term effects of a stroke may be minimized with immediate treatment
- More people are surviving and beating stroke

Remember F.A.S.T.

- **Face Drooping:** Does one side of the face droop or is it numb? Ask the person to smile. Does one arm drift downward?
- **Arm Weakness:** Is one arm weak or numb? Ask the person to raise both arms.
- **Speech Difficulty:** Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?
- **Time to call 911:** If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.



Celebrate EMS week
at Lansdale Hospital

Join us for our annual EMS Barbecue

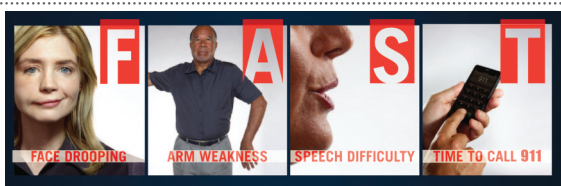
TIME: 11:30 AM – 1:30 PM

DATE: Thursday, May 22

LOCATION: Volunteer Medical Service Corp.
175 Medical Campus Drive
Lansdale

RSVP: Susan, 215-361-4402

All EMS, Police and Fire personnel are welcome!



For more information about stroke and the advanced care at Lansdale Hospital and Abington Memorial Hospital, visit our website, www.abingtonhealth.org/stroke. The F.A.S.T. mobile application is available at www.strokeassociation.org or the iTunes Store.

Joint Commission Stroke Survey at LH

As we approach our upcoming TJC stroke survey, we are grateful for the effective collaboration we have with our EMS team members. Patients often arrive with a blood sugar documented, an IV in place, and labs drawn for timely processing. Ideally, we are communicating via command call to determine the time that the patient was last known normal and to activate our Code Stroke prior to the patient's arrival to ensure prompt assessment and subsequent treatment of all stroke patients. We have begun to fill out and distribute Code Stroke Tracker forms to EMS crews to provide feedback regarding stroke patients' outcomes. Finally, we have had consistent attendance and support from EMS leadership at our monthly stroke committee meetings and for our upcoming disease specific TJC survey. Only through effective teamwork and communication can we continually strive for improvements in the care of our stroke patients, and we are thankful for the role that you all play in this process.



MAY IS ALSO TRAUMA INJURY PREVENTION MONTH

Join Abington Health in our effort end distracted driving



Distracted driving is any activity that could divert a person's attention away from the primary task of driving. All distractions endanger driver, passenger, and bystander safety. These types of distractions include:

- Texting
- Using a cell phone or smartphone
- Eating and drinking
- Talking to passengers
- Grooming
- Reading, including maps
- Using a navigation system
- Watching a video
- Adjusting a radio, CD player, or MP3 player

Because text messaging requires visual, manual, and cognitive attention, it is by far the most alarming distraction. If you don't already think distracted driving is a safety problem, please take a moment to learn more and please share these facts with others.

Key Facts and Statistics

- In 2011, 3,331 people were killed in crashes involving a distracted driver, compared to 3,267 in 2010. An additional 387,000 were injured in motor vehicle crashes involving a distracted driver, compared to 416,000 in 2010.
- Sending or receiving a text takes a driver's eyes from the road for an average of 4.6 seconds, the equivalent-at 55 mph-of driving the length of an entire football field, blind.
- In 2011, 10% of crash injuries were reported as caused by distractions.
- As of December 2012, 171.3 billion text messages were sent in the US every month.
- 11% of drivers under age 20 involved in fatal crashes were reported as distracted at the time of the crash. This age group has the largest proportion of drivers who were distracted.
- For drivers 15-19 years old involved in fatal crashes, 21 percent of the drivers were distracted by the use of cell phones.
- At any given moment across America, approximately 660,000 drivers are using cell phones or manipulating electronic devices while driving, a number that has held steady since 2010.
- Engaging in visual-manual subtasks (such as reaching for a phone, dialing and texting) associated with the use of hand-held phones and other portable devices increased the risk of getting into a crash by three times.
- Headset cell phone use is not substantially safer than hand-held use.
- A quarter of teens respond to a text message once or more every time they drive. And, 20 percent of teens and 10 percent of parents admit that they have extended multi-message text conversations while driving.



ABINGTON HEALTH STUDY

Volunteers at various locations surrounding Abington Memorial Hospital and Lansdale Hospital from April 1-5, 2014 reported a high level of distracted driving.

- Total cars observed: 5,847
- Total cars with distracted drivers: 1,154

CONCLUSION: 20%, or one in five drivers is distracted.

Criteria for distracted driving included, texting, talking, reading, eating, loud music, reaching for something, using navigation or grooming.

Montgomery County has one of the highest incidences for texting while driving in Pennsylvania.

Abington Health's "Distracted Driving Campaign" kicks off during the week of May 19. Information will be available in both Abington Memorial Hospital and Lansdale Hospital cafeterias. For information or to volunteer, please call Christine McKeever, 215-481-8148.

