



THE HEMS DISPATCH



We had 15 new paramedic trainees graduate on July 26 from our program, which offers full-time employment to EMTs as they obtain their paramedic certification. With all our innovative pipeline programs at HEMS, our top priority is to train our students to be best-in-class paramedics and EMTs. Another goal is to ease staff shortages and improve diversity by making EMS careers more accessible to more people. This recent class was no exception, and we're so proud to see these smart, capable and diverse graduates hitting the streets!

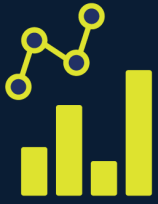
One of our graduates, Infinity Beatty-Metcalfe, had a particularly moving story. She is a 29-year-old BIPOC woman, mother of two, and cancer survivor (see photo on page 5). Her inspiring story was covered by both KSTP and the Star Tribune, and then reprinted in a variety of other outlets including EMS 1.

We thank her for her bravery in sharing her story and hope it inspires others to pursue careers in EMS. A goal for us with our staff is to reflect the communities we serve and with programs like Pathways, Talent Garden and our Paramedic Trainee program, we're getting much closer.

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BY THE NUMBERS

Though the 4th of July had significantly fewer fireworks this year due to the inclement weather, it still resulted in **six patients** admitted to our Hennepin Healthcare burn unit. The burn unit saw patients from **3 years old to 71 years old**. One incident was the result of an errant firework from a neighboring building that caught the victim's clothes on fire. The other cases were using the fireworks or standing next to someone using them.



Those in our PSA community might not be aware that Hennepin Healthcare is the top destination in Minnesota for burn victims, and they are flown to our hospital from across the state. Our burn unit is **16,000-square-foot** and one of the busiest burn centers in the nation – we treat an average of **12 inpatients per day** and **20+ patients per day** in the clinic. On the 4th of July specifically, it's common for patients to need to see a specialized hand surgeon who rotates among area hospitals.

Burn accidents are especially painful and heartbreaking, but we're thankful to offer our patients the best possible resources for a strong recovery.



HEMS

IN THE COMMUNITY



Our staff covered a variety of events this month, including the Excelsior Fireworks (which were changed last minute to 7/3 due to weather), the Urban Wildland Half Marathon in Richfield and Raspberry Days in Hopkins. Our Water Rescue Medics continue to be out on Lake Minnetonka on the weekends and holidays providing expert, lifesaving care to boaters.

Photo courtesy of ERV Photography



HEMS

STAFF SPOTLIGHT



Congrats to Paramedic Program Lab Coordinator Toby Oehler, who completed the EMS Memorial Bike Ride earlier this summer. The National EMS Memorial Bike Ride, Inc. honors Emergency Medical Services personnel by organizing and implementing long-distance cycling events that memorialize and celebrate the lives of those who serve every day, those who have become sick or injured while performing their duties, and those who have died in the line of duty. This is Toby's seventh time participating in the ride – he has been a rider, and also volunteered as support staff in the past. This year he rode for three different honorees:

- Andrew Cutting, a paramedic with Skokie Fire Department;
- Michael John Higgins, a firefighter/paramedic with Grayslake Fire Department;
- Lastly, he rode for Robert Lee Pearson, a firefighter/paramedic with Pafford EMS.

Congrats, Toby, for completing the ride. And thank you for your dedication to EMS.



Recently, eight Hennepin EMS paramedics stepped up to join the Tech Rescue Medic program. As part of their initial training, they completed a Rope Rescue Technician course. Thanks to these individuals for their dedication to always being ready for anything and everything.



HEMS IN THE NEWS

Summer safety reminders for hot, outdoor events

Hennepin Emergency Medical Services is often on site to provide medical response at large special events, such as sports games and concerts, of which there are many during the summer months. While we're always just a phone call away to respond to any emergency, we'd most like to prevent the need for emergency response at outdoor events in the first place. Whether you're at a small neighborhood barbecue or a large music festival, here are a few reminders we can all use to help keep safe this summer.

Stay hydrated

The summer heat and humidity can sneak up on anyone and turn dangerous. Staying hydrated can help stay



NICK SIMPSON
Guest Columnist

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ahead of it. If you know you'll be at an outdoor event, start increasing your water intake well beforehand and continue drinking water throughout it, even if you don't feel thirsty. Salty foods or beverages with electrolytes can help your body hold onto that hydration, too. And remember that while alcoholic beverages can seem refreshing at a concert or barbecue, they're not hydrating. Pairing alco-

hol with a hot day can quickly become a one-two punch.

Keep cool

Take advantage of cooler spaces available at events, whether it's misting stations, cooling areas with fans or simply seeking out shade. Take breaks from the heat often, and even consider leaving an event earlier than planned if the heat and humidity are relentless.

Monitor for signs of heat-related illness – Heat-related illnesses are considered medical emergencies. Young children and the elderly are two of the most at-risk groups, but it can happen to anyone. Symptoms include skin that is hot, red, dry or

See [Simpson, Page 5](#)

Our EMS Medical Director, Dr. Nick Simpson, authored an article on summer safety reminders for outdoor events ahead of Independence Day. His article ran in all the local Sun Newspapers. Some of his tips included:

- Staying hydrated in extreme heat
- Keeping food safe at outdoor gatherings (hot food hot and cold food cold)
- Using caution with fireworks
- Paying close attention to weather, especially lightning



HEMS COLLABORATION



Earlier this month, the Metro Region EMS System invited EMS agencies to the first "Collaborate with Cake" event. It was a great time to come together, outside of a critical incident, and proactively talk about how we can better coordinate our efforts in an emergency. Hennepin EMS hosted the first event, which brought EMS agency leaders from across the metro.



HEMS

SUCCESS STORIES

Our ongoing mission to keep our community healthy inspired our Water Patrol team partnership with the Hennepin County Sheriff's Office, where we provide EMS service on Lake Minnetonka. After a busy Fourth of July holiday, the HEMS team received these notes of gratitude from Hennepin County Sheriff Dawanna Witt and Lieutenant Rick Rehman. We're always at the ready to serve our community and are honored to partner with the Hennepin County Sheriff's Office for this unique service.



I want to express my sincere appreciation for your assistance in planning and executing an appropriate response to medical emergencies over the Fourth of July weekend on Lake Minnetonka. Your staff did an outstanding job and were a valuable part of our operation.



Please pass along our gratitude to your staff who worked with us on Wednesday through Sunday over this long Fourth of July weekend. Although we did not have any major medical emergencies this year, your presence was greatly appreciated.



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