



## Head-On Collision in Mendon Township

Recently on September 18th this year, 22-year-old Andria Clark-Jaquays was involved in a head-on collision in Mendon Township on Silver Street/Michigan Avenue around 10:15 a.m. Both cars were travelling near 55 mph and both had significant front-end damage. The scene was littered with debris from impact.

Andria was protected by her seatbelt and airbags during the accident, but had a short loss of consciousness after the accident. Mendon Fire and Rescue and LifeCare EMS arrived on scene, and Air Care was called to assist. Upon our arrival, extrication was still in progress and Andria's legs were pinned fast in the driver's seat. She was in pain and bone was protruding from her right knee. The crew also noted angulation of the left femur. Flight nurses Paul Mazurek and Matt Heffelfinger, along with Dr. Michael Sullivan, D.O., started an IV and administered the medication Ketamine to ease Andria's pain so she could be removed from the car. Ketamine offers both sedation and analgesia (pain control) all in one medication. Reduced doses are recommended for patients in shock.

Andria continued to breathe on her own while she was immobilized and extricated



from the car. Her left leg was realigned in anatomic position which improved circulation. All this she tolerated well and has no recollection of, thanks to titration of Ketamine.

The crew gave Andria intravenous fluids and Fentanyl for pain for the remainder of the flight to Bronson, turning over care to Dr. Kraatz and the ER staff. Although Andria was talking to the Air Care nurses and ER staff, she does not remember the accident at all or her flight to Bronson. She does remember her mother crying

over her in the Bronson Trauma Care Unit. Andria had significant injuries, especially on her left side. In addition to her concussion, she had bilateral broken kneecaps, a left ankle fracture, a left elbow fracture and a left femur broken in two places. To make matters worse, Andria had sustained a Grade III laceration to her spleen and required two units of blood. She also had a broken rib and a small pneumothorax. Andria underwent surgery for four hours that first day and ten hours the next to repair her injuries.

Despite her significant injuries, Andria tolerated her procedures well, recovered, and has returned home. Andria came to West Michigan Air Care on October 21st to see her flight nurses again and was surprised to learn she had been awake and talking with them during her flight, since she has no recall of the experience now.

Andria says she is starting to walk again and will be working with physical therapy for a while. We are happy to know Andria is doing so well!



Rescue workers free Andria from the wreckage. Although she complained of pain at the time of the accident, prompting the Air Care team to give her Ketamine, she has no recall of the accident today. (Scene photos courtesy of Steve Hostetler)



Now feeling better, Andria returns to meet her flight nurses "for the first time."



Photo courtesy of Vince Soo

## Air Care's Annual Conference is Another Big Hit!

Air Care's Fall Conference keeps getting better each year, according to the evaluations. This year, EMS and nursing participants filled the Borgess LEC auditorium on Saturday, October 4th, and heard topics on pediatrics, obstetrics, trauma, and more, all by outstanding presenters. The day was capped off by a joint presentation by Bronson trauma surgeon Dr. Sheldon Maltz, M.D., who provided a case review followed by a moving presentation by the case review subject himself, Scott Fedor, MBA (see Patient/Speaker Highlight.)

Air Care has provided this day-long conference to EMS, nursing and other health care providers for many years, bringing a range of

speakers and topics and much-needed credits. Our Fall Conference is always held the first Saturday in October with food and drinks and special prizes provided all day by Air Care. The conference is a great opportunity to network and catch up with colleagues and acquaintances, in addition to learning from outstanding experts. Seven nursing credits, seven EMS credits and four critical care paramedic credits were provided at the conference. With all these credits, food, and prizes, our Fall Conference was a bargain at only \$45.

Remember, our conference is always the first Saturday in October. Mark your calendars now for Saturday, October 3rd, 2015!

## Patient/Speaker Highlight: Scott Fedor, MBA

Scott Fedor's presentation at our Fall Conference October 4th was entitled "What's in Your Bucket?"

You could have heard a pin drop as he spoke to the crowd. Scott recounted his accident, his thoughts before nearly drowning, his brushes with death and delirium in the ICU, and his set-backs as well as amazing leaps forward in recent years. Many local health care providers assisted in Scott's tenuous recovery after a diving accident left him quadriplegic 5 years ago. During Scott's return visit in October of this year, he stopped in at our West Michigan Air Care base and at Bronson's Trauma Care Unit. All were delighted to see Scott. He has far exceeded the expected limitations of his spinal cord injury and is moving on with an active life.

These days, Scott is an inspiring advocate for spinal injury patients via his blog and involvement in multiple non-profit organizations. Scott

also maintains his health and fitness through consistent physical therapy workouts. And in addition to nurses, he has a monkey to help him out!

Scott is the founder of [gettingbackup.org](http://gettingbackup.org) which seeks to help those living with a spinal cord injury by improving the quality of their life today. The focus is on providing goods and services which can help make a difference in someone's immediate situation. The non-profit organization provides qualified and selected individuals with funding for the purchase of adaptable products and participation in exercise-based recovery programs. Read stories of the recipients or how to donate at [www.gettingbackup.org](http://www.gettingbackup.org).

How else can you keep up with Scott? Read his blog at [www.scottwfedor.com](http://www.scottwfedor.com) or follow him on Facebook (Scott W. Fedor.) Scott is also an advocate for others with spinal cord injuries on the Adversity to Advocate Alliance at [www.a2alliance.org](http://www.a2alliance.org).



Pictured at left with Scott are flight nurses Paul Rigby and Sara Sturgeon. Pictured at right with Scott are Bronson Trauma Care nurses Sally Kirchoff, Linda Woggerman, Jeff Martin



Scott is pictured here with his mother, Bobbi Fedor, standing behind him, and Dr. Maltz at far left, along with the Air Care medical crew that flew Scott to Bronson. (L to R) Sara Sturgeon, Kevin Ferguson, and Dawn Johnston. (photo courtesy Mark Parren)

# Don't Lose Your Head:

## “Do Not Approach The Helicopter When Rotor Blades Are Turning.”

Never walk toward the Air Care helicopter when the rotor blades are turning. No one has clearance to do this. We can't say this enough.

We appreciate everyone's assistance on scene and at hospitals, however helistop managers, LZ coordinators, and other assisting personnel have to be more vigilant about this issue. You must have the utmost respect for an active helicopter. When the aircraft is shutting down, that means the rotor blades are even *closer* to the ground, putting unwary approaching personnel in grave danger.

**Q:** Who is responsible for controlling access around the helicopter on scene or at hospital heliports?

**A:** The LZ coordinator on scene and the designated helistop manager at the hospital control access.  
Do not allow ANY personnel to approach the aircraft while rotors are turning.

**Q:** Is it safe to approach the helicopter when the blades are slowing down?

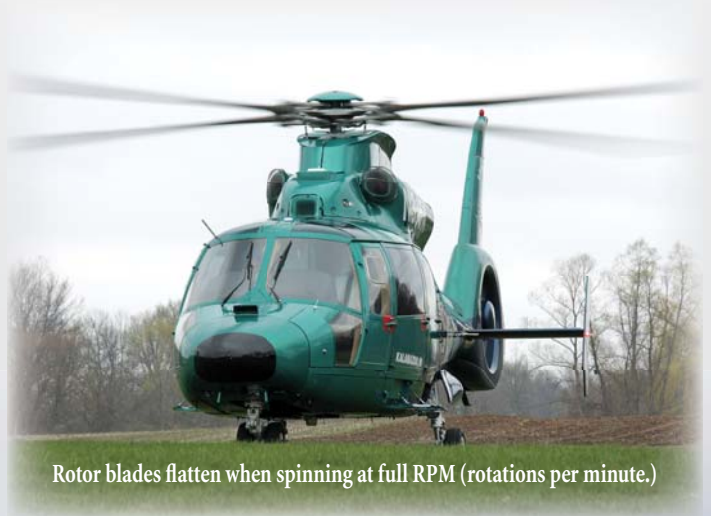
**A:** No! Slowing rotor blades mean they are even CLOSER to the ground!

**Q:** The rotor blades look too high to hurt me. Is that true?

**A:** No! Wind can pitch the blades lower on one side, as can several other factors. Injuries and fatalities have been known to occur.



Rotor blades are lower to the ground when slowly spinning or at rest.



Rotor blades flatten when spinning at full RPM (rotations per minute.)



Rotor blades curve upward (a.k.a. “cone”) at take-off.

# Taking Care of Your Helipad – Calling all Helistop Managers!

Here's a handy checklist to ensure your helipad is safe for everyone—even in winter.

## Landscaping

- » Only small, hardy bushes trimmed below 4 feet tall.
- » No mulch or loose gravel. The helicopter generates high winds and can send these airborne causing injury to nearby personnel and damaging adjacent structures.
- » No loose grass or leaves. Initially, these are blown clear by the rotors, but circulating rotor wash can cause this debris to be ingested into the engines.

## Snow and Ice Removal

- » Snow removal should be timely after snowfall because you never know when a helicopter will be coming.
- » Clear the helipad of snow to create an area of 100' x 100'. Do not pile snow around helipad.
- » Keep walkways clear for stretchers.
- » Warning: the aircraft may spin or slide on ice. De-ice the pad with Quickthaw or other non-corrosive product (use salt as an absolute last resort.)
- » De-icing products do not work at temperatures < 8 degrees F. With this in mind, do not allow tenacious build-up of snow and ice. Be consistent about helipad care in winter.

## Always Scan the Area

- » Check for loose debris in adjacent parking lots and in nearby truck beds.
- » Close dumpsters and secure loose materials from nearby construction projects.
- » Keep yourself and all others clear during takeoff and landing. High wind speeds can scatter frozen debris and create “wind chill” temperatures.
- » Watch for pets, children, and others who may enter the LZ unaware.

Find electronic copies of AirWaves at our website: [www.AirCare.org](http://www.AirCare.org)

Please email comments to AirWaves Editor and Flight Nurse Dawn Johnston at [dmjohnston@aircare.org](mailto:dmjohnston@aircare.org).



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