

NCEMSF NEWS

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"The past twenty years have created a solid foundation for campus EMS to flourish...our collective continued success is reliant on your ongoing participation"

Message from the President

Dr. George J. Koenig, Jr., NCEMSF President

NCEMSF will celebrate its 20th anniversary this year! While much has changed over the past 20 years, much has remained the same.

NCEMSF was founded on the principle of creating a communication network. In 1993, the Internet was in its infancy and communication was primitive via text based listservs. A listserv essentially was a group email list - every time someone posted on the list, an email was generated. There was a listserv for EMS, but the participants on that list trivialized campus EMS. It was not difficult to create a listserv, the challenge was finding other campus groups and letting them know about it. The concept of search engines also was only beginning.

A monumental effort was made by several students at Georgetown. They mailed a letter to nearly every college campus searching for campus based EMS groups. You can surmise the number of letters that never reached their intended recipients - Imagine if you tried to send a letter to your EMS group randomly addressed to Student Life or Public Safety; it would have to be opened by someone who recognized your group who then took the time to forward the letter to you.

Their efforts resulted in approximately 90 campus EMS providers from 20 organizations convening in Washington, DC during the spring of 1993 to discuss campus based EMS. The following year, NCEMSF was founded. Campus EMS finally had a dedicated listserv to discuss campus EMS without the scrutiny and critics of the EMS community at large. Shortly thereafter, we created a website to further promote campus EMS.

NCEMSF became a communication hub for campus EMS. We created a searchable comprehensive database that allowed organizations to enter and share information about their groups. It enabled campus based EMS organizations to find and contact similarly structured and geographically located groups. As we developed our communication network, we continued the idea of meeting annually. Our

conference has grown to over 1000 attendees and rivals the educational content of other EMS conferences at a fraction of the cost. All of this was accomplished though the volunteer efforts of our board members.

While we have grown as an organization and have gained widespread recognition in the EMS community, we continue to face challenges in facilitating communication among campus groups. With the development of social media, forums, and searchable information on the web, communication and the exchange of ideas should be easier than it was 20 years ago. However, in many ways it is more difficult. Today, we are inundated with so many different information streams (Facebook, Google+, Pinterest, Twitter, etc...) that we are forced to choose and prioritize how we wish to receive information.

Faced with limited time, we find ourselves deleting more emails and turning off more notifications in order to maintain our sanity. However, this leads to isolation as we limit the information that we receive. From an organizational standpoint, it becomes challenging to predict where to spend our efforts to reach our target audience. It is nearly impossible to maintain communication across all platforms and even more difficult to encourage participation in a separate forum.

The past twenty years have created a solid foundation for campus EMS to flourish. We have proven that college students can be responsible for caring for their peers. Our fellow EMS colleagues have recognized our dedication towards training and the high level of care that we provide for our patients. The EMS industry recognizes us as the leaders of the future. However, our collective continued success is reliant on your ongoing participation. Through your input and commitment, we continue to adapt and change our modes of communication to better promote the exchange of ideas. We welcome your thoughts.

Happy holidays and best wishes for 2013!

Regional Roundup

News from Around the NCEMSF Regions

From the National Coordinator

The Regional Coordinator (RC) network facilitates communication between NCEMSF and its constituents. Regional Coordinator vacancies exist in the Mid Atlantic, New York, and Southeast regions. If interested in applying, please contact nc@ncemsf.org (applications available online along with a complete listing of all the RCs).

Central

Tulane EMS accepted delivery of its new Braun Ambulance (see picture). The group is also in the process of converting an SUV into a quick-response vehicle, which will increase the total fleet to three ambulances, two quick-response vehicles, and a disaster trailer.

University of Arizona Student EMS continues to increase campus coverage. Since starting operations in April, the group now provides services six nights a week and was just approved as an official University Service this month.

Midwest

Case Western Reserve University EMS has been going through growing pains as it integrates its ambulance into full time service. Despite that, the group recently held a successful MCI drill with Cleveland EMS and Cleveland Heights Fire Department. The scenario was the aftermath of an active shooter in Nord atrium and involved upwards of fifty patients. CaseEMS is looking forward to expanding its standby duties next semester and running the largest EMT class in CaseEMS history.

John Carroll University EMS - Chris Yurosko and Laura Osborne were named the 2013 Chief and Deputy Chief, respectfully, of John Carroll University EMS. JCU EMS put together a large scale MCI that incorporated college campus police and the community fire department. Given the success of this year's event, the group hopes to do it annually.

University of Dayton Rescue Squad had a busy EMS Week and semester. For EMS Week, Careflight landed on campus, members hosted a late night cookout on campus, visited the on-campus preschool, and offered free CPR and first aid classes. UD Rescue Squad is on pace to have more calls this year than ever before. They also implemented



EMScharts, an online charting system, and bought a Toughbook computer.

Northeast

Rowan University's new ambulance is now being built and should be ready in roughly 3 months. Work on the new permanent building has also just started and should be completed by October 2013. Rowan EMS has fully recovered from Hurricane Sandy (see related article, page 3) and has been receiving thank you letters from crews in Ocean County for helping out during the hurricane. At the October meeting, 15 new members joined, bringing the member count to over 60.

Over the course of the entire week during Hurricane Sandy, *Montclair State University EMS* was extremely active. Collectively MSU EMS volunteered over a thousand hours and assisted the University with moving students out of the six residence halls that lost power. In addition, the group also provided mutual aid to area municipalities, supported NJ EMS Task Force operations, including the evacuation of a local nursing home that had been damaged in the storm when the roof had been partially blown off, and staffed the field hospital that had been set up in the parking lot of Ocean County Medical Center in order to provide EMS coverage to the area.

West

Santa Clara University EMS had a very busy fall quarter in terms of number of calls and severity of calls. The group has 18 new members on its squad this year and they have brought lots of fun and new energy to the group. The squad has

been much more involved with SCFD as well as Campus Safety Services (CSS), and this involvement has improved its relationships with both entities. SCU EMS hosted its annual Thanksgiving dinner with Fire, and CSS, and it was a great success. They also held a holiday fundraiser and took pictures with EMS Santa in holiday decorated carts. They have booked their flights for Conference and are gearing up for finals as well as Winter Quarter EMS events!



Do you have news about your squad you'd like to share? Contact your RC and look for it in the next issue of NCEMSF News.

New Campus EMS Startup Resources

Every fall, NCEMSF receives a flurry of inquiries from eager and enthusiastic EMTs on campuses across the country desiring to establish squads of their own on their college campus. NCEMSF, our Startup Coordinator and Regional Coordinator Network are available to assist and help guide those interested through the difficult yet rewarding process.

Please consult our website to read our startup philosophy and then email us (startup@ncemsf.org) to request our official startup packet. New startups are highly encouraged to attend the national conference to learn more about campus based EMS. Scholarship is available through the New Group Initiative to enable new startups to attend. Consult the website for information and deadlines.

Rowan University EMS Aids in Sandy Relief

Ari Bross, Rowan University EMS

First Lieutenant, Kevin Crump, and I departed Rowan for the Gloucester County EMS building at 1800 (11/1/2012). At 2000, all crews were present, we received a briefing and departed for Ocean County and Ocean Medical Center - the site of the NJ EMS Taskforce's Mobile Hospital. EMS operations not pertaining to the Mobile Hospital ceased when the sun set and resumed the next morning. Crews were rested until 0600 in their ambulances.

At 1015, the Gloucester County Strike Team was divided in two, Rowan was part of Strike Team 2 and we were assigned to the Triage/Treatment tent of the Mobile Hospital. Our instructions were to assist staff with changing sheets, restocking supplies, assisting with patient treatment, and obtaining vitals on all patients at regular intervals.

At 1215 we were reassigned to assist in Search and Rescue operations. We stood by while fire companies and police officers went door-to-door in 5-6 retirement communities that had been without power since the hurricane. We stood by with a local fire chief due to the lack of radio interoperability between the

Gloucester County Strike Teams and others assisting.

While in the retirement community, we assessed two separate patients and obtained RMA's from both of them. We were next sent to another neighborhood to check along with four members of the National Guard (one of whom is a current Rowan Student - see picture). Power had been restored to our neighborhood and we returned to the staging area at Ocean Medical Center at 1705.

At the end of 24 hours, two additional Rowan students arrived to relieve us, keeping our rig in service for the relief efforts. They assisted in the Triage/Treatment tent for another 24 hours.

This was a great opportunity to bond with crews from Gloucester County EMS that usually look at us as just college students who don't know what we're doing. We all became friends by the end and I look forward to seeing them in the field knowing they have a lot more respect for us now that they have seen our capabilities.



HEARTSafe Campus

NCEMSF has been working this fall with organizers of HEARTSafe Communities to develop a new NCEMSF program that will be known as HEARTSafe Campus. At its essence, the program is designed to acknowledge campuses that provide and integrate resources to create heart safe environments through prevention as well as early access to CPR, AEDs, and basic emergency care that aims to increase the cardiac arrest save rate. Specific qualifying criteria are being finalized and applications for those colleges and universities to be identified as the first HEARTSafe Campuses should be available by the start of the NCEMSF national conference. The program will be administered similar to NCEMSF's Striving for Excellence Program. Stay tuned for further information.

20th Anniversary T-Shirt Contest

Contest/Design stipulations:

- Designs may be one or two sided
- Designs can contain only one color
- Designs should capture the essence of campus based EMS and NCEMSF's mission and 20 year history
- Submissions should be sent electronically to confinfo@ncemsf.org by January 15
- Those submitting must be members of a current NCEMSF dues paying organization

Alumni at the 20th Anniversary Conference

Joshua E. Glick, NCEMSF Alumni Coordinator

Stay in Touch with Alumni - Maintaining a strong connection with alumni is important for sustained squad success. Consider sending a holiday card or e-mail to all graduated members as a way to stay in touch over the winter months. Including a current photograph and a brief list of squad events and statistics will keep alumni interested and invested in your squad and its continued well-being.

On February 22-24, students from collegiate squads from around the country will convene for the 20th Annual NCEMSF Conference. The conference represents a great opportunity for alumni members to network with presenters, provide guidance to current squad leadership, as well as socialize with old friends and other alumni. This year especially, I encourage all alumni to

attend the conference as well as the special 20th Anniversary alumni celebration, to be held on Saturday (2/23) evening. The alumni social serves as an excellent opportunity for alumni members to socialize with old friends and network with conference presenters and speakers.

See you in Washington!

Comments on the “Levels of Expertise Matrix”

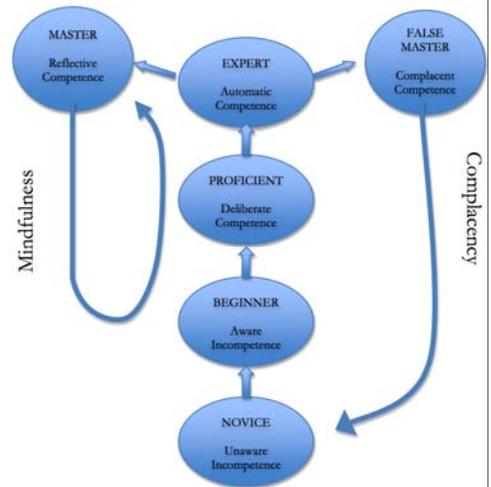
Gates Richards, Special Programs Manager and WEMT Director, NOLS
 Tod Schimelpfenig, Curriculum Director, NOLS Wilderness Medicine Institute

National Registry of EMTs recertification paperwork has started to arrive, and with it comes the flurry of continuing education documentation, skills verification and testing that we all go through to maintain our certification. Here in Wyoming, Tod and I have to take 6 written tests along with our CEU and skills maintenance requirements. As the primary support person for our recertification-seeking instructors, I occasionally hear people gripe, “Do I really have to do this? I’ve been an EMT for so long that my expertise should count for something. I can do this stuff in my sleep.” These comments fit nicely into an ongoing conversation we have at NOLS about expertise and how to continue to push ourselves not to become complacent. The article reprinted below has relevance for any of us who believe we are approaching a level of expertise in our chosen pursuits.

We watched several different presentations at the recent Wilderness Risk Managers Conference use the matrix of levels of expertise - unconsciously incompetent to

unconsciously competent. NOLS presents this model twice in the Leadership Education Notebook, and it’s used in NOLS’ field curriculum. We’re naturally skeptical of models, fearing that in their good intent to organize information and present concepts they can convey misinformation, or take a life of their own. This seems to be the case with this model.

We bristle every time we see this model presented with the implication that the subconscious competent is the highest level of expertise. Our concern about this model is the message it conveys regarding how an expert should act. It invokes Klein’s seductive Recognition Primed Decision model and a tantalizing image of an expert armed with multiple heuristics and a basket of experience, who doesn’t need to think. Some have likened the expert brain to a computer running in the background of the decision-making process. This supercomputer processes information at a subconscious level and the “expert” acts without thought. This may be helpful if it’s a trained automatic response to a



recognized pattern; the kayak roll, self-arrest, seeing the flaw in the climbing anchor. It may be harmful if the expert is unaware of the reasons for their actions and falls prey to the causality fallacy—the assumption that their actions produced the positive results.

More specifically, our concern is that the linear model takes us to an end, where we can “exercise good judgment without much thought about it.” We worry that, like Malcolm Gladwell in the flawed *Blink*, we are emphasizing subconscious competence as the hallmark of an expert, and neglect teaching the traps that expertise can present:

- lack of awareness (brought on by the expectation that expertise is subconscious) of the limits of our expertise;
- the bias of our experience;
- the frailties of our humanity;
- the inappropriate transference of expertise in one realm to another;
- and the use of a gut feeling as a substitute for deliberate thought.

In the original articles from which these models are developed is language on the value of reflection and deliberation by these experts. McCammon remarks that experts are more likely to seek feedback regarding both stability and instability of avalanche slopes, and are more likely to review past experiences than were recreationists.¹ Dreyfus calls the inferential reasoning deliberative rationality.² We call it mindfulness or *(Continued on page 5 - NOLS)*



WILDERNESS MEDICINE & RESCUE SEMESTER



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For More Information: Please visit www.nols.edu/wmr



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How were Collegiate EMS Week and CPR Day celebrated on your campus???

Email stories, photos, videos, press releases and local press coverage to:

**emsweek
@ncemsf.org**

About This Publication

NCEMS NEWS is an official publication of the National Collegiate Emergency Medical Services Foundation (NCEMS). This newsletter is published as a service to the Foundation's members and the national EMS community.

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EMS Week 2012: Recap

NCEMS EMS Week Coordinator

National Collegiate EMS Week, the week-long recognition and celebration of collegiate emergency medical services, was held November 12 through 18. National Collegiate CPR Day kicked off the week. The goal remained to have as many college students as possible educated in the basic principles of CPR on a single day across North America.

Collegiate EMS Week received recognition within the greater EMS community with articles appearing on EMSWorld.com and various national discussion groups. Furthermore, many local news agencies and campus papers covered local events. Here are some of the events that took place.

Cornell University EMS hosted a Blood Drive in conjunction with the American Red Cross to honor EMS Week.

Georgetown Emergency Response Medical Service (GERMS) together with the Department of Public Safety held a campus pizza party to mark EMS Week.

Hamilton College in NY recognized its student EMTs for National Collegiate EMS Week. The student paper noted, "The campus community

(Continued from page 4 - NOLS)

reflective practice. In fact, several models (Schubert, Gilbert, Addy, Mata and others) have added a fifth level to the matrix to encompass this expert reflection.³ These models typically associate this fifth level as that attained by outstanding educators.

Regardless of our skepticism of models, we'd like to reorganize this model both structurally and linguistically to link to our leadership skill of self-awareness and our educational goal of intentionality. We have replaced unconscious with unaware and conscious with aware. We want our students and instructors with their heads-up, their eyes open and their thoughts focused on the situation at hand. We have also added a fifth level to the matrix that reflects the paths the expert might take: either the reflective path of the true master or the complacent path of the false master.

We draw this model in a circle, indicating we move all the time between these levels of expertise. We draw a loop back to aware and competent and label that loop mindfulness – the intentional consideration of how we think that is vital in the lifelong process of developing our judgment, and making us aware and competent master practitioners. We draw another loop of complacency, a trap



depends on the presence of the EMTs. Their service is appreciated year round, but this week in particular we honor their irreplaceable commitment to the community."

Lion's EMS of the College of New Jersey taught CPR on CPR Day and hosted an Emergency Etiquette course teaching campus members how to respond to different emergencies.

Rice University EMS held CPR and other life saving intervention demonstrations in the Central Quad. It also hosted a first-aid class, performed BP checks and had an open house at its quarters. Additionally it participated in a simulated vehicle rescue with Houston Technical Rescue (see picture above).

Wake Forest EMS held an emergency services fair including a mock vehicle extrication and medical helicopter landing on campus.



of the expert who is not reflective and risks becoming unaware of their incompetence.

As educators, we should strive for reflective competence. The ability to intentionally develop our own judgment, and to pass on the lessons we have learned to our students requires that we spend time reflecting on our decision-making process. How can we expect to teach others if we cannot articulate what we ourselves have experienced? In our opinion, the hallmark of an expert is not that she has reached a level of subconscious heuristic processing. It is that she has developed the intentional practice of self-reflection that allows her to understand why she subconsciously chose to follow or ignore the heuristic at hand. It is this willingness to question one's underlying decision-making processes that allows one to truly become an expert. Once an individual enters the cycle of mindfulness, she becomes a much better student and educator.



¹ Dreyfus HL, Dreyfus SE. Expertise in Real World Contexts. *Organization Studies* 2005; (26)5: 779-792.

² Atkins D, McCammon M. Differences between Avalanche Experts and Novices International Snow Science Workshop Sept. 19-24, 2004, Jackson, WY

³ Discussion cited on <http://www.citehr.com/23983-conscious-competence-learning-model.html>

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Please visit the Membership section of the NCEMSF Web site, renew your membership for the current academic year and update your contact information. Thank you for your ongoing support of campus based EMS and NCEMSF!

The NCEMSF Database of Collegiate EMS Providers is an excellent resource in the event of natural disaster or other public health emergency. Please keep your information up-to-date so that should the situation arise, we can contact you and collectively as campus based EMS answer the call to act!



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February 22-24, 2013
Washington, DC

Why attend?

- 3 days of exceptional conference programming — Starting Friday at 4pm
- Over 50 expert lectures in up to 9 concurrent tracks
- Multiple moderated roundtable and panel discussions
- Several hands-on skills labs
- Student speaker competition
- Two keynote addresses
- Collegiate EMS skills competition
- Annual NCEMSF awards ceremony + 20th Anniversary Celebration
- Industry exhibits featuring new products
- Lowest cost conference of its kind in the country
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