

NCEMSF NEWS

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"We cannot afford to accept the status quo. We need to continue to strive to provide the best possible service... acceptance of the status quo leads to the demise of organizations that were once strong!"

Message from the President

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

Welcome back! I hope that each of you had a restful summer and that you have returned energized for another semester.

In the fall edition of our NCEMSF News, I try to encourage organizations and leaders to think about how they will bring about change this year. To think about how their organizations will grow and become stronger. To think about how their organization will get to the next level. I hope that you find this column encourages you to think and create a plan for yourself and your organization as we start another academic year.

When I started writing this article, I thought about the previous articles that I have written. One article that I wrote about two years ago surfaced in my head. The article was about BASF, a chemical manufacturing giant. They aired a public relations campaign proclaiming, "We don't make a lot of the products you buy. We make a lot of the products you buy better."

The commercials never directly told you what BASF manufactured. The commercial only implied through a series of images what they made or rather what they made better. The point of my writing about their slogan was to emphasize their pursuit of constant improvement. However, after the article was published, someone asked me - if you don't know from the commercials what they manufacture, is it really such a good example?

Ironically, I came across a blog that asked the same question. "Can anyone explain the BASF TV commercials? You know, the ones where they endlessly explain that they don't make almost everything, they make it better. A recent example showed a girl's soccer game, with a close-up of a bandage on a kid's knee. 'We don't make the bandages, we make the bandages better.'"

We should all strive to achieve the principles

of making our organizations better. We can not afford to accept the status quo. We need to continue to strive to provide the best possible service for our campuses. The acceptance of the status quo inevitably leads to the demise of organizations that were once strong.

In that same newsletter, I utilized an acronym to assist in the assessment of your organization's strengths and weaknesses. Just think "REVIEW".

Review the past year. What did your organization do well last year? What areas do you need to improve? Usually the easiest way to discover the answers to these questions is by asking your current members. The difficulty with this process is that there is a tendency to be defensive or deny problems that are brought forth. But if you can listen with an open mind and try to address concerns, you will find the answers that you were looking for.

Energize your members. You are about to start a new year. This is the time of year to try something new when the interest level of your members is the highest. You need to assure your members that this is not "just another year." You need to promote the idea that this year is going to be the best year yet.

Vision. You need a concrete and realistic vision. Try not to be overly ambitious. Remember that your vision needs to be accomplishable in a year. You should identify three areas of improvement or changes for your organization. Write your vision in words on paper. Post it in your office/crew quarters. Share it with everyone.

Implement your vision. Start by creating a plan to achieve your vision. Outline the steps necessary and the resources needed to achieve your goal. Have periodic checkpoints to ensure that you are on track.

(Continued on page 5)

Conference 2008 - Philadelphia, PA

The NCEMF Board of Directors is pleased to announce that the 15th Annual National Collegiate Emergency Medical Services Foundation Conference will be held February 29 to March 2, 2008 in Philadelphia, Pennsylvania. Campus EMS Volunteers from Philadelphia area campus EMS organizations will help to coordinate this year's milestone event.

The NCEMF leadership remains committed to providing the most educational EMS conference anywhere at the greatest value. Help us to capitalize on the successes of our previous conferences by making this year's 15th Annual Conference the largest gathering of collegiate EMS providers to date. Located less than 20 miles from historic downtown Philadelphia, two miles from Valley Forge National Historical Park, and across the street from the King of Prussia Mall, the Crowne Plaza

Valley Forge will be this year's conference host facility. Only a short distance from Philadelphia International Airport and conveniently located at the junction of the Pennsylvania Turnpike, the Schuylkill Expressway, and Routes 202 and 422, the Crowne Plaza is ideally situated.

NCEMSF will have full access to the entire facility for the duration of the conference weekend. A special nightly conference rate of under \$100.00 (plus applicable taxes) and complimentary parking have been negotiated. As in past years, conference registration fees will depend on personal membership status and time of registration ranging from \$60.00 to \$95.00 per attendee (see calendar for dates).

Look for more information on the conference Web site and register online starting December 1.

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Keeping Your Alumni Involved

John Wenzel, NCEMSF Alumni Coordinator

Welcome back to a new academic year! No doubt you recently said goodbye to the class of 2007 and got settled into the swing of another year. This probably means adjusting to a new group of leaders and looking to the incoming students as new faces for your organization. To the recent graduates, congratulations on graduation and welcome to the ranks of the NCEMSF Alumni!

Collegiate EMS is inherently very cyclical, with the challenges of a complete membership turnover almost every four years. That being said, the beginning of the year is a great time to take a look at your alumni relations and see where there may be room for improvement. Alumni are a wealth of knowledge for collegiate EMS organizations – great for acquainting and training newer members, networking opportunities, and providing insight on the history of your organization. Many of the current issues faced by collegiate EMS groups are the same issues faced in years past, and turning to your alumni is a valuable

avenue for problem solving and obtaining advice. It is also important to remember that your alumni put in years of hard work and dedication, and are still very interested in the progress and milestones of their collegiate squad. I strongly encourage every organization to keep their alumni informed about the group and involved whenever possible. This can be accomplished by several means, including invitations to alumni for campus events like homecoming, e-mail newsletters and updates, maintaining an alumni section of your website, having an alumni directory available to members and alumni, allowing alumni to pull duty shifts, social events, etc. A key first step is to make sure you keep up to date contact information on your alumni with which to stay in touch. Likewise, to the alumni, be sure to keep your information current with your organization and do what you can to stay involved with them. Many university alumni associations offer chapters for student groups, so a recognized alumni association can be an excellent way to maintain alumni relations and network.

Over the course of the year, I'd like to get a better idea of how different organizations handle alumni relations. It is also our goal to keep alumni involved with NCEMSF as members, providing similar resources and networking opportunities between alumni and for all NCEMSF members. In addition, if your group would like advice on how to improve alumni relations or have suggestions of your own for other groups, please send me an e-mail at alumni@ncemsf.org.

Throughout the year, I'll be looking forward to helping individual organizations and NCEMSF as a whole build and solidify alumni relations. In the meantime, welcome back to campus and best of luck in this new year. Alumni and undergrads alike, be sure to mark your calendars for this year's NCEMSF conference!



Professor Squirrel

Serious Campus EMS Advice from a Nut

Dear Professor Squirrel,

Why is National Collegiate EMS Week held in November instead of May when the rest of EMS celebrates EMS week? Do you have any good ideas for our squad on how to celebrate Collegiate EMS Week to be held November 5 through 11 this year?

PR Guy

Dear Guy,

I sure do! Collegiate EMS Week is one of my favorite events of the year! NCEMSF sets Collegiate EMS Week in November in order for squads to coordinate PR on campus with their fall recruiting and to avoid the conflict with finals and the end of semester and school year during ACEP's EMS Week normally held in late May. At the time of the first Campus EMS Week, NCEMSF contacted ACEP to make sure they supported our efforts and to get their permission to pattern the NCEMSF materials after theirs.

NCEMSF has a terrific packet available for download at our web site under "About NCEMSF." It includes sample press releases, handouts, and tips on promoting your organization. Some of the successful ideas I have seen presented are EMS squads hosting a health fair on campus, organizing a CPR day where a mass training event takes place, conducting a mock DUI car crash response on campus, and

selling residence hall room first aid kits. Check the back issues of NCEMSF News on the web site for reports of successful events. Oh yeah, and the most important event you can do is ... be nice to the campus squirrels!

Be sure to report what you do to emsweek@ncemf.org so that we can share your success with everyone.

Professor Squirrel

To my readers:

Visit my nutty e-Shop at www.cafepress.com/ncemf and get your own Professor Squirrel and NCEMSF apparel and souvenirs. I have all of the latest Professor Squirrel fashions there as well as items to show your membership in NCEMSF. You can also purchase textbooks and other EMS reference materials at highly discounted prices through the official NCEMSF Store. NCEMSF apparel is available at the NCEMSF Store as well. Visit the NCEMSF Store and help support the Foundation by clicking the "Store" link on the NCEMSF Web site. If your squad has an e-Shop send me the link and I will add it to the NCEMSF e-Shop site.

Professor Squirrel has been hanging out on campus begging for food from students and keeping an eye on campus EMS for many years. Send your questions to the Professor at professor@ncemf.org. The Professor will answer the best ones in the NCEMSF newsletter. Your name and school will be kept confidential.



Membership Minute

Karolina Schabbes, NCEMSF Membership Coordinator

The freshmen have been oriented, the campus bookstore bombarded, and for those of you up north, it won't be long before the leaves begin to turn. The academic year has begun again. Before the nights get cooler and the problem sets and reading assignments begin to pile up, take a moment to renew your NCEMSF membership at www.ncemf.org/membership/ NCEMSF is dedicated to furthering collegiate EMS activities and our memberships operate on the academic year, not the calendar year, to accommodate school schedules. Memberships purchased between June 1, 2007 - May 31, 2008 will be credited to the 2007-2008 academic year.

To receive the full benefit of your annual membership, renew now. Institutional memberships are only \$25 annually. Annual personal memberships are \$10 for current students and \$20 for non-students. Life memberships (\$75 student, \$100 alumni, \$150 non-student) are also available. Make sure to update both your personal and institutional

online profiles with your current telephone number and email address, and, if you moved since the last academic year, your new mailing address as well.

Membership benefits include mailed copies of NCEMSF publications, great member discounts and offers, consulting services, reduced conference fees, eligibility for annual awards, and membership certificates and/or cards.

For those of you who have recently renewed your membership, thank you. We appreciate your continued support of collegiate EMS nationwide.

* * *

From the entire NCEMSF Community congratulations to Karolina and her husband, Marc, on the birth of their daughter Eleanor in September.



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Regional Roundup

News from Around the NCEMSF Regions

From the National Coordinator

The Regional Coordinator Network exists to facilitate communication between NCEMSF and its greater than 225 constituents. It is through the Regional Coordinators that NCEMSF is best able to accomplish its mission of advocating and supporting campus-based EMS (CBEMS). The Regional Coordinators are equipped to assist each squad with the day-to-day issues it faces and to help publicize squad achievements. There are few issues that the NCEMSF leadership has not seen before and for which it is not equipped to offer advice and guidance. If you are a CBEMS leader and have not met your Regional Coordinator, please e-mail nc@ncemsf.org and I will gladly connect you.

Canada

The theme this fall is startups and expansions. New teams will be commencing operations as early as this fall or winter semesters. These teams include *York University* near the Toronto area and *Laurentian University* in Sudbury.

McGill University First Aid Service, a current team that has been around for some years, has pushed through a proposal to upgrade to 24/7 operations this fall. Contact: mcgill.first.aid@gmail.com

The *Ryerson Student Emergency Response Team* this summer purchased 4 high quality mountain bikes and has started an EMS bike unit. Members will be trained to IPMBA standards and the unit will commence this September. Contact: ryesert@ryerson.ca

The *Emergency Medical Response Group at the University of Toronto Scarborough* campus is continuing to see amazing success in 24/7 operations after only being a startup just two years ago. Congratulations EMERG!

Midwest

Case Western Reserve University EMS (CaseEMS) is currently working to incorporate a recently acquired response vehicle into its program. This vehicle will allow CaseEMS to respond to the entire CWRU campus, greatly increasing its response area as well as decreasing its response times. In addition, CaseEMS is organizing and hosting an MCI drill in early December that will incorporate many of the local emergency response organizations. Contact: caseems@case.edu

Southeast

Clemson University FD and EMS is off to a strong start this year. With a new ambulance coming in September, and a new fire truck arriving in three weeks,

members are looking forward to using the new equipment. Clemson University FD and EMS attributes this new equipment to state funding. Contact: cufd-ems@clemson.edu

Emory University reports that volunteer numbers are looking great this year. The growing squad of 40 active members hopes to use their expanded abilities during EMS week, offering CPR classes to students, faculty and staff. Contact: EFRUOperations@learnlink.emory.edu

Pennsylvania

University of Pennsylvania MERT has just added 9 new members to the organization after completing the required IPMBA bike training. MERT has been in service 24/7 for New Student Orientation and has already responded to numerous medical emergencies. Additionally, MERT has finalized and is in the process of implementing a newly revised set of SOPs. Contact: mert@dolphin.upenn.edu

West

Greetings from the West Coast. My name is Jordan Ruiz and I am the new Regional Coordinator for the West Region. I am very excited to help bring a little West Coast flavor to NCEMSF. Let me start off by giving a recap of what has been happening on the West Coast since the conference:

Stanford EMS is now up and running! They staffed their first event, graduation, which went smoothly. They have also covered a few events this summer, their biggest being the Chelsea vs. Club America soccer game where three EMS teams were kept very busy. They got some great calls. They are also slated to staff some football games this coming school year. They are currently working on trying to cover nights and weekends and will hopefully be up this next school term. We wish them the best of luck. Contact: StanfordEMS@gmail.com

Santa Clara University EMS executed its first ever Mock MCI Spring Quarter. The MCI consisted of about 50+ patients and good friends of Stanford EMS helped out in both the patient department as well as the make-up. AMR was on scene with two rigs available as well as the Santa Clara Valley MCI Coordinator critiquing their every move. Their main goal in

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Regional Coordinator Network

| Region | Name | E-mail Address |
|----------------------|-----------------|--|
| National Coordinator | Michael Hilton | nc@ncemsf.org |
| Canada | Jeffrey Bilyk | canada-rc@ncemsf.org |
| Central | Matt Schneider | central-rc@ncemsf.org |
| Massachusetts | Steph Sharp | ma-rc@ncemsf.org |
| Mid Atlantic | David Weand | midatl-rc@ncemsf.org |
| Midwest | Joseph Grover | midwest-rc@ncemsf.org |
| New York | Eric Pohl | ny-rc@ncemsf.org |
| North Central | Michael O'Brien | northcentral-rc@ncemsf.org |
| Northeast | Yoni Litwok | northeast-rc@ncemsf.org |
| Northern New England | Matt Friedman | nne-rc@ncemsf.org |
| Pennsylvania | Andrew Mener | pa-rc@ncemsf.org |
| Southeast | Noah Prince | southeast-rc@ncemsf.org |
| West | Jordan Ruiz | west-rc@ncemsf.org |

(Continued from page 4)

performing the MCI was to show the University that SCUEMS is ready and willing to provide medical aid, the only problem is their lack of supplies. A proposal for an MCI trailer was given to the University administration and they are waiting for a response. Contact: EMS@scu.edu

UCLA EMS is currently working in full force! They not only cover school wide emergencies, but they recently began providing aid to surrounding areas including Westwood. The UCLA EMS team not only provides aid, they are also trained to take basic police reports such as petty theft, grand theft, vandalism, misdemeanor hit and runs, etc... They are currently a BLS unit with a typical Type-II van rig, but also have bike aid, a golf cart, and are in the process of acquiring a Type-III "mini-mod". They work very closely with Los Angeles Fire Department who is their main provider for ALS services.

Those are just a few examples of how Collegiate EMS is expanding to the West Coast. More to come later!

* * *

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

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National EMS Museum

Mark E. Milliron, NCEMSF Director-at-Large

The National EMS Museum Foundation recently opened a virtual museum on line. Check it out at: www.nemsmf.org

If you are interested in contributing an article and/or photos regarding the history of your collegiate EMS group, contact me. I am our NCEMSF representative to the Museum. Look around the Museum and check out the different categories. Submit content to me using citations and credits for photos in the format being used by the Museum and I will pass it on to the Museum director for consideration. Indicate which section of the Museum would be most appropriate for your submission.

Thanks, and let's get collegiate EMS in the history books!



Join in the discussion...logon to the NCEMSF Online Community

Did you know that NCEMSF has two public electronic discussion forums? GENERAL-L discusses anything related to campus-based EMS including equipment, training, activities, etc. GENERAL-L is open to anybody with an active interest in collegiate EMS. GENERAL-L is available in both real-time and daily digest formats. Discussion on the other forum, ADMIN-L, is devoted to administrative affairs such as recruitment & retention, funding, policies & procedures, etc. Subscriptions to ADMIN-L are limited to two representatives per organization. We value your time, so we work diligently to keep both discussion forums spam free. For more information on the e-discussion forums (and to subscribe) please visit <http://www.ncemf.org/list/>

NCEMSF also maintains a Facebook.com group. Join today and contribute to the ongoing discussions. Learn and share from your fellow collegiate EMS provider!

(Continued from page 1)

Encourage your members to embrace the vision and plan. It is impossible to accomplish change without their support. Remember that often people either resist change or they do not realize the value in changing. You need to encourage them to believe in the vision that you are proposing.

Watch closely. Evaluate the progress and monitor the effect of the implementation of your plan. Change does not always produce the intended results. There may be unforeseen effects that require you to adapt your plan or change your vision.

As you start planning your vision, remember we are here to help. There are several on-line resources at www.ncemf.org that may be helpful as you construct your plan. On our "Campus EMS Resource" page you can review operating procedures or review our

essays on campus EMS issues. Other helpful resources are our "Striving for Excellence" program and our EMS Week packet. You could also post a question on Facebook to allow us to discuss issues as a group. If you need further assistance, I would be happy to help by either reviewing your plan or giving you ideas to get started.

It is an exciting year for NCEMSF. We are entering our 15th year and are preparing for our 15th annual conference. While NCEMSF has grown over the past decade, we have remained committed towards providing the highest level of education for the best value. Our return to Valley Forge, outside of Philadelphia, is exciting and extremely fitting for our 15th anniversary. This is the place where we started as an organization by adopting a constitution and creating a temporary governing board. I hope that you are planning to attend our conference to

celebrate this momentous occasion with us.

I look forward to hearing about your progress and efforts as you improve your organization.

Best wishes for a great semester,

George J. Koenig Jr., DO, MS
President, NCEMSF

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New Group Initiative: Conference Scholarship Available

Purpose: The purpose of the New Group Initiative is multifold. First, it is to provide scholarship funds to groups in the formative stages. Second, it is to offer assistance to organizations facing significant financial hardship. Third, it is to provide incentive funds to help expand NCEMSF Conference attendance.

Inclusion Criteria: In order to be eligible for the New Group Initiative, your Collegiate EMS organization must meet one of the following criteria:

1. New Collegiate EMS Start-up

2. NCEMSF Institutional Member that has NOT been represented at an NCEMSF conference within the last 4 years
3. Established Collegiate EMS organization NEW to NCEMSF

Funding: Funds are limited and the NCEMSF Board desires to assist the greatest number of organizations possible. The idea is to enable two members from each recipient organization to attend. The funds awarded are not intended to cover the full cost of conference attendance, but rather

are supposed to ease the financial burden. It is still expected that schools will explore other funding sources.

Selection Process: The NCEMSF Board of Directors will review each application submitted electronically and will select the schools from which representatives may be sponsored. Those selected will be notified by January 1, 2007.

Application: Apply online at www.ncemf.org/about/conf2008/. The deadline is **December 15, 2007**

NCEMSF Awards Capture the Spirit of Collegiate EMS

NCEMSF recognizes outstanding efforts made by individuals and organizations through our awards program. Instituted in 1997, the program includes the following awards:

- Striving for Excellence
- Campus EMS Provider of the Year
- Outstanding Collegiate EMS Organization of the Year
- Outstanding Collegiate EMS Advisor of the Year
- Outstanding Collegiate EMS Web site of the Year

In addition, with the growing popularity of YouTube, we thought it was only appropriate to create a contest to select the best collegiate EMS video. The rules for the contest are simple:

1. The video must be wholly created by members of a campus-based EMS organization.
2. The content of the video should embody the goals, traditions, and spirit of collegiate EMS.

3. No embarrassing, unsafe, or indecent footage is to be included.
4. The video should be no longer than five minutes.
5. Only one entry is allowed from a campus EMS organization – so make your group's video count!
6. The video should be MPEG4 or MPEG2, 30 frames per second, at least 640x480 resolution, 4:3 frame, de-interlace. See the Google Video site for more details about file format.

Videos will be featured during conference activities in Philadelphia and archived electronically. To submit your video, first upload it to YouTube or Google Video. Then e-mail videocontest@ncemf.org to let us know about your entry. Submitted material may be featured in future NCEMSF-published media.

Finally, campus EMS Week is the time for squads to strut their stuff around the country. This year Campus EMS Week is November 5-11. Tell us what your group is doing to celebrate Campus EMS Week and your organization could win

bragging rights. There's no faking it; we need verifiable documentation of what your group did to honor this special week. Send us your press releases, news articles, pictures, public service announcements, and other related materials. Send electronic versions to emsweek@ncemf.org, or mail your submissions. Submissions will be judged by NCEMSF officers on the basis of activity creativity, appropriateness, and positive exposure generated.

Nominations for all of the above awards may be made by submitting all appropriate materials by February 22, 2008. See the Awards page on the Web site for complete details and submission instructions.

The winners will be announced at the awards ceremony during Saturday's conference activities.

Email awards@ncemf.org with any questions about our awards and recognition program.

NCEMSF Provides Needed Resources to New Startups

When NCEMSF was founded it served as a means for existing CBEMS groups to communicate with one another. Today it serves the same purpose for its over 225 member institutions, but serves a much larger function for groups just forming. NCEMSF assumes the role of mentor providing new CBEMS initiatives with much needed guidance and support.

The NCEMSF Board is working on formalizing its startup kit to better assist new groups and those interested in

starting groups. Once finalized, the NCEMSF startup packet will offer guidance from the moment someone first conceives of starting an EMS service on a particular campus through to the running of the first call on that campus. The packet will explain the different models and help decide which model best serves the campus in question. It will contain sample timelines, recommend who to talk to within the university, and who not to talk to. The packet will teach those in charge how to recruit members

and rally support as well as address common issues raised by administrators.

Do you have materials (articles, essays, or simple advice) that you think might be useful to new groups just forming? Would you like to contribute to the NCEMSF startup kit? Are you interested in starting or restarting a group on your campus? If you answered yes to any of the above, send an email to startup@ncemf.org. NCEMSF wants and needs to hear from you.

...performance impairment after long shifts is comparable to impairment from a BAC of 0.04-0.05%...Other studies show sleep deprivation to be equal to a BAC of 0.1% (legal limit 0.08%)

About This Publication

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

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E-mail articles to be considered for publication to info@ncemf.org

Sleepless Nights

Michael T. Hilton, NCEMSF National Coordinator

It's not easy being a volunteer in EMS. It's not easy being a college student. It's definitely not easy being both at the same time. EMS provides its collegiate volunteers with training, skills, camaraderie, and experiences which are not available to other college students. College provides its EMS volunteers with broad-based knowledge and an analytic and inquisitive framework for problem solving. While these two entities can be mutually beneficial, it is important to remember that, as college students, collegiate EMS providers are in college to learn, mature and graduate. EMS is an activity that should enhance the collegiate experience. Yet, unlike other clubs and extra-curricular activities, EMS can have unique negative consequences upon your collegiate experience. As an example, EMS requires its volunteers to work long shifts at times when college students should otherwise be catching up on sleep. The effects of sleep deprivation, which may affect the collegiate EMS provider more so than the "regular" college student, can thus place the health of the collegiate EMS provider at risk and also place the collegiate EMS provider at a disadvantage academically and socially. This article will briefly outline literature based upon the research on medical interns and residents, and hopefully the reader may extrapolate the larger picture which evolves from the conclusions of the authors of the individual studies. Unfortunately, primary research on EMS personnel and sleep deprivation is lacking in the medical literature.

Working longer than 24 hours has been shown to pose safety hazards for medical interns. In "Extended work shifts and the risk of motor vehicle crashes among interns," Barger et al., using a national web-based survey, showed a significantly increased risk of motor vehicle crashes after an extended-hour shift. They also showed an increased incidence of falling asleep at red lights and in stopped traffic during months in which interns had worked extended-hour shifts. This has implications for collegiate EMS volunteers in two ways. First, after working a 24 hour or longer shift, which may be a tempting feat for the typically motivated collegiate EMS provider, the provider is at an increased risk for being involved in a motor vehicle collision when driving home from the shift. Second, it also raises the possibility of being involved in a motor vehicle collision while driving a response vehicle during extended-length shifts.

In "Neurobehavioral performance of residents after heavy night call versus after alcohol ingestion," Arnedt et al, subjected residents to a battery of tests to measure the performance

of participants after a period of long shifts, short shifts, alcohol ingestion and placebo. The authors concluded that performance impairment after a series of long shifts is comparable with impairment associated with a 0.04 to 0.05 % blood alcohol concentration. Implicitly, sleep deprivation can induce an intoxicated-like state. Other studies have shown sleep deprivation leading to equivalency of blood alcohol levels of 0.10%. After a series of long overnight shifts, collegiate EMS providers may have to write a paper, study for an exam or even take an exam. Try doing this after drinking alcohol - your performance would most definitely be worse than if sober. While it is tempting to take many shifts at the expense of sleep, try to remember to catch yourself, and hold back at exam time and other times when you will have increased academic responsibilities.

Finally, in "The effects of sleep loss on medical residents' emotional reactions to work events: a cognitive-energy model," Zohar et al. show that "sleep loss amplifies the negative emotive effects of disruptive events while reducing the positive effect of goal-enhancing events." That is, sleep loss imparts a depression-like state. EMS-related sleep loss can affect the social life of college students by making them more responsive to negatively emotional events and can make positives in their lives less fulfilling. It is important to be aware of this, and again, to limit EMS-related sleep deprivation to avoid another important aspect of college life from being negatively affected by EMS.

Collegiate EMS providers, like many EMS providers, are enthusiastic and generally want to take more shifts and cover more calls. Yet, collegiate EMS providers must temper this with an understanding of the negative effects EMS, through sleep deprivation, can have on college students. By being aware of the effects of sleep deprivation on other health care professionals, the collegiate EMS provider can still fully enjoy and benefit from an EMS experience while hopefully avoiding some of the health, academic and social consequences of sleep deprivation.



Barger LK, Cade BE, Ayas NT et al. "Extended work shifts and the risk of motor vehicle crashes among interns" N Engl J Med. 2005 Jan 13;352(2):125-34.

Arnedt JT, Owens J, Crouch M et al. "Neurobehavioral performance of residents after heavy night call vs after alcohol ingestion" JAMA. 2005 Sep 7;294(9):1025-33.

Zohar D, Tzischinsky O et al. "The effects of sleep loss on medical residents' emotional reactions to work events: a cognitive-energy model." Sleep. 2005 Jan 1;28(1):47-54.

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PHILADELPHIA, PA
PERMIT NO. 6876

Did you move or graduate? Please visit the Membership section of the NCEMSF Web site to update your contact information.



Cool Collegiate EMS Fact:

Over 8,500 college students participated in CBEMS activities during the 2006-2007 academic year.

Mark your calendar for upcoming NCEMSF events:

October: Renew you personal and institutional NCEMSF memberships. Plan Campus EMS Week events after downloading the 2007 packet at: <http://www.ncemsf.org/about/publications/emsweek/>

November 5-11: Campus EMS Week. Celebrate your collegiate EMS group with activities, demonstrations, and other fun events. Tell NCEMSF about your Campus EMS Week events.

December: Early conference registration begins. Finals and vacation. Stay safe.

January: Register for NCEMSF conference. Make travel plans for the conference. Submit NCEMSF award applications and *Striving for Excellence* packets.



February 29-March 2: Attend the 15th Annual NCEMSF Conference locally coordinated by student volunteers from the University of Pennsylvania Medical Emergency Response Team and other Philadelphia area campus based EMS squads at the Crowne Plaza Valley Forge - Philadelphia, PA.

March/April: Return to campus energized and begin implementing lessons learned at the 2008 conference. Transition to new squad officers.