



# Advanced Life Systems Priority One Report

Volume 1 - Issue 4  
November 2011



(Above) Some of our Medic/EMT preceptors.

## Welcome •

Welcome to the 4th addition of our newsletter. Our last newsletter was released in July; we hoped you enjoyed the articles and we appreciate your interest in Advanced Life Systems. Our current goal is to release the next newsletter in early 2012.

More copies of this newsletter can be printed from our website [advancedlifesystems.com](http://advancedlifesystems.com), or picked up at our headquarters, located at 2106 W. Washington Ave.

## ALS - Breast Cancer Awareness •

October was breast cancer awareness month. Across the nation millions of Americans showed their support for those affected by breast cancer, a disease diagnosed in an estimated 192,000 women a year according to US News-Health. Today, there are over 2.5 million breast cancer survivors in the United States. Early detection and treatment of breast cancer is paramount. The size and how far it has spread are important factors in predicting the prognosis (outlook) of a woman with this disease.

Advanced Life Systems employees have shown their support by wearing special uniforms throughout the month of October. The front shows the trademark, pink ribbon, while the back has our company logo shown in pink letters. Many of our employees have family members that have been affected by this cancer; showing our support is how we help to bring awareness to the disease.

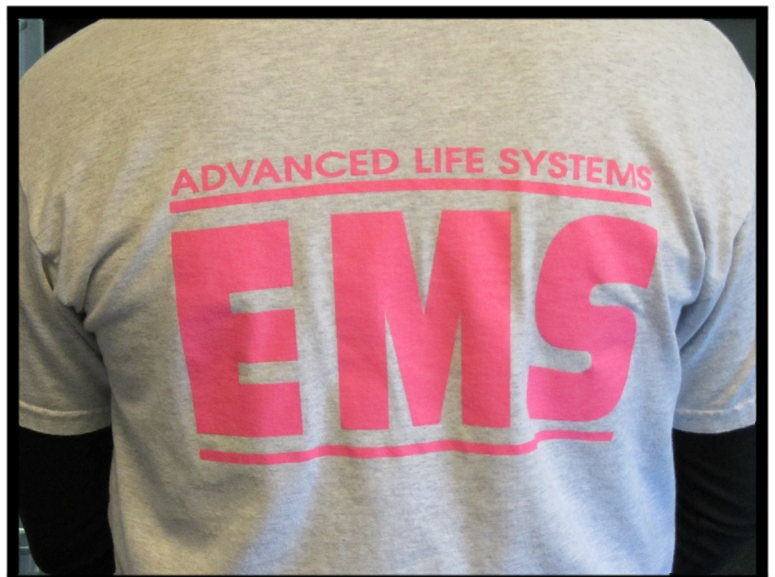
Locally Yakima Valley Memorial Hospital runs the 'Ohana mammography center, where they offer walk-in mammography services Fridays from 3 to 6 pm. Their goal "is to improve each woman's health experience by providing - [Continued on page 3](#)

## Training Future EMS Professionals•

It's now November and another group of eager Paramedic students have begun to show up at Advanced Life Systems. For 15 years now, ALS has provided training to Paramedic students from multiple schools in the area: Central Washington University (CWU), Columbia Basin College and Tacoma Community College, as well as a handful of other schools.

Paramedic's must first undergo a rigorous training process before they can obtain their state and national certification. For example, at CWU this includes over 3,000 hours of both didactic and real-world field experience. They must have no less than 180 ambulance patient contacts, 50 successful IV starts, multiple endotracheal intubations, and medication administration. They must also see a minimum number of pediatric, adult, and geriatric patients before they are allowed to complete their internships. Along with ambulance internships, they -

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(Above) Paramedic Tucker Walker with our uniform shifts for October, 2012.

## Training... ●

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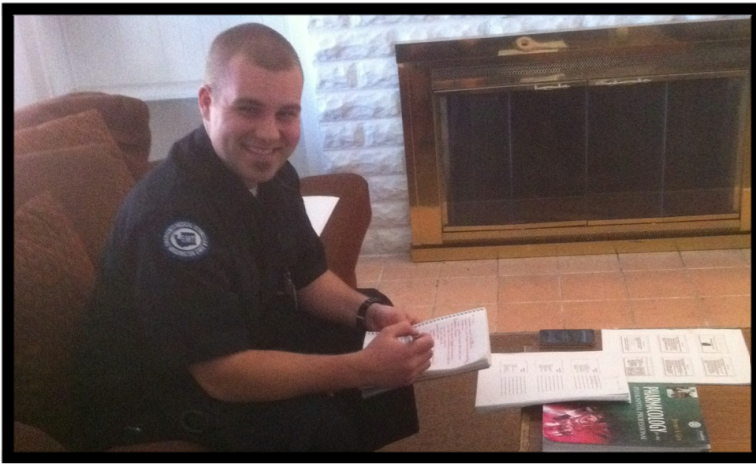
they must also complete shifts in Emergency, Surgery, Obstetrics (OB), and Psychiatry Departments.

At ALS, students are supervised by one of the 15 trained veteran Paramedics appointed by our Director of Training, Jason Ackley, who chose them “based on their education level, teaching ability, and number of years on the job”

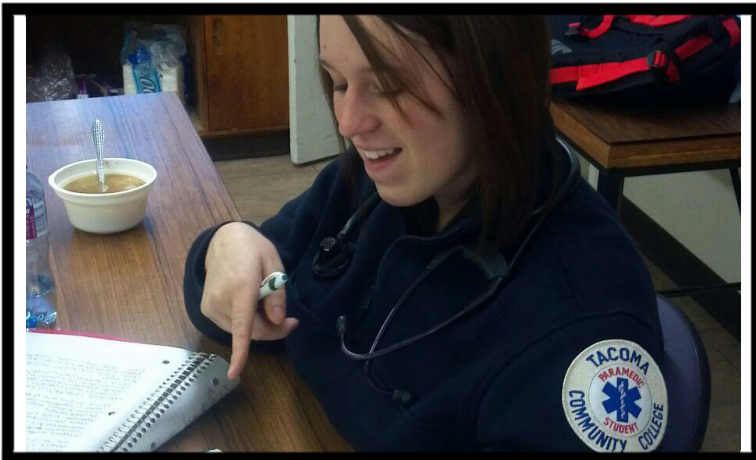
ALS Paramedic and Clinical Coordinator for CWU’s Paramedic program, Cole Gravel, has been working closely with their students, scheduling them for their internships this year.

“Advanced Life Systems is a great place for our Paramedic students to gain valuable experience. We run over 12,000 calls a year, and see a wide variety of sick and injured people. The busier the system, the better experience our students receive. ALS has always been very accommodating to all students; it’s great to have an agency that is very progressive with the training department.” said Cole.

This years group of students with CWU will continue to ride through June. Once their minimum requirements have been met, they will take a comprehensive written and practical national exam. If they pass both, they will finally earn their Paramedic Certification. Because of the dedication of ALS Employee-Preceptors, the medic students trained will soon become competent entry-level Paramedics in Washington State or beyond. Until the entire process starts again next Fall.



(Above) A Paramedic Student from Central Washington University



(Above) A Paramedic Students from Tacoma Community College.

## Blood Pressure Check ●

Checking your blood pressure on a regular basis can be very helpful for you and your doctor. However many people lack the correct equipment to check and keep log of their blood pressures at home. Advanced Life Systems is proud to offer free blood pressure checks at our headquarter station during normal office hours. Our HQ station is located at 2106 W Washington Ave, right next to the airport. Our crew members would be happy to check your blood pressure free of charge; the blood pressures can then be taken to your family physician for further follow-up.

For more information please call us at (509)574-8444 or stop on in - we also can come into your health care facility / assisted living and assist your residents with blood pressure checks if needed (Depending on current emergency call volume).



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Above: The front of our uniform shifts for October 2011, during breast cancer awareness month.



Above: The traditional Breast Cancer Awareness Ribbon.

## Awareness •

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an elegant, yet state-of-the-art, center to service her breast health needs in a spirit of cooperation, coordination and caring." Yakima Regional Medical Central also operates the Breast Health Center, located at 1005 West Walnut Ave.

According to Yakima Memorial Hospital women ages 20 to 39 should have a clinical breast exam performed by a trained health care professional every two years, and monthly breast self-exams. Discuss your risk for breast cancer with your doctor to decide when to start regular mammograms and clinical breast exams. Learn how to perform monthly breast self-exams by a trained health care professional. Mammograms are the gold standard for detecting breast cancer at its earliest and most treatable stage.

Although breast cancer awareness month has now ended, the fight towards a cure continues all year long. If you would like to donate to the cause locally, please visit Yakima Valley Memorial Hospital's 'Ohana Services, which can be found at <http://www.yakimamemorial.org/>. Or, visit the Susan G. Komen foundation for the cure. Their site can be found at <http://ww5.komen.org/>. Thank you to everyone for your support.



## Winter Driving Tips •

With winter approaching and temperatures falling below freezing it is important to keep in mind some of the following safety tips from the Washington State DOT:

- On ice and snow, take it slow. Drive for conditions – slower speeds, slower acceleration, slower steering, and slower braking in winter conditions.
- Use your headlights.
- Do not use cruise control.
- Four-wheel and all-wheel vehicles do not stop or steer better on ice than two-wheel drive vehicles.
- Leave extra room between your vehicle and the vehicle in front of you. And remember, the larger the vehicle, the longer the stopping distance.
- Slow down when approaching intersections, offramps, bridges, or shady spots.
- If you find yourself behind a snowplow, stay behind it until it is safe to pass. Remember that a snowplow driver has a limited field of vision. Stay back (15 car lengths) until you're sure it is safe to pass or until the plow pulls off the road.
- Slow down and be extra cautious near the chain-up and removal areas. There are often people out of their vehicles.

## Winter Driving Tips •

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And some more reminders for ALS employees from the Editor:

- Use extra caution when driving through school zones, or whenever children are present.
- Keep your fuel level above ½ tank at all times, just in case you get stuck for an extended period.
- When driving code 3, getting to where we are going safely is MUCH more important than getting there quickly (no matter how sick the patient is).
- And don't forget about the other cars on the road. Inattentive drivers often react to our lights and sirens by hitting their brakes. This may cause a chain reaction resulting in a collision. Let's do our best to let everyone get to their location safely.

Let's all, at ALS, have a safe and enjoyable winter!



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