

Welcome...

Since 2007, CREST hospitals have collaborated to improve rural emergency care. We are initiating this quarterly e-newsletter to share information and stories from your peers working at other rural hospitals, and pass along news of interest in the field of emergency medicine. We hope that you find this, and future issues of our newsletter helpful. We'd love to hear from you as well. Do you have a best practice, tip or stories you would like to share? If you are interested in submitting to our newsletter, please contact us at CREST@hitchcock.org.

A message from the Director:

I wanted to share with you the following links to the open-access version of the Journal of Rural Emergency Medicine (JREM). JREM: A new peer-reviewed journal supported by ACEP, with logical, pragmatic practice-based content reinforced by evidence-based research - a 'low tech, high-thought' approach for rural EM providers. From Issue # 1:

- Celebrating Birth of JREM_Primrose JREM Issue1.pdf – <http://wus.tl/RuralEM>
- DementiaRuralEMJREMIssue1.pdf — <http://wus.tl/JREMDementia>
- EBMRural Practitioner_JREM Issue1.pdf — http://wus.tl/JREM_EBM
- Intro to JREM Issue1.pdf - <http://wus.tl/JREMCommunication>
- Rural EM Workforce_JREM Issue1.pdf - <http://wus.tl/JREMWorkforce>
- Malpractice as Barrier to Rural EM_JREM Issue1.pdf — http://wus.tl/JREM_Malpractice
- Surviving Rural Cardiac Arrest_JREM Issue1.pdf — <http://wus.tl/JREMCardiacArrest>
- Stigma of Rural EM_Leap JREM Issue1.pdf — <http://wus.tl/JREMStigma>

I invite you to email JREM's Editor in Chief, Chris Carpenter, directly at carpenterc@wusm.wustl.edu to share your thoughts

- Scott Rodi, MD, MPH
CREST Medical Director

CREST Highlights:

Upper Connecticut Valley Hospital, Colebrook, NH

Deputy ED Medical Director: Ed Lavery, PA-C

ED Nurse Manager: Amy Lane, RN, CEN

ED Medical Director: Tom Cochran, MD

16 bed CAH, built in 1970, and is proud of its reputation as a hospital that feels like home.

NH's smallest hospital, yet covers largest geographical area of 850 square miles: 2013 ED Annual Visits: 3,920 (Adult 3,145; Pediatric 774) # of Transfers: 219 (5.4% of total volume); Due to our north country location, even with helicopter transfer, we are unable to meet Door to Table time criteria. Transfers often impeded by weather and transport availability.

Patient population: From 19 towns in northern NH, VT & ME & 8,500 people served; the most vulnerable patients, Coos County behavioral health statistics demonstrated "worst in State" percentages. > 2/3rds of the patients have either Medicare or Medicaid, or no insurance..

Staffing:

2 Physicians(1 is EM Board Certified) and 2 Mid-Levels ED; providers work 24 hour in-house shifts

5 full-time ED Nurses (3 are Certified Emergency Nurses).

Hospitalists work 24hr/day x 7 days, then 7 days off. Average daily census: 4-6 patients.

No on-call surgery, anesthesia, obstetrics or specialists.

95 FTE employees

Practicum site for PA students attending Franklin Pierce College, and Massachusetts College of Pharmacy and Allied Health.

UCVH is part of a 3 hospital collaborative with Weeks Medical Center and Androscoggin Valley Hospital; and recently entered into an agreement to pursue an affiliation with these same facilities plus Littleton Regional Healthcare.



For more information from the ACEP Rural EM Section, visit: <https://www.facebook.com/ACEPRuralEM>

“Avoid Airway Catastrophes on the Extremes of Minute Ventilation”, in ACEPNow.com by Dr. Richard Levitan:

For the vast majority of ED airways, ventilation is not a major concern. Use a strategy of relatively low volume (6–7 mL/kg) and relatively low rates with low pressures (and gentle inflation); the goal is to avoid overinflation, gastric distention, and regurgitation. When the patient presents at the extremes of ventilation, however, remember that plastic in trachea is not the primary solution. If intubation cannot be avoided, aim to re-create the immediate preintubation minute ventilation while bagging during the onset of muscle relaxation and immediately postintubation. By recognizing patients with a compensatory respiratory alkalosis, and the very low minute ventilation of COPD and asthma patients, you will avoid precipitating a peri-intubation catastrophe.

<http://www.acepnow.com/article/avoid-airway-catastrophes-extremes-minute-ventilation/>

CREST Highlights: Grace Cottage Hospital

Founded in 1949, Grace Cottage Hospital, (GCH), serves patients in the hills and valleys of southeastern Vermont. Grace Cottage Hospital is a 19 bed Critical Access Hospital for acute and rehabilitative care. It is equipped with a 24-hour ED, a hospice suite, a rehabilitation department and state-of-the-art laboratory and diagnostic imaging departments. Inpatient rehab patients are seen up to twice a day, seven days a week by the 16 physical, occupational and speech therapists. Outpatient rehab services are available Monday-Friday.

Grace Cottage Family Health is a federally certified Rural Health Clinic and a Level 2 certified Patient-Centered Medical Home. Its 11 practitioners provide family medicine, pediatric, urology, podiatry, and mental health services to approximately 9,000 individual patients annually. The hospital-owned Messenger Valley Pharmacy fills over 57,000 prescriptions a year and is a full-service retail pharmacy open to the public. The hospital's Community Wellness Center provides yoga, Strong Bones, tobacco cessation, meditation, and Weight Watchers classes for the public.

In FY 2013, their ED census totaled 3,124 visits. ED staffing includes 3 full-time and 3 part-time ED providers (physicians and PAs) and 3 full-time and 4 part-time Registered Nurses. There are no specialty on-call services for our ED patients but they are excited about the arrival of telemedicine this year.



"Grace Cottage Family Health is a federally certified Rural Health Clinic and a Level 2 Patient-Centered Medical Home."

GCH is a practicum site for the University of Vermont College of Medicine, the Geisel School of Medicine, the Albany Medical College, the Franklin Pierce College PA Program, the Ohio Northern University College of Pharmacy, the Vermont Technical College School of Nursing and the Southern Vermont College Radiology Technology program.



"Its 11 practitioners provide family medicine, pediatric, urology, podiatry, and mental health services to approximately 9,000 individual patients annually."

Become More Involved with CREST – Join a Committee Today!

The CREST 2015 Call for Volunteers is open through March 15, 2015! CREST is recruiting new committee volunteers who are enthusiastic to get involved, eager to make a difference and committed to enhancing CREST. Committee members have the option to video-conference into meetings, or attend in person.

Join a CREST committee to share your experiences and expertise, connect with fellow members and collaborate with your peers on programs and initiatives aimed at advancing rural emergency and trauma care - all while developing skills that will benefit you both personally and professionally.

CREST is looking to recruit new volunteers for each of the following committees:

- Leadership Committee

The Leadership Committee sets the direction for programming under the guidance of the Advisory Board, and assures the quality and integrity of CREST's programs. Two open seats; meetings: one-hour, quarterly. On occasion, there may be planning sessions or other committee events that will require your time; e.g. evaluating grant opportunities. Members interested in guiding the direction of CREST are encouraged to participate.

- Symposium Committee

The Symposium Committee develops, implements, and coordinates CREST's annual rural emergency services and trauma symposium, scheduled for 10/15/2015. Two open seats; meetings: one-hour, monthly.

- Symposium Speakers

Specialists in many disciplines will present best practices, protocols, and skills training for acute illnesses and injuries that support in-place care and improve the transfer process. The symposium is for community and critical access hospital emergency providers, clinicians, physicians, nurses, EMS providers. Members interested in presenting a specific topic are encouraged to apply.

- Newsletter Committee

The Newsletter Committee develops and coordinates the production of the newsletter that promote and communicate CREST's mission, objectives, goals, and activities. This committee is seeking members willing to solicit information from colleagues and prepare articles for publication in our new Newsletter and on our web site.

All CREST members are encouraged to apply. ED Medical Directors and Managers, please share with your staff. Remember, committee members have the option to video-conference into meetings, or attend in person.

If interested, please contact us at CREST@hitchcock.org for an application form.

Questions? Contact Ann Turner, CREST Program Manager at ann.c.turner@hitchcock.org.

The Call for Volunteers will close **Sunday, March 15th**, but don't wait, apply today!

Continuing Education!

ATLS: Physicians and Mid-level providers: Upcoming ATLS courses offered at DHMC in 2015:

When: February 26-27 (Still room available) April 23-24, June 25-26, November 5-6

Where: Dartmouth-Hitchcock, Lebanon, NH

ATLS INSTRUCTOR COURSE: May 1

More information: If you have any problems registering, e.g. if it says the course is full, please contact Hilary Hawkins in the Trauma Department at Hilary.L.S.Hawkins@hitchcock.org, or phone: 603-650-6064.

For more information: ACS

link http://web20.facs.org/atls_cr/ATLS_Course_Search_Result.cfm

Podcasts

For Physicians Working in ED's/Managing Medical Emergencies series. <http://www.dhslides2.org/mme2013/default.asp>
Recent titles include: "Cases that Defy Logic," "Changes in Airway management," "Push Dose Pressors: When, Where, Why and How," "The Fussy Infant," and "Measurement and Management of Substance Abuse Issues in the ED."

ONLINE GRAND ROUNDS, includes archived grand rounds in cardiology, neurology, pediatrics, and many other areas:
http://med.dartmouth-hitchcock.org/education/grand_rounds.htm

Interested in Emergency Medicine related courses?

Check out: DHMC's Emergency Department Education page:

<http://med.dartmouth-hitchcock.org/emergency/education.html>

Archived Medicine Grand Rounds- Go to:
http://med.dartmouth-hitchcock.org/education/Dept_medicine_grand_rounds.html

Archived Nursing Grand Rounds - Go to:
http://med.dartmouth-hitchcock.org/education/nursing_grand_rounds_archive.html

CREST for EMS



For more information, contact:
CREST.for.EMS@hitchcock.org or 603-650-7051

Directed by Dr. Thomas Trimarco, focuses on rural pre-hospital agencies and responders to share best practices through educational resources and training. Funded by a HRSA grant Dr. Trimarco and his team will initially focus on pediatric emergencies, with an ultimate vision to expand to cover the full spectrum of EMS care. This will include 24/7 web access to educational training sessions an ambulance customized to be a mobile simulation ambulance unit to conduct training both in the vehicle and in adjacent classrooms.

iPads for CREST Member ED's

iPads were recently distributed to the Emergency Departments of all CREST member hospitals, thanks to funding from a federal grant. "We wanted to find a way to help supply the smaller hospitals with more portable technology," says DHMC emergency physician Kirk Dufty, MD, who served as CREST's medical director for the past year. "I've found in my own practice that tablets make it much easier to stay on the cutting edge of emergency medicine." CREST pre-loaded the iPads with several apps, including the advanced medical calculator MedCalc, AgileMD, and Vidyo Mobile, as well as some of the Free Open Access Medical education (FOAM) sites that Dufty regularly uses in his work. "The goal is to bring cutting-edge information right to their fingertips," says Dufty, who also uses social media apps like Twitter to aggregate the latest medical journal articles and emergency medicine news on his iPad.



Click through [to read the entire article](#) on the D-H Center for Telehealth website.

CREST 2015 Calendar of Events

JANUARY	FEBRUARY	MARCH	APRIL
Acute Care Surgery Rounds January 7th 12NOON Webinar CREST Lecture January 12th 12NOON Webinar	Acute Care Surgery Rounds February 4th 12NOON Webinar CREST Case Review February 18th 12NOON Webinar	Acute Care Surgery Rounds March 4th 12NOON Webinar CREST Case Review March 18th 12NOON Webinar Nursing ED Documentation Webinar March 18th 2:00-3:00PM Webinar	Acute Care Surgery Rounds April 1st 12NOON Webinar CREST Case Review April 15th 12NOON Webinar CREST Skills Workshop April 20th 7:00AM-4:00PM DHMC
MAY	JUNE	JULY	AUGUST
Acute Care Surgery Rounds May 6th 12NOON Webinar CREST Case Review May 20th 12NOON Webinar	Acute Care Surgery Rounds June 3rd 12NOON Webinar CREST Case Review June 17th 12NOON Webinar CREST Skills Workshop TBA	Acute Care Surgery Rounds July 1st 12NOON Webinar CREST Case Review July 15th 12NOON Webinar	Acute Care Surgery Rounds August 5th 12NOON Webinar CREST Case Review August 19th 12NOON Webinar
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Acute Care Surgery Rounds September 2nd 12NOON Webinar CREST Case Review September 16th 12NOON Webinar	Acute Care Surgery Rounds October 7th 12NOON Webinar CREST's 8th Annual Northern New England Rural Emergency Services and Trauma Symposium October 15, 2015 Nonviolent Crisis Intervention (NCI) Course October 16, 2015 CREST Case Review October 21st 12NOON Webinar	Acute Care Surgery Rounds November 4th 12NOON Webinar CREST Case Review November 18th 12NOON Webinar	Acute Care Surgery Rounds December 2nd 12NOON Webinar CREST Case Review December 16th 12NOON Webinar

Please visit our website for news and information, <http://med.dartmouth-hitchcock.org/crest.html>, and follow us via social media at:

 **Twitter:** www.twitter.com/CRESTDHMC

 **Facebook:** www.facebook.com/CRESTDH

If you are interested in learning more about CREST, please contact Program Manager Ann Turner:
Ann.C.Turner@Hitchcock.org