



2019 Central VA EMS Education Expo
Schedule & Course Descriptions

Thursday, February 28, 2019

801 – Prehospital Trauma Life Support (PHTLS) – Refresher

Target Audience: Current PHTLS providers

- CEUs: ALS Cat 1 Area 16 BLS Cat 1 Area 11 (3.5 Hours)
- ALS Cat 1 Area 17 BLS Cat 1 Area 12 (1 Hour)
- ALS Cat 1 Area 18 BLS Cat 1 Area 13 (3 Hours)
- ALS Cat 1 Area 20 BLS Cat 1 Area 15 (3.5 Hours)

Instructors: Jay Gould & VCU CTCCE

Refresher Course: 8 hour course for individuals who have successfully completed the respective PHTLS provider course within the past four years. This course is offered at Basic, Advanced or Combined levels, and Military refresher courses are also available. **Current PHTLS provider certificate or wallet card required and must be submitted in advance of the class.**



Friday - March 1, 2019

901 – Advanced Cardiac Life Support (ACLS) – Experienced Provider

Target Audience: Current ACLS providers with experience

- CEUs: ALS Cat 1 Area 16 (3.5 Hours)
- ALS Cat 1 Area 17 (4.5 Hours)

Instructors: Jay Gould & VCU CTCCE

The goal of the ACLS EP course is to improve outcomes in complex cardiovascular, respiratory and other metabolic or toxicologic emergencies by expanding on core ACLS guidelines and encouraging critical thinking and decision-making strategies. Through instruction and active participation in case-based scenarios, learners enhance their skills in the differential diagnosis and treatment of pre-arrest, arrest and post-arrest patients. ACLS EP renews your ACLS Provider certificate. **You must submit a copy of your current ACLS card prior to the class.**

As an experienced provider student must come prepared to test in all ACLS stations at the beginning of class without prompting. The stations include BLS testing with use of the AED, megacode and management of respiratory arrest. Students must successfully pass an online written test prior to the day of class.





902 – Mental Health First Aid

Target Audience: All

CEUs: BLS Cat 1 Area 15
ALS Cat 1 Area 20

***** Approved for DCJS Partial In-service Course credits*

Instructor: Lt. Jairus Munson

Mental Health First Aid for Fire/EMS teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This 8-hour training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. It focuses on the unique experiences and needs of firefighters and EMS personnel and is a valuable resource that can make a difference in their lives, their coworkers' and families' lives, and the communities they serve.



902 – 10th Anniversary Celebration Social & Lecture: The Power of a Laugh

Target Audience: All

CEUs: BLS Cat 1 Area 15 (1 Hour)
ALS Cat 1 Area 20 (1 Hour)

Instructor: Dr. Ben Abo

Come celebrate our 10th year of the EMS Expo! Join us at Atlas42 for an evening of great food and entertainment! Atlas42, located at 4032 Cox Road – Suite A, Glen Allen, provides a fun atmosphere with giant Jenga, cornhole, ping pong tables and other games! There's plenty of room indoors enjoy great food and relax!

To wrap up our Celebration, Dr. Ben Abo will lecture on the Power of a Laugh. We are in a tough business dealing with difficult situations frequently. Sometimes you have to unlock your inner hero and react without hesitation. Finding humor in a challenging moment is sometimes what helps us cope through the roughest of times. Come enjoy this lecture and embrace the Power of a Laugh.



Saturday - March 2, 2019

1001 – General Session: When “Once in a Lifetime” Calls Keep Happening

Target Audience: All

CEUs: BLS Cat 1 Area 15
ALS Cat 1 Area 20

Instructor: Dr. Ben Abo

It’s true isn’t it? Doesn’t it seem like there are an increasing number of major incidents and disasters lately. We trained for these high risk, low frequency calls but they aren’t so low frequency anymore. Join Dr. Abo as he reviews some critical incidents that he has responded to. From a boat accident on July 4th with 22 patients in dark water to responses to hurricanes, Dr. Abo will discuss these calls as well as how to prepare mentally to manage these intense situations over and over again.



1100 – Suicide: More Than 13 Reasons Why

Target Audience: All

CEUs: BLS Cat 1 Area 14
ALS Cat 1 Area 19

******Approved for DCJS Partial In-service Course credits*

Instructor: Paul Brasler

Completed suicides, attempted suicide, and suicidal ideation, often leave friends and relatives of the affected person wondering: what is happening and why are they doing this? These are often unanswerable questions. This course will explore the epidemiology of suicide, risk factors, how to assess for suicide, and appropriate ways that First Responders can intervene.



1101 – Hot Topics in Resuscitation

Target Audience: ALS & BLS Providers

CEUs: BLS Cat 1 Area 12
ALS Cat 1 Area 17

Instructor: Dr. Joe Ornato

This session will highlight the latest research and prehospital trends in cardiopulmonary resuscitation, focusing on community systems of care and practical tips that can enhance survival from out-of-hospital cardiac arrest. Topics will include management of recurrent/refractory ventricular fibrillation (VF), avoiding mistakes in external pacing, dual defibrillation myths and facts, “head-up” CPR positioning, amiodarone vs lidocaine vs placebo for VF, role of ECMO centers, and many others.





1102 – LVAD and Heart Failure

Target Audience: ALS & BLS Providers, Nurses

CEUs: BLS Cat 1 Area 12
ALS Cat 1 Area 17

****Approved Nursing Contact Hours

Instructor: Laura Polliard

This class will review the current *state of the art* treatment in heart failure management. We will discuss the rationale for medical therapy, treatment outcomes, and provide a detailed overview of device choices. LVAD implantation and successes will be reviewed as well as emergent evaluation of the LVAD patient at home.



1103 – Medical Support for Unconventional Law Enforcement Operations

Target Audience: ALS & BLS Providers

CEUs: BLS Cat 1 Area 15
ALS Cat 1 Area 20

Instructor: Supervisory Special Agent Anthony V. Colantoni

- Provide an overview of considerations for EMS providers in support of law enforcement operations;
- Demonstrate factors which alter patient care priorities, access and resources;
- Provide considerations in developing a rapid medical threat assessment and action plan based on the complexities of the situation.

This presentation will provide an overview of the medical support challenges encountered during complex FBI law enforcement operations. These considerations will assist attendees in preparing for, or responding to, unconventional law enforcement operations; it will provide templates for medical planning, resource utilization and integration with law enforcement.



1104 – Prehospital Management of Heart Failure

Target Audience: ALS & BLS Providers

CEUs: BLS Cat 1 Area 12
ALS Cat 1 Area 17

Instructor: Dr. Robert Bogaev

This class will review right and left sided heart failure and EMS management of common heart failure symptoms. Case studies will be reviewed and Ventricular Assist Devices (VAD) will also be discussed.





1105 – What Would You Do When Disaster Strikes? ICS for Special Situations

Target Audience: All

CEUs: BLS Cat 1 Area 15
ALS Cat 1 Area 20

***** Approved for DCJS Partial In-service Course credits*

Instructor: Battalion Chief Stan Langford

This session will discuss lesson learned by the presenters on unique calls for service such as flooding, wind, and hospital evacuation scenarios. Participants can share their experiences and learn how to manage these events as an EMS provider, Firefighter, or Law Enforcement Officer.



1106 – First Aid, Medical Evaluation, and Treatment of Chlorine Exposure

Target Audience: All

CEUs: BLS Cat 1 Area 13
ALS Cat 1 Area 18

Instructors: Dr. Matthew Krebs & Robyn Brooks

This session will provide an overview of symptoms, first aid, and medical evaluation and treatment for exposure to chlorine.



1107 – Diabetes: Through the Eyes of a Survivor

Target Audience: ALS & BLS Providers

CEUs: BLS Cat 1 Area 14
ALS Cat 1 Area 19

Instructor: Retired Lt. Keith Cousins

Lt. Cousins retired from his career at the Henrico Division of Fire, but his battle with diabetes continues. He was diagnosed over 22 years ago and has been able to control his diabetes through trial and error with various adjustments to his diet. He also relied on nutrition classes and technology of an insulin pump. Come review diabetes and learn how it can be managed.



1108 – Tunnel Through the Brain

Target Audience: ALS & BLS Providers

CEUs: BLS Cat 1 Area 12
ALS Cat 1 Area 17

Instructor: Dr. Lee Jensen

Dr. Jensen and Stryker Neurovascular take you on a hands-on journey through the brain. Students will learn how to use the latest interventional devices used in stroke and aneurysm management.





1109 – Man Crush Monday

Target Audience: All

CEUs: BLS Cat 1 Area 13
ALS Cat 1 Area 18

Instructor: Dr. Ben Abo

With the many natural disasters facing the world today, it’s always a good time to review crush injuries and compartment syndrome. Although crush injuries are not a common occurrence, EMS providers must react quickly. The prehospital management of these patients will make all of the difference for a positive outcome. Get prepared to treat your next #ManCrushMonday!



1110 – I’ve Fallen and I Can’t Get Up! Assessment & Management of the Geriatric Fall Patient

Target Audience: ALS & BLS providers, Nurses

CEUs: BLS Cat 1 Area 14
ALS Cat 1 Area 19

*****Approved Nursing Contact Hours*

Instructor: Pam Martin

Falls are a common emergency response for EMS. Learn from case studies on how to approach and treat the geriatric patient who has suffered injuries from a fall. This class will use role play and case review to prepare the EMS provider for proper assessment of geriatric fall patients.



1111 – BLS Anatomy & Skills Lab - HANDS ON

Target Audience: This class is offered to BLS Providers only

CEUs: BLS Cat 1 Area 11

This class is held offsite and has limited space.

Students will be transported by shuttle bus to and returned from the Bon Secours Memorial College of Nursing Clinical Simulation Center, located at 7900 Shradar Road (Henrico, Va. 23294) on the second floor in Suite 200 (Near the Henrico Training Center).

Instructor: Multiple

Resuscitation of the critically ill is one of the most stressful and frustrating components of our clinical practice, yet among the most rewarding. Our patients deserve excellence in our ability to provide safe invasive procedures. These procedures are often required to save a life yet are often not utilized, because of lack of practice and familiarity with the procedure itself, and advances in equipment and technique.



This hands-on lab is designed to improve the EMS provider’s competence while performing invasive emergency procedures in a safe and controlled environment. The lab will utilize fresh, unembalmed cadavers, which closely simulate the anatomy and feel of an actual patient. Each participant is closely supervised during invasive procedures.

BLS Skills will include anatomy review, airway management, and tourniquets.

Appropriate Personal Protective Equipment will be provided to each participant.



1112 – Prehospital Trauma Care: Less Is More

Target Audience: All

CEUs: BLS Cat 1 Area 13
ALS Cat 1 Area 18

Instructor: Dr. Jeff Ferguson

I didn't say "Load and Go" or "Scoop and Run"! The past several decades have seen large swings in trauma care from MAST pants and backboards to tourniquets and TXA. Lets take a look at the interventions we are performing for the trauma patient and what truly leads to meaningful outcomes.



1200 – What’s Going On? Mental, Medical or Substance Abuse

Target Audience: ALS & BLS Providers, Nurses

CEUs: BLS Cat 1 Area 14
ALS Cat 1 Area 19

**** *Approved for DCJS Partial In-service Course credits*

**** *Approved Nursing Contact Hours*

Instructor: Paul Brasler

Your patient appears confused and seems to be talking to himself. Is this a psychotic episode? Substance Abuse? What else could it be? This course will explore the intersection of mental illness symptoms, medical symptoms and drug use, and will help you better assess patients in the field.



1201 – Avoiding Mistakes in Pediatric Cases

Target Audience: ALS & BLS Providers, Nurses

CEUs: BLS Cat 1 Area 14
ALS Cat 1 Area 19

**** *Approved Nursing Contact Hours*

Instructor: Dr. Caleb Hernandez

Emergency personnel often face challenging situations with critical ill patients. Patients in our communities are of all different ages and the provider must be ready to meet the needs of any member of the community having a life threatening or emergent medical condition. Children have the largest variation in size from any patient population we serve and this



creates unique challenges treating and meeting the needs of these patients. Dr. Hernandez will discuss the challenges, pitfalls and practical strategies for avoiding mistakes to keep the primary tenant of medicine which is “first do no harm”.



1202 – Respiration Desperation

Target Audience: ALS & BLS Providers

CEUs: BLS Cat 1 Area 11
ALS Cat 1 Area 16

Instructor: Ronald Luu

A detailed look into the pathophysiology of acute and chronic illness, such as Asthma, Bronchitis, Congestive Heart Failure, and Acute Respiratory Distress Syndrome. The uses of BVMs, PEEP valves, CPAP, BiPAP, and SPO2/EtCO2 monitoring systems. Ventilatory management and care during Anaphylaxis, Sepsis, Pulmonary Embolism, DKA, Crush Syndrome, Dialysis, CO exposure, post Respiratory Arrest, and post Cardiac Arrest. Pharmacological effects of ALS medications that directly and indirectly affect the respiratory function. Case scenarios will conclude lecture.



1203 – Chemical Suicide: Case Studies and Response Techniques

Target Audience: All

CEUs: BLS Cat 1 Area 15
ALS Cat 1 Area 20
****** Approved for DCJS Partial In-service Course credits*

Instructors: FF Jerry Lawson & FF Patrick White

This class will discuss the unique aspects of responding to chemical suicides and review case studies. We will also discuss HazMat responses and some techniques to help identify possible Chemical Suicides as part of every scene safety survey.



1204 – Vasopressors: Don’t Fear the Squeeze

Target Audience: ALS Providers

CEUs: BLS Cat 1 Area 14
ALS Cat 1 Area 19

Instructor: Battalion Chief Will Aiken

Few patients test an EMS provider’s skills more than a critically ill patient in shock. Post cardiac arrest, septic and cardiogenic shock patients often need support to stabilize their condition. Using scenarios, we will compare and contrast the top medications used in prehospital and critical care transport.





1205 – Surviving the Wrong Side of the Fang

Target Audience: All

CEUs: BLS Cat 1 Area 13
ALS Cat 1 Area 18

Instructor: Dr. Ben Abo

Thousands of snakebites are reported each year. Do you know what to do in case of a snakebite? In this class, you will get up close and personal with SNAKES. Yes, live snakes will be in the classroom on display! We will review the treatment of venomous and non-venomous snake bites.



1206 – Rescue Task Force: Good Medicine in Bad Places Part 1 of 2

Target Audience: All

CEUs: BLS Cat 1 Area 13
ALS Cat 1 Area 18

***** Approved for DCJS Partial In-service Course credits*

Instructor: Rick Pyle

This class will discuss the merits and potential hazards of the evolving Rescue taskforce concept. The growing threat of terrorism, active shooters, and homicidal mania warrants us to continually update and revise tactics, equipment, and communication.

Massive hemorrhage control techniques will be demonstrated such as wound packing and rapid tourniquet placement. The use and application of body armor will be discussed. Law enforcement needs, coordination, and movement will be presented.

Most importantly participants will discuss in round table format a response to a simulated attack on a local public building. Command officers down to the grunt Firefighter will benefit from this scenario as each role is essential in making the Rescue Task Force safe, rapid, and effective.

Students will practice control of massive hemorrhage, dragging victims, communicating with outside resources and coordinating with law enforcement in order to make an effective and safe RTF. This will be done through a hands on simulated attack with victims and moulage.



1207 – Children in the Big World of EMS

Target Audience: ALS & BLS Providers

CEUs: BLS Cat 1 Area 13
ALS Cat 1 Area 18

Instructor: Tabitha Smithers

This class will look at current trends in pediatric trauma and criteria for a pediatric trauma center. Assessment and recognition as well as EMS care in pediatric trauma. Resource utilization will also be discussed.



1208 – Spilled What? Where? Decontamination for EMS Providers

Target Audience: All

CEUs: BLS Cat 1 Area 15
ALS Cat 1 Area 20

Instructor: Jeff Lohr

Fire & EMS personnel face various dangers every time we enter a patient’s home. At a time where homemade drugs and carfentanyl present a true risk to our safety, we must be more vigilant than ever. What would you do if you were already at a scene and identified that there was a substance that presented a danger to you and your crew? How would you react? Would you know what to do to reduce the risk for you and your crew? Come join us for this insightful lecture and talk about the pearls and pitfalls of EMS Decontamination!

1209 – ECMO and EMS

Target Audience: ALS & BLS Providers

CEUs: BLS Cat 1 Area 12
ALS Cat 1 Area 17

Instructor: Dr. Rajiv Malhotra

This class will provide an introduction to extracorporeal membrane oxygenation (ECMO) including background, physiology, indications and exclusions.

1210 – Paws for Paramedics

Target Audience: All

CEUs: BLS Cat 1 Area 15 (1 Hour)
ALS Cat 1 Area 20 (1 Hour)

Instructor: Mark Tenia and Tabitha Treloar

Need a little Expo stress relief? Come and meet your remedy! EMS providers are frequently exposed to traumatic events which can lead to high levels of workplace stress. Research on the human-animal bond has demonstrated the benefits pets can have on a person’s mental, social and physical health. The Richmond Ambulance Authority and the Richmond SPCA launched a partnership creating the *Paws for Paramedics* program in 2018. The program is designed to help EMS providers relieve stress through regular interaction with pets from the Richmond SPCA. RAA staff interact with pets awaiting adoption while also providing exposure to help the pets find homes. Come learn about how the program got started and how it has benefited the healthcare providers at RAA and pets at Richmond SPCA so far. Maybe our furry friends will encourage you to start such a program in your community. **Please avoid this class if you have an allergy to dogs. This class will be 60 minutes long and award 60 minutes of CE hours only.**



1211 – BLS Anatomy & Skills Lab - HANDS ON

*****Repeat**

Target Audience: This class is offered to BLS Providers only

CEUs: BLS Cat 1 Area 11

This class is held offsite and has limited space.

Students will be transported by shuttle bus to and returned from the Bon Secours Memorial College of Nursing Clinical Simulation Center, located at 7900 Shrader Road (Henrico, Va. 23294) on the second floor in Suite 200 (Near the Henrico Training Center).

Instructor: Multiple

Resuscitation of the critically ill is one of the most stressful and frustrating components of our clinical practice, yet among the most rewarding. Our patients deserve excellence in our ability to provide safe invasive procedures. These procedures are often required to save a life yet are often not utilized, because of lack of practice and familiarity with the procedure itself, and advances in equipment and technique.

This hands-on lab is designed to improve the EMS provider’s competence while performing invasive emergency procedures in a safe and controlled environment. The lab will utilize fresh, unembalmed cadavers, which closely simulate the anatomy and feel of an actual patient. Each participant is closely supervised during invasive procedures.

BLS Skills will include anatomy review, airway management, and tourniquets.

Appropriate Personal Protective Equipment will be provided to each participant.



1212 – Whoa Baby! Prehospital Management of Birth Complications

*******This class is held offsite and has limited space.**

Target Audience: ALS & BLS Providers

CEUs: BLS Cat 1 Area 14

ALS Cat 1 Area 19

Students will be transported by shuttle bus to and returned from the Bon Secours Memorial College of Nursing Clinical Simulation Center, located at 7900 Shrader Road (Henrico, Va. 23294) on the second floor in Suite 200 (Near the Henrico Training Center).

Instructor: Dr. Courtney Legum-Wenk

Delivering a baby in the field doesn’t happen every day, but you need to be prepared for the possibility! This class will review a normal delivery and will focus on possible complications, pre-hospital management of such complications, and skills to give you confidence in patient care during these times. After the review, the Bon Secours Clinical Simulation Center will provide a full simulation OB mannequin where you will practice managing these complications! Come learn and get ready for Whoa Baby!





1213 – Team Players....Start Your Engine - Richmond Raceway Safety Team - Part 1 of 2

*******This class is held offsite at the location of: Richmond Raceway 600 E. Laburnum Ave.**

Target Audience: ALS & BLS Providers

CEUs: BLS Cat 1 Area 15
ALS Cat 1 Area 20

Instructor: Battalion Chief Stan Langford & Retired Captain Jimmy Hughes

Have you ever considered being part of one of the largest sporting events in Henrico County? This class will show you what is needed to qualify as a safety team member. We will tour the Richmond Raceway Track operations and facilities. We will review the latest safety gear used by NASCAR and practice rescue scenarios with removing helmets and safety harnesses.



1300 – Substances of Abuse

Target Audience: All

CEUs: BLS Cat 1 Area 14
ALS Cat 1 Area 19

******Approved for DCJS Partial In-service Course credits*

******Approved Nursing Contact Hours*

Instructor: Paul Brasler

Those of us on the front lines of caring for people know that the current epidemic is only the most recent manifestation of a long-standing problem. This course will examine the intoxication and withdrawal profile of numerous chemicals of abuse. We will pay special attention to synthetic opioids, specifically buprenorphine and fentanyl analogs.



1301 – Intermediate Ventilator Management: Understanding Modes & Triggers

Target Audience: ALS Providers

CEUs: BLS Cat 2
ALS Cat 1 Area 16

Instructor: Battalion Chief William Aiken

This session is intended for the provider that has a good grasp of basic ventilator usage and wants to build on that foundation. We will discuss scenario-based problem solving, incorporating blood gas results, pediatric ventilation, and some of the advanced modes available on the high-end transport ventilators.





1302 – Opioids, PPE and What Every EMS Provider Should Know

Target Audience: ALS & BLS Providers

CEUs: BLS Cat 1 Area 14
ALS Cat 1 Area 19

***** Approved for DCJS Partial In-service Course credits*

Instructor: FF Jerry Lawson

The class will review some current and basic information on different types of opioids that EMS may encounter, Fentanyl, Carfentanyl, and different “street” mixtures. Proper PPE to wear in case of a suspected encounter will be discussed. We will also explore what to do if exposed to having no PPE on at all. We will include proper PPE doffing and donning. Finally, we will discuss different decon techniques used by the HazMat team.



1303 – The Human CT Scanner: An EMS Approach to Stroke

Target Audience: All

CEUs: BLS Cat 1 Area 12
ALS Cat 1 Area 17

Instructor: Dr. Amir Louka

In-hospital diagnosis and treatment of stroke has rapidly advanced in recent years while prehospital management remains largely unchanged. Through a deeper understanding of brain anatomy, stroke physiology and the array of new treatments available, prehospital providers will be better equipped to identify, triage and treat acute strokes in the field.



1304 – Surviving the Wrong Side of the Fang ***Repeat**

Target Audience: All

CEUs: BLS Cat 1 Area 13
ALS Cat 1 Area 18

Instructor: Dr. Ben Abo

Thousands of snakebites are reported each year. Do you know what to do in case of a snakebite? In this class, you will get up close and personal with SNAKES. Yes, live snakes will be in the classroom on display! We will review the treatment of venomous and non-venomous snake bites.



1305 – Old School Rocks!

Target Audience: BLS Providers

CEUs: BLS Cat 1 Area 13
ALS Cat 1 Area 18

Instructor: Kim Lohr

Oh no! What happens when you run out of high tech splinting toys? Enjoy, hands-on practice of old school splinting techniques. Practice will include anatomic, rigid and soft splints; using cravats, blankets, pillows and padded board splints. Come dressed comfy and prepared to be a victim and a rescuer, for some extremity splinting fun! Also download the Kahoot before attending class and bring your fully charged phone to class.



1306 – Rescue Task Force: Good Medicine in Bad Places Part 2 of 2

Target Audience: All

CEUs: BLS Cat 1 Area 13
ALS Cat 1 Area 18

***** Approved for DCJS Partial In-service Course credits*

Instructor: Rick Pyle

This class will discuss the merits and potential hazards of the evolving Rescue taskforce concept. The growing threat of terrorism, active shooters, and homicidal mania warrants us to continually update and revise tactics, equipment, and communication.

Massive hemorrhage control techniques will be demonstrated such as wound packing and rapid tourniquet placement. The use and application of body armor will be discussed. Law enforcement needs, coordination, and movement will be presented.

Most importantly participants will discuss in round table format a response to a simulated attack on a local public building. Command officers down to the grunt Firefighter will benefit from this scenario as each role is essential in making the Rescue Task Force safe, rapid, and effective.

Students will practice control of massive hemorrhage, dragging victims, communicating with outside resources and coordinating with law enforcement in order to make an effective and safe RTF. This will be done through a hands on simulated attack with victims and moulage.

1307 – Severe Weather and a New Chief... The Not-So-Perfect Storm

Target Audience: All

CEUs: BLS Cat 1 Area 15
ALS Cat 1 Area 20

Instructor: Battalion Chief Justin Adams

On September 17, 2019 severe weather threatened Chesterfield County Virginia, resulting in several incident responses from a EF2 Tornado. The tornado covered approximately nine miles of destruction path, caused serve damage to several large structures and was responsible for several building collapses along the Hull Street Road corridor. This class will focus on the lessons learned from the after-action report, to include organizational, incident and timeline overview, incident response, mitigation, demobilization phases. We will then take a detailed look at the lessons learned from the above areas so that other may learn from our experience. The class will include audio of first hand video footage, incident wave file, and other auditory components to illustrate the lessons reinforced and learned. Those lessons include command presence, ICS organizational and strategic guidance during high risk, low frequency emergency events.



1308 – Fit for Duty: Optimizing Your Performance

Target Audience: All

CEUs: BLS Cat 1 Area 15
ALS Cat 1 Area 20

***** Approved for DCJS Partial In-service Course credits*

Instructor: Josh Gaskin and Joey Pacelli

The life of a first responder creates a routine that is anything but. With such a variable schedule being the norm, maintaining and improving your personal fitness and wellness can become a daunting task. Our Fit-for-Duty series focuses on implementing strategic methods, based on science and tested in the field, to improve your fitness programming, decrease your risk of injury, and enhance your nutrition for peak performance. We will provide information and allow for an open discussion that will focus on overcoming the most prevalent barriers to maintaining your fitness and wellness.



1309 – Family Assistance & Support Team Operations

Target Audience: All

CEUs: BLS Cat 1 Area 15
ALS Cat 2 Area 20

Instructor: Captain David Newell

Henrico County Division of Fire has a support team attached to the Honor Guard that is dedicated to serving the needs of its members and their family. This presentation will discuss this history and critical mission of this team. It will discuss team operating guidelines, operation case studies, and ideas on how to form your own team.



1310 – Thoracic Trauma

Target Audience: ALS & BLS Providers, Nurses

CEUs: BLS Cat 1 Area 13
ALS Cat 1 Area 18

***** Approved Nursing Contact Hours*

Instructor: Greg Hamilton

This class will review various types of chest trauma! Come learn about Pneumothorax/Tension Pneumothorax, Hemothorax, Pericardial Tamponade, Flail Chest, Diaphragmatic Rupture and Tracheobronchial Disruption. We will review EMS recognition of these injuries and treatment.





1313 – Team Players....Start Your Engine - Richmond Raceway Safety Team - Part 2 of 2

*****This class is held offsite at the location of: Richmond Raceway 600 E. Laburnum Ave.

Target Audience: ALS & BLS Providers

CEUs: BLS Cat 1 Area 15
ALS Cat 1 Area 20

Instructor: Battalion Chief Stan Langford & Retired Captain Jimmy Hughes

Have you ever considered being part of one of the largest sporting events in Henrico County? This class will show you what is needed to qualify as a safety team member. We will tour the Richmond Raceway Track operations and facilities. We will review the latest safety gear used by NASCAR and practice rescue scenarios with removing helmets and safety harnesses.



Sunday - March 3, 2019

2100 – Burn Resuscitation and Airway Management

Target Audience: ALS & BLS Providers

CEUs: BLS Cat 1 Area 13
ALS Cat 1 Area 18

Instructor: Chris Stevenson

An update on the changes in burn resuscitation beyond the Parkland Formula, including review of complications associated with both under and over resuscitation. We will also discuss the unique challenges in burn airway management and cover treatment of inhalation injury.



2101 – Capnography: So Easy A Caveman Can Do It Part 1 of 2

Target Audience: ALS & BLS Providers

CEUs: BLS Cat 1 Area 11
ALS Cat 1 Area 16

Instructor: Chris Kroboth

A simulation-based prehospital approach to End-Tidal Capnography in determining ventilation and perfusion status. A two-part course starting with an engaging presentation on the respiratory cycle, metabolism, perfusion and their relation to exhaled carbon dioxide. We will then use a simulator in the classroom to represent various patients and correlate EtCO2 to their status and stability in comparison to other more common diagnostic measurement tools and techniques.

- Learning Objectives
 - Obtain a basic understanding of the ability of End Tidal Capnography to aide in the understanding of the patient's ventilation status
 - Obtain a basic understanding of how End-Tidal Capnography works and should be considered a key diagnostic monitoring tool.
 - Obtain a basic understanding of the ability of End Tidal Capnography to aide in the understanding of the patient's perfusion status.
 - Understand the correlation of respiratory rate to EtCO2 values.



2102 – Should We Really Be Giving Narcan To Everyone?

Target Audience: ALS & BLS Providers

CEUs: BLS Cat 1 Area 14
ALS Cat 1 Area 19

*****Approved for DCJS Partial In-service Course credits*

Instructor: Bob Page

It is in the news, Opiod Epidemic! Drug overdose deaths are up nationwide. Narcan has been hailed as a lifesaving drug! Everybody can give it, EMS, firefighters, the Police, the lay public even. Everybody is caught up in the hoopla!. But what are



the costs? Besides the actual cost of the drug narcan, what are the other costs? What are the risks to patient who gets narcan and EMS and others that give the drug as an antidote? Toxicologists have for years have warned about giving antidotes without knowing what the patient took. Is there an alternative? Come to this session and hear what no one else is telling you, take a look at the other side of the discussion that goes against most systems protocol, but you know well. For years, EMS providers have been blindly following protocols and some have even suggested that narcan can even “rule out” a narcotic overdose? We will look at the effects of narcotic on the body and what the real problem is. Solid patient assessment techniques could point the provider to a management plan

Course Objectives: By the end of this session, the participant will be able to

- Contrast normal physiology of respiratory system with that of opioid induced respiratory depression.
- Describe the risks and benefits to Narcan administration in a suspected overdose.
- Describe presenting signs and symptoms of narcotic overdose
- Describe alternatives to drug therapy of suspected opioid overdose.



2103 – Stress First Aid for First Responders

Target Audience: All

CEUs: BLS Cat 1 Area 15

ALS Cat 1 Area 20

**** *Approved for DCJS Partial In-service Course credits*

Instructor: Shannon Daniel

This set of tools is used to care for stress reactions in firefighters and EMS personnel. Unlike other acute stress management procedures, Stress First Aid is designed to support firefighters and EMS personnel. The goal is to restore health and readiness after a stress reaction. It emphasizes the importance of continuously monitoring the stress of personnel and to quickly recognize and appropriately help individuals to ensure a return to full-function. Stress First Aid fosters strong leadership and unit cohesion but is individualized to meet the needs of each person in each context; there are no one-size-fits all solution.



2104 – Unusual Neurological Emergencies

Target Audience: ALS & BLS Providers, Nurses

CEUs: BLS Cat 1 Area 14

ALS Cat 1 Area 19

**** *Approved Nursing Contact Hours*

Instructor: Kai Funk

The purpose of this lecture is to provide insight on some of the Usual and Unusual Neurological Disorders that EMS providers and Nurses might encounter. This lecture will include information on more common conditions such as Parkinson’s and Multiple Sclerosis, but will also cover some unusual syndromes such as Guillian-Barre, Progressive Multifocal Leukoencephalopathy (PML), Balint’s Syndrome and Capgras Delusion.





2105 – Airway Emergencies

Target Audience: ALS & BLS Providers

CEUs: BLS Cat 1 Area 11
ALS Cat 1 Area 16

Instructor: Dr. Henry Wong

Positioning, suction, adjuncts, tubes – so many ways to help manage an airway, but are you prepared for any airway emergency? Come review various cases and learn about the best way to manage your problem airway patient!



2106 – Critical Care for OUR Mental Health – We Aren't Ok

Target Audience: All

CEUs: BLS Cat 1 Area 15
ALS Cat 1 Area 20

****Approved for DCJS Partial In-service Course credits

Instructor: Devon Clary

In our chosen profession, communications, EMS, fire, law enforcement, or emergency medicine, we make life changing decisions for strangers with limited information in seconds. This a humbling privilege that sometimes haunts us for the rest of our lives, we must learn to Pause for the patient and ourselves. The mental health stigma in public safety often prevents those who need help from asking for it and suicide rates are at an all time high. As a profession, we are not OK, so come join in for some real talk because we don't just need first aid for our mental health, we need critical care. The self awareness brought forth by this lecture could save you or someone you care about from being lost due to unrecognized mental illness.



2107 – Rapid Emergency Pediatric Assessment

Target Audience: ALS & BLS Providers

CEUs: BLS Cat 1 Area 14
ALS Cat 1 Area 19

Instructor: Dusty Lynn-Page

When you walk into the room where there is a sick or injured child, can you rapidly assess this child to determine priorities for assessment and management? Join experienced and dynamic pediatric educator Dusty Lynn as she covers it all from the doorway assessment progressing to the full hands on assessment. Dynamic content including actual videos and interactive case studies make this a no-miss session!





2108 – Pediatric Ingestions: What To Do When Kids Swallow Things They Shouldn't

Target Audience: ALS & BLS Providers, Nurses

CEUs: BLS Cat 1 Area 14

ALS Cat 1 Area 19

***** Approved Nursing Contact Hours*

Instructor: Dr. Carl Rountree

Course Outline:

- Review pediatric toxic ingestions, both intentional and unintentional.
- Discuss immediate resuscitation needs and transport.
- Review intentional ingestions in teens, including toxicology
- Discuss foreign body ingestions in all pediatric ages
-

2109 – Traffic Incident Management Responder Training Part 1 of 2

Target Audience: All

CEUs: BLS Cat 1 Area 15

ALS Cat 1 Area 20

***** Approved for DCJS Partial In-service Course credits*

Instructor: Battalion Chief Stan Langford

A new coordinated, multi-disciplinary training program developed through the Second Strategic Highway Research Program (SHRP2) available for all emergency responders and those supporting Traffic Incident Management operations. This training puts police, firefighters, state and local departments of transportation, towing, medical personnel, and other incident responders on the same page, leading to a safer, faster, integrated responder team.

2110 – The Anatomy of a Cardiac Arrest

Target Audience: ALS & BLS Providers

CEUs: BLS Cat 1 Area 12

ALS Cat 1 Area 17

Instructor: Dr. Allen Yee

We've all been there. Tired from working a cardiac arrest, hoping the next round of drugs actually makes a difference. So let's talk about that. What is EMS doing during a cardiac arrest that improves outcomes? Between the pit crew method to provide high quality CPR or the medications that we are using, every moment of prehospital care is impacting patient outcomes. We'll talk about all of these things and how EMS is affecting trends.



2111 – ALS Anatomy and Advanced Skills Lab – Part 2 of 2

*****Class begins at 8:00am**

This class is held offsite and has limited space.

Target Audience: This class is offered to ALS Providers only

- CEUs: ALS Cat 1 Area 16 (1 Hour)
- ALS Cat 1 Area 17 (1 Hour)
- ALS Cat 1 Area 18 (1 Hour)
- ALS Cat 1 Area 19 (1 Hour)

**This lab will be held at the Bon Secours Memorial College of Nursing Clinical Simulation Center, located at 7900 Shrader Road (Henrico, Va. 23294) on the second floor in Suite 200. (Near the Henrico Training Center)
Please arrive NO LATER than 7:45am to allow donning of PPE prior to class. Lab begins promptly at 8am.**

Instructor: Multiple

Resuscitation of the critically ill is one of the most stressful and frustrating components of our clinical practice, yet among the most rewarding. Our patients deserve excellence in our ability to provide safe invasive procedures. These procedures are often required to save a life yet are often not utilized, because of lack of practice and familiarity with the procedure itself, and advances in equipment and technique.

This hands-on lab is designed to improve the EMS provider’s competence of invasive emergency procedures in a safe and controlled environment. Each participant is closely supervised during invasive procedures. The lab will utilize fresh, unembalmed cadavers, which closely simulate the anatomy and feel of an actual patient.

ALS Skills will include anatomy review, video laryngoscopy, needle decompression, EZ-IO insertion, and surgical airways.

Appropriate Personal Protective Equipment (including scrubs) will be provided to each participant.

2112 - Leadership and Followership: The Fire Service Taijutsu

*****Class begins at 8:00am**

Target Audience: All

- CEUs: BLS Cat 2
- ALS Cat 2

*******Approved for DCJS Partial In-service Course credits**

Instructor: Deputy Chief Alec Oughton

In this program, the facilitator will identify the importance of followership in public safety. Attributes of excellent leader/followers will be identified and weaknesses in public safety leaders’ followership qualities will be exposed. The class will also discuss the importance of balance and transition between leadership and followership at all levels.



2200 – Winner Winner Chicken Dinner: Review your Anatomy and Physiology in a Different Way!

Target Audience: ALS & BLS Providers

CEUs: BLS Cat 1 Area 12

ALS Cat 1 Area 17

Instructor: FF Jairus Munson

Let’s play BINGO! This class will go over anatomy of the cardiovascular and the respiratory systems in a fun game-like environment. We will talk about some of the physiology associated with these organ systems as well. Try your luck and see if you can be our big winner!!!

2201 – Capnography : So Easy A Caveman Can Do It - Part 2 of 2

Target Audience: ALS & BLS Providers

CEUs: BLS Cat 1 Area 11

ALS Cat 1 Area 16

Instructor: Chris Kroboth

A simulation-based prehospital approach to End-Tidal Capnography in determining ventilation and perfusion status. A two-part course starting with an engaging presentation on the respiratory cycle, metabolism, perfusion and their relation to exhaled carbon dioxide. We will then use a simulator in the classroom to represent various patients and correlate EtCO2 to their status and stability in comparison to other more common diagnostic measurement tools and techniques.

Course Objectives

- Obtain a basic understanding of the ability of End Tidal Capnography to aide in the understanding of the patient's ventilation status
- Obtain a basic understanding of how End-Tidal Capnography works and should be considered a key diagnostic monitoring tool.
- Obtain a basic understanding of the ability of End Tidal Capnography to aide in the understanding of the patient's perfusion status.
- Understand the correlation of respiratory rate to EtCO2 values.

2202 – The Truth About Testifying

Target Audience: All

CEUs: BLS Cat 1 Area 15

ALS Cat 1 Area 20

Instructor: Stacy Davenport

Did you know that, if you respond to the scene of a crime, you may have to testify in court? Being a witness in a criminal case can be very unnerving, but it’s a breeze when you are properly prepared. This course will walk you through the process from beginning to end. Know how you can prepare yourself from the moment you respond to the call all the way through the day of trial.



2206 – Too Hot To Handle! Burn Trauma

Target Audience: All

CEUs: BLS Cat 1 Area 13
ALS Cat 1 Area 18

Instructor: Dr. Henry Wong

Burn patients present a variety of concerns for the prehospital provider. Whether a chemical, thermal or radiological type of burn, we will review ways to manage these difficult patients. This class will also review burn depth and appropriate management. Come learn and feel more comfortable with your burn patient so you don't think they are "too hot to handle!"



2207 – Getting Along In Years: ALS & BLS Geriatric Assessment

Target Audience: All

CEUs: BLS Cat 1 Area 14
ALS Cat 1 Area 19

Instructor: Dusty Lynn-Page

In 2030, we will see an increase of more than 70% in the geriatric population, just since the year 2000. Patients 65 years and older use EMS at a higher rate than any other age group. Do you have the knowledge necessary to understand the changes that occur with aging? Can you identify key differences in medication response and effects of poly-pharmacy in the elderly patient? What drug interactions are possible in the geriatric patient?

Come join Dusty, experienced trauma nurse educator, as she breaks down the differences between the geriatric population and other adults. Walk away with tips that will help you understand the important differences in this special population. Through case presentations you will deepen your knowledge of the aging process and develop assessment and management strategies specific to the geriatric patient.

Course Objectives:

1. Describe the normal changes that occur in the aging
2. Describe the differences in assessment techniques of the elderly patient.
3. Given several cases, describe the assessment and management of various common geriatric emergencies.



2208 – Stop! It's Trauma Time! Case Studies & More

Target Audience: ALS & BLS Providers, Nurses

CEUs: BLS Cat 1 Area 13
ALS Cat 1 Area 18

******Approved Nursing Contact Hours**

Instructor: Dr. Alan Rossi

This session will review case studies involving trauma! Join Dr. Rossi as he dives into various types of trauma and prehospital management of those patients.





2209 – Respiratory Interactive! A Fun Way To Learn Respiratory Emergencies

Target Audience: ALS & BLS Providers, Nurses

CEUs: BLS Cat 1 Area 14

ALS Cat 1 Area 19

***** Approved Nursing Contact Hours*

Instructor: Bob Page

Who says medical lectures have to be boring? This one Rocks! This session is presented in a game show atmosphere where the audience interacts with clickers throughout the session. This case based session walks the participant through some tough respiratory calls from CHF, to COPD and Asthma while teams gather points along the way. Join edutainer Bob Page as he moderates the action and reviews in a rather unique way, the respiratory system and review the pathophysiology of common respiratory emergencies and assessment techniques.

Course Outline:

1. General, applied review of Respiratory A&P
 - A. Anatomy
 - B. Physiology of respirations and gas exchange principles
2. Assessment Tools
 - A. Review of standard assessment techniques
 - B. Review of Objective assessment tools
3. Using tools, Common respiratory emergency assessment findings
 - A. Asthma, COPD, CHF
4. The audience response system experience
 - A. Feedback on answers

Course Objectives:

1. Identify, given a set of assessment data, the specific respiratory condition associated with that data.
2. Describe normal physiology of the respiratory system
3. Given a disease process, identify the likely signs and symptoms a patient would display.



2210 – Traffic Incident Management Responder Training Part 2 of 2

Target Audience: All

CEUs: BLS Cat 1 Area 15

ALS Cat 1 Area 20

***** Approved for DCJS Partial In-service Course credits*

Instructor: Battalion Chief Stan Langford

A new coordinated, multi-disciplinary training program developed through the Second Strategic Highway Research Program (SHRP2) available for all emergency responders and those supporting Traffic Incident Management operations. This training puts police, firefighters, state and local departments of transportation, towing, medical personnel, and other incident responders on the same page, leading to a safer, faster, integrated responder team.



2211 - ALS Anatomy and Advanced Skills Lab - Part 2 of 2

This class is held offsite and has limited space.

Target Audience: This class is offered to ALS Providers only

- CEUs: ALS Cat 1 Area 16 (1 Hour)
- ALS Cat 1 Area 17 (1 Hour)
- ALS Cat 1 Area 18 (1 Hour)
- ALS Cat 1 Area 19 (1 Hour)

This lab will be held at the Bon Secours Memorial College of Nursing Clinical Simulation Center, located at 7900 Shrader Road (Henrico, Va. 23294) on the second floor in Suite 200. (Near the Henrico Training Center)

Please arrive NO LATER than 7:45am to allow donning of PPE prior to class. Lab begins promptly at 8am.

Resuscitation of the critically ill is one of the most stressful and frustrating components of our clinical practice, yet among the most rewarding. Our patients deserve excellence in our ability to provide safe invasive procedures. These procedures are often required to save a life yet are often not utilized, because of lack of practice and familiarity with the procedure itself, and advances in equipment and technique.

This hands-on lab is designed to improve the EMS provider’s competence of invasive emergency procedures in a safe and controlled environment. Each participant is closely supervised during invasive procedures. The lab will utilize fresh, unembalmed cadavers, which closely simulate the anatomy and feel of an actual patient.

ALS Skills will include anatomy review, video laryngoscopy, needle decompression, EZ-IO insertion and surgical airways.

Appropriate Personal Protective Equipment (including scrubs) will be provided to each participant

2212 – Picking Up Where Bruno Left Off: The Humanistic Approach to Fire & EMS

Target Audience: All

- CEUs: BLS Cat 2
- ALS Cat 2

*******Approved for DCJS Partial In-service Course credits**

Instructor: Deputy Chief Tim McKay

When Chief Alan Brunacini first introduced the concept of customer service to fire and EMS, it was a novelty. Today, rare is the fire department that doesn’t espouse its virtues in a motto, mission statement or list of values. But...there’s more we can do. Instead of simply practicing customer service principles, this session will encourage attendees to examine our profession as “Humanism”, the pinnacle of service to others. Major topics explored will include techniques for communicating for maximum impact to improve our human interaction and effectiveness.



2300 – In End-Tidal We Trust: Principle and Clinical Significance of Waveform Capnography for BLS

Target Audience: BLS Providers

CEUs: BLS Cat 1 Area 11
ALS Cat 1 Area 16

Instructor: Tiffany Almeida

This lecture will outline what is waveform capnography, how it works, clinical significance and applications in the field. Geared towards the BLS provider or anyone interested in the fundamentals of waveform capnography.



2301 – Psychological Trauma: Our Brains Are Designed To Protect

Target Audience: ALS & BLS Providers

CEUs: BLS Cat 1 Area 14
ALS Cat 1 Area 19

Instructor: Beth Bonniwell

Our Brains are Designed to Protect One of the most common questions we hear about victims of domestic/intimate partner violence is, “Why do they stay?” Every victim/survivor has legitimate reasons for the decisions they make. Complex trauma will be explored through this highly interactive workshop allowing participants to gain insight to the adult victim’s perspective and to the child victim’s perspective. Vicarious trauma will also be briefly discussed.



2302 – The Not So Basic Airway Management

Target Audience: BLS Providers

CEUs: BLS Cat 1 Area 11
ALS Cat 2

Instructor: Lt. Ryan West

Join us as we make old skills feel new again! We will review the BLS airway and show how basic airway management is an art! There will be an opportunity to do hands-on practice to make your skills feel brand new!



2303 – Neurological Emergencies in the Pediatric Patient

Target Audience: ALS & BLS Providers, Nurses

CEUs: BLS Cat 1 Area 14
ALS Cat 1 Area 19

*****Approved Nursing Contact Hours

Instructor: Dusty Lynn-Page

From Seizures to Shunts, Dusty takes the road less traveled to talk about conditions that are rarely covered in EMS lectures. With dynamic cases, graphics and videos, Dusty will make the difficult seem easy as you a taken through actual cases on rarely seen conditions and gain confidence in understanding when these are emergencies. As a former Outreach coordinator for Children’s National Medical Center, She has a world of experience seeing and presenting these special cases to her audiences. It doesn’t get much better than her combination of experience and passion presenting this topic.



VCUHealth™



2307 – Knock Out 2 Birds with 1 Stone: Understanding Lab Values & OB Emergencies

Target Audience: ALS & BLS Providers

CEUs: BLS Cat 1 Area 14
ALS Cat 1 Area 19

Instructor: Dr. Stephanie Louka

This unique lecture will be separated into two parts.

Part one will provide insight on lab values that are relevant to EMS providers and understanding the alphabet soup of CBC, UA and more!

Part two will switch gears to discuss trauma and medical emergencies in pregnant patients. We will discuss eclampsia, HELLP syndrome and abruption and the prehospital management of these conditions.

2308 – Holy MUCC! What is Happening with Prehospital Triage in Virginia?

Target Audience: All

CEUs: BLS Cat 1 Area 15
ALS Cat 1 Area 20

Instructor: Sam Burnette

The Virginia Office of EMS will provide information on the Model Uniform Core Criteria for Mass Casualty Incident Triage (MUCC), the START and SALT methods of triage, changes in triage tags for Virginia, and jurisdictions' responsibility for selecting a triage method.

2309 – Stethoscopy For Dummies – Part 1 of 2

Target Audience: All

CEUs: BLS Cat 1 Area 14
ALS Cat 1 Area 19

Instructor: Bob Page

Students must bring their own stethoscope to class.

How much did you pay for your stethoscope? How much training did you get on how to use it? This will fill the gap. In this session, participants are provided down to earth “for dummies” information on various types of stethoscopes and how to use them to get the most out of patient assessment. In this “Ear Opening” session, new and improved methods and techniques are presented and lung and heart sounds are also played aloud so all participants can hear the sounds rather than hear a “description” of the sound.

In this session, participants must bring their own stethoscopes with them. Bob brings simulators for all participants to use their own stethoscopes to hear the various sounds. There is even a test at the end of class to see who earns the right to wear the stethoscope!



Course Objectives: By the end of this session, the participant will be able to:

1. Describe the parts of the stethoscope and the proper way to wear it
2. Describe the difference in the bell vs the diaphragm and the use for each
3. Identify by sound, common breath sounds
4. Describe a technique for identifying consolidated lung tissue

2310 – Equine Assisted Stress Management

Target Audience: All

CEUs: BLS Cat 1 Area 15
ALS Cat 1 Area 20

*****Approved for DCJS Partial In-service Course credits*

Instructor: Checkpoint One

Founded in 2016 by a Combat/Retired US Army Officer and an Equine Specialist USMC Spouse, Checkpoint One offers Non-riding Equine Assisted Growth, Learning and Therapy specializing in trauma, mental health and personal development (Post traumatic growth). Come meet our miniature ponies, Little Elvis and Stormy, and learn how to cope with the stresses and trauma of a public safety life.

2311 - ALS Anatomy and Advanced Skills Lab - Part 1 of 2

*****Repeat**

This class is held offsite and has limited space.

Target Audience: This class is offered to ALS Providers only

CEUs: ALS Cat 1 Area 16 (1 Hour)
ALS Cat 1 Area 17 (1 Hour)
ALS Cat 1 Area 18 (1 Hour)
ALS Cat 1 Area 19 (1 Hour)

This lab will be held at the Bon Secours Memorial College of Nursing Clinical Simulation Center, located at 7900 Shradler Road (Henrico, Va. 23294) on the second floor in Suite 200. (Near the Henrico Training Center)

Please arrive NO LATER than 12:45pm to allow donning of PPE prior to class. Lab begins promptly at 1:00pm.

Resuscitation of the critically ill is one of the most stressful and frustrating components of our clinical practice, yet among the most rewarding. Our patients deserve excellence in our ability to provide safe invasive procedures. These procedures are often required to save a life yet are often not utilized, because of lack of practice and familiarity with the procedure itself, and advances in equipment and technique.

This hands-on lab is designed to improve the EMS provider's competence of invasive emergency procedures in a safe and controlled environment. Each participant is closely supervised during invasive procedures. The lab will utilize fresh, unembalmed cadavers, which closely simulate the anatomy and feel of an actual patient.

ALS Skills will include anatomy review, video laryngoscopy, needle decompression, EZ-IO insertion and surgical airways.

Appropriate Personal Protective Equipment (including scrubs) will be provided to each participant.



2312 – Intoxicated Leadership: What Happens When We Stop Thinking Strategically and Start Reacting Emotionally Part 1 of 2

This class is held offsite and has limited space.

This lab will be held at the Bon Secours Memorial College of Nursing Clinical Simulation Center, located at 7900 Shrader Road (Henrico, Va. 23294) on the second floor in Suite 200. (Near the Henrico Training Center)

Target Audience: All

CEUs: BLS Cat 2
ALS Cat 2

*******Approved for DCJS Partial In-service Course credits**

Instructor: Lt. Ben Martin

When faced with conflict leaders far too often succumb to social pressures to remain popular at the expense of holding themselves and their people accountable. Dealing with difficult employees can be incredibly frustrating and discouraging, and it becomes tempting for leadership to flare up their rank and authority by quoting policy and “because I said so”. When disagreements inevitably present themselves, and employees start to spread rumors of their side of the story, leadership must avoid becoming emotional—especially angry and defensive. So how confident do you feel when you have to have a difficult conversation? Are you able to recognize when the employee is visibly upset and sending signals that starting a conversation is a bad idea?

Traditional leadership classes often trick us into thinking that we can resolve conflict in a ten-minute conversation. In reality, leaders may never be able to secure a buy-in from the employee. Intoxicated Leadership illustrates why the body responds to conflict the way it does, be it on a call for service or just hanging out at the station. Using this information we will discuss at length how leaders can create favorable circumstances to assist in constructing and having a difficult conversation. Participants will receive an overview of emotional intelligence, and real-world tips that can be applied immediately to assist leaders in having easier and ultimately more productive conversations.

2400 – Hidden in Plain Sight: Human Trafficking

Target Audience: All

CEUs: BLS Cat 1 Area 15
ALS Cat 1 Area 20

*******Approved for DCJS Partial In-service Course credits**

*******Approved Nursing Contact Hours**

Instructor: Megan Pond

Human trafficking may sound more like a plot in a movie than something that is happening in our own communities. Human trafficking occurs when force, fraud, or coercion is used to control another person for the purpose of engaging in forced labor or commercial sexual exploitation. Police, Fire, EMS and medical personnel may come into contact with these people through the course of their duties. Do you know what you would do and how you identify this potential victim?



2404 – Preparing a Rural EMS Agency for a Disaster

Target Audience: All

**CEUs: BLS Cat 1 Area 15
ALS Cat 1 Area 20**

Instructor: Hermann Thomas

Tips and methods to prepare a rural EMS agency for a All hazards response to a disaster, natural or man-made. Balancing the primarily volunteer agencies need to respond to their community and families.

2405 – Pediatric Trauma Assessment for the EMS Provider

Target Audience: ALS & BLS Providers

**CEUs: BLS Cat 1 Area 13
ALS Cat 1 Area 18**

Instructor: Dusty Lynn-Page

Trauma assessment in kids may at times seem difficult and harrowing because we just don’t get to practice assessment that much. In terms of classes, while there are many trauma courses for adults, very few exist for the pediatric patient. This class will take you through the PEARLS of pediatric trauma assessment with the differences in pediatric versus adult assessment findings explained in an easy to understand manner. Being the Trauma Coordinator in a major university based pediatric trauma center, Dusty brings her vast experience and enthusiasm for the topic to bear as she discusses real cases from injury to discharge. You’ll feel like you were actually there as a part of the team.

2406 – Self Defense for the First Responder

Target Audience: All

**CEUs: BLS Cat 1 Area 15
ALS Cat 1 Area 20**

******Approved for DCJS Partial In-service Course credits*

Instructors: Lt. Christopher Ray and Richard Harsh

This course will cover a brief lecture with Q&A on how to be safe on public safety calls for service. We will discuss the importance of staying together as a team, having a plan if something goes wrong, and how to effectively communicate. We will talk about how to defend from an attack, physical cues of an attack before it happens, and ways to avoid a potential attack. After a short lecture, we will practice self-defense techniques with a partner. You will be given a brief lesson on basic hands on self-defense and will have the time to practice each skill. We will work on using your attacker’s momentum to assist in avoiding the attack. We will discuss ways once attacked and on the ground how to avoid damage and protect yourself until help arrives.



2407 – The Not So Basic Airway Management ***Repeat**

Target Audience: BLS Providers

CEUs: BLS Cat 1 Area 11
ALS Cat 2

Instructor: Lt. Ryan West

Join us as we make old skills feel new again! We will review the BLS airway and show how basic airway management is an art! There will be an opportunity to do hands-on practice to make your skills feel brand new!



2408 – Stethoscopy For Dummies – Part 2 of 2

Target Audience: All

CEUs: BLS Cat 1 Area 14
ALS Cat 1 Area 19

Instructor: Bob Page

Students must bring their own stethoscope.

How much did you pay for your stethoscope? How much training did you get on how to use it? This will fill the gap. In this session, participants are provided down to earth “for dummies” information on various types of stethoscopes and how to use them to get the most out of patient assessment. In this “Ear Opening” session, new and improved methods and techniques are presented and lung and heart sounds are also played aloud so all participants can hear the sounds rather than hear a “description” of the sound.

In this session, participants must bring their own stethoscopes with them. Bob brings simulators for all participants to use their own stethoscopes to hear the various sounds. There is even a test at the end of class to see who earns the right to wear the stethoscope!

Course Objectives:

1. Describe the parts of the stethoscope and the proper way to wear it
2. Describe the difference in the bell vs the diaphragm and the use for each
3. Identify by sound, common breath sounds
4. Describe a technique for identifying consolidated lung tissue



2409 – In Over Your Head: Pediatric Drowning

Target Audience: All

CEUs: BLS Cat 1 Area 13
ALS Cat 1 Area 18

Instructor: Dr. Jesse Bain

This year, there have been multiple pediatric drowning in Central Virginia. This class will review pre-hospital management of the drowning patient and special considerations for children. We will also discuss prevention of these types of accidents and make you feel less “in over your head”.





2410 – Equine Assisted Stress Management ***Repeat**

Target Audience: All

CEUs: BLS Cat 1 Area 15
ALS Cat 1 Area 20

*****Approved for DCJS Partial In-service Course credits

Instructor: Checkpoint One

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2411 - ALS Anatomy and Advanced Skills Lab - Part 2 of 2

*****Repeat**

This class is held offsite and has limited space.

Target Audience: This class is offered to ALS Providers only

CEUs: ALS Cat 1 Area 16 (1 Hour)
ALS Cat 1 Area 17 (1 Hour)
ALS Cat 1 Area 18 (1 Hour)
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Instructor: Multiple

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ALS Skills will include anatomy review, video laryngoscopy, needle decompression, EZ-IO insertion, and surgical airways. **Appropriate PPE will be provided to each participant.**





2412 – Intoxicated Leadership: What Happens When We Stop Thinking Strategically and Start Reacting Emotionally Part 2 of 2

Target Audience: All

CEUs: BLS Cat 2
ALS Cat 2

*****Approved for DCJS Partial In-service Course credits

Instructor: Lt. Ben Martin

When faced with conflict leaders far too often succumb to social pressures to remain popular at the expense of holding themselves and their people accountable. Dealing with difficult employees can be incredibly frustrating and discouraging, and it becomes tempting for leadership to flare up their rank and authority by quoting policy and “because I said so”. When disagreements inevitably present themselves, and employees start to spread rumors of their side of the story, leadership must avoid becoming emotional—especially angry and defensive. So how confident do you feel when you have to have a difficult conversation? Are you able to recognize when the employee is visibly upset and sending signals that starting a conversation is a bad idea?

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2413 – Simulation Beyond Clinical

Target Audience: Educators

CEUs: BLS Cat 2
ALS Cat 2

Instructor: Daniel Linkins

Healthcare is not about treating diseases. It is about treating people. Much of what we do in healthcare is non-clinical in nature. In the words of Patch Adams, “You treat a disease, you win, you lose. You treat a person, I guarantee you, you’ll win, no matter what the outcome.” In this session, we will look at ways to teach the non-clinical components of healthcare, and how to prepare your students for some of the greatest challenges they will face...those not addressed in the protocol manual.

Course Objectives:

- Recognize at least 3 critical responsibilities of healthcare providers beyond clinical care
- Integrate affective characteristics into clinical simulation
- Create simulations that go beyond the “clinical care” component, and focus on comprehensive patient care, operations, and self-care





****** Approved Nursing Contact Hours** – *Bon Secours Memorial College of Nursing is an approved provider of continuing nursing education by the Virginia Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.*

****** Approved for DCJS partial in-service credits.**

****** Henrico County Division of Fire has approved this Expo for Career Development Points (CDP).** *You will be awarded with one (1) point per day of the Expo. If you have any questions, please contact Captain Michael Crawford – cra20@henrico.us*

If you have any questions concerning our classes, CEU's, Nursing Contact Hours, or DCJS Partial In-Service Credits, please contact Amy Howard – Amy_Howard@bshsi.org



INSTRUCTOR BIOS

Abo, Ben, DO, EMT-P is an EM/EMS Physician in Florida. He is the Assistant Medical Director for Hallandale Beach Fire & Rescue and Medical Director for the VENOM One and VENOM 2 Response Units. He serves as the Medical Team Manager for Task Force 1 Urban Search & Rescue.

Adams, Justin is a Battalion Chief and Paramedic with Chesterfield Fire and EMS

Aiken, Will is currently a Battalion Chief with the Henrico County Division of Fire and a flight paramedic with the VCU LifeEvac Critical Care Transport program. During his thirty-four years in EMS, Will has served in three states and for numerous agencies ranging from volunteer, third-service, hospital and fire-based. He has also shared his excitement for the role of EMS through teaching, precepting, and mentoring.

Almeida, Tiffany is a paramedic in the Bon Secours St. Mary's Emergency Department. She is a state Education Coordinator. Tiffany also works for Richmond Ambulance Authority.

Bain, Jesse is a physician at VCU Health in the Division of Critical Care Medicine. He is an Assistant Professor, Department of Pediatrics and Associate Program Director, Pediatric Critical Care Fellowship

Bogaev, Roberta joined Bon Secours in January 2017 as medical director of the Advanced Heart Failure and Mechanical Circulatory Support Center at St. Mary's Hospital. She assumed the role of Chief of Cardiology in January 2018. She provides inpatient and outpatient management of advanced heart failure as well as specialized services in cardiac monitoring, cardiopulmonary stress testing, and mechanical circulatory support (including Left Ventricular Assist Devices) and heart transplant evaluations. Before joining Bon Secours, Dr. Bogaev was faculty at Baylor College of Medicine where she served as the medical director of cardiac transplantation for the Texas Heart Institute.

Bonniwell Beth, MSW is employed by the Henrico County Police Division in Virginia. Her work consists of providing technical assistance and conducting trainings on domestic violence, stalking, strangulation, elder abuse and other related crimes. Ms. Bonniwell leads coordinated initiatives including the Henrico County Family Violence Fatality Review Team. Ms. Bonniwell assists attorneys, patrol officers and detectives in preparing cases for prosecution, provides case consultation and victim advocacy and develops policy and procedural recommendations for law enforcement. She works part-time for Greater Richmond Stop Child Abuse Now (SCAN) as a public educator on topics such as child sexual assault prevention and facilitates trauma-informed children's groups. Ms. Bonniwell is an adjunct faculty member for Virginia Commonwealth University and is a graduate of the University of Richmond's culinary arts program.

Brasler, Paul is a Licensed Clinical Social Worker and has a Master of Social Work. Currently, he is the head of behavioral health for Daily Planet Health Services, a non-profit community health organization. Paul is President of Providence Consulting & Education, L.L.C., through which he provides clinical supervision and professional education services. Paul regularly conducts a variety of trainings for counselors, teachers, parents, ministers and First Responders in his community and across the country. Paul is also a highly-regarded adjunct faculty in the Graduate Social Work program at VCU. Paul teaches advanced clinical courses on serious mental illness and a course on substance abuse interventions.



Brooks, Robyn serves as Senior Director, Health Environment Safety and Security (HESS) at The Chlorine Institute (CI). In this role, Robyn provides staff leadership and support for the Institute's HESS activities including leading updates of CI pamphlets to reflect best industry safety practice. She also serves as the Institute's primary government representative to EPA, OSHA and applicable agencies within DHS.

Robyn joined CI in 2012 as a Project Engineer. In 2014 she was promoted to a Senior Project Engineer in recognition of her substantial contributions, including: a key role in developing the award-winning Pool Chemical Safety video, providing on-camera introduction of the TRANSCAER® Chlorine Tour Video, managing the technical service inbox, and analyzing incident data. She transitioned into the Director role in 2015, adding government engagement to her realm of responsibility and was again promoted in 2017 to Senior Director.

Prior to joining CI Robyn served for three years with The Mosaic Company in production and engineering roles. Earlier, she held a variety of cooperative education assignments at the Dow Chemical Company and Alstom Power. Robyn is a Summa Cum Laude graduate with a B.S. in Chemical Engineering from the University of Tennessee at Knoxville and recently earned her Nonprofit Management Executive Certificate from Georgetown University. Robyn lives in Silver Spring, Maryland with her husband and two small children.

Burnette, Sam currently serves as the Emergency Services Coordinator for the Virginia Office of Emergency Medical Services Division of Emergency Operations. His responsibilities include management of the Health and Medical Emergency Response Team (HMERT) and the Emergency Medical Dispatch Accreditation programs. He is also tasked with developing and managing a cadre of instructors to deliver emergency management related training to EMS providers throughout the Commonwealth. Prior to coming to the Office of EMS, Mr. Burnette worked for the Virginia Department of Fire Programs for over ten years, serving in a variety of capacities to include Division Chief of Technical Rescue and as the Fire and Emergency Services Liaison to the Virginia Fusion Center. Prior to state service, he served as a career Firefighter/ALS Provider for the City of Colonial Heights Fire Department. He started in public safety service in early 1990's in Chesterfield County serving as a volunteer EMT for Forest View Volunteer Rescue Squad as well as a volunteer firefighter for the Bon Air Volunteer Fire Department. He is a native of Chesterfield County, U.S. Army veteran, and graduate of the University of Richmond.

Clary, Devon I have a Bachelor's Degree in Human Services Counseling with a minor in Community Health from ODU and a Master of Science Degree in Vocational Education from ECU. I am the Director of Emergency Communications for the Brunswick County Sheriff's Office and am a tactical medic for the Special Response Team (SRT). I have worked in emergency communications as a front line telecommunicator and leader on a full and part time basis for over 13 years. I also work PRN with VCU Health Critical Care Transport Network as an Outreach Specialist and was the Regional Business Development Manager for the flight program for 8 years. I have been in EMS for 19 years, most of which have been as a volunteer Paramedic.

Colantoni, Anthony Supervisory Special Agent Anthony V. Colantoni, RN, BSN, NRP, Federal Bureau of Investigation, Critical Incident Response Group, Tactical Section, National Tactical Medical Operations Manager; FBI School of Operational Medicine, Instructor, CPR, PHTLS, TCCC, Virginia Office of EMS Education Coordinator (EC).

Professional Experience: FBI SWAT/Hostage Rescue Team, Agent-Medic; Flight Nurse, INOVA AirCare, VA; Chief Flight Nurse, STAT MedEavc, Pittsburgh, PA; Trauma Intensive Care/ER Nurse, Mercy Hospital, Pittsburgh, PA; Paramedic Supervisor, Baldwin EMS, Pittsburgh.

Cousins, Keith is a retired lieutenant from the Henrico County Fire Department where he served for over 25 years. He is the proud father of two children. His son, is a Richmond City firefighter and his daughter, is a sophomore in college. While servicing the Henrico community he was also tasked with controlling his diabetes. His journey with diabetes began 22



years ago. Throughout the years he has been able to gain control over his diabetes through trial and error with various adjustments to his diet as well as diabetic classes that focused on nutrition and getting to know your body.

Daniel, Shannon is the Training Manager for Richmond Ambulance Authority. She has 18 years experience in the EMS field holding positions in both volunteer and career. She serves as the Chair for Central Virginia CPR Council and the Richmond Technical Center's Advisory Council. She also serves on the Fire and EMS Services Higher Education Council with the National Fire Academy and on the ODEMSA regional Performance Improvement team. She participates on the Critical Incident Stress Management Team and is trained in Applied Suicide Intervention Skills Training. She also serves as the Training Officer with West Hanover Volunteer Rescue Squad.

Davenport, Stacy is an Assistant Commonwealth's Attorney at Henrico Commonwealth's Attorney Office. She graduated in 1999 from Wake Forest University with a Bachelor of Arts and from the University of Richmond in 2002 with a Doctor of Law.

Ferguson, Jeff is the Deputy Operational Medical Director for Henrico County Division of Fire. He has over 25 years of EMS experience ranging from his time as a rural volunteer provider to being the medical director of a large critical care air transport system. He received his undergraduate degree in biology from VCU and his doctorate, residency training, and EMS Fellowship training from UVA. Dr. Ferguson is American Board of Emergency Medicine certified in both Emergency Medicine and Emergency Medical Services.

Frayser, Vernon has been in the Fire/EMS field for over 44 years. He is a Retired Station Commander of the County of York Fire Rescue. Currently, Vernon is a Lieutenant and K9 Handler with Hanover Fire EMS and serves out of the Fire Training Center. He has presented at the Va Office of EMS Annual Symposium for 14 years as well as enjoys teaching our trade. In 1993, Vernon was employed by the Southside Va. Emergency Crew as a Paramedic/Supervisor.

Funk, Kai is a Neuroscience Nurse with Bon Secours – Hampton Roads.

Gaskins, Josh is currently a Senior Fitness Trainer for the Fitness & Wellness Division who is responsible for collaborating with the Public Safety Division in providing fitness services for both recruit academies and sworn incumbents. He graduated from Virginia Commonwealth University with a Bachelor of Science degree in Health, Physical Education and Exercise Science and holds the CrossFit Level 1 Certificate, seeking Level 2, a Certified Exercise Physiologist with the American College of Sports Medicine, and a Law Enforcement Fitness Specialist with The Cooper Institute. In December 2018, he will also finish his graduate studies and obtain a Master of Science in Exercise Science: Human Performance with Liberty University. Joshua has been supporting the health and fitness of Henrico's tactical athletes since 2013 by help preparing them to be mission-ready through various fitness and nutrition strategies. His mission is to optimize the performance of Henrico's Public Safety divisions' personnel so they can return home, have a safe career, and an enjoyable retirement.

Gould, James is a Registered Nurse and National Registry Paramedic. His is the Coordinator for the ATLS Programs at VCU Health and AHA Training Center Manager.

Hamilton, Gregory is a Paramedic with VCU Life Evac 3.

Harsh, Richard is a Senior Instructor and CEO of Martial Arts World of Hanover: Instructor Harsh is a fourth Don (degree) Black belt and Senior Instructor for Taekwondo and practicing for over ten years. Instructor Harsh has taught many self-



defense classes and teaches 6 days a week at the Dojang to all levels of martial artist. He is formally trained by Master Bugg of Martial Arts World of Chester Va.

Hernandez, Caleb is board certified in emergency medicine by the American Board of Emergency Medicine and is an American College of Emergency Physicians Fellow. Additionally, he is an EMS Medical Director in Fort Collins, Colorado where he oversees First Responder Services. Certa Dose is the result of Dr. Hernandez's passion for patient safety. His experience in emergency medicine and pediatrics led him to develop a solution to help reduce dosage errors and adverse drug events. His work on this subject has been published in several peer reviewed journals, and he is a regular speaker at emergency medicine conferences.

Hughes, Jimmy is a retired Captain from Henrico County Division of Fire. He served his community for 28 years.

Jensen, Lee is a NeuroInterventional Radiologist with Bon Secours and the University of Virginia.

Krebs, Matthew B. is the current Medical Director for Occidental Chemical Corporation, and has been with OxyChem since 2004. Major responsibilities include support of 9 OxyChem employed nurses, and 3 contractor nurses supporting 26 manufacturing facilities in North and South America. The major products produced are Chlorine, Caustic, Vinyl Chloride, PVC, chlorinated organics, silicates and Calcium Chloride. In addition to traditional medical support for absence management and worker's compensation, he participates in the Safety Data Sheet authoring and updates and other toxicology related product stewardship functions. Prior to working at OxyChem, Dr. Krebs spent 7 years at Eastman Chemical in Kingsport, TN. After graduating from the University of Virginia with an undergraduate degree in chemistry, he attended Washington University School of Medicine on an Air Force scholarship. His internship was in general surgery at Keesler AFB in Mississippi. He served two years as a flight surgeon for a missile wing in Wyoming, followed by a Masters of Public Health degree at Johns Hopkins University, and Air Force residencies for Aerospace and Occupational Medicine. After the residencies, he remained at Brooks AFB where he taught residents at the School of Aerospace Medicine. After the Air Force, he moved to Lubbock Texas for 1 year at Texas Tech University Health Science Center performing clinical occupational medicine for the University Hospital and the community. Dr. Krebs is married to his wife of 29 years, Linda, and enjoys spending time with his 4 adult daughters and their families.

Krobath, Chris has been a Firefighter/Paramedic in the Fairfax County Fire and Rescue Department for over 13 years and in EMS for over 20. He has been in pre-hospital and in-hospital education for the past 16 years. He is currently the EMS Training Captain in charge of continuing education programs and certification as well as affiliate faculty with the Virginia Commonwealth University/Fairfax County Fire and Rescue Paramedic Program.

Langford, Stan is a District Chief of EMS/Special Operations for Henrico Fire with 25 years of service. He also serves as a volunteer in Tappahannock Fire & EMS. He is a VDFP adjunct instructor and Type 3 Incident Commander where he has managed events at the Richmond International Raceway, Martins Bike Race, and the State Fair of Virginia.

Lawson, Jerry began his Fire career with Henrico in February of 2000 which gives him just over 19 years of service and also has been on the HazMat Team for the last 8 years as a Specialist. Jerry also serves as a HazMat Medic.

Legum-Wenk, Courtney, DO, received her B.A. from Hollins University in Biology with a concentration in Women's Studies. She obtained a M.A. in Bioethics from The University of Virginia before receiving her medical training at The Edward Via Virginia College of Osteopathic Medicine and completing her Residency at Mercer University – Savannah Campus at



Memorial Health University Medical Center in Obstetrics and Gynecology. She is a Board Certified Fellow of the American Congress of Obstetricians and Gynecologists, American College of Osteopathic Obstetricians and Gynecologists, American Medical Association, American Osteopathic Association, Georgia Medical Society, Georgia OB/GYN Society, and the Virginia Osteopathic Medical Association.

Linkins, Daniel is the EMS Program Director at John Tyler Community College and a public health intern with the Virginia Office of Health Equity. He is a nationally certified paramedic and EMS educator, and has a Bachelor of Health Science Degree from the University of Mississippi Medical Center.

Lohr, Jeff is the Fire Chief for Merck Emergency Services, is a certified EMT-B and a Virginia Department of Fire Program-Level 4 Instructor. He has served in numerous capacities, both in the Commonwealth and locally with the Virginia Department of Fire Programs. He is a life member of the Broadway Volunteer Fire Department, serving since 1976 and is a two-time recipient for Officer of the Year award. Jeff retired from City of Harrisonburg Fire Department after 24 years of fire suppression, as a Lieutenant. He has served as an adjunct instructor for Blue Ridge Community College, Fire Science & Emergency Management Programs for seven years. He is currently serving as an advisory board member to the EMS-Associate, Applied Science Degree program for Blue Ridge Community College. He also holds numerous fire science and emergency management certifications from the National Fire Academy & FEMA.

Lohr, Kim is a certified EMT-Intermediate and EMS Education Coordinator, as well as an Instructor Trainer for American Red Cross. She is a life member of the Bridgewater Volunteer Rescue Squad, serving since 1980 and a member Broadway Emergency Squad member since 2016. Kim has been recognized for her contributions in EMS as recipient of the 1991 Governor's EMS Award for Outstanding EMT. Bridgewater Volunteer Rescue Squad has also recognized her as Advanced Life Support Provider of Year, Delegated Officer of the Year and a two-time recipient of Squad person of the year. Kim has served in numerous capacities both nationally and locally: EMT Item Writing Committee, NREMT; President and Board of Director Member, Central Shenandoah EMS Council; National Advisory Committee for Responding to Emergencies, American Red Cross; President, Vice President, Executive Board Member, Training Director, Bridgewater Volunteer Rescue Squad; First Aid Chairperson and Board Member, Harrisonburg-Rockingham Chapter of American Red Cross. Kim has been a member of the Bridgewater College faculty since June 1988, serving in a dual capacity as Assistant Professor of Health and Human Sciences and Director of Aquatics through 2014. She completed a M.S. degree in Physical Education with a concentration in adult fitness at James Madison University in Harrisonburg, Virginia. She has also done post-masters work at the University of Virginia in the area of motor learning and adaptive recreation. Kim's outstanding dedication to teaching has even led to inclusion in Who's Who Among America's Teachers.

Louka, Amir is an Emergency and EMS physician at VCU Medical Center in Richmond, VA, and a graduate of Eastern Virginia Medical School in Norfolk. His interests include HEMS, prehospital critical care and point of care ultrasound.

Louka, Stephanie is currently an Emergency Medicine Physician at VCU Medical Center in Richmond, VA, and graduated from Eastern Virginia Medical School in Norfolk, VA in May 2014. She is an active Life Member of the Virginia Beach Volunteer Rescue Squad in Virginia Beach, VA and has been an Extrication Team Member, Field Supervisor and Medical Incident Command leader for major city events including the Shamrock Marathon, Rock & Roll Half Marathon and July 4th Festivities. Prior to medical school, she was a renowned national expert in the field of Search Engine Marketing. She earned a Bachelor of Science in Commerce from the McIntire School of Commerce at the University of Virginia in Charlottesville, VA. She currently resides in Richmond, VA with her husband Amir, who is also an Emergency Medicine Physician at VCU and a volunteer with the Kempsville Volunteer Rescue Squad.



Luu, Ronald is a current ten-year veteran of the Newport News Fire Department as an ALS provider. Over six years of experience as a Trauma Tech with VCU Health's Emergency/Trauma Department (Level I Trauma Center). Part-time Critical Care Paramedic with Bon Secours Short Pump Emergency Center with responsibilities that include ventilator management.

Lynn-Page, Dusty is a nurse and paramedic who has extensive experience in pediatric care and education. She is a passionate educator with dynamic presentations designed to promote and inspire participants to excellence in Pediatric care. She has a soft, easy presentation style that combines a common sense approach with that of an experienced practitioner. She is an instructor for all pediatric courses including NRP, ENPC, STABLE, PALS, PEARS, P-ITLS and PEPP.

Martin, Benjamin is a lieutenant with the Henrico County (VA) Division of Fire, and a 13-year veteran of emergency services. He is currently assigned to the training section. Ben is the founder and President of ETR Leadership Solutions. He is an international speaker on leadership, including his unique and entertaining presentations on organizational culture, conflict management, and emotional intelligence. Benjamin has an extensive career in public safety over the last 15 years, specifically serving as a front-line supervisor and middle-manager with a large fire department in the United States. He is currently working on his Doctor of Education in Learning and Leadership with a concentration in organizational psychology. He has a Master's Degree in Public Administration with a concentration in emergency services management. He is a member of the National Speakers Association and has contributed to over twenty published leadership articles. He has extensive experience in providing consulting and leadership training with public organizations including behavioral interviewing, individual leadership learning plans, and emotional competencies. Refreshingly raw and authentic, his training seeks to humble the title of the leader by promoting service to others.

Martin, Pam is a Nurse Practitioner with St. Mary's Senior Services Emergency Department.

McKay, Tim: Beginning his EMS career as a volunteer for the Prince Edward Volunteer Rescue Squad, where he is now a life member, Tim continued his public safety career as a member and then the Chief of the Hampden-Sydney Volunteer Fire Department. Tim then served the Town of Farmville as its Fire Chief from and Fire Marshal from 2000-2010. Beginning his employment as a firefighter/paramedic with Chesterfield County Fire and EMS in 2002, Tim has served in the Emergency Operations Division as well as holding multiple positions in the department's Training and Education Unit. After an assignment as a battalion chief in Emergency Operations, he is currently the Director of EMS. He graduated from Hampden-Sydney College with a degree in political science and has earned a master's degree in public leadership from Virginia State University. Chief McKay is also a graduate of the National Fire Academy's Executive Fire Officer Program.

Malhotra, Rajiv is a former paramedic from the Richmond area who is trained in critical care medicine, interventional pulmonary medicine and internal medicine. He is currently the Medical Director of the Cardiac Surgery ICU (CSICU) at VCU Medical Center.

Munson, Jairus is a Paramedic/Firefighter with the Henrico County Division of Fire for the past 15 years. He is currently assigned to the Training Section. He is also an adjunct instructor with J. Sergeant Reynolds Community College teaching classes in EMS, First Aid and CPR.



Newell, David Captain Newell is a 21 year veteran with Henrico Fire. He currently serves as the Captain at Fire Station 21 and serves as the Hazardous Materials Team Leader. He has also been a member of Henrico's Honor Guard for 8 years where he has taken the lead on the Family Assistance and Support Function of the Honor Guard for the last 2 years.

Opalak, Charles is a 4th year resident physician in the VCU Department of Neurosurgery. He completed his MD at VCU and previously a Masters of Public Health at Drexel University in Philadelphia.

Ornato, Joseph is the Operational Medical Director for Henrico County Division of Fire, Richmond Ambulance Authority, and Richmond Fire and EMS. He is a Professor and Chairman of the Department of Emergency Medicine at Virginia Commonwealth University Medical Center/Medical College of Virginia in Richmond, Virginia.

Born in New Haven, Connecticut, he graduated from Boston University Medical School magna cum laude and completed his training in Internal Medicine at New York City's Mount Sinai Hospital and in Cardiology at New York Hospital-Cornell University Medical Center. He is triple board certified (Internal Medicine, Cardiology, Emergency Medicine).

Dr. Ornato is an active researcher in the field of cardiopulmonary resuscitation. Dr. Ornato is an Editor of the journal Resuscitation and is on the editorial board of the American Journal of Emergency Medicine. He served as the AHA's national representative to the National Heart, Lung, and Blood Institute's National Heart Attack Alert Program's Coordinating Committee and Chairman of its Science Base Subcommittee. Dr. Ornato has served as a Special Consultant to the Circulatory System Devices Panel of the Food and Drug Administration. He chaired the National Steering Committee on the joint-sponsored NIH/AHA/Industry Public Access Defibrillation Trial and as Principal Investigator on a Health Resources and Services Administration (HRSA) Bioterrorism Training grant. He is currently Consultant and Vice-Chairman of the National Heart, Lung, and Blood Institute Resuscitation Outcomes Consortium (ROC) and serves as Principal Investigator for VCU on the NIH-sponsored Neurological Emergency Treatment Trials (NETT) Network. Dr. Ornato is a member of the prestigious Institute of Medicine.

Dr. Ornato was in charge of the triage medical team at Greenwich and Beach Streets in New York City for the first 12 hours after the World Trade Center attack on September 11, 2001. He is also an instrument rated pilot certified to fly technologically advanced, prop jet aircraft.

Oughton, Alec is a lifelong student of the fire service. His most recent educational opportunity has been his service as the Deputy Chief of Operations for the Henrico County (VA) Division of Fire. Alec has been involved with fire and EMS service since 1993. He has served as a volunteer with the Virginia Tech Rescue Squad, Manassas Park Fire and Rescue, and as a career firefighter and paramedic with Spotsylvania Fire, Rescue, and Emergency Services and the Henrico County Division of Fire. During his 19 years in Henrico County, Alec has also served as a lieutenant, captain, battalion chief, assistant chief, and deputy chief. Alec holds two Associate in Applied Science degrees from J. Sargent Reynolds Community College and a Bachelor of Science degree from Liberty University. He is currently enrolled in the Executive Fire Officer Program at the National Fire Academy and the Masters in Public Administration Program at Liberty University. Alec is married and the father of three children.

Pacelli, Joey holds a CrossFit Level 1 trainer certificate, is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association, as well as a Level 1 Sports Performance Coach through the United States Weightlifting Association. He graduated from James Madison University with a bachelor's degree in kinesiology concentrated towards exercise science. Prior to joining Henrico County Fitness and Wellness, Joey has held positions



such as bariatric weight-loss counselor, a civilian strength and conditioning specialist with the U.S. Army, and corporate fitness exercise specialist with Capital One. Joining the team at Henrico County has been a priority since parting with the U.S. Army because it allows him to give back to the community by training and educating public safety personnel that serve the community.

Page, Bob is an internationally known speaker, instructor, author and paramedic. He is recognized for his energetic, humorous and motivational style. Bob takes ordinarily dry and hard to teach topics and transforms them into a fun, learning experience. He holds a Master's degree in Adult Education. Bob has been an instructor for almost 4 decades teaching a variety of adult education courses from customer service to advanced medical care. He has presented over 3000 seminars worldwide. He was recognized by his peers in Missouri as Missouri's "Most Creative Educator" in 2009 and was awarded the Legends That Walk Among us Award from NAEMSE in 2012.

Polliard, Laura is one of the LVAD Coordinators with the Advanced Heart Failure Center with Bon Secours.

Pond, Kevin is a Lieutenant with the Henrico County Division of Fire.

Pond, Megan is a forensic nurse at Bon Secours.

Pyle, Rick is a Senior Firefighter and a Nationally Registered EMT-Paramedic with Henrico County Division of Fire. Rick has been a PHTLS Instructor since 2006 and is certified in Tactical Combat Casualty Care. Rick is the owner of American Medical Preparedness, LLC.

Ray, Chris is a Lieutenant with Henrico Fire – Lt Ray has 29 years of fire and EMS experience with 13 years at Henrico Fire. He has 3 plus years training in Martial Arts and holds a red stripe belt in Taekwondo. Lt Ray has worked for both paid and volunteer agencies in Virginia and Ohio.

Rossi, Alan is a physician at VCU Health with the Department of Surgery and Acute Care Surgical Services. He is the Medical Director for the VCU Center for Trauma and Critical Care Education and VCU Paramedic Program. He is an Assistant Professor of Surgery, VCU School of Medicine. Dr. Rossi graduated from the Dartmouth Medical School in 2008.

Rountree, Carl is a native of Texas and attended medical school at the University of Texas. He completed his Pediatric and Pediatric Gastroenterology training at Children's Hospital Los Angeles. He was an associate professor at Penn State for 6 years prior to moving to Richmond in 2012 with his family. He works as a pediatric gastroenterologist at St. Mary's Hospital and is medical director for pediatric specialty for Bon Secours Richmond. He is married to wife Lisa and has a 7 year old daughter Riley.

Smithers, Tabitha is a Flight Registered Nurse and National Registry Paramedic with VCU Health Critical Care Transport Network

Tenia, Mark is the Public Relations/Media Manager for the Richmond Ambulance Authority (RAA), a world class mobile integrated healthcare service. Prior to his role at RAA, he was a television news reporter and fill-in anchor for more than 10 years covering national stories.



Thomas, Hermann is a 36 year Army veteran with experience in Infantry, Combat Medicine, and Nursing. He has varied Civilian experience as A Critical Care/ER Nurse and EMS in both urban, rural, and flight setting. Hermann is certified in Disaster Response, Critical Care, Flight, and Tactical Response.

Treloar, Tabitha Frizzell is the Director of Communications with the Richmond SPCA. Tabitha joined the Richmond SPCA in 2005 as an admissions counselor soon after moving to Richmond from her home state of Mississippi. The following year, she was offered the opportunity to meld her skills as a communications professional with her newfound passion for animal welfare as the organization's community relations manager. In this role, Tabitha developed a presence for the local nonprofit in several emerging social media platforms and launched the [Richmond SPCA Blog](#) while working to secure increased editorial coverage in traditional media. For many years she was seen and heard on local television and radio programs, giving a voice to homeless dogs and cats through pet of the week segments on NBC 12, WRIC 8 News, Lite 98, 96.5 KLR and more. Positive coverage of the Richmond SPCA that Tabitha secured through relationships with local media has provided greater recognition of the programs and services provided to the community at the Robins-Starr Humane Center.

Tabitha is a member of the Public Relations Society of America and PRSA Richmond. Her work has been recognized with Virginia Public Relations and Communicator Awards. In 2016, she was recognized with a President's Award from the Virginia Federation of Humane Societies for her persuasive efforts advocating progressive animal welfare philosophies before the General Assembly. Tabitha is a graduate of William Carey University in Hattiesburg, Miss. where she earned a bachelor's degree in mass communications. She has also attended the University of Richmond's Institute on Philanthropy where she completed the Fundraising and Development Certificate.

West, Ryan "Willie" is a Lieutenant Paramedic with Henrico County Division of Fire. He has over 23 years experience as an EMT with 20 years in Advanced Life Support. He is a practicing RSI medic an adjunct instructor for the ALS airway lab for Henrico Fire.

Whisonant, Marquita is a Firefighter/Paramedic with Hanover County. She is currently assigned to the Training Division, and has been with the county for over 6 years (not including her prior volunteer time with them). Marquita is also a certified Integrative Nutrition Health Coach, and is currently pursuing a Masters Degree in Nutrition and Integrative Health to become a Licensed Nutritionist. Marquita holds a Master's Degree in Nutrition and Integrative Health, and is also a certified Integrative Nutrition Health Coach.

White, Patrick began his Fire career with Hanover and volunteered for a year and a half. Then he moved to Henrico where he has served for 17 years as a firefighter. Patrick has been on the HazMat Team for the last 8 years and serves as a Specialist.

Wong, Henry is an Emergency Physician at Bon Secours Memorial Regional Medical Center

Wyatt, Will is a paramedic with VCU Health LifeEvac

Yee, Allen is the Operational Medical Director for Chesterfield Fire and EMS.