



Happy Holidays and Happy New Year!

Well friends, it's that time of year again. The time of year when we reflect on the past 12 months, spend extra time with friends and family, and look forward to what 2019 will bring.

For Waterbury Hospital/Waterbury HEALTH, it has been a year of significant growth. We have expanded on the services we provide the community, both in the hospital and with our affiliated partners throughout the region. Our commitment to those we serve has never been stronger.

Part of our commitment to serving the health care needs of the community is a solid and steadfast relationship with our EMS providers. It would be impossible for Waterbury HEALTH to appropriately take care of our patients with our partnership with you. The care EMS delivers in the field is truly inspiring. 24 hours a day, in all conditions; EMS answers the call. Each and every day, you make a difference in the lives of so many. Often without any thanks or much

deserved recognition.

So, in case you haven't heard this lately - THANK YOU! - AMR, Campion, Waterbury Fire Department, Naugatuck Ambulance, Wolcott Ambulance, Beacon Hose Co.#1, Middlebury FD Ambulance, Bethlehem Ambulance, Woodbury Ambulance, Southbury Ambulance, Thomaston Ambulance, Heritage Village Ambulance, Plymouth Ambulance, Oxford Ambulance, Seymour Ambulance, Bethany VFD Ambulance, Watertown FD EMS, Harwinton Ambulance, Bristol EMS, Litchfield Ambulance, Bantam Fire Department, Goshen Fire Department, Northfield First Companyand anyone who we may have missed!!!

We continue to be inspired by your professionalism, skill, and service to those who rely on you for amazing pre-hospital care. We will always have your back.

From everyone at Waterbury Hospital/Waterbury HEALTH; Happy Holidays and Best Wishes for a Happy New Year!

We look forward to working with you in 2019!





We Officially Have Our New ED Director!!!

Carol Teixeira, MSN, RN, has been named Director of Nursing for the Emergency Department at Waterbury Hospital. Carol has held several leadership roles at Yale New Haven Hospital, St. Francis Hospital, and Bridgeport Hospital, including Director of Nursing for the adult Emergency Department at Yale New Haven Hospital and Yale’s Shoreline Medical Center Emergency Department, Nurse Manager of the Emergency Department at St. Francis Hospital, and Assistant Manager of the Emergency Department at Bridgeport Hospital. Carol earned her BS and MS degrees in nursing from Sacred Heart University in Fairfield. She is a member of the American Organization of Nurse Executives, as well as the Emergen-

Waterbury Hospital – Trauma Time

With winter at our doorstep, we must prepare for a common cold-weather injury: **Falls!**

Whether on a ladder or roof hanging lights, or slipping on icy conditions, **falls** can either be accidental or intentional, and several different factors should be identified in any trauma patient that suffered a fall:

- The **HEIGHT** from which the patient fell – the median height that leads to death is about 49 feet (that is about a 4-5 story fall). Any higher than 85 feet has a 100% mortality.
- The **AGE** of the patient – mortality increases with age due to pre-existing medical conditions and decreased physiological reserve.
- The **TYPE OF SURFACE** the patient fell onto – mortality after striking hard surface (pavement/concrete) is nearly double (39%) that of hitting a soft one (grass/water) (22%).
- The **BODY PART** that touched the ground first – patients that land in a prone position have the highest mortality (57%), followed by those striking their head

first (44%). The best position to fall is feet first, which has shown to have the lowest mortality (6%).

- The **CIRCUMSTANCES** of the fall – suicide attempts have the highest death rate at 46%, although this may be accredited to pre-planning. Accidental falls have a lower mortality of 17%.
- Any **INITIAL IMPACT** before the final impact – striking wires or scaffolding before the final impact offers protection, shown by a decreasing mortality from 37% to 15%.

Gaining this important information from the scene ultimately helps the trauma team pursue appropriate diagnostic techniques to pinpoint specific injuries that are associated with different types of falls.

Reference: <https://thetraumapro.com/2014/06/06/best-of-what-you-need-to-know-about-falls-from-a/>

Any questions, thoughts, ideas, concerns, or feedback in regards to the care of the trauma patient at Waterbury Hospital? Please contact Monika Nelson, Trauma Program Coordinator – monika.nelson@wtbyhosp.org

- Monika Nelson, MSN, RN, CEN

Flu Update

According to the CT DPH, the activity for this flu season remains at “Regional” for week 49. Influenza A is the predominate type of flu that is circulating. There have been a total of 55 cases reported in New Haven County with 1 death reported for all of Connecticut.



Twiage

If you have any questions regarding Twiage, please contact us so that we can get the program working for you.

If you have any suggestions or questions pertaining to EMS including patient follow-ups, please contact us at ems@wtbyhosp.org.

Upcoming Events:

Waterbury Hospital - CME - Jan 16, 4-8 PM

- Practical Skills Sessions for BLS and ALS Providers
- Bizzozero Conference Room

Harwinton EMS - Call Jaclyn (860) 485-0544

- 2/11/2019 BLS CPR (6-9pm)
- 2/13, 2/15 - 2/17/2019 EMT / EMR Refresher

Waterbury Hospital - CME—April 18, 2019 12-4pm

- Opioid Epidemic Conference presented by CT DPH and OEMS in the Bizzozero Conference Room
- Registration is on the CT OEMS website