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EDAP News

President's Note by Nancy McGrath, MN, RN, CPNP-AC/PC

Happy July! Summer time is fun time! Kids are out of school, friends are gathering and people are traveling by "trains, planes and automobiles"! Surf's up, waves are gnarley and it's a one big 'surfin safari! For those of us working in emergency care, summer days also bring increased visits for pediatric drownings, pedestrian accidents, falls and heat related injuries and deaths! Take a few moments to read about an innovative safety awareness program developed by **KidsandCars.org**, to educate new parents about heat stroke danger! (see "Look Before You Lock"). Each year, approximately 38 children die from heat related deaths

after being trapped inside motor vehicles (2011 Kids and Cars).

Provide your ED families with KidsandCars.org "Safety Checklist" easily downloaded from their website. Summer-time is also "fun time" for our adolescent population. Motor vehicle collisions, drownings and ingestions can often overwhelm us during summer and this year "bath salts" are the hot new "drug of choice"! Suzette Otlewis enlightens us with a quick overview of these easily obtainable packets in her article, "The New Drug: Snorting Bath Salts". Though the "Bee Movie" provided an entertaining glimpse into the lives of insects, most of us

do our best to avoid those mosquitoes and ticks with vector-borne diseases! Kim Davidson provides a great overview of insect repellants and CDC guidelines in "It's a Bug Season". Laura Garcia in "EMS Updates 2011" provides insight into the changes you'll experience in prehospital croup and nausea management. "EMS Corner" also by Laura Garcia, introduces the membership of the newest EMS committee, The Pediatric ED Advisory Committee (PedAC). Finally, set aside September 13 & 14, 2011 and join us at Fort Macarthur for our annual 2-day EDAP class. We're in discussion with "EM:RAP" for AV sup




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Special points of interest:

-  **Pediatric Advisory Committee**
-  **Look Before You Lock**
-  **Snorting Bath Salts**
-  **EMS Update 2011**
-  **Bug Repellants for Children**

EMS Corner

A landmark meeting occurred in LA County on June 14th. The Pediatric Advisory Committee (PedAC) met for the first time and began the hard work of representing pediatric interests at the LA County EMS. The committee approved the bylaws (with some modifications) and the membership nominees.

Chair **Paula Whiteman, MD**
Vice chair **Marianne Gausche-Hill, MD,**
EMS Peds Programs **Karen Rodgers,**

The EDAP hospitals were divided among 5 regions and the representatives/alternates are as follows:

- North Valley: **Matthew Richard, MD , Meredith Graham and Jan Fredrickson.**
- Southern Valley: **Randy Young, MD, Kim Davidson, and David Simpson**
- Metro/Western: **Genevieve Santillanes, MD, Robin Wood, and Kerry Gold-Tsakonas,**
- Eastern: **Steve Chin, MD, Laura Garcia, and Suzette Otlewis**
- Southern: **Brian Fong, MD, Nancy McGrath, and Betsey Osborne**
- PMC Medical Director: **Maureen McCollough, MD**
PMC Coordinator: **Alix Dostrow**
PMC Alternate: **Connie Bado**
PTC Program Manager: **Liz Raganold**

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The New Drug: Snorting Bath Salts

Suzette M Otlewis RN, BSN, MICN, PdLN, PCC

There is a new drug being sold to our children. This drug is legal for sale in most states. Reports are that it causes a high similar to methamphetamine but can cause severe hallucinations. It is usually a white powder which is snorted or ingested as a liquid. Cost is about \$25 for a 50 milligram packet.

The salts contain Mephedrone and Methylendioxypropylvalerone or MDPV which can cause hallucinations, paranoia, rapid heart rates and suicidal thoughts.



They are sold at convenience stores and on the internet legally as bath salts and plant

food. They have names like Ivory Snow, Bliss, Vanilla Sky, White Lightening and Hurricane Charlie. Because they are labeled "not for human consumption" they are difficult to control. There is also no age restriction as to who can buy these drugs so any child can go to a convenience store and purchase these drugs.

One law enforcement officer describes the users: "For lack of a better term, they're flipped out. It's almost like a psychotic break. They're extremely anxious and combative, they think there's stuff trying to get them, they're paranoid, and they're having hallucinations. So, the encounters are not pleasant, and we were finding that

some of these guys couldn't be sedated with the normal drugs that we would use with other stimulants."

There have been cases cited where persons disemboweled themselves due to the feeling that "something was in there" and multiple reports of suicide. The hallucinations are described as terrifying. There is no antidote.

It is imperative that parents talk to their children about these products and that health care workers be aware and prepared when users come to the Emergency Department.

<http://www.foxnews.com/health/2011/01/24/americas-new-drug-problem-snorting-bath-salts/>

Look Before You Lock

by Nancy McGrath MN, RN, CPNP, AC/PC

KidsandCars.org founded by Jeanette Fennell in 1996, is a national non-profit child safety organization dedicated to preventing injuries and deaths of children in and around motor vehicles. Earlier this month KidsandCars.org released an educational pilot program targeting new parents about how memory lapses can result in children suffering heat stroke and even death in hot cars. In this program, prior to newborn discharge parents are given double sided cards with information on safety tips to jog their memory to take their kids out of the car! The



safety tips follow the mnemonic, **BE SAFE** and are available for download at <http://www.KidsandCars.org/pr/parent-card.pdf>. Whether in newborn nursery or running around the emergency department, all families can benefit from a reminder. Take a moment to download these cards for your patients, families and yourself! Here are few statistics from KidsandCars.org "to jog your memory" so you remember to provide handouts in the ED!

- To date, 22 children have died inside hot vehicles
- 2010 was the highest death rate with 49 cases of childhood vehicular heat stroke
- A child's body temperature rises 3 -

5 times faster than an adult and can reach 125 degrees inside a car within a few minutes

- The most common factors contributing to children being inadvertently forgotten by caregivers in the car include: a change in one's normal routine; lack of sleep, stress, fatigue, distractions, hormone changes
- 31% of hyperthermia deaths involve children under the age of 1 year and were in rear facing seats!
- 87% of children who have died from vehicular heat stroke are \leq 3 years of age

Pediatric Education

2 day EDAP Conference Fort MacArthur
September 13-14, 2011

Register at PdLN.net

State EMSC Sacramento, CA
November 10, 2011

Contact emsa.ca.gov

8 hr Ped Emergencies Conf. PIH & ENA
November 3, 2011

Contact Lgarcia2@pih.net

EMS Update 2011 by Laura Garcia, RN, MICN

The PdLNs thought it would be helpful for those who are not MICNs to be aware of the EMS Update as it pertains to pediatric patients. The goal of the EMS Update is to provide the Paramedic and the MICN with information regarding changes in Los Angeles County policy and practice, to standardize practice throughout the county and to clarify issues that may be unclear in content and/or meaning. This year's update had the following pediatric components:

- Pediatric Inhalation Epinephrine: The paramedics will be able to use Inhalation Epinephrine on severe respiratory distress with croup symptoms in

children. Doses are <1yr 2.5 mg Epinephrine(1:1,000) diluted in 5 cc NS via HHN, 1 year and older 5 mg Epinephrine (1:1,000) diluted in 5 cc NS via HHN. Max total dose 5 mg. Hold if heart rate > 200 bpm

- Zofran (ondansetron): The paramedics will begin use of Zofran for nausea on pediatric and adult patients. Doses are for patients 4 years of age and older, 4 mg IV, IM or ODT (oral disintegrating tablet). Not to be given to children under 4. Max dose 4 mg.
- The treatment protocols are reformatted and include a

teddy bear symbol to indicate pediatric specific treatments.

Congenital Adrenal Hyperplasia: Discussed causes of adrenal crisis. Solu-cortef is the emergency drug treatment for CAH, however, it is outside the scope of practice for paramedics and they do not stock it on their rigs. They can direct and encourage the caregiver to draw up the med and give it to the patient.

We hope this will prepare you for the changes. Please let your PdLN know if there are any complications from these new treatments.



A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.

James Dent



It's Bug Season



It is that time of year when people are outdoors more often and so are the bugs.

It is important to be proactive in preventing vector-borne diseases by applying proper insect repellents and using caution when outdoors.

Using insect and tick repellent is essential to reducing the risk of obtaining a potentially infective bug bite. Many diseases are caused by mosquitoes and ticks, West Nile Virus, Lyme disease and dengue fever to name a few.

It is important to use the proper repellent depending on the area of the country you are in and the insects that are a problem in that area. The CDC recommends repellent containing 20% DEET to exposed skin while outdoors to

prevent ticks. For mosquitoes the CDC recommends repellents containing DEET, picaridin, oil of lemon eucalyptus, or IR3535.

According to the CDC safety records of repellents is quite strong and that the risk of disease outweighs the rare side effects of repellent use. Parents are often concerned about applying repellent to their children. Repellents should not be applied to infants under 2 months, it is recommended that nets over carriers or bassinets be used for this age group. The American Academy of Pediatrics states that repellents containing 30% DEET, picaridin, or oil of lemon eucalyptus is safe for children, but oil of lemon eucalyptus is not recommended under the age of 3 years.

The EPA has made the following recommendations when using insect repel-

lants:

- * Apply repellents to exposed skin or clothing, not under clothes.
- * Never use over cuts or wounds.
- * Do not apply to eyes or mouth, and sparingly around ears. When using sprays do not spray directly onto the face, apply to hands and then apply to the face.
- * Do not allow children apply to themselves, and do not apply to their hands.
- * Utilize just enough to cover exposed skin.
- * It is important to wash treated areas with soap and water after use, along with clothing.





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port and future distribution of the conference! Conference registration is well under way and seats are filling up quickly! **BREAKING NEWS: Registration is now available online at WWW.PdLN.NET.** Yes, you've read it correctly! Please visit the new and improved Pediatric Liaison Nurse website at www.pdln.net. Send us your comments so we can provide you with the information you need to care for your pediatric emergency patients and families!

PDLN Name and Hospital

Emergency Department Approved for Pediatrics (EDAP) is a designation assigned by LA County EMS agency and is represented by the "Blue Bear" symbol. An EDAP is a licensed basic emergency department that is approved by the County of Los Angeles to receive pediatric patients from the 9-1-1 system. These emergency departments provide care to pediatric patients by meeting specific requirements for professional staff, quality improvement, education, support services, equipment, supplies, medications, and established policies, procedures, and protocols.

The Pediatric Liaison Nurses is a nonprofit organization committed to the promotion of quality health care for the pediatric patient. Through communication, education and representation, PdLN is committed to:

- Maintaining a network for dissemination of information and data to EDAPs
- Developing a positive working relationship with state and local EMS agencies on issues that affect the health care of pediatric patients
- Promoting the health and welfare of children and their families through educational programs for the community and health care providers.

Quarterly QI

Include your own QI!

