

Instructors Continue CPR Training for Homes and Businesses



Did you know that Narberth Ambulance is a certified American Heart Association (AHA) site. The goal of AHA's CPR training is to put sudden cardiac arrest skills and knowledge in the hands of the public. Narberth Ambulance shares this mission and as a certified-site with all AHA instructors and classes, they are affiliated with the Temple University Health System for CPR training of all disciplines.

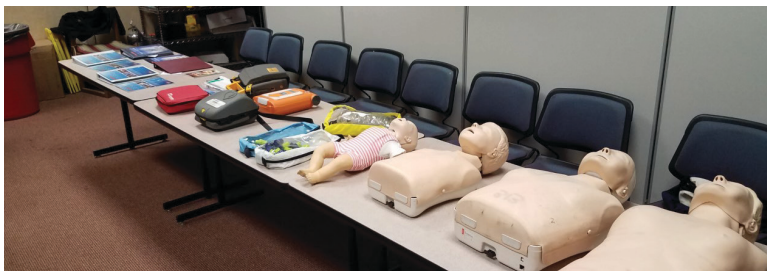
"We pride ourselves in having highly trained instructors who are certified to teach CPR as well as first aid and AED operation to the public and healthcare professionals," said Narberth Ambulance Executive Director Al Davey. "We offer training tailored to your needs and enable you to join the AHA Chain of Survival."

CPR training options include:

- Friends and family classes (designed for the layperson)
- Heartsaver (for those needing a certification card)
- Healthcare provider (for clinical level practitioners)

Narberth Ambulance also offers first aid and Stop the Bleed training and equipment to complement the CPR training. Instructors can travel to homes and businesses to complete training on location or training attendees can receive training at Narberth Ambulance's state-of-the-art training facility.

Pricing is based on class size and location. CPR training lasts between 1-2 hours plus additional time for first aid and/or Stop the Bleed training. To discuss how we can provide training to you or your staff, please contact us at 610-645-7770 or cpr@narberthambulance.org.



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Important EMS Updates Inside!

Founded in 1944, Narberth Ambulance, a 501 (c) (3) nonprofit organization, serves 150,000 community members living in Lower Merion, Narberth, Haverford Township, Conshohocken and West Conshohocken. Annually, the organization responds to more than 10,000 calls for emergency medical and advanced lifesaving support services. Narberth Ambulance has received local and national recognition for its single-source EMS physicians unit, the first and only one of its kind. To offer your support to Narberth Ambulance, visit www.narberthambulance.org

VITAL CONNECTIONS

NEWS & INFORMATION FROM NARBERTH AMBULANCE

SERVING THE COMMUNITIES OF LOWER MERION, NARBERTH, HAVERFORD TOWNSHIP, CONSHOHOCKEN AND WEST CONSHOHOCKEN ■ WINTER 2021

Serving the Community In the Midst of a Pandemic



While Narberth Ambulance prides itself on its mission of providing outstanding prehospital care and rapid transport to the 150,000 community members it serves, the COVID-19 pandemic has put that mission to the ultimate test. Essentially, every procedure and protocol that the company's 50 full-time employees and 80 volunteers were trained to perform had to be re-engineered through a COVID-19 lens in conjunction with federal, state and local guidelines (See related story on EMS Innovation Award below).

From a team safety perspective, this meant a transition to virtual training to ensure that the Narberth Ambulance team was up-to-speed on new methods of aiding patients and sterilization procedures to reduce the spread of aerosols that had the potential to increase COVID-19 spread.

Major purchases of personal protective gear, including N95 masks, gowns, Tyvek suits and gloves were made early into the pandemic, as were sterilization products and sprayers to disinfect equipment and vehicles so they are safe for every call. These unbudgeted acquisitions have enabled Narberth Ambulance to continue its aid to citizens without disruption.

Unfortunately, the public's fear of contracting COVID-19 within a hospital setting has led to its own set of emergency challenges. "Fear impacts judgment when an individual is unwell," explains Narberth Ambulance Chief Chris Flanagan. Transport calls – the biggest source revenue for an ambulance company – dropped 20 percent – *continued on page 3*

Narberth Medical Director Receives State EMS Innovation Award

On October 13, Assistant Medical Director of Narberth Ambulance Dr. Alvin Wang was honored with the David J Lindstrom EMS Innovation Award at the Pennsylvania Emergency Medical Services Conference, held virtually this year. Dr. Wang is also the Department of Public Safety Chief Medical Officer and Montgomery County Regional EMS Medical Director, and is a Penn Valley resident.

"Dr. Wang stood out from many others across the state as someone who is truly and expert on COVID safety and techniques," said Narberth Ambulance Chief Chris Flanagan. "Having doctors like him on our team as a volunteer and board leader is truly an asset."

Dr. Wang was recognized with this lifetime achievement for his leadership skills, innovation and improvement to EMS systems. He provided invaluable assistance to Montgomery County and Narberth Ambulance during the COVID-19 pandemic. Before positive test results were even announced in Pennsylvania, Dr. Wang implemented Acute Febrile Respiratory Illness

and travel-related screening questions for 9-1-1 callers in Montgomery County.

He also always wanted to make sure that first responders were safe. He was responsible for early testing of first responders that were known to be exposed at the beginning of the pandemic. Dr. Wang assisted in the creation of a self-reporting exposure form to assist police, fire and EMS personnel with quarantine, testing and isolation.

Dr. Wang worked with the Office of Public Health, County commissioners and the Department of Public Safety to plan, deploy and operate community-based COVID-19 testing sites across Montgomery County. Ultimately, his leadership in data collection and analysis throughout the pandemic provided vital insights about the viral spread of COVID-19 and contact tracing among not only the general public, but also first responders.

"We couldn't be more proud of having Dr. Wang helping Narberth Ambulance internally while also supporting the County's 911 system through innovative COVID-19 safety practices and techniques," said Narberth Ambulance President David Zaslow.





Narberth Ambulance's Primary Fundraiser Went Virtual for 2020

For the past three years, the Main Line Bike Race has become a signature event in downtown Ardmore. Narberth Ambulance is both the organizer of and primary beneficiary of the event, and would not let COVID-19 put a stop to its annual fundraiser that brings the community together.

Instead of losing momentum for the fourth year, Narberth Ambulance worked with sponsors, Main Line Health and Independence Blue Cross, to move the race to a virtual concept. They decided to use the app atlasGO, which already had the concept to register races. Riders could upload their rides and photos while cheering on others in the app's newsfeed.

"The app created a mini-environment for the Main Line Bike Race and was a place for people with similar interests to communicate," said Narberth Ambulance Executive Director Al Davey.

The virtual challenge was held from August 9-23 giving riders two weeks to log their miles and reach their goals. Participants chose one of three challenges on the app: the 13.2-mile Walsh and Nicholson Ride, the 28-8 mile Tour de Main Line Health Ride, and the 54-mile Narberth Ambulance Challenge – the same amount of miles in Narberth Ambulance's coverage area.

People created groups to compete in as well and there was a friendly competition between Bryn Mawr Hospital and Lankenau Medical Center. Riders could win prizes by being in the first 100 to complete their challenge and everyone who registered was entered into a raffle. Narberth Ambulance also designed a race jersey and T-shirt that sold out.

In addition to their primary sponsors, Main Line Health and Independence Blue Cross, Narberth Ambulance was happy to welcome three others who expanded their sponsorships this year: Walsh and Nicholson Financial Group, White and Williams LLP and Axum Advisors LLC.

At the end of the competition, 181 riders logged more than 12,000 miles to contribute to Narberth Ambulance's mission to provide preeminent prehospital care. "The event was a success and the money raised will help offset the purchase of our next ambulance," said Davey. "We thank every organization and individual that supported us this year."

Next year, the Main Line Bike Race will be both in-person and virtual.



THANK YOU TO OUR SPONSORS!



Narberth Paramedics Pilot New Advancement in Trauma Management

In November, the Department of Public Safety's EMS Division, in collaboration with area hospitals and local EMS agencies including Narberth Ambulance, began participating in a statewide pilot to test the effectiveness of antibiotics administered in the pre-hospital setting.

"Narberth Ambulance's clinical care team is always ready, willing and able to try things out for the sake of achieving better outcomes," said Narberth Ambulance President David Zaslow. "In fact, several protocols have been changed for the better due to some of the studies we have been involved with."

The goal of the statewide pilot is to see if early antibiotics reduce overall infection rates and lower the length of the average hospital stay for patients with fractures that have broken the skin. Current studies show that rates of infection as low as 7% can be achieved when antibiotics are administered in the first 60 minutes following a traumatic injury. Risk then increases as time to antibiotic delivery is delayed.

In order to participate, Narberth Ambulance, along with many other EMS agencies in Montgomery County, submitted letters of interest and were approved by the PA Department of Health – Bureau of EMS. After receiving training, paramedics began administering the antibiotic Cefazolin to

patients who suffer from open fractures due to a traumatic event.

Montgomery County Regional EMS Medical Director and Narberth's Assistant Medical Director Dr. Alvin Wang proposed that the initial doses of Cefazolin and subsequent supplies be provided to the participating agencies. Narberth Ambulance's pre-packaged kits include one dose of Cefazolin, administrative supplies and a colored wristband. Dr. Wang developed the idea of the wristband to be an identifying feature that signifies the patient received a dose of Cefazolin and for the wristband to note the exact time of administration. It is helpful for the receiving facility staff to know that the patient received antibiotics in the field and when. Additionally, local hospitals agreed to participate in the restocking program, which allows Narberth Ambulance to restock Cefazolin on a 1-for-1 basis prior to departing the hospital.

To measure the pilot program's success, Narberth Ambulance submits monthly data reports to be reviewed carefully at the local and state level.

"Narberth Ambulance is fortunate to have partnerships that enable us to pilot medical practices," said Narberth Ambulance Chief Chris Flanagan. "The trauma care team we have pushes to be the best and to save more lives."



Serving the Community In the Midst of a Pandemic

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as people in need of 911 support grappled with their fears of going to the hospital. For mild symptoms, Narberth Ambulance addressed patient needs through curbside assessments, preferred by some citizens over hospital visits.

As the pandemic intensifies, 90 percent of COVID-positive calls are coming from area nursing homes where transmission risk is heightened. COVID-19 has impacted Narberth Ambulance's EMTs directly, with several contracting it during rescue calls, thus, forcing them into isolation. "These challenges

paired with the continuous purchase of PPE and sterilization products have become an expense never anticipated in the current budget cycle," said Narberth Ambulance President David Zaslow. "We got some initial help through stimulus funding, but for now we are treading water. We have always been there to support our community. We have faith that they will now be there for us."

To learn how you can support Narberth Ambulance, visit <https://www.narberthambulance.org/donate/>



Help Us Heal Others by Donating to Narberth Ambulance

To maintain the exceptional level of pre-hospital care that Narberth Ambulance has provided for more than 75 years, we need your help! Annually, we must raise at least \$375,000 to respond to over 10,000 calls in Lower Merion, Narberth, Haverford, Conshohocken and West Conshohocken communities.

Additionally, the COVID-19 pandemic requires a large expenditure in equipment, staff and protocols. New procedures designed to help COVID-19 patients included implementing ambulance modifications to reduce exposures, training over 100 employees and volunteers in high-level isolation techniques and purchasing personal protective equipment for our entire staff.

As a 501(c)(3) non-profit organization, we rely heavily on donations to provide quality care for the ill and injured. This year for your 2020 taxes – and only for your 2020 taxes – the Coronavirus Aid, Relief and Economic Security (CARES) Act will let Americans deduct up to \$300 in charitable donations from their taxable income when they file their 2020 tax returns in 2021. Previously, this was only used for those who itemized their deductions, but this year the government is allowing it to be taken even if individuals use the standard deduction.

Help us serve the community by donating to Narberth Ambulance by mail or by visiting [NarberthAmbulance.org/donate-covid19](https://www.narberthambulance.org/donate-covid19).

Thank you in advance for your donation and to everyone who already donated this year!