

A PUBLICATION OF THE LIFEFLIGHT FOUNDATION · VOLUME 17 · NUMBER 1

DISPATCHES

SPRING 2019

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THE RIGHT TOOLS

LifeFlight is well known for its easy-to-spot aircraft, transporting critical patients to the care they need quickly and safely. Though not talked about as often, the expertise of the crew, and the advanced equipment they carry, are just as important to a patient's survival and recovery as the fast and nimble aircraft.



Photos 1, 3, 5, 7 and 9 by Billy Stuart; photo 2 by Michele Barker; photo 6 by Carl Zenk

1 INFUSION PUMPS: These pumps can control flow rates of up to two different intravenous (IV) fluids or medicines. Some of the most critical cardiac patients can require multiple pumps, as they have more than eight medications and fluid lines infusing. Just a few short years ago, these patients would have been considered too sick to even transport. But with today's technology and expertise, LifeFlight can make sure these patients get to the care they need.

2 i-STAT BEDSIDE LABORATORY: The i-STAT is an advanced, handheld blood analyzer that provides real-time, lab-quality results within minutes to accelerate the patient care decision-making process. It enables the medical crew to perform blood tests while in flight, giving physicians at the receiving hospital a more complete picture of the patient's condition.

3 VIDEO LARYNGOSCOPE: Laryngoscopes are typically used when a patient needs a breathing tube placed. This is a difficult procedure under ideal conditions. For patients with severe trauma or respiratory disease, the complexity of the procedure increases dramatically. The video laryngoscope gives the flight nurse or paramedic a much clearer picture of the patient's airway, leading to safer and more reliable intubations.

4 ZOLL MONITOR: These monitors measure and report a patient's essential information so treatments can be modified as necessary. They have been specifically designed for air medical transport. Special functions make it critical for pediatric and complex medical patients, and improve airway management for every patient.

5 MOBILE ULTRASOUND: This technology has grown dramatically over the last several years. Once big and bulky machines, today ultrasounds can be the size of a laptop or even smaller. Our flight crew uses the technology to diagnose trauma patients, looking for a collapsed lung or signs of severe internal bleeding. It's also an essential piece of equipment when the crew needs to establish an arterial line.

6 INFANT ISOLETTE: The isolette is an incubator-like piece of equipment designed to transport Maine's sickest premature infants, shielding them from an unpredictable environment and monitoring their vital signs. It also contains a special ventilator that helps very tiny lungs breathe, in patients so small that we weigh them in grams.

7 INTRA-AORTIC BALLOON PUMP: Used to stabilize and manage patients suffering from serious heart disease, balloon pumps help restore the balance between the supply of oxygen-rich blood the heart receives from the coronary

arteries, and the amount of oxygen the heart needs to pump.

8 DONOR BLOOD: Two units of O-negative, universal donor blood are carried on every flight. Other ambulance services do not have donor blood on hand, so LifeFlight is critical for patients who have severe internal or external bleeding, or have medical forms of anemia.

9 ReVEL VENTILATOR: The respiratory therapy-quality, critical care ventilator can meet the breathing and airway needs of LifeFlight's patients. It can be programmed to control ventilation based on either volume or pressure; that is, the crew can set it to provide a specific volume of air or provide air up to a set pressure. The vent is also capable of non-invasive mask ventilation (Bi-Pap) for respiratory patients who do not require intubation.



Flight crew members participate in routine critical care training, including how to manage a pediatric airway, and how to use ultrasound to diagnose internal bleeding. Airway photos by Kim Grindle.

Building a workforce for the future

4 As LifeFlight looks ahead to the next two decades, we know there will be significant challenges presented by the current and looming shortage of experienced nurses in the state, including those prepared to step into critical care roles, whether in the hospital or for LifeFlight.

In addition, as medical technology and clinical therapies continue to evolve, the critical care workforce will need to evolve and adapt to meet the needs of patients in rural Maine.

Through LifeFlight's innovative Critical Care Academy, donors can be a part of this workforce transformation. The Academy has been established to develop a pipeline of nurses and paramedics who want to qualify as flight clinicians, and for new nurses who need preparation and experience before moving into critical care roles in hospital emergency rooms or intensive care units.

Donate today at www.lifeflightmaine.org and select "BEAN MATCH" to double the impact of your gift.

DOUBLE YOUR IMPACT

LifeFlight transports an average of one patient every four hours. That's six patients a day, every single day of the year, whose survival depends on LifeFlight.

Patients like Sydney, whose lives hang in the balance, depend on the equipment the flight crew carries and the expert hands of the nurses and medics who provide the right treatment. And they depend on the speed of LifeFlight's

aircraft to deliver them to the specialists at far away hospitals.

That means they also depend on our donors because none of that would be possible without your support.

Right now, when you make a donation as part of the Bean Match 2019 campaign, Linda Bean and her sister, Diana Bean, will match your gift, dollar for dollar.



Together, we will save lives!

Donate today to double your impact!

When making your gift online, select "Bean Match" to double your donation.

DREAM VACATION MADE POSSIBLE BY DONOR BLOOD

LifeFlight is the only ambulance in the state that carries blood on every mission. For some patients, that can be the difference between life and death.

Last summer, the lives of Sydney and Forrest Faulkingham were changed forever. The Alna couple were headed to the farmers' market when they were in a violent car accident. Sydney was critically injured and losing a dangerous amount of blood. The paramedics at the scene knew she needed to get to Portland for lifesaving surgery, and LifeFlight was the best option to get her there in time. They removed Sydney from the mangled car and took care of her until LifeFlight arrived.

The LifeFlight crew found Sydney in terrible pain, struggling to breathe, and losing consciousness. It was clear she had serious internal bleeding and multiple broken

bones. Then Sydney's heart stopped. The ambulance crew started CPR while the flight team raced to administer blood products. Moments later the cardiac monitor showed a promising rhythm and a pulse was felt.

Sydney was alive again, but desperately needed to get to Maine Medical Center where surgeons could stop the bleeding.

Forrest recalls, "Syd died three times that day, and needed five units of blood to keep her alive long enough to get to the care she needed in Portland."

Carrying blood on every mission is an expensive proposition, and requires routine training to administer it properly. Without financial support from our donors, LifeFlight wouldn't be able to provide this essential service to the patients whose lives depend on it.



Thanks to our donors, Sydney and Forrest are making plans to celebrate their 50th wedding anniversary in the British Isles!

IX 2019 SWIMMING SO OTHERS CAN FLY

The Islesboro Crossing for LifeFlight, our biggest annual fundraiser, filled to capacity just a few short days after registration opened, back when there was still snow on the ground and ice in the ocean. Now that we're looking ahead to summer, swimmers and paddlers from across the state and country are gearing up for the open water swim event planned for August 18, 2019.

6 Proceeds raised at IX2019 will help LifeFlight purchase new helicopters to replace our oldest two models, which have been helping patients since 2004. We fly more miles and more hours than the average EMS helicopter. It's time to upgrade to the next generation of avionics, which means improved safety and reliability.

Swimmers are busy fundraising and volunteers are signing up to lend a hand. Sponsors like Viking Inc., Coastal Healthcare Alliance, Journey's End Marina, Horch Roofing, Fisher Engineering, Eaton Peabody, Jo Ellen Designs,

LandVest and Rockport Automotive are offering financial support.

Why are so many people eager to be a part of this fundraising opportunity? This distinctive event focuses on both the challenges and the rewards of living in a rural state with thousands of miles of coastline, millions of acres of forest and farmland, and more than 3,000 islands.

Visiting and living in rural Maine, especially on one of the state's islands, offers solitude, natural beauty, and small, tight-knit communities. But the time and distance to specialized medical care is formidable—especially in an emergency.

The swimmers and paddlers making their way across Penobscot Bay are physically overcoming that distance. The journey is symbolic of the difficulties in accessing critical care in emergencies, and also a way to support LifeFlight, just one of the many organizations that help to overcome those challenges.

You can learn more about this event at www.islesborocrossing.org. There you can choose to support an individual swimmer, make a general donation to the event, become a sponsor, or sign up to volunteer.

Snowmobilers Ride for Access

In February, LifeFlight held its inaugural Remote Access Ride, a 50-mile snowmobile event that raised funds for landing zones (LZs) in remote areas where accessing a patient can often be extremely challenging.

Hosted by the East Branch Sno-Rovers in Medway, the ride took riders through some of the most beautiful scenery in the state in the shadow of Mt Katahdin.

In the early days of LifeFlight, it could take six or eight hours to find and transport patients hurt in remote areas. Many patients simply ran out of time from otherwise survivable injuries.



To overcome these challenges LifeFlight created the Remote Access Project—a system of care beyond the roads. The project now includes more than 120 remote access LZs, all on private land, each with a responsible

agency maintaining the site for 24/365 access. All of the LZs are included in an online database, along with more than 700 other sites across the state.

Thank you to our sponsors for the event which included Polaris, Cataldo Ambulance, Clayton Lake Woodland Holdings LLC, LandVest Timberland, and Huber Resources Corp.

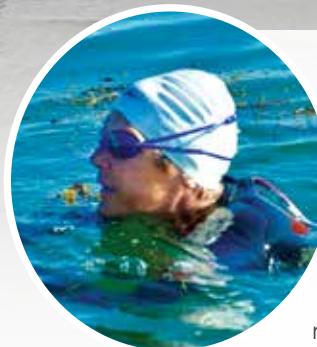


GREG LAING

First time swimmer from Rockland

This is going to my first crossing this summer! I'm participating in the swim for a couple reasons. I am in the Coast Guard and I love the challenge and the idea of the swim. Plus, I've also been a beach lifeguard and I know how important a service like LifeFlight is. I also love to hike and travel, sometimes to places where the only help available is from a service like LifeFlight. I guess you could say I have a big passion for search and rescue and first responders!

why we swim



MANDY SCHUMAKER

Veteran swimmer from Yarmouth

A few years ago, I got to see LifeFlight in action, and it made me realize how all of us who live in Maine or visit Maine depend on LifeFlight to be there for us.

I'll never forget watching one of the helicopters bank over our house in Hancock after having taken off just down the road. It was speeding towards Bangor with a young boy who had been seriously injured in a boating accident. Fortunately – and very likely thanks to LifeFlight and its crew – he survived.

Seeing that helicopter made me realize it could have been one of my sons. It could have been any of us. That's why I'm swimming across Penobscot Bay.

LIFEFLIGHT FOUNDATION

DISPATCHES is a publication of The LifeFlight Foundation, which provides fundraising and public relations support to LifeFlight of Maine, the state's only medical helicopter service.

The LifeFlight Foundation is a nonprofit, tax-exempt organization under Section 501 (c) (3) of the Internal Revenue Service Tax Code. It is governed by an elected board of trustees who represent medical, business, legal and educational fields throughout the state.

The Foundation also supports the development and funding of Maine's major air medical needs, such as trauma training statewide; construction of hospital helipads; and installation of weather reporting, navigational and communications systems.

The Foundation's office is located in the town of Camden at 13 Main Street, 2nd floor.

You can reach us at 207-230-7092 or by email at info@lifeflightmaine.org.

Donations are tax-deductible.

LIFEFLIGHT OF MAINE

LifeFlight of Maine is a nonprofit statewide critical care medical helicopter service jointly owned by Northern Light Health and Central Maine Healthcare Corporation. LifeFlight's airplane, three helicopters and dedicated ground ambulances, based in Bangor, Lewiston and Sanford and operated by SevenBar Aviation, cover the entire state and offshore islands. LifeFlight complements and supports the work of local EMS and hospital personnel in caring for the critically ill or injured. Each base is staffed by a highly qualified team of pilots, mechanics, flight nurses and paramedics. More than 26,000 patients have been safely transported since LifeFlight's founding in 1998.

LifeFlight was fully re-accredited by the Commission on Accreditation of Medical Transport Systems in 2017.

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