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DISPATCHES

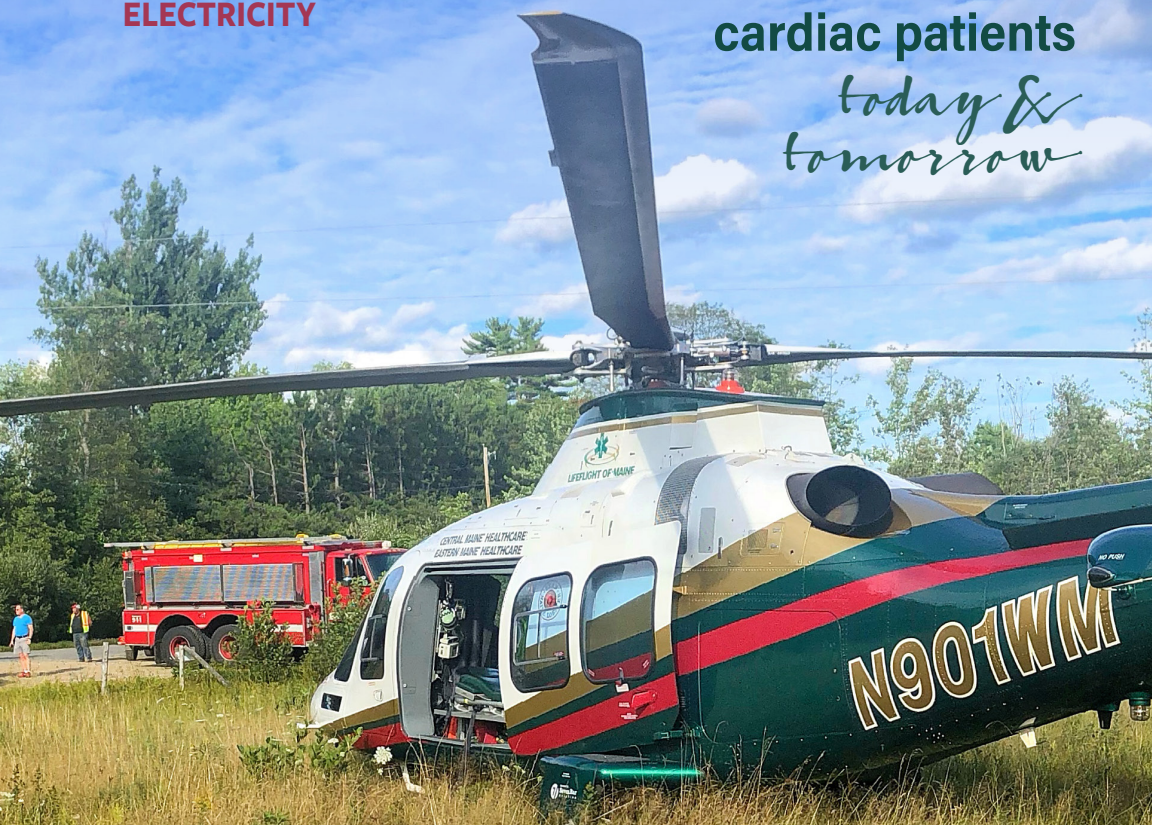
SUMMER/FALL 2019

FORCE of NATURE

THE POWER OF
[THE HEART'S]
ELECTRICITY

Caring for
cardiac patients

*today &
tomorrow*



Swimming so
others can fly

ISLESBORO CROSSING 2019

photo by Ian Swett

FORCE OF NATURE

THE POWER OF [THE HEART'S] ELECTRICITY

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When we think about electricity, it usually involves power lines and light switches. Maybe a lone key dangling at the end of a kite string on a stormy night. We don't often recall from high school biology class that electricity is also what makes our heart beat. Perry Risley, a Bethel resident and avid skier, was harshly reminded of electricity's critical role in cardiac health one day last winter. As was his Wednesday routine, Perry was skiing at Sunday River with his neighbor. The pair started the day on White Cap and, though the snow was a bit slushy, they were looking forward to good trail conditions. That's the last thing Perry remembers.

As his neighbor recalls, Perry simply fell down and wasn't getting back up. Though he didn't know it, Perry was suffering from ventricular tachycardia, a disorder that's caused by abnormal electrical signals in the heart. As a result, he went into cardiac arrest on the ski slope that winter morning. In a lucky coincidence, the next three skiers to come along were either EMTs or ski patrollers. The group quickly called for help and began CPR. The Sunday River Ski Patrol arrived with an automated external defibrillator (AED) in hand and were able to temporarily restart Perry's heart, but it was clear that he needed treatment from the cardiac team at Central Maine Medical Center in Lewiston. The local ambulance

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photo by Jim Gerry

New tech for safer aviation operations

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LifeFlight's airplane, N901LM or Lima Mike, recently underwent an important update on its avionics system. As part of a national effort to modernize the country's aviation infrastructure, all aircraft now require ADS-B (automatic dependent surveillance-broadcast), a surveillance technology in which an aircraft determines its position via satellite navigation and periodically broadcasts it. This new technology means our pilots can see other aircraft, and other aircraft can see us, even when air traffic control isn't present, which helps maintain a high level of situational awareness. Because ADS-B uses satellites instead of ground-based radar to determine aircraft location, it's also a more reliable system. In addition, the upgrade allows our pilots to access in-cockpit weather and traffic information, making in-flight operations more seamless.

Force of nature

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crew called for LifeFlight, who could deliver Perry to the care he needed in half the time it would take to drive over Maine's winter roads.

Although Perry's heart was beating again, it remained a challenge to get his heart back to a normal rhythm. In addition, he was confused and combative which are signs of possible brain damage. To minimize the chances for long term damage, the flight crew placed a breathing tube and connected him to a ventilator which would ensure he was getting enough oxygen.

After a 22-minute flight, Perry arrived at Central Maine Medical Center in Lewiston where cardiac specialists started targeted temperature management, a careful process of lowering the body temperature in an effort to reduce the risk of brain injury. Surgeons also

placed an automatic implantable cardioverter-defibrillator (AICD), an internal device that will monitor Perry's heartbeat, and deliver an electrical impulse if it senses a life-threatening change in his heart rhythm. In all, Perry remained in the hospital for 10 days. Thankfully, Perry didn't suffer any permanent damage to either his heart or his brain, and he has returned to the same active lifestyle he led before his ordeal.

Originally from upstate New York, Perry served for 20 years in the air force, splitting his time between flying and working at the Pentagon. He retired to Maine nearly 30 years ago, first as the owner of a bed and breakfast in Bar Harbor and then to Bethel where he and his wife spend winters on the ski slopes and summers kayaking in the Androscoggin River watershed.



Caring for cardiac patients *today and tomorrow*

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The world of healthcare is in a constant state of evolution. Treatments change as technology advances and we learn how to care for patients more successfully. Over the last few years, providers at Maine Medical Center have seen a growing number of patients who require complex cardiopulmonary support known as ECMO (extra-corporeal membrane oxygenation). These patients are among the most critically ill in the state and require ECMO support for a variety of reasons, including as a bridge to heart and lung transplant. As their numbers increase, the need to transport these patients will also grow.

LifeFlight and the ECMO program team at MMC identified an opportunity to work together for these patients. Specifically,

they are aligning protocols and procedures, developing a standardized team for the specialized transports, and ironing out logistical details that are made more complicated by the nature of a regulated aviation environment (for example, size and weight of equipment, mounting methods, and electrical usage).

LifeFlight partners with all hospitals in Maine to deliver the best care and to meet evolving patient needs. What do patients need today and what will they need tomorrow? What steps should LifeFlight take to prepare for changes we expect, as well as for changes that we have no way of predicting? This clinical partnership between LifeFlight and MMC's ECMO program is but one example of how providers across the state are collaborating to meet ever-changing healthcare challenges.



LifeFlight clinical leaders met recently with representatives from Maine Medical Center's ECMO program to discuss closer collaboration. The group convened at MAC Jets in Portland, where they could tour LifeFlight's helicopter and airplane. From left: Mike Baumann MD, MMC Chief of Emergency Medicine; Norm Dinerman MD, LifeFlight Medical Director; Dave White, Flight Medic, Lewiston/Sanford Base Manager; Veronica Marzonie, Flight Nurse, Safety Coordinator; Chuck Hogan, Flight Nurse, Director of Clinical Operations; Claire Jara, MMC Perfusionist, ECMO Program Coordinator; Mike McDonough, Flight Nurse; Walter DeNino MD, MMC Cardiothoracic Surgeon; Josh Dickson, Flight Medic, Aviation Systems Coordinator; Heather Cady, Flight Nurse; Carl Zenk, Flight Medic, Bangor Base Manager; Thomas Judge, LifeFlight Executive Director; Gregory Schneider, Flight Nurse; Pete Tilney DO, LifeFlight Medical Director of QAPI.

Expanded runway in Rangeley can accommodate LifeFlight's Lima Mike

With an \$11.5 million grant from the Federal Aviation Administration, the Town of Rangeley has completed a renovation of the Stephen A. Bean Municipal Airport that has expanded the runway to 4,300 feet. Before the expansion, larger airplanes, including LifeFlight's King Air (N901LM) couldn't land there. Not only does this new runway change the equation for LifeFlight, it will also play a key role in the economic development of the region.

LifeFlight Executive Director Thomas Judge was on hand to thank the community for taking on such an important project. "The 9-1-1 system is built on a promise to be there when called. In order to keep that promise, emergency responders need infrastructure - vehicles, garages, hangars. This airport is a door to a second chance for people who are critically ill and injured. It improves safety and reliability, and allows LifeFlight to answer the call when help is needed. On behalf of everyone at LifeFlight, it's an honor to be part of this project."

Also in attendance to mark the occasion were Stephen Philbrick, Rangeley selectman; Gail Lattrell, FAA New England Division; Russell Black, state senator; Joshua Dickson, LifeFlight's aviation system coordinator; Guy Rouelle, from Dubois & King Inc.; Carlene Tremblay from U.S. Sen. Susan Collins' office; and former U.S. Rep. Bruce Poliquin.

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LifeFlight is collaborating with the FAA, Maine Department of Transportation and municipal governments in Machias and Jackman to improve the airports in those towns as well.



ISLESBORO CROSSING 2019

Swimming so

6 The 7th annual Islesboro Crossing for LifeFlight took place on Sunday, August 18 with 144 swimmers making their way three miles across Penobscot Bay to the island community of Islesboro. They were each accompanied by a safety paddler and together they raised more than \$440,000 which will help purchase new emergency medical helicopters for the people of Maine.

Part of this event is about the physical and mental challenge of swimming 3 miles in the ocean, and part of it is about raising money for Maine's emergency helicopter organization. Meant to illustrate the complexities of providing emergency care to rural communities across the state, the Islesboro Crossing is a significant physical challenge for many of the people who participate. It's not a race, so it attracts those who want to set a goal and work toward it. A 3-mile ocean swim requires months of training to get in good physical shape, and for some people, it also requires a fair amount of mental toughness. The ocean can be daunting, especially the Atlantic, where the temperature rarely rises above 60 degrees.

The event is also a fundraiser for LifeFlight of Maine, the state's only emergency medical helicopter organization. A nonprofit, LifeFlight relies on donations to purchase new aircraft and advanced medical equipment, as well as provide clinical training to emergency medical providers from first responders to ICU nurses. Each swimmer agrees to raise a minimum of \$175, but most participants raise much, much more.

The common thread that runs through every aspect of the Islesboro Crossing is

community building. The camaraderie among swimmers, friends and strangers alike, is quickly obvious. Everyone is willing to lend a hand, with a ready smile and an enthusiastic high five. People from across the midcoast Maine region volunteer their time and talents to produce this unique event. Waldo County EMA leads the safety team and all course boats are provided by private boat captains at no charge. Dozens of people on Islesboro take on the little details that go into creating the warm welcome every swimmer receives, including enough coffee, fruit and homebaked goods to feed a crowd of nearly 400. Then there are the thousands of people who, thanks to the outreach from swimmers and paddlers, hear about LifeFlight's mission and are inspired to support it.

The event couldn't have been held without additional support from the Marine Patrol, Coast Guard, Camden Fire, Islesboro EMS and the Maine State Ferry Service. Also providing critical transportation support were Pendleton Yacht Yard, Island Transporter and Luce Transportation.

Contributing to the fundraising total are sponsors including Camden National Bank, Viking Inc., Coastal Healthcare Alliance, SevenBar Aviation, Camden Dermatology & Mohs Surgery, Whitecap Builders, Maine Magazine, Horch Roofing, Jett Travolta Foundation, Journey's End Marina, Eaton Peabody, Fisher Engineering, Jo Ellen Designs, LandVest, Rockport Automotive, Dead River, First National Bank, C&L Aviation, E.L. Spear, Continuum Physical Therapy and Sidecountry Sports.

The money raised at IX2019 will help LifeFlight purchase new helicopters to replace the

others can fly

organization's two oldest models, Echo Mike and Charlie Mike, which can't be re-engineered to take care of the next generation of Mainers. Over the last 7 years, swimmers, paddlers, volunteers and sponsors have raised nearly \$1.5 million to support LifeFlight -- support that has helped thousands of critically ill and injured people in Maine get the care they needed when it mattered most.



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 27,000 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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Dispatches is published by The LifeFlight Foundation for friends, supporters and members of the state's Emergency Medical Services community. Comments and suggestions may be directed to the Foundation at
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