

Local

Advanced CPR training comes to New Bridge

BY CARMELITA HOLLAND
News@TheBakerCountyPress.com

“Its quality CPR— that’s where it’s at— good high quality CPR is the best chance for (patient) survival,” said CPR trainer Rebecca Long, April 2, speaking to Emergency Medical Technicians gathered at the New Bridge Grange Hall, three miles north of Richland, Oregon.

“Its my job to teach rural volunteers,” she said. For two years, Long has been the Mobile Training Unit Coordinator of the Public Health Division, headquartered in Portland. She started her CPR work as a Volunteer with McKenzie Fire and Rescue, then served ten years as a paramedic.

During an intensive training session held on Saturday, she addressed a serious problem facing residents of the Panhandle, who live over forty miles from a hospital.

The day-long session was attended by approximately twenty EMTs and attendants of two ambulances who have volunteered to provide emergency care to the communities and surrounding areas of Eagle Valley, Pine Valley and the Snake River along the Oregon bank of Hells Canyon.

“Four hundred twenty four thousand people suffer cardiac arrest outside of hospitals and only ten and four-tenths percent survive,” said Long. “We need more bystanders learning CPR!”

Announcing there were five top changes to CPR, Long said, “One change to CPR is a raise of a compression rate from 100 to 120. The upper rate limit of chest compressions (on adults) has been increased to 120 per minute, because quality CPR decreases below that,” she said.

“Compression ejects blood from the heart and lungs. Recoil occurs when the hands of the one doing the compressions are lifted to allow the chest to refill with blood and air between each compression. With social media aids, one can



Carmelita Holland / The Baker County Press

Proper chest compression techniques were part of the CPR techniques demonstrated at the New Bridge Grange last weekend.

record and study the feedback,” she said.

Each EMT present took a turn doing compressions on a wired high fidelity manikin, some using cell phones for timing. Long checked the position of hands compressing the manikin’s chest, which helped assure the right depth of compression, two inches, to two and one-half inches, and she checked the length of time for “recoil.”

Scores were recorded on a Laerdal High Performance CPR Simulator, measuring the depth and rate of compressions, the recoil, and ventilation provided by an air bag and the air volume.

“One basic of CPR is to minimize interruptions in chest compressions. Prevent pauses, and resting on the chest between compressions,” said Long. She said each interruption resulted in a significant loss in the CPR process. She listed several causes of interruption; “Ventilation, defibrillation, intubation, line placement, and chaos, in general.

“The chances of successful resuscitation increases substantially when not interrupted. When you get there be prepared to continue CPR with no

pause. Greater depth of compressions increases likelihood of successful shocks,” said Long.

She emphasized the importance of summoning aid in order to rotate “compressors” every two minutes.

“Normal blood pressure is 120 over 80. Aim for 60 over 40. You must allow full recoil to let the heart and lungs refill with blood. Men may have more upper body mass. It may be harder to pull up off the chest, recoil is harder in men,” said Long.

Long warned about over-using oxygen and introducing hyperventilation which she said can decrease survival.

“The air bag holds 800 milligrams. Use no more than 300 ml each time. Press the bag less than three seconds, allow full recoil.”

During practice on the manikin, EMTs counted ten compressions to each puff of air from the air bag.

A part of this ongoing medical education was tips on other recent changes and new issues.

Opiate Overdose

Long instructed the group on recent new dangers, opiate overdose, signs and symptoms to look for to recognize it, and admin-

istering Naloxone.

Four pages of instructions were handed out showing how to fill syringes with naloxone and proceed with treatment.

Other literature was distributed listing changes in medications, changes in procedures, and variations in treatments.

A number of diseases that EMTs may come into contact with were mentioned, some familiar, others were unfamiliar.

A need for more EMTs was discussed. Long said several efforts have been made to have CPR taught in schools, grades 7 through 12.

CPR was started last year as part of one Physical Education class. A Senate Bill 79 would require CPR education for graduation in Oregon.

Pine Eagle Volunteer Appreciation Potluck

There will be an Appreciation Potluck Dinner, Thursday, April 14, starting at 6 p m, to be held at the Pine Eagle Charter School cafeteria in Halfway to honor volunteers who are operating the Ambulance departments, the fire departments in both valleys, and other community services. This is open to the public.

EOU Dean’s list

A number of Baker City, Halfway and North Powder students were among those included in the dean’s for the 2016 winter term at Eastern Oregon University. These students had a grade point average of 3.5 or higher:

Baker City: Lydia Andersen, Amanda Bailey, Charlotte Bowers, Riley Carter, Erin Elms, Devon Galiszewski, Angelina Gomez, Chelsea Krohn, Whitney Lemmon, Paul Marckesano, Samantha O’Conner, Raven Shipsey, Brian Staebler-Siewell. Halfway: Maddison Thatcher. North Powder: Krista Evans, Colby Forman, Lindsey Loennig.

Scholarship still open

Saint Alphonsus Auxiliary- Baker City is once again offering a \$1,500 scholarship. To be eligible one must be a graduate of a Baker County High School or a current resident of Baker County, who will be at least a sophomore in college by September, 2015.

The Scholarship will be awarded to a student who is enrolled in a health care profession. The application for the scholarship can be obtained from the Auxiliary Desk in the front lobby of Saint Alphonsus Medical Center – Baker City or from a member of the Auxiliary Scholarship Committee, Peggy Payton, Chairman, 541-523-6603, Marilyn Bloom 541-523-2750 or Betty Rouse 541-523-5563.

The applications must be returned to the committee by April 15th, 2015. The recipient will be notified by May 20th, 2015. The scholarship check will be sent to the recipient’s college where it will be credited to the students account.

The Auxiliary Members assist at the Spring Health Fair, the Annual Blood Draw and various other hospital events and also work in the Saint Alphonsus- Baker City Gift Shop. New members are always welcome.

For further information about the Auxiliary contact President Jeanne Schroder 541-856-3686 or Peggy Payton 541-519-8118.

Development code on agenda

On April 20th, 2016 at 7:00 p.m. the Baker City Planning Commission will hold a work session to review proposed changes to the Baker City Development Code.

The Baker City Development Code (BCDC) was last amended in 2015. Since this time, the need for additional clarification and revisions has become apparent. The current proposed changes include criteria revisions for Temporary Use Permits and Lot-of-Record applications, as well as clarification of size limitations for accessory structures within residential zones. Additionally, final revisions to the Sign Code will be discussed, the majority of which address content modifications to improve clarity and ease of use.

Making changes to land use regulations is a Legislative (Type IV) procedure, which is considered initially by the Planning Commission with final decisions made by City Council. The public is invited to attend this work session and submit comments.

The work session will be held in the Council Chambers at the Baker City Hall, 1655 First Street, in Baker City.

Those with questions regarding the revision should please contact Holly Kerns or Eva Ceder at the Planning Department at (541)-523-8219 or planning@bakercounty.org, or by visiting the Planning Department office, located in the basement of the courthouse at 1995 Third Street, Baker City.

Man arrested for strangulation

On April 1, 2016, Baker County Sheriff’s Office arrested Rory Dambach at 1546 Cherry Street Baker City, OR, after an investigation into a domestic

disturbance involving an adult female.

The domestic occurred on March 29, 2016 at 2215 9th Street in Baker City.

During the assault the

female reported she had been physically assaulted and choked.

The alleged assault occurred in the presence of minor children.

Rory Dambach was charged with Assault IV, Strangulation, and Menacing.

City has board positions open

In April of 2016 the City of Baker City is looking to fill three positions, with one vacancy on the Planning Commission and the other two on the Public Arts Commission.

The Planning Commission is a four-year term while the Public Arts Commission is a three-year term.

Please contact the Human Resource Manager/

City Recorder for additional information.

To apply go to www.bakercity.com and complete the online application under boards and commissions or see Luke Yeaton at

City Hall Located at 1655 1st Street.

Paper applications can be returned to: Attn: Luke Yeaton, 1655 1st Street, Baker City OR, 97814.

BLM seeks RAC nominations

The Bureau of Land Management (BLM) announced it is seeking public nominations for open positions on 34 Resource Advisory Councils (RACs), including two in Washington State, which advise the BLM on public land issues. As published

in a notice in the Federal Register, the BLM will consider nominations until May 2, 2016.

The two RACs with responsibility for the Vale District BLM are the Southeast Oregon RAC (SEORAC) and the John Day – Snake River RAC

(JDSRRAC). Information about both of these RACs are available online at: <http://www.blm.gov/or/rac/index.php>.

All nominations must be accompanied by letters of reference from any represented interests or organizations, a completed

RAC application, and any other information that speaks to the nominee’s qualifications. All nomination documents must be received by Monday, May 2 and may be sent to Larry Moore, BLM Vale District, 100 Oregon St, Vale, OR, 97918.

No political signs on right-of-way

With the May 17 primary elections approaching, ODOT reminds campaigns: Political signs may not be posted on any Oregon state highway right of way; and there are restrictions for signs placed on private property visible from state highways.

No signs except official traffic control devices are allowed in the state highway right of way including on trees, utility poles, and fence posts within the highway right of way. Improperly placed signs, including political signs, may be removed and held by the local ODOT District Maintenance office.

Temporary signs, including political signs, are allowed on private property within view of state highways with the following restrictions:

- The sign is limited to 12 square feet.
- No flashing or intermittent lights, animated or moving parts are allowed.
- Signs must not imitate an official highway sign or device.
- Signs are not allowed in scenic areas.

Local municipalities may also regulate the placement of political signs.