



## Leading from the Field

*By Jeff White, M.S., MTSP-C, FP-C  
Director of Safety  
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Many of us in leadership roles have been asked how to become an example in the field and a person colleagues can trust and count on. I have found an answer to this question in an unlikely place. In addiction recovery they follow three simple principals, that if followed correctly, lead to tremendous change and growth. They also instill qualities that can make great leaders. These principals are practice rigorous authenticity, surrender the outcome, and do uncomfortable work. Addicts strictly follow these three principals either for good or bad. If they are working to find that next fix it is for bad. If they are using it to make the decisions to stay clean and work through the reasons for their addiction it is for the good, even though it is often painful.

The first principal, practice rigorous authenticity, simply means you should do everything with conviction and confidence all while staying true to yourself. How many times have you decided to set a higher standard for yourself but due to peer pressure you follow the crowd? How many times have you skipped steps in a process because it was early in the morning and you have had a busy shift with little sleep? This principal asks that you ignore the pressure and tendency to do what is easy.

Surrender the outcome is the second principal and asks us to make the right decision and do the right thing dependent on the outcome. This means acknowledging your gut feeling telling you to do more or double check your work, doing that second walk-around because you feel like you missed something, or filing the required reports regardless of consequences or actions. This second principal is sometimes made easier by having a true Just Culture in your organization.

To tie everything together comes the third principal, do uncomfortable work. Often making the decisions that follow the other two put you in an uncomfortable situation or one that requires a lot of work that others do not want to do. It often requires us to put in the extra hours of work and study to figure out where the strengths and weaknesses are. This is where you push ahead and keep your standards high.

Being a leader in an organization or that person your colleagues follow can be rewarding if you have the right mindset. Using the principals above you can move things in the right direction, continually improve, continually educate, and raise the standards of your organization and the industry. ■

### THIS ISSUE INCLUDES:

- Employee Wellbeing During Pandemic Response
- The COVID-19 End is Near... or is it?



**Mission. Ready.**

# Employee Well-being During Pandemic Response

By Jeff White, M.S., MTSP-C, FP-C  
Director of Safety, HealthNet Aeromedical Services

Stress is defined as “a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.” In our industry this just about covers every aspect of a typical shift. Luckily, we have periods of downtime and rest we can use to manage this stress.

Over the last several months we have been in the heart of a pandemic, transporting and caring for those infected. We have added the effects of more critical patients that are more difficult to manage and additional guidelines to keep you and our patients safe.

As leaders we remain vigilant in using data and reports from the field to monitor the increased risk to our crews. With social distancing and travel restrictions beginning to lift, we can begin to get back out at the base level and interact with team members. Hopefully, this interaction will allow us to recognize those that may need help. We have aimed to create a culture where you can feel comfortable asking for help.

Every day there are articles about injuries, accidents, and deaths of those in our field. You must wonder how many of those are attributed to fatigue and stress causing other medical issues. Now is not the time for the “suck it up, its EMS” mentality. This is not business as usual. I implore those that are seeing the subtle signs in themselves or their partners to please reach out and ask for help. It is never an easy step to make but it is more than worth it.

## Support Resources:

### ECHO Flight-crew Assistance & Support Team

[www.echoheliops.org/fast-team](http://www.echoheliops.org/fast-team)  
1-833-AIR-FAST

### The Code Green Campaign

[www.codegreencampaign.org](http://www.codegreencampaign.org)

### Safe Call Now

206-459-3020

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## The COVID-19 End is Near...or is it?

By Karen Swecker, RN  
Exposure Control Liaison, MedFlight

COVID-19 has taken more than 350,000 lives globally since December 2019. Just as we thought the pandemic may be slowing down, Brazil is getting hit hard. Below are listed a few statistics retrieved from Johns Hopkins University and each country's estimated 2020 population numbers. The actual rates may be higher or lower depending on virus testing and diagnosis.

	Attack Rate	Mortality Rate
• United States	509/100,000	5.9%
• Mexico	57/100,000	10.0%
• Canada	233/100,000	7.7%
• Sweden	325/100,000	13%
• Brazil	184/100,000	63%
• UK	387/100,000	14%
• Ohio	280/100,000	5.5%

For Ohio cases by county: [www.coronavirus.ohio.gov/wps/portal/gov/covid-19/dashboards/overview](http://www.coronavirus.ohio.gov/wps/portal/gov/covid-19/dashboards/overview)

### COVID-19 remains live on common surfaces for:

• Metal	5 days
• Wood	4 days
• Plastics	2-3 days
• Stainless steel	2-3 days
• Cardboard	24 hours
• Glass	up to 5 days

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- Paper: minutes to days depending on the type of paper
  - Fabrics, shoes, skin or hair – no data

### To prevent taking the virus home to your families:

- Change clothing and shoes at work or in a designated space at home.
- Put uniforms/flight suits immediately in the washer, wipe down control knobs.
- Perform hand hygiene before and after changing/handling contaminated clothing.
- Perform hand hygiene before getting into your vehicle when leaving work.
- Disinfect your home, especially after someone has been ill; remember easily forgotten surfaces like the coffee pot handle, toaster controls, cabinet and appliance doors/knobs.
- Disinfect frequently touched surfaces in your car, including seatbelts and keys.

The two most important ways to prevent the virus is to not touch your face and perform hand hygiene frequently. If you are reusing your face masks remember they get contaminated also. It is very important to wash those that are washable and air out both types – disposable and reusable masks. If you are reusing a disposable mask throw it away when it looks worn or dirty. Masks should be stored in a paper bag, not plastic. The CDC's recommendations on cleaning and disinfecting for COVID are found at [www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html](http://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html)

Your first line of defense against COVID-19 and any infection is yourself!

## Safety Communication Contact Information



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# SafetyMatters

Do you have any ideas for SafetyMatters?  
Let us know by emailing [jeffrey.white@healthnetcct.com](mailto:jeffrey.white@healthnetcct.com)

