

# Greene County/Greeneville EMS Employee Newsletter

## Current Projects:

Updating and expanding our treatment protocols	New treatment guidelines have been approved and in service is ongoing.
Different airway bags/ More user friendly truck checkoff	The new airway bags have been delivered. Given the amount of change we are undergoing with the new treatment guidelines, we will be looking at these during airway in service and starting to transition to them soon.
Truck 61	Truck 61 (the remount of truck 58) is on a different chassis than we are used to (Ford F-450). The main reason for this is because of the weight of the box and equipment. Staying with Chevy would have required us to move to a crew cab body, which no one wants.
LiquidSpring	There is a new style of suspension on Truck 61, called LiquidSpring. This will be coming with all of the new Ford chassis we purchase. See Other Items for more details on this suspension and its controller.
Trucks 62 and 63	Two of the new Sprinter vans will be picked up this week from the manufacturer and will go into service after radio installation and inspection/licensing by the state (approx. 1 week).
The third Sprinter	The final van was incorrectly placed on a 2-wheel drive chassis instead of an all-wheel drive by the manufacturer. Because the body and chassis are one, they have to restart production, with an unknown expected completion date.
Dashcams	As most of you have noticed, dashcams are being installed in all ambulances, the supervisor truck, and the body transport vehicle. See Other Items for more details.
Quarterly survey	The next quarterly survey will be coming out next week.
New polos	We are still looking at vendors and are trying to make sure that we don't run into supply issues.
New drug boxes	The new drug bags are still in production.
Blood and ultrasound	<b>Still</b> awaiting grant outcome.

## Call Statistics:

In August (as of 9/29), we have run **1,201** calls:

**Red:** 297 calls  
**Blue:** 323 calls  
**Green:** 301 calls  
**12-hr Trucks:** 280 calls

**9** Air ambulance transports

### Average ER Wait Times:

**HVMC:** 17 min ↓  
**JCMC:** 15 min ↓  
**MHHS :** 24 min ↓  
**FWCH :** 17 min ↓  
**GCHE:** 10 min ↓

**Average Chute Time:** **2:28** ↓  
**Average Scene Time:** **18:18** ↓

**Average Response Time:** **11:51** ↓  
**Average Transport Time:** **19:22** ↓

## September breakdown:

**Med 1:** 10%  
**Med 4:** 6%  
**Med 7:** 6%

**Med 2:** 15%  
**Med 5:** 8%  
**Med 8:** 8%  
**Med 10:** 6%

**Med 3:** 20%  
**Med 6:** 14%  
**Med 9:** 7%

## 2025-to-date breakdown:

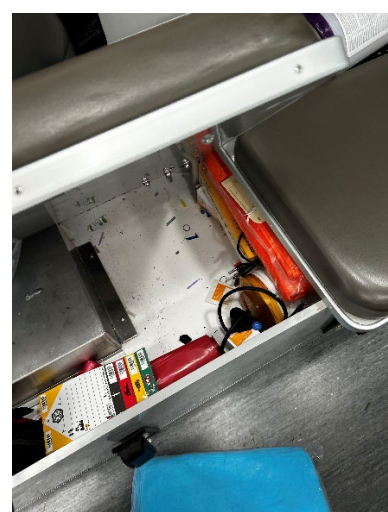
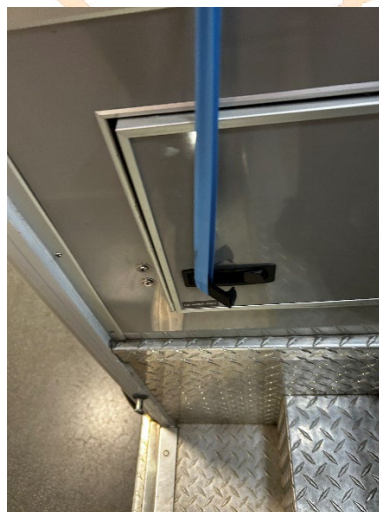
**Med 1:** 10%  
**Med 4:** 6%  
**Med 7:** 8%

**Med 2:** 17%  
**Med 5:** 9%  
**Med 8:** 9%  
**Med 10:** 1%

**Med 3:** 20%  
**Med 6:** 15%  
**Med 9:** 4%

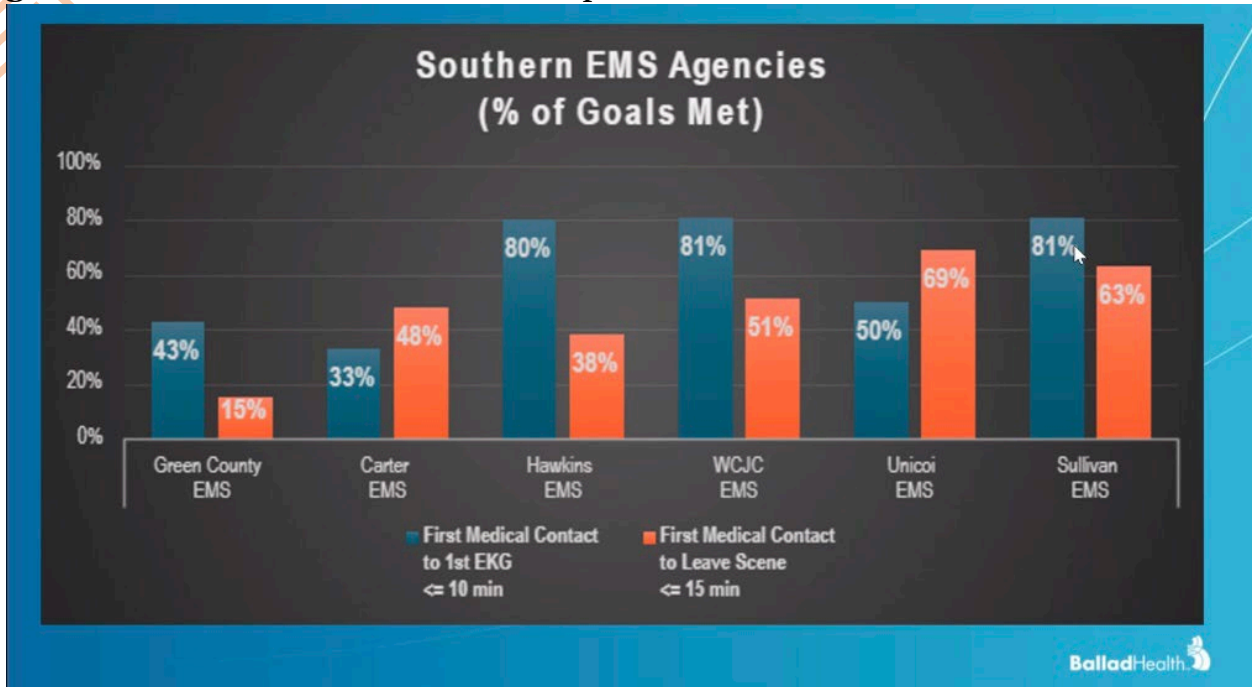
## Other Items:

- On Friday, John Dabbs performed spot inspections on ambulances, and had a finding that would have been failure criteria **for every ambulance he checked**, including issues with cleanliness and proper securement of oxygen. Here are some photos he sent us of things that **should have failed**.



**Please remember that every compartment of the ambulance, even those we don't use very often, are required to be clean and are subject to inspection at any time.**

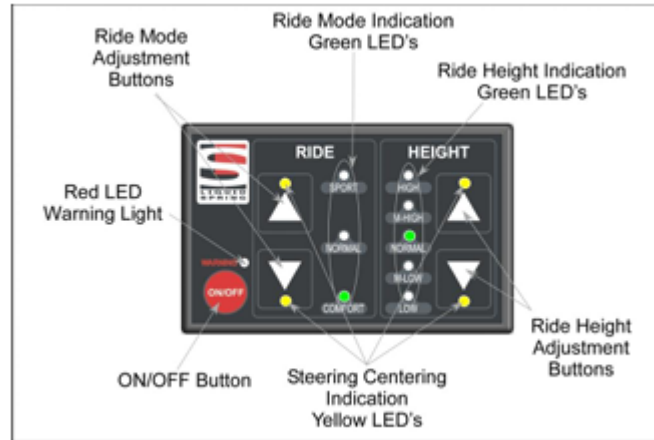
- You have heard this if you have already been to the treatment guideline inservice, but to clarify a little more about why our documentation standards are what they are, **here is an image from a recent meeting we had with Ballard regarding STEMI guidelines and standards.** I think it speaks for itself:



- As a reminder, please do not enter the nurse's station in the ER.** Any paperwork needed for discharges or transfers will be provided to you. Looking through paperwork to see if it is what you are there for or asking about other patients is a **HIPAA violation**.
- The Ballard resupply program is for us to be able to replace equipment when we have used it on patients. The ER has reported finding a number of our IV catheters left. I can only assume that this is to swap 1 for 1 with the IV catheters they use. If this is the case, **please stop doing this.** They do not and cannot use our catheters.
- The auto-generated mileage in ESO is being turned off due to issues with CAD imports and incorrect locations being left when tickets are locked until this issue can be resolved.**
- We are working on making changes to the truck checkoff as we implement our new treatment guidelines and items to our vehicles. We are also in the process of adding new vehicles to the fleet as they are coming from the manufacturer. Please be patient with us as we make these changes and we all work together to make it a better process for everyone.
- Dashcams are being installed in ambulances due to the increased number of accidents and incidents we have been having. While they are not intended to be for employee monitoring, they are highlighting areas in which we need to be improving our driving. The system knows if the driver seatbelt is buckled, monitors engine trouble codes and fuel levels, and the cameras are AI driven. They automatically record:
  - Cell phone usage
  - Distracted driving
  - Drowsy driving
  - Hard braking
  - Hard cornering



- Truck 61 has a suspension controller mounted to the dash just behind the turn signal switch. When you open the back doors of the ambulance to remove the stretcher, the back of the truck will 'kneel,' as the ride height of the new chassis is too high for the powerload system to work properly. **It is designed to do this.**
  - It has a whole lot of buttons that you will not need to routinely mess with. However, here is an overview of the controller:



- When you start up the truck, it will automatically be set to “Normal” ride and height. This does not need to be adjusted; in these modes, it will function as normal and ride pretty close to what you are used to, but it can be adjusted if you think it would make you or your patient’s ride better:
  - Sport mode will be most useful for emergency traffic on windy roads (think Lonesome Pine Trail)
  - Comfort mode is good for long distance trips (think interfacility to Holston Valley, Bristol, UT, etc.), but **SHOULD NOT** be used for most routine driving. It is designed to handle bumps better and make the ride more comfortable in the box, but because it allows more movement, especially at higher speeds, **it will lead to less control in turns as most of the weight is being allowed to shift more than normal.**

## Upcoming Events:

- **October 6<sup>th</sup>-10<sup>th</sup>** – Airway in-service (Mandatory for paramedics)

## Some Recent Articles:

[Kentucky paramedics face license loss after administering lifesaving antivenom](#)

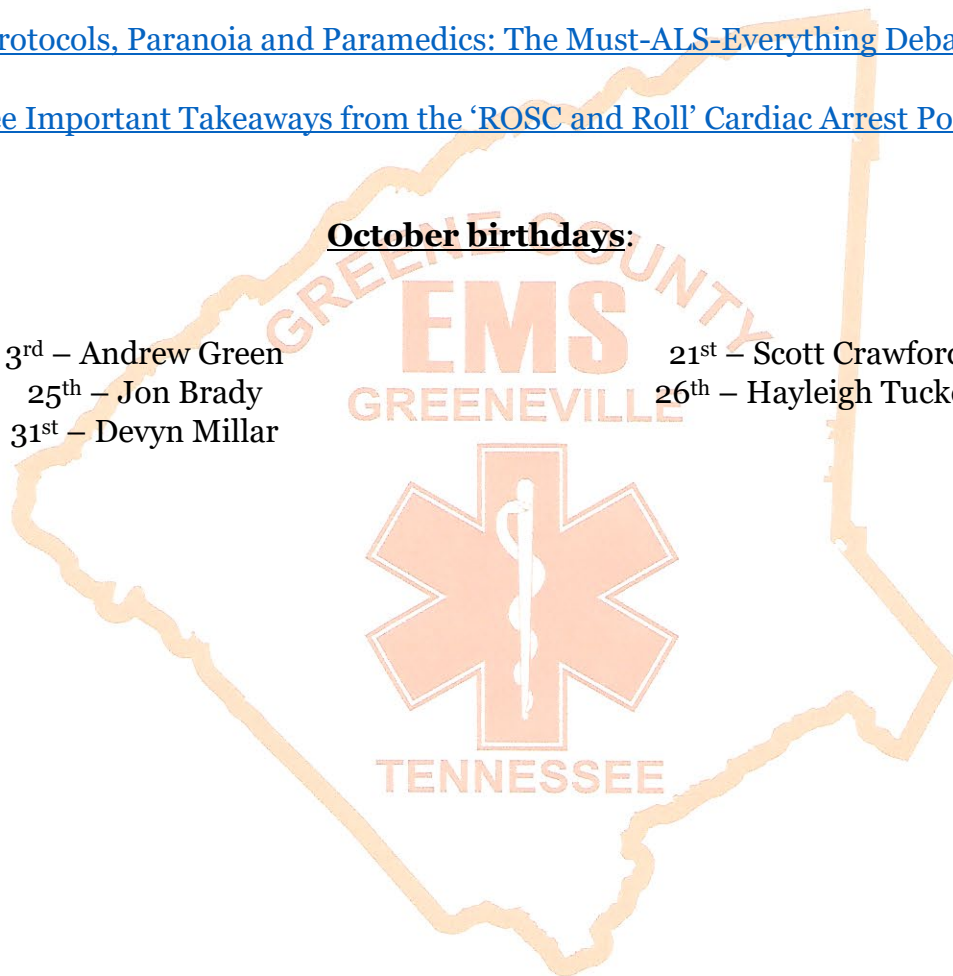
[Protocols, Paranoia and Paramedics: The Must-ALS-Everything Debate](#)

[Three Important Takeaways from the 'ROSC and Roll' Cardiac Arrest Podcast](#)

### **October birthdays:**

3<sup>rd</sup> – Andrew Green  
25<sup>th</sup> – Jon Brady  
31<sup>st</sup> – Devyn Millar

21<sup>st</sup> – Scott Crawford  
26<sup>th</sup> – Hayleigh Tucker



# COUNSELORS CORNER NEWSLETTER



Greeneville EMS | September 2025

Laura Nechanicky-Booth, MS, LMFT, CEC, CIT, CISM



Innovation at Work:

## FOUNDATIONS OF MENTAL FITNESS

Mental fitness is just as vital as physical fitness for first responders. In EMS, the ability to think clearly, make rapid decisions, and stay emotionally balanced under pressure can mean the difference between life and death.

This series will introduce the concept of mental resilience, how to strengthen the mind just like the body, so that every responder is equipped to handle the unique stressors of the job.

### ► Solutions for a Better Future

#### ◆ Understanding Stress Physiology

- Stress is more than “feeling tense.” It triggers real biological responses: elevated cortisol, increased heart rate, disrupted sleep.

#### ◆ First Signs of Burnout

- Emotional withdrawal
- Irritability
- Fatigue and detachment
- Recognizing these early = stronger recovery.

## SMILE CORNER

### 🚓 “Code Laughter”

😂 “You know you’re in EMS when your uniform smells like coffee, antiseptic, and mystery.”



## QUICK TIPS

#### 🧘 1. Breathe Before You Roll

Before starting your shift or responding to a call, take 3 deep breaths. This resets your nervous system and primes you for focus.

#### 💧 2. Hydrate Like It Matters

Dehydration increases stress on the body. Keep a water bottle nearby and sip throughout your shift.

#### 🎵 3. Name It to Tame It

When you feel overwhelmed, pause and label the emotion (“I’m anxious,” “I’m frustrated”). Naming the feeling reduces its intensity and helps you stay clear-headed.

#### 🏠 4. Micro-Recovery Counts

Even 2–3 minutes of stepping outside, stretching, or listening to a calming song can prevent stress from compounding.

#### 🗣️ 5. Talk It Out

Share one highlight and one challenge from your shift with a trusted colleague. Connection is one of the strongest protectors against burnout.