Archie Gould woke up on Mother's Day with the intention of helping a friend. He had worked all week doing maintenance for Carrabassett Spring Water, and on Sunday, he planned to help a friend replace the alternator in his vehicle. Working in his friend’s garage, he sensed something was wrong when he could not catch his breath. He was then struck with a horrifying pain in the middle of his chest accompanied by some heaviness in his arm. He knew what these coupled symptoms possibly meant, but like most hard working, stubborn, middle-aged men, he sat down, hoping his symptoms would subside. He apologized to his friend, explaining the alternator probably was going to have to wait until he felt a little better. The next thing he remembered was the arrival of MedCare’s paramedics and their initial examination.

“I probably would have just got in my car and driven home had I not passed out. I certainly would not have had the chance to be sitting here if I had done that!” recalls Archie.

Fortunately for Archie, the local EMS crew recognized his symptoms as Acute Coronary Syndrome (ACS), a “heart attack.” They provided appropriate therapy and notified the emergency department right away, an essential first link in Archie’s chain of survival.

ACS affects millions of Americans each year. Because of its rural nature, Maine presents a unique challenge to EMS and local hospitals as they work towards effective treatment of ACS. Truly definitive care can only be found in Maine’s tertiary care centers located in Portland, Lewiston and Bangor. Time has a profound effect on heart muscle. When your cardiac emergency originates hours from one of the bigger hospitals, continued on page 2
Maine’s primary care centers are left with few options to keep heart muscle cell death to a minimum.

Archie arrived in the emergency department at Rumford Community Hospital at 1:02 pm, just over 30 minutes after his onset of symptoms. The paramedics appropriately triaged him, treated him, and prepared him for ongoing medical intervention — including placing a call to LifeFlight of Maine to request transport to Central Maine Medical Center. Rapid triage, initial testing and interventions led to appropriate treatment in the second link in Archie’s chain of survival. Fibrinolytics, or clot busting drugs, one of the few options small hospitals have to treat patients with ACS, were administered. All of the treatments and critical, time-sensitive medical decisions, including activation of LifeFlight of Maine through MedComm dispatch, were completed by 1:20 pm.

LifeFlight of Maine attacks Maine’s geographical challenges directly with the ability to fly patients at speeds in excess of 150 miles per hour. The pilots utilize direct line of sight navigation, making the trip shorter by flying “as the crow flies.” In addition, LifeFlight’s medical crew brings expert critical care to the patient’s bedside. But this is only half of the battle.

“Time is muscle and one of our goals is to minimize bedside time in patients with acute coronary syndrome. In concert with excellent emergency department care at Rumford Community Hospital, the crew rapidly assessed and prepared Mr. Gould for transport. The flight back to CMMC took only 14 minutes,” adds Kevin Kendall, M.D., LifeFlight of Maine Medical Director for the Lewiston Base. Just two hours after Archie’s symptoms began, he was at Central Maine Medical Center, one of those tertiary care centers capable of saving his heart muscle, and his life.

Five days later, in CMHVI’s (Central Maine Heart and Vascular Institute) Single Stay Unit, Archie sat in a chair next to his wife, Susan. Their smiles, coupled with intermittent periods of true emotion, told the whole story of his brush with ACS. The third link in Archie’s chain of survival was efficiently completed at CMHVI. A diagnostic cardiac catheterization revealed that two of the three major arteries in Archie’s heart were almost completely blocked. An Intra-Aortic Balloon Pump was placed to alleviate some of the workload of his heart and to insure adequate blood flow. Unfortunately, the clot in Archie’s coronary artery was far too stubborn and his heart muscle remained in jeopardy. Archie and his family decided on an intervention to re-open the two clogged arteries. He underwent cardiac surgery with bypass grafting and his condition rapidly improved over the next week. He was walking circles around the unit, climbing stairs and recovering exceptionally well.

Richard Cochran, M.D., chief of Cardiothoracic Surgery at CMHVI, spoke highly of all aspects of Archie’s care and had this to add.

“Archie’s quick treatment could never have happened without every part of the team performing optimally and expeditiously. The fact that this was accomplished, with so many essential participants, speaks directly to the commitment of our system for improved outcomes and survival in cardiac emergencies,” said Dr. Cochran.

Less than a week after it started, Archie Gould’s brush with death was thwarted. Exceptional preparation, utilization, and execution, in concert with a state-of-the-art air medical system, overcame Maine’s rural geography and the challenge of a life-threatening cardiac event.

Sitting in his room at CMHVI during family rounds, surrounded by those who contributed to his surgery and recovery, Archie’s eyes welled up with tears. “I want to thank all of you. Thank you for saving my life.”

**Bridgton Hospital Guild Presents $2,000 gift to the LifeFlight Capital Campaign**

(Left to right) John Carlson, Bridgton Hospital President and CEO; Eunice Fitton, Bridgton Hospital Guild President; Phillip Libby, President of the Bridgton Hospital Board of Directors; Thomas Judge, Executive Director, LifeFlight of Maine.
A Thanksgiving to Remember: STEMI-Training Saves a Bar Harbor Man’s Life

If you ask Wesley Tibbetts, of Bar Harbor, why he is here today, he would say, “Fast thinking, teamwork, and LifeFlight of Maine.”

Wesley is a seven-day-a-week painter, who lives with his wife, Leslie. On November 20th he had just come home from a long day of hanging sheet rock and didn’t feel well. “I took a shower and afterwards felt cold and clammy all over. I knew something was wrong, but nobody was home at the time to help me.” Wesley called his mother, who lives nearby, but he quickly realized that he needed immediate help. Calling 9-1-1 is one of the last actions he remembers clearly.

Within ten minutes, John Lennon, EMT-P, and Matt Bartlett, EMT-I, from the Bar Harbor Fire Department, were at Wesley’s house. They performed a 12-lead electrocardiogram, which recognized that Wesley was having an ST-Elevated Myocardial Infarction (STEMI)—meaning, the ongoing damage being done to Wesley’s heart muscle was recognized by elevation of the ST-segment, which is also associated with an increased risk of cardiac death.

“He was lying in bed,” recalls John, “During the time we tried to move him out, he went into cardiac arrest twice.”

John and Matt were able to revive Wesley both times, but before heading off the crew called back to dispatch to get LifeFlight of Maine to Bar Harbor as soon as possible. During the ambulance ride they worked hard to stabilize Wesley’s condition— and while in the ambulance he went into cardiac arrest again. In the meantime, Meryl Nass, M.D., from the MDI Hospital, also called LifeFlight after learning of his condition.

Although it was the ambulance crew’s original plan to meet LifeFlight at the Bar Harbor ball field, Wesley’s condition remained unstable, which promoted a quick decision to instead bring him to MDI Hospital. There, Dr. Nass, the emergency room crew, and LifeFlight of Maine team of Kevin Burkholder, FP-C, NR/CCEMT-P and John Macone, CCEMT-P/CFRN worked to stabilize Wesley who was in a precarious condition with a very slow heart rate and severely low blood pressure. The LifeFlight team placed a breathing tube and connected Wesley to a ventilator to breathe for him and placed an external pacer to stimulate his heart. Working together, the team from the ED gave him a medicine that is used to break down the blockages in the coronary arteries and provide temporary relief until LifeFlight could get Wesley to Eastern Maine Medical Center.

In less than 20 minutes from the request to land in Bar Harbor, the LifeFlight crew was brought from the ball field to MDI Hospital to get Wesley. Once crew members had him in the helicopter, they raced against time to save his life.

Interestingly, LifeFlight had only recently introduced an outreach training program that emphasized the recognition and management

LifeFlight of Maine Helps Standardize Cardiac Treatment

by Kevin Burkholder, FP-C, NR/CCEMT-P

Coronary Heart Disease is the leading cause of death in adults over the age of 20. More than half of all diagnosed myocardial infarctions, or ‘heart attacks,’ present with what is known as a “STEMI”. The American College of Cardiology (ACC) and the American Heart Association (AHA) define a STEMI as any myocardial infarction that is diagnosed by specific EKG characteristics.

In 2005, LifeFlight of Maine set out to make sure that all of the state’s hospitals and EMS providers are offered training in the care of STEMI patients through the course, “That Thing Got a STEMI? ST Elevated Myocardial Infarction Recognition and Management.” The program gives an overview of the interpretation of a 12-lead electrocardiogram. Designed originally as a tool for electrocardiogram interpretation, the program has evolved to include much more while continuing to emphasize how that simple test can be a roadmap to the area of the heart being affected in a myocardial injury.

The STEMI program was also recently ‘taken International’ and was well received by a group of critical care providers in Newfoundland, Canada. For more information on scheduling the four-hour STEMI program, please contact Kevin Burkholder at kb Burkholder@emh.org.
After spending more than 20 years in the United States Marine Corps, Joel Vigue, a Skowhegan native, decided it was about time to settle down and move back to Maine on his 100 wooded acres. "After 12 years of flying various aircraft including jets and helicopters, I just needed a break," said Joel. "After flying in Desert Storm, and shortly after that in Bosnia, I was extremely content to move to Maine and work a ‘normal’ job.”

After about 5 years of living a ‘normal’ life, Joel began to get the urge to get back into the cockpit of anything that flew. It was then that Joel began to do charter flying; mostly trips to the Northeast and Canada. But even though he was flying airplanes and business jets, his preference was to fly helicopters. Joel enjoyed being able to fly closer to the ground and land anywhere. "It is definitely the hands on flying that I enjoy."

"When I wasn’t getting the desired amount of charter helicopter flying, I began looking elsewhere for opportunities. This is when LifeFlight came into the picture," remembers Joel. After waiting almost two years for a vacancy to open up with the LifeFlight of Maine team, an opportunity finally came his way in 2002. "I jumped at the opportunity and it is better than I expected."

Joel received a BS in Economics from the University of Missouri and an MBA from Boston University. He has three children and enjoys antique cars, hunting, fly fishing and spending time at the lake or on the Allagash.

LifeFlight of Maine is the state’s only medical helicopter service. The LifeFlight Foundation, the charitable development organization supporting LifeFlight of Maine, is currently engaged in a $13 million capital campaign to raise funds for replacement aircraft, specialized medical equipment, weather and navigation systems, and helipad construction assistance.

Mrs. Given, who also sits on the Board of Trustees of Millinocket Regional Hospital, heard a presentation about LifeFlight from the organization’s Executive Director, Thomas Judge and Chairman of The LifeFlight Foundation Board, John C. May. It was at that meeting, when the hospital made its pledge to the campaign, that Mrs. Given decided to bring the idea of supporting the effort back to the Auxiliary membership.

"LifeFlight comes into the Millinocket area fairly often. We hear it flying overhead and know that someone must be very ill and they are being taken to Bangor. It could be one of us. We’re so very, very thankful that we have it. It is an important part of what is happening in healthcare."

After LifeFlight presented to the Auxiliary, the members voted to pledge $1,000 for the LifeFlight campaign. Mrs. Given shared, “We are a small organization and we don’t have a lot of money, but we have been able to fulfill our scholarship obligations and we thought this was an important service for us to support.”

John May, Chairman of The LifeFlight Foundation board and President and CEO of Sebasticook Valley Hospital in Pittsfield stated, “We have been traveling all across the state making the case for this critically needed service. At any given time any one of us, or our family members, may need this emergency air transport service. Seconds count and to have the ability to be quickly airlifted to a larger healthcare facility when there is a life-threatening illness or injury saves lives. We are thrilled that the Millinocket Regional Hospital Auxiliary saw fit to support this important effort. They truly understand the need for LifeFlight and the difference it makes in the lives of the people of Maine.”

Millinocket Regional Hospital Auxiliary Makes LifeFlight Pledge

The Millinocket Regional Hospital Auxiliary recently made philanthropy history. Auxiliary President Joyce Given announced that the organization voted unanimously to support The LifeFlight Foundation. In doing so, they are the first hospital auxiliary in the state to support LifeFlight’s capital campaign.
Profile | Jack May

John C. “Jack” May, Chairman of the LifeFlight Foundation has been involved with LifeFlight from its earliest days. Now he combines a busy schedule as President and CEO of Sebasticook Valley Hospital (SVH) in Pittsfield with a very active campaign across the state to garner funds for the $13 million capital campaign. Jack shares how his relationship with LifeFlight began:

“As Vice President of Clinical and Support Services at Central Maine Medical Center (CMMC) I became involved in the design and development of the helipad at CMMC. I very quickly became convinced that LifeFlight would serve an extremely important healthcare need in this large state in which we live.”

“When I came to SVH in 1999, one of the first things I could see related to our hospital’s mission and vision was that if SVH was to become the best small hospital in the state by providing and coordinating comprehensive healthcare services to its communities, it needed the assistance of a relationship with LifeFlight. This would allow us to ‘coordinate’ healthcare for the communities we serve.”

“We began a two-step process. First we discussed the need with our Board and they all agreed if LifeFlight would help us save a single life, it was worth the time, energy, and investment required to build a helipad. Second, I visited with Peter Vigue, President of Cianbro. I brought over a LifeFlight tape for Peter to view entitled, “Seconds Save Lives”. Halfway through the tape, Peter pushed the pause button and said ‘Jack, what can I do for you to make this happen?’”

“From that point on, our communities came together to develop a helipad that once built, instantly improved our ability to coordinate healthcare for the patients of our region. Ever since, I have personally been committed to finding ways to make LifeFlight financially feasible for the entire state of Maine. I am proud to be involved in the LifeFlight Foundation which is working very hard to raise $13 million to create an endowment and guarantee service for generations to come.”

Jack May has served as President and CEO of Sebasticook Valley Hospital since December 1999. During that time he has overseen several expansion projects including the construction of a helipad. Jack serves as Chair of the Eastern Maine Healthcare Systems (EMHS) Materials Standardization Task Force and is on the boards of Associated Health Resources, Inc., the Maine Hospital Association, Maine Central Institute, and the Workers Compensation Trust and has served on a number of civic, healthcare, and educational institution boards over the years. Prior to SVH, he was a Vice President with Central Maine Medical Center. Jack earned a Masters in Business Administration and a Bachelors of Science in Bacteriology from the University of Maine at Orono.

Jack and his wife Betty reside in Pittsfield. They are the parents of three adult children, John, Kimberly, and Kurt, currently residing in Beijing, Alabama, and New Hampshire, respectively. The Mays have five grandchildren.

LifeFlight Helps CMMC Celebrate the Blood Donor Center’s First Anniversary

LifeFlight of Maine helped the Red Cross Blood Donor Center at Central Maine Medical Center celebrate its first anniversary this past December by assisting with a public awareness campaign to spur donations.

LifeFlight “adopted” the Donor Center for the holidays and assisted in recruiting whole blood donors during December. The effort was conceived to help increase blood donations during a time when blood supplies fall dangerously low.

In addition to helping raise awareness of blood donation needs, LifeFlight presented those who made an appointment as a “LifeFlight donor” with special commemorative LifeFlight T-shirts. Additionally, all December donors at the Blood Donor Center were entered into daily raffles for LifeFlight gift bags.

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Profile | Ed Moreshead

When Ed Moreshead, a Bangor native, signed up for an elective EMT course while earning his bachelor’s degree at the University of Maine, Orono – little did he know that it would change the course of his life. After receiving his degree, he decided to continue on to Kennebec Valley Community College (then KVTEC) to become a paramedic; Ed has been working in EMS ever since and has been part of the LifeFlight team based in Bangor since 2000.

Medicine happens to be a family affair at the Moreshead household – Ed’s wife is a Neonatal Intensive Care Unit Transport Nurse at Eastern Maine Medical Center. “My wife and I have flown together once,” remembers Ed. “It was a NICU flight to Bar Harbor on New Year’s Day a few years back.” Ed also has two daughters currently in high school.

“LifeFlight has provided me with a great many educational opportunities both formal and life experienced,” answers Ed when asked why he loves LifeFlight. “Seeing patients and their families during times of crisis, and being able to help provide some level of comfort has been the most satisfying part of this job.”

The LifeFlight Foundation Awarded National Excellence in Community Service Award

The LifeFlight Foundation was recognized by the National Association of Air Medical Services (AAMS) with the first Excellence in Community Service Award.

The AAMS Excellence in Community Service Award, given out at a Congressional Luncheon on March 22, recognizes an emergency medical transport individual or organization demonstrating broad-based continuing commitment to their referring and receiving agencies, and the communities they serve. Nominees for the award needed to demonstrate professional and personal values that typify the ideals of “giving of oneself,” and “making a difference in or enhancing the lives of others.”

“We are extremely honored to be the recipients of this new award. When LifeFlight started operations in late 1998, Maine was the only state in the country without access to any air medical resource. We had to build from scratch an infrastructure to support a safe, reliable, and high quality medical aviation environment. LifeFlight’s teams are asked to deliver high performance in a complex operating environment. It is essential that they have the tools necessary,” says Tom Judge, Executive Director of The LifeFlight Foundation and LifeFlight of Maine.

In receiving the award, the LifeFlight Foundation noted its partners including the Maine Department of Public Safety, Maine EMS, the Maine DOT Aviation Office, Satellite Instrument Technologies and Belfort Instruments. The award-winning project includes a statewide system of helipads, weather navigation systems, GPS instrument navigation systems and fuel systems supporting LifeFlight’s state-of-the-art helicopters. The projects were funded through a combination of the state Transportation Bond, federal, local and other funding raised by The LifeFlight Foundation.

The building of the infrastructure is only one piece of a multi-faceted outreach system that LifeFlight has brought to communities across the state. In addition to developing a safe aviation environment, LifeFlight provides continuing medical education projects, like the Human Patient Simulator program, throughout Maine. The simulator program, a joint venture between Maine EMS, the Maine Health Access Foundation, the Maine Department of Public Safety and The LifeFlight Foundation, provides high quality training for hospital and EMS providers. The Foundation also supports outreach education, like the “Turning off the Faucet” injury prevention program in middle schools tied to the Service Learning Initiative, as well as other programs focused on traumatic brain injury, airway management and cardiac care.

The LifeFlight Foundation is the charitable development foundation supporting LifeFlight of Maine.

In Washington, DC for the Excellence in Community Service Award ceremony were (left to right): Tom Judge, Executive Director, The LifeFlight Foundation and LifeFlight of Maine; Lori Metayer, Program Manager, LifeFlight of Maine; Bill Pike, representative of Omniflight, the award sponsor; and Ed Eroe, President of the National Association of Air Medical Services (AAMS).
Doris Laslie, LifeFlight of Maine Flight Nurse since 2002, spent her childhood as a self described “Air Force Brat” living all over the world.

Her first experience with nursing came when she had the opportunity to enter a vocational school to become an LPN. “I got into nursing because I really enjoyed helping others,” said Doris. She continued on to college where she became an RN and has always enjoyed the ongoing educational opportunities that have been offered to her along the way.

Doris feels that her path in nursing has taken her in various directions that she might not have had the opportunity to experience had she sought out another career. With both of her sisters being RN’s, nursing runs in her family.

Outside of LifeFlight, Doris’ family plays a major role in her life. She has a 13-year-old son and 2-year-old daughter who keep her on her toes mentally and physically. She also enjoys gardening, cross stitching and outdoor activities.

When asked why she loves LifeFlight she responded, “Why wouldn’t I? It is never boring and I never know what the next duty shift will bring.” LifeFlight also allows her to meet folks from all across Maine and New Hampshire. She especially feels it is rewarding to hear from former patients and their families. “I feel very lucky to have this rare opportunity.”

The Red Cross Blood Donor Center at Central Maine Medical Center opened in December 2005 and has eclipsed performance expectations. In fact, donor interest in the center grew so steadily that last fall its operational hours were expanded. (The center’s hours are now Tuesdays, Wednesdays and Thursdays from noon to 7p.m.) An extra collection day was added to the June schedule and additional summer collection days are being considered.

“Collections at the Donor Center have averaged over 100 units of red cells each month and 116 units of platelets,” says Johanna Ward, manager of transfusion services at CMMC. “This volume is an enormous increase over the number of donations we were getting though the blood drive system.”

“The donation experience at the center is different from that of a traditional mobile blood drive,” Johanna explains. “Donor wait times are minimized with most whole blood donations completed in under an hour. Having both whole blood and platelet collections at the same site has led to increased awareness and interest in the pheresis donation process and new platelet donors.”

Those interested in donating at the Red Cross Blood Donor Center at Central Maine Medical Center should call 795-2260 for whole blood appointments or 1-800-272-2114 for a pheresis platelet appointment.

A Thanksgiving to Remember continued from pg 3

of STEMI. Several of the Bar Harbor Fire / EMS staff had just taken the LifeFlight course at the MCEMS Samoset Seminar only ten days earlier. The program, which is being taught at hospitals and EMS services across the state, highlights treatment algorithms approved by the American College of Cardiology and the American Heart Association, and was instrumental in lowering Wesley’s risk of death.

Once at EMMC, Wesley was found to be suffering neurological consequences from his three cardiac arrests. He then received a state-of-the-art treatment—hypothermia to prevent brain damage during his recovery. When this treatment was completed, Wesley was diagnosed with a 90% blocked right coronary artery and was taken to the cardiac intervention center to have a stint placed in that artery. Remarkably, he spent just five days in the hospital, and then returned home the Saturday after Thanksgiving. “I am so thankful,” says his wife, Leslie. “The teamwork provided by everyone involved — the Bar Harbor Fire Ambulance, the doctors and nurses at MDI, LifeFlight, and EMMC — brought tears to our eyes. With the help of LifeFlight, my husband was able to quickly get to EMMC, which may not have been possible otherwise. The flight team was so wonderful. They even checked in with Wesley after he was feeling better just to make sure he really was OK. It’s this personal attention that is so touching,” she adds.
MISSION STATEMENT

LifeFlight of Maine provides a statewide medical helicopter service that transports critically ill and injured patients. LifeFlight provides the highest quality of care and follows rigorous safety standards.

LIFEFLIGHT OF MAINE

LifeFlight of Maine is a nonprofit statewide critical care medical helicopter service jointly owned by Eastern Maine Healthcare and Central Maine Healthcare. LifeFlight's two helicopters, based in Bangor and Lewiston, 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 6,500 patients have been safely flown since LifeFlight's founding in 1998. LifeFlight is fully accredited by the Commission on Accreditation of Medical Transport Systems (CAMTS).

DISPATCHES

DISPATCHES is a publication of The LifeFlight Foundation, which provides fundraising and public relations support to LifeFlight of Maine, the state’s only emergency 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 aids the development, training and funding of Maine’s major air medical needs, such as trauma training, construction of hospital helipads, and installation of weather reporting, navigational, and communications systems in the more remote sections of the state.

The Foundation’s office is located in Union in the Thompson Community Center at the corner of Routes 17 and 131.

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