



Dr. Cowley was buried with full military honors at Arlington National Cemetery.

What Cowley Was Saying. . . (Excerpted from Publications & Interviews)

"Shock is a momentary pause in the act of death."

"There's a golden hour between life and death.... If you are critically ill or critically injured you have less than 60 minutes to survive. That doesn't mean you'll be dead in 60 minutes but if you're not in the right place at the right time, seen by the right people, your chances of dying are greatly enhanced. You might not die right then; it may be three days later or two weeks later – but something has happened in your body that is irreparable."

"Public opinion tends to regard accidents as unfortunate occurrences and their consequences to be accepted as inevitable. Besides—it always happens to the 'other guy.' We at Maryland cannot accept this premise and will continue to intensify our efforts to reduce this constant tragic loss."

"Unlike other diseases which require a medical breakthrough before significant savings in lives can be made, death and disability of the emergency victim can be reduced using existing medical knowledge and equipment utilizing a systems approach. Maryland is unique as a state in the development of an emergency medical services system because the Governor and Legislature have made a firm commitment to improve emergency care by providing resources for training, communications, equipment, and evaluation."

"Emergency admission by appointment has been operating since the helicopter program was established in 1969. There is no waiting. The state communications network forewarns the Institute of

impending arrivals and describes the extent and severity of the victim's injuries, allowing preparation in advance for appropriate specialists and equipment."

"All patients [on arrival at the Shock Trauma Center] are assumed to be dying and much of 'the golden hour' for total stabilization has passed.... It may even become necessary to open the abdomen or thorax in the admitting area to stop hemorrhage before the usual sterile techniques have been introduced. Although unorthodox, this approach is directed at saving life rather than taking precious time to provide an aseptic field, the loss of time inviting death. The patient can always be treated for an infection—if he lives."

"We're knocking the socks off the death rate in this state."

"I want the very best for the citizens of Maryland. I want all of the critically injured to survive—and that's my goal."

"Trauma is a disease of young persons.... We are killing off the flower of our country. Our youth. It's no different than war. In war, we're killing off the flower of our country, young kids, the people who can make something. Why couldn't they go to a special place, why couldn't they have special care, why couldn't they have immediate treatment, why couldn't they have all the things that allow you to survive?"

"If I can get to you, and stop your bleeding and restore your blood pressure within an hour of your accident. . . then I can probably save your life."

Bidding Farewell, Paying Tribute to Dr. Cowley

More than 600 people—including EMS providers, physicians, nurses, government officials, families, and friends—paid a final tribute to R Adams Cowley, MD, at his funeral services November 4, at the Church of Jesus Christ of the Latter Day Saints in Towson where he was an elder of the church. That afternoon, following a funeral procession with police escort, Dr. Cowley was buried at Arlington National Cemetery with full military honors in a section reserved for national heroes and presidents.

Dr. Cowley was remembered, thanked, and praised by numerous speakers at the funeral, including Helen Delich Bentley (U.S. congresswoman), former governor Marvin Mandel, Alasdair Conn, MD (former MIEMSS trauma surgeon and medical director of field operations and current director of emergency services at Massachusetts General Hospital), Brent Petty, MD (of the Church of Jesus Christ of the Latter Day Saints), and Governor William Donald Schaefer.

Former governor Marvin Mandel emphasized that the "state, nation, and world are a better place because of him.... Some men have monuments and buildings built but he left living monuments." Governor Schaefer reflected that an "accident will happen today and because of Dr. Cowley a life will be saved today."

En route to Arlington National Cemetery Dr. Cowley was honored by fire and EMS personnel as one of their own. Following traditions normally reserved for a firefighter or ambulance personnel killed in the line of duty, fire apparatus and ambulance units from Baltimore and Prince George's counties were stationed on the shoulders of the Baltimore Beltway and I-95, while their crews stood at attention as the funeral procession passed. Earlier, soon after leaving the church, the mile-long line of cars in the procession passed under the tall arc of fire engine ladders. It was something Dr. Cowley would have appreciated as a fitting sendoff for his final journey.

◆ Beverly Sopp

IS IT YOUR TURN TODAY?

Yesterday 280 Americans died of injuries resulting from accidents. Two hundred eighty more will die tomorrow—IS IT YOUR TURN TODAY?

This is an account of today's neglected disease that all of us face every day. We call it Trauma. Roaming our cities and country unchecked, it has grown from endemic to epidemic proportions because of our rapid tempo of living.

Each year, the number that die from trauma is greater than the total of all Americans killed in the Korean War or even in the Vietnam War. The cost does not include the effort of trying to rehabilitate or care for the disabled who survive. According to the National Safety Council, accidents cost the nation over 104,500 lives and \$68.7 billion a year as well as causing approximately 10 million disabling injuries. Of these, 400,000 individuals will be permanently disabled.

Public opinion tends to regard accidents as unfortunate occurrences and their consequences to be accepted as inevitable. Besides—it always happens to the "other guy." We at Maryland cannot accept this premise and will continue to intensify our efforts to reduce this constant tragic loss. Since this is a community problem, we need your help!

Should it be your accident, would you have a better chance if you were seen at the right time, at the right place, by the right people? We think so—that is what this little book is all about.



R Adams Cowley, M.D.

Director

Maryland Institute for Emergency Medical Services Systems



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