

# Maryland EMS News

For All Emergency Medical Clinicians

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June 2025

## New Maryland EMS Protocols Take Effect July 1

By Timothy P. Chizmar,  
MD, FACEP, FAEMS

**THERE ARE SEVERAL NEW ADDITIONS** and changes to *The Maryland Medical Protocols for Emergency Medical Services* for this year. The protocols are updated on an annual basis with the latest evidence-based recommendations from the medical literature and subject matter expert perspectives.

The new protocols take effect on July 1, 2025. Please take the opportunity to visit the MIEMSS Online Training Center ([www.emsonline-training.org](http://www.emsonline-training.org)) for a comprehensive review of the updates for ALS and BLS treatments.

Here are a few highlights:

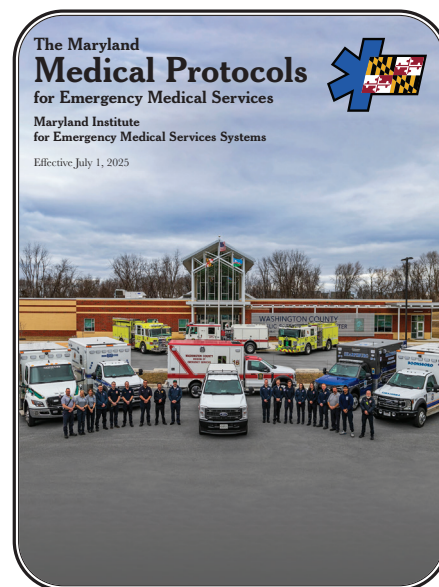
■ **Adult High-Performance CPR:**

This change incorporates high-performance CPR principles within the BLS Adult Cardiac Arrest Algorithm. The separate High-Performance CPR protocol in the Procedures section has been removed.

■ **Alcohol Withdrawal Protocol:**

This revision incorporates the use of midazolam for treatment of moderate and severe alcohol withdrawal. Determination of withdrawal severity is based upon the Brief Alcohol Withdrawal Scale (BAWS).

■ **Cefazolin:** This new protocol adds an antibiotic, cefazolin, for treatment of patients with open fractures, amputations, and mangled or degloved



extremities. Changes are reflected in the Multiple/Severe Trauma, Hand/Upper and Lower Extremity Trauma, and ALS Pharmacology sections.

■ **Cold-Related Emergencies:** This modification adds a provision for rapid transport of hypothermic cardiac arrest patients to an ECPR-capable hospital if the facility is within 30 minutes.

■ **Dexamethasone:** The maximum dose of dexamethasone increases from 10 mg to 15 mg for adult and pediatric patients to reflect dosing recommendations for respiratory conditions in the medical literature.

■ **Drowning (Submersion):** This modification updates the Near-Drowning Protocol to meet current clinical practices and terminology. Rather

than drowning and near-drowning, the classifications are now submersion injury and submersion injury with cardiac arrest. Termination of resuscitation criteria based upon submersion time and water temperature have been added. Transport guidelines that include considerations for transport to ECPR-capable hospitals and trauma centers are also included.

■ **Hypertensive Disorders of Pregnancy:** This new protocol provides treatment guidelines for moderate to severe gestational hypertension and pre-eclampsia, as well as modifications to the existing treatment of eclampsia. Labetalol has been added to the ALS Pharmacology section for treatment of severe hypertension. Indications for magnesium sulfate have been expanded to include treatment of moderate and severe hypertension and the front-line treatment of eclamptic seizures.

■ **Intraosseous Infusion Procedure:** This modification adds the distal femur as an approved insertion site for pediatric patients. A reference chart that shows preferred IO site by age is included.

■ **Pediatric Tachycardia Algorithm:** Medical consultation is required for cardioversion of pediatric patients with narrow complex tachycardia. This revision ensures consistency with the consultation require-

See **PROTOCOLS** page 20

## CALENDAR

### June

■ **15–19:** *133<sup>rd</sup> Maryland State Firefighters Association Annual Convention and Conference.* Ocean City, MD.

### August

■ **13–16:** *Maryland Association of Counties Summer Conference.* Ocean City, MD.

### October

■ **24:** *66<sup>th</sup> Annual Mid-Atlantic Life Safety Conference.* Double-Tree by Hilton Annapolis.

### May 2026

■ **14–15:** *Point/Counterpoint Conference.* Baltimore, MD.

**MIEMSS wishes  
all of Maryland's  
EMS clinicians,  
their colleagues,  
families, and  
friends a  
happy and safe  
summer season!**

## EMS News Digest

■ **Washington County Approves EMS Staffing Transition with the VFC of Halfway** (*Washington County DES*). On June 3, the Washington County Board of Commissioners approved an employee transition memorandum of understanding with the Volunteer Fire Company of Halfway, marking the fourth EMS staffing transition into County employment since March 2024. Read more: <https://www.washco-md.net/news/washington-county-approves-ems-staffing-transition-with-the-volunteer-fire-company-of-halfway/>.

■ **White Marsh VFC Calls for Community Help as Costs, Demand Surge** (*WMAR-TV*). White Marsh Volunteer Fire Company sounds the alarm – this time for support. Last year, their EMS crews handled over 2,600 calls. In the first few months of 2025, they've already reached nearly half that number. Read more: <https://www.wmar2news.com/local/white-marsh-volunteer-fire-company-calls-for-community-help-as-costs-demand-surges>

■ **Inside Gallows Humor: The Psychological Safety Net Behind the**

**Jokes We Tell** (*EMSI*). While gallows humor has a long-standing presence in public safety culture, it is not an ideal coping strategy – nor should it be treated as a substitute for emotional processing or mental health care. Rather, it's a tool used in the moment to relieve emotional pressure, which can have both benefits and drawbacks. Read more: <https://www.emsl.com/ems-humor/inside-gallows-humor-the-psychological-safety-net-behind-the-jokes-we-tell>.

■ **Maryland Uses New Disaster Recovery Fund to Support Allegany County After Severe Flooding** (*WJZ-TV*). Maryland allocated \$459,375 from its new Disaster Recovery Fund to support Allegany County after severe flooding in May. The flash flooding, brought on by severe storms on May 13, prompted Gov. Wes Moore to declare a State of Emergency, as buildings were damaged and nearly 200 people were rescued from schools. Read more: <https://www.cbsnews.com/baltimore/news/maryland-allegany-garrett-county-flooding-funds/>. ■

### IN THIS ISSUE

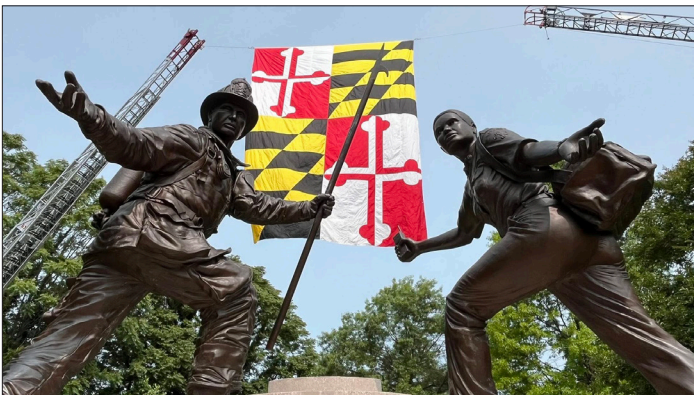
■ New Maryland EMS Protocols Take Effect July 1 .....	1
■ Calendar .....	2
■ EMS News Digest.....	2
■ Maryland Fire-Rescue Services Annual Memorial Service.....	3
■ Point/Counterpoint Conference XLII .....	4
■ National Stop the Bleed Day.....	5
■ Maryland Highway Safety Summit .....	6
■ National EMS Week 2025 .....	7
■ Maryland EMS Awards 2025.....	8
■ MDERS: Maryland Emergency Response System: A Decade in Review .....	15
■ Maryland Highway Safety Office News .....	19
■ Maryland EMS Interactive History Timeline .....	20



# Maryland Fire-Rescue Services Annual Memorial Service

*June 1, 2025 | Maryland Fire-Rescue Services Memorial | Annapolis, MD*

**THE MARYLAND FIRE-RESCUE SERVICES ANNUAL MEMORIAL SERVICE** commemorates members of the state's Fire and Rescue services who made the ultimate sacrifice in the performance of their duties. This year saw the addition of five names to the memorial wall, including: Chief Engineer James E. Flynn, Baltimore County Fire Dept.; Master Firefighter Michael T. Warfel, Montgomery County Fire & Rescue Service; Captain Keith A. Phillips, Winfield & Community VFD; Retired Deputy Chief William F. Goddard, III, Prince George's County Fire/EMS Dept.; and Lieutenant Christopher J. Higgins, Montgomery County Fire & Rescue Service. The approximately one-hour ceremony included a memorial address by Fire Chief Kevin D. Grinder of Naval District Washington Fire & EMS Services and a fly-over by Maryland State Police Aviation Command's Trooper 2. Learn more at <https://www.mdfirerescuehero.org/>. ■





## Point/Counterpoint Conference XLII

May 15–16, 2025 | Baltimore Marriott Inner Harbor at Camden Yards | Baltimore, MD

**PRESENTED BY THE AMERICAN COLLEGE OF SURGEONS** and the Maryland Committee on Trauma, the annual Point/Counterpoint Conference draws trauma care professionals from around the region and across the country to Baltimore for two days of high-quality education and interactive discussion. The program focuses on state-of-the-art management strategies for common clinical issues, as well as a wide range of challenging and controversial topics germane to the field of trauma care. Plenary sessions, breakout tracks, special guest lectures, and a vendor hall are tailored to physicians, nurses, prehospital clinicians, and others who care for trauma patients. Learn more at <https://mdcot.com/pcp-2025/>. ■

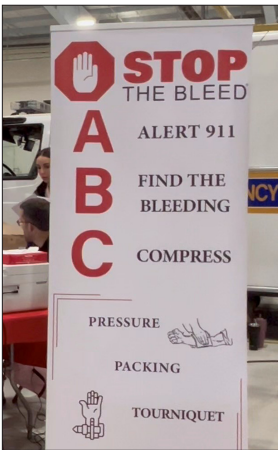




# National Stop the Bleed Day

May 22, 2025 | Martin State Airport | Middle River, MD

**MARYLAND'S TRAUMA CENTERS** marked this year's National Stop the Bleed Day with a marathon training session designed to empower the public with the basic knowledge and skills necessary to address bleeding emergencies prior to the arrival of first responders. Maryland State Police Aviation Command's Trooper 1 played host to the all-day event, which featured both didactic and practical instruction, safety and injury prevention stations, and a visit from the Baltimore Orioles Bird. Upon completion, each participant took home a certificate and a Stop the Bleed Kit, courtesy of the Maryland Committee on Trauma. Learn more at <https://mdcot.com/stop-the-bleed/>. ■





# Maryland Highway Safety Summit

*April 29, 2025 | Hilton Baltimore BWI Airport Hotel | Linthicum Heights, MD*

**EACH YEAR**, the Maryland Highway Safety Summit gathers public safety leaders and stakeholders from across the state who share the common goal of eliminating traffic-related fatalities and serious injuries from Maryland roads. This year's event exemplified the state's collaborative approach by bringing together federal, state, and local partners for a full day of educational programming. Special guests included Maryland Department of Transportation Secretary Paul Wiedefeld and keynote speaker Eric M. Bailey, who discussed the brain science behind irrational behavior. The Maryland Department of Transportation Motor Vehicle Administration's Maryland Highway Safety Office hosted the event. Learn more at <https://zerodeathsmd.gov/>. ■





# National EMS Week: May 18-24, 2025

**FIRST AUTHORIZED BY PRESIDENT GERALD FORD IN 1974**, National Emergency Medical Services (EMS) Week celebrates EMS professionals and the important work they do in our nation's communities. Each year, the third full week in May brings together local communities and medical personnel to honor the dedication of those who provide the day-to-day life-saving services of medicine's frontline. The American College of Emergency Physicians (ACEP), in partnership with the National Associations of Emergency Medical Technicians (NAEMT), lead EMS Week activities at the national level. The theme of this year's EMS Week (observed May 18-24, 2025), "We Care. For Everyone.", underscored the dedication and compassion of EMS professionals, regardless of the situation.

Governor Wes Moore paid homage to state EMS clinicians by issuing a proclamation declaring Emergency Medical Services Week in Maryland. In addition, the Governor proclaimed Wednesday, May 21, EMS for Children Day in Maryland, in recognition of those who serve the prehospital emergency medical needs of the state's youngest and most vulnerable population.



MIEMSS celebrates EMS Week by honoring men and women across Maryland who have contributed to the state EMS system with the Maryland EMS Awards, comprised of two main categories. The Maryland Stars of Life awards recognize individuals and programs, while the Right Care When It Counts awards celebrate children and youth in Maryland who have demonstrated steps to take in, or ways to be better prepared for, an emergency.

The 2025 Maryland EMS Awards recognize individuals, agencies, incidents, and actions occurring between January 1, 2024, and December 31, 2024. Nominated by peers or members of the public, this year's honorees were selected by a statewide committee consisting of career, volunteer, and commercial EMS clinicians. During EMS Week, MIEMSS Executive Director Dr. Ted Delbridge led a State EMS delegation across Maryland to present this year's Maryland Stars of Life awards, while Associate State EMS Medical Director for Pediatrics Dr. Jennifer Anders and Cyndy Wright Johnson, program director of Maryland EMS for Children at MIEMSS, presented the Right Care When It Counts awards.

Learn more about EMS Week at <https://emsweek.org/>. ■

## An EMS Week Message from the State EMS Board Chairman



**CLAY B. STAMP, NRP**  
State EMS Board Chairman

**ON BEHALF OF THE MARYLAND EMERGENCY MEDICAL SERVICES BOARD**, I extend our deepest appreciation to all those who have contributed to building and sustaining our statewide, well-coordinated EMS system.

From the early visionaries, like Dr. R Adams Cowley, to the Governors and elected officials who championed this mission with funding and support, Maryland's EMS system has been shaped by a legacy of leadership and commitment. We honor the dedicated professionals who established our statewide coordinating agency, the regional EMS councils, and our invaluable partner organizations who helped create the world-renowned Maryland Medevac system and specialty referral centers.

Most importantly, we recognize the clinicians – our paramedics, EMTs, nurses, physicians, dispatchers, and first responders who answer the call every day, delivering expert care when it matters most. You are the heartbeat of our system, ensuring that patients receive the right care, at the right place, in the right amount of time.

As we celebrate EMS Week, we reaffirm our mission: to never rest, but to always strive for excellence. Together, we continue our shared work to make a lasting difference in the lives of Marylanders. ■

# The Maryland EMS Awards



From left: Travis Galliher; Lauren Eppler; Kylie Jewell; Ajee Myers-Williams; Kelsey Gaeng; Tiffanni Andrews; and Keira Crawford. Not pictured: Nicole Hardy; Leslie Johnson; Panayiota Karapetis; Ashley Lesniewski; Rachel Nixon; Lisa Peterson; Carey Rabuck; Breoni Rhoda; Kryshonda Webster; Jacob Wells; Christine Wilson; Laura Jipson; Ashley Williams; Nekesha Grant; Mahealani Carvalho; and Katie Heavner.

## EMERGENCY DISPATCHER OF THE YEAR AWARD **B Shift, Baltimore County 9-1-1 Center**

**EMERGENCY MEDICAL DISPATCHERS** (EMDs) are often the unsung heroes – the calm and collected voice on the other end of the line when everything feels chaotic at the incident. The EMD of the Year Award celebrates exceptional performance in this vital first link in the Chain of Survival.

On the evening of December 17, 2024, the **B Shift team at the Baltimore County 9-1-1 Center** faced a rapidly unfolding crisis. First came a call about a brush fire in Towson, soon followed by reports of gunshots, and then another for a structure fire at a funeral home on Loch Raven Boulevard. At first, these seemed like separate incidents – but **Ajee**

**Myers-Williams**, an Emergency Communications Technician I (ECT I) under the leadership of **Kylie Jewell**, quickly realized they were all connected and began the important teamwork for this mass-casualty incident.

Indeed, the driver of an SUV had been shot while driving, causing him to crash, which sparked a brush fire. The fire quickly spread to a nearby funeral home. Despite the confusion and urgency, the B Shift team stayed calm, worked together, and drew on their training as emergency medical dispatchers, police dispatchers, and fire dispatchers. They handled more than 20 calls tied to this one incident, accurately processed and coded each one, and coordinated a massive response involving over 100 first responders from EMS, police, and fire departments. Though one person tragically lost their life during this sequence of events, nine others were able to get the urgent medical help they needed.

This complex emergency could have ended much worse if not for the skill, training, and teamwork of this outstanding group. For their professionalism, quick thinking, and dedication to saving lives, we're proud to present the 2025 EMD of the Year Award to the incredible members of the Baltimore County 9-1-1 Center B Shift. ■



Scan the QR code to watch  
video highlights of the  
2025 Maryland EMS Awards



# The Maryland EMS Awards



From left: Maryland EMS for Children program director Cyndy Wright Johnson; MIEMSS Executive Director Dr. Ted Delbridge; Michelle Chizaram Nwokoye; and Associate State EMS Medical Director for Pediatrics Dr. Jennifer Anders.

## RIGHT CARE WHEN IT COUNTS AWARD Michelle Chizaram Nwokoye

**SEVENTEEN-YEAR-OLD** Kamsi “King David” Nwokoye had been dealing with headaches for a few weeks, but nothing could have prepared his family for what happened on the morning of April 10, 2024. While eating breakfast, King David suddenly collapsed. His family found him unconscious on the floor and immediately called 9-1-1.

In those critical first moments, it was his cousin, 15-year-old **Michelle Chizaram Nwokoye**, who stepped up

See **NWOKOYE** page 16



From left: Maryland EMS for Children program director Cyndy Wright Johnson; MIEMSS Executive Director Dr. Ted Delbridge; Kenna Roberts; and Associate State EMS Medical Director for Pediatrics Dr. Jennifer Anders.

## RIGHT CARE WHEN IT COUNTS AWARD Kenna Roberts

**ON THE AFTERNOON** of December 20, 2024, in Westminster, 8-year-old **Kenna Roberts** was playing upstairs with her older brother, who was babysitting her, when he tripped over a safety gate. Kenna's brother fell and hit his head hard against the wall, knocking him completely unconscious.

Kenna didn't panic when she realized he was hurt. She stayed calm, picked up the phone, and called 9-1-1. Speaking clearly and calmly, Kenna gave the dispatcher all the

See **ROBERTS** page 16



From left: Maryland EMS for Children program director Cyndy Wright Johnson; Associate State EMS Medical Director for Pediatrics Dr. Jennifer Anders; Landon Sewell; and MIEMSS Executive Director Dr. Ted Delbridge.

## RIGHT CARE WHEN IT COUNTS AWARD Landon Sewell

**NINE-YEAR-OLD** **Landon Sewell** was at home with his three sisters – Rachael (19), Addison (4), and Maddison (4) – on Thanksgiving morning, November 28, 2024. Landon was sitting on the couch playing a game around 7:00 a.m. when he heard a thump come from the kitchen. Landon ran to the kitchen to find his older sister, Rachael, on the floor, in the throes of a seizure.

Landon immediately got the phone and dialed 9-1-1. He answered all of the questions the 9-1-1 call taker asked and followed her directions to get Rachael on her side, place a

See **SEWELL** page 16

## The Maryland EMS Awards



From left: MIEMSS Executive Director Dr. Ted Delbridge and Yvette Rode.

### EMS-GERIATRIC CLINICIAN OF THE YEAR AWARD **Yvette Rode**

**ACCESSING HEALTH CARE** can be overwhelming, even for people in the best of health. Now, imagine how much more difficult it can be for the many elderly Marylanders who deal with chronic illnesses, limited mobility, or simply confusion about where to turn for help.

This is where Worcester County's Mobile Integrated Community Health (MICH) program makes a difference. At the heart of this effort is Ocean City Fire Department Paramedic **Yvette Rode**. Yvette provides a lifeline for many older residents on the Lower Shore, helping them navigate complex medical systems during some of their most vulnerable moments.

For example, one client, Betty, was living with multiple mental and physical health challenges without an advocate. Yvette took the time to walk her through her diagnoses, explain her symptoms, and go over her treatments. She showed Betty how to use her inhalers and medications correctly and addressed potential side effects in a way that she could understand. As Betty's condition deteriorated, Yvette remained by her side. She advocated for Betty, helped calm things down, and made sure responders understood her situation. Thanks to Yvette's extra time and compassion, Betty wasn't just another call – she was a person being treated optimally and with dignity.

Yvette is a go-to expert among her colleagues at Ocean City EMS. Anyone can count on her when guidance is needed for handling complex patient referrals, mental health, or

See **RODE** page 16



From left: Associate State EMS Medical Director for Pediatrics Dr. Jennifer Anders; Stacy Lovegrove, daughter of the late Rick Koch; Gayle Koch, widow of Rick Koch; and MIEMSS Executive Director Dr. Ted Delbridge.

### LEON W. HAYES LIFETIME EXCELLENCE IN EMS AWARD EMS-CHILDREN CLINICIAN OF THE YEAR AWARD **Richard "Rick" Koch, Sr.**

**OCEAN CITY FIRE DEPARTMENT (OCFD)** Battalion Chief **Richard "Rick" Koch, Sr.**, who passed away in 2024, dedicated his decades-long career to improving many facets of the EMS system from the local to statewide levels.

Rick's dedication and commitment to his fire service journey began early in life, volunteering as both a firefighter and paramedic with Hacks Point Fire Company and Galena Volunteer Fire Company. His paramedic career officially commenced in 1990, with Cecil County Department of Emergency Services, where he dedicated 26 years of service and eventually retired as Assistant Chief of Training. However, three days later, he stepped right back into the field – this time as a Captain with OCFD, where he later became Battalion Chief.

In 2015, Rick earned his bachelor's degree in Fire Administration from Columbia Southern University – graduating Magna Cum Laude. He began to expand his dedication to the state level, serving as an EMT and paramedic instructor for MFRI and MIEMSS, taught CPR courses for businesses, and worked as a forensic investigator for the State of Maryland.

Rick served on the board of Cecil-Kent Health Services, becoming a Life Member in 2012, and was inducted into

See **KOCH** page 17



# The Maryland EMS Awards



From left: MIEMSS Executive Director Dr. Ted Delbridge and Katelyn Killian.

## EMS CLINICIAN OF THE YEAR AWARD

### **Katelyn Killian**

**PARAMEDIC Katelyn Killian** has made a big difference in a short amount of time. Since joining the Talbot County Department of Emergency Services in 2021, she's shown a deep commitment to pediatric care – joining the Pediatric Emergency Medical Advisory Committee (PEMAC) just a year later as a Region IV representative.

In 2023, when Katelyn became a mother herself, she recognized how much education was missing when it came to infant and pediatric emergencies. After a close friend confided that they had no idea what to do when their newborn stopped breathing, Katelyn took action. She developed a low-cost, community-focused Infant and Pediatric CPR class – passing on knowledge and skills to families so they are prepared with life-saving knowledge. So far, she's hosted four classes, making a real difference in the lives of families.

Katelyn persisted, and over the past year she expanded her own expertise, becoming a certified Child Passenger Safety Technician through MIEMSS, and a certified Handtevy field instructor through Chesapeake College. She serves on the Talbot County DES Training Committee, where she helps other clinicians build the skills needed to care for children effectively and confidently.

In addition to being a new mom, wife, full-time paramedic, PEMAC Champion, CPR instructor, and committee member, Katelyn co-chairs the Winterfest EMS Con-

See **KILLIAN** page 17



From left: SWIFT's David Phippin; Miranda Webster; Aaron Sebach; Jessica Chase; Tammy Walbert; and MIEMSS Executive Director Dr. Ted Delbridge.

## OUTSTANDING EMS PROGRAM

### **Salisbury-Wicomico Integrated Firstcare Team**

**THE SALISBURY-WICOMICO INTEGRATED FIRSTCARE TEAM** – better known by the acronym SWIFT – is redefining what community-based emergency care can look like. This innovative mobile integrated health program pairs a paramedic with a nurse practitioner to deliver high-quality, patient-centered care outside of the traditional emergency response model.

At its core, SWIFT is about meeting people where they are – especially those who face barriers to accessing health-care. By delivering care directly in the community, SWIFT improves health outcomes, reduces unnecessary emergency room visits, and promotes overall community well-being. In just the past year, the program has saved TidalHealth Peninsula Regional over \$50,000 – likely a conservative estimate.

SWIFT has become a lifeline for many underserved individuals in Salisbury and Wicomico County, delivering care at no cost to the patient. Thanks to SWIFT, the people it serves – who might otherwise fall through the cracks – are now receiving timely, compassionate, and effective treatment right at their home.

SWIFT's collaborative model bridges the local hospital and fire department. The team responds in real-time to 9-1-1 calls, treating lower-acuity cases on the scene and preventing unnecessary hospital trips. SWIFT may be the only program in the country consistently responding to these

See **SWIFT** page 17

# The Maryland EMS Awards



From left: Daniel Whiteford and MIEMSS Executive Director Dr. Ted Delbridge. Not pictured: Anthony Rusk; Leneta Burriss; Helen Berenson; Jamie Whitcomb; and Roberto Heureaux.

## EMS-CITIZEN AWARD

### Gold's Gym Staff and Members

**ON THE MORNING** of October 14, 2024, a patient suffered sudden cardiac arrest while using a pull-up machine at the Gold's Gym in Olney. What happened next exemplifies teamwork, quick thinking, and the bystander's role in the Chain of Survival.

**Daniel Whiteford** witnessed the man collapse and immediately rushed to his side. Realizing the man wasn't breathing and that he had no pulse, Daniel began chest compressions without hesitation. **Anthony Rusk** quickly joined in to help with compressions, while **Leneta Burriss** called 9-1-1 to get emergency help on the way. **Helen Berenson** stepped in to assist with rescue breaths, while **Jamie Whitcomb** located the gym's AED. After applying the pads, the AED detected a shockable rhythm, and with the AED's notice to shock, they applied the shock. The shock was successful, and the patient was defibrillated. Together, these bystanders worked tirelessly to keep the patient alive until Montgomery County Fire & Rescue Service crews arrived.

**Roberto Heureaux** led the EMS team directly to the scene, by which time the patient had a pulse and was starting to breathe. Still needing support and EMS intervention, the crews provided further care and transported him to Suburban Hospital, where he continued to improve. Eleven days later, he was discharged home, neurologically intact. Thanks to the quick actions taken by Daniel, Anthony, Leneta, Helen, Jamie, and Roberto, a life was saved that day. ■



From left: Samantha Paizs; Aaron McFarland; Jose Ventura; Shahgol Burgess; and Kenneth Nelson.

## EMS-CITIZEN AWARD

### Magruder High School Staff

**ON THE AFTERNOON** of December 13, 2024, staff at Derwood's Magruder High School sprang into action when a colleague went into cardiac arrest after a staff "pep rally" basketball game.

Teacher **Aaron McFarland** witnessed the collapse as he entered the locker room and immediately knew this was an emergency. Aaron began calling for help and immediately started CPR.

Health Room Tech **Shahgol Burgess** and Athletic Trainer **Samantha Paizs** quickly joined in the CPR, continuing chest compressions. School Resource Officer Deputy **Jose Ventura** radioed for EMS, and Montgomery County Fire & Rescue Service (MCFRS) units were dispatched. Deputy Ventura jumped in and assisted with chest compressions. Simultaneously, Security Team Leader **Kenneth Nelson** retrieved and followed the instructions to apply the AED pads and deliver a shock.

Working as a team, they delivered two shocks with the AED, restoring a pulse just as MCFRS crews arrived. The patient was stabilized and transported to Shady Grove Medical Center. During transport, the patient began showing signs of recovery. After five days in the hospital, he was discharged, neurologically intact.

Thanks to this fast, coordinated response with CPR, a life was saved from a sudden cardiac arrest. We are proud to recognize these heroes for their incredible actions in the Chain of Survival. ■



# The Maryland EMS Awards



*Back row, from left: MIEMSS Executive Director Dr. Ted Delbridge; Rick Feist; TJ Faunce; Delontaye Herbert; Callen Thompson; Bethany Higgs; Brian Bowen; Manuel Franquez; Alex Calabro; Todd Connick; and Chris Cole. Front row, from left: Ashley Corley; Jimmy Breeden; Kaleigh Moore; Allison Mason; Amy Miller; and Heather Forest. Not pictured: Mark Trowbridge; Landon Johnson; Trevor Simpson; Zach Saylor; and Jon Morris.*

## MARYLAND STAR OF LIFE AWARD

### St. Mary's County and Charles County Fire, Rescue, and EMS, and Maryland State Police Aviation Command Personnel

**ON THE EVENING** of November 6, 2024, a serious motor vehicle crash in Southern Maryland set into motion a remarkable, life-saving response.

At 5:02 p.m., units from St. Mary's County and Charles County were dispatched to the scene while two off-duty responders, **Jimmy Breeden** of Mechanicsville Rescue Squad and **TJ Faunce** of Mechanicsville Volunteer Fire Department were already on their way after hearing the call over the radio. Jimmy and TJ arrived to find a devastating crash: a vehicle had left the road and struck a tree, leaving the 16-year-old male driver heavily trapped and critically injured. The impact was so severe, the vehicle's A-post had broken off and pierced the teen's chest before retracting. Jimmy and TJ immediately applied direct pressure to the chest wound and activated Maryland State Police Aviation, knowing that time was critical.

Soon after, Mechanicsville Squad 2 (comprised of **Mark Trowbridge**, **Bill Hemming**, **Callen Thompson**, **Landon Johnson**, **Delontaye Herbert**, **Keith Hemming**, and **Ryan Raley**) and **Chris Cole**, **Rick Feist**, **Trevor Simpson**, and

**Todd Connick** of Hughesville Squad 1002 arrived. Together, they worked together to extricate the patient.

EMS crews, comprised of Lieutenant **Heather Forest**, Paramedic **Amy Miller**, Paramedic Intern **Allison Mason**, and EMTs **Brian Bowen**, **Ashley Corley**, **Kaleigh Moore**, and **Bethany Higgs**, performed a rapid trauma assessment, applied a chest seal, stabilized fractures, and controlled bleeding. They coordinated with Trooper 7 (including TFC **Zach Saylor**, TFC **Alex Calabro**, Pilot-in-Command **Jon Morris**, and Second-in-Command **Manuel Franquez**, requesting whole blood be prepped during transport. After being moved from the vehicle, the patient was handed off to the flight crew. Once whole blood was administered, the young man regained consciousness and was alert enough to provide emergency contact info, helping to inform his family and allow them to be by his side just hours later.

This was an extraordinary team effort – from off-duty responders, EMS, Fire Crews, and Trooper 7. After being flown to the R Adams Cowley Shock Trauma Center in Baltimore, the patient has since returned home to continue his recovery. This call highlights the strength of Maryland's EMS system – especially in rural areas, where quick coordination and skilled teamwork can truly make the difference between life and death. We're proud to recognize every responder involved for their professionalism, urgency, and unwavering dedication. ■



Asking whether my patient had been pregnant in the last year may have helped save her life.

Life-threatening complications can happen up to a year after pregnancy. Most pregnancy-related deaths are preventable.

**Ask whether your patient is pregnant or was pregnant in the last year.**

Connect her to the care she needs right away.





## MARYLAND-NATIONAL CAPITAL REGION EMERGENCY RESPONSE SYSTEM

# Maryland Emergency Response System: A Decade in Review

**THE MARYLAND-NATIONAL CAPITAL REGION EMERGENCY RESPONSE SYSTEM** (MDERS) recently marked its tenth anniversary with a commemorative event at the Prince George's County Public Safety Range. This milestone celebration brought together public safety officials, emergency response professionals, and other stakeholders to reflect on MDERS's impact and advancements over the past decade. The event included speeches from key figures, an insightful presentation on emerging technologies, and an expo showcasing state-of-the-art emergency response equipment procured by MDERS for the benefit of our stakeholders.

Since its creation, MDERS has played a crucial role in enhancing the preparedness and response capabilities of emergency services in the Maryland-National Capital Region. Funded through the Department of Homeland Security's (DHS) Urban Area Security Initiative (UASI) grant, the organization has continuously worked to improve coordination, training, and technological resources for first responders, healthcare professionals, emergency managers, and other partners. As MDERS continues to grow, its leaders and stakeholders took the opportunity to celebrate past successes and look ahead to future advancements in emergency response and public safety.

### **Reflections on MDERS's Contributions**

The event commenced with an introduction by Lauren Collins, Di-



[Photo: MDERS]

rector of MDERS, followed by an address from Luke Hodgson, Director of the Office of Emergency Management and Homeland Security (OEMHS) for Montgomery County.

Director Hodgson, who previously led MDERS for nine years, shared his reflections on the organization's most significant contributions to the National Capital Region:

"Over the past decade, MDERS has provided countless contributions to the response community and the public it serves in the form of capability enhancements that span multiple disciplines and jurisdictions. In countless crises over the years, these capabilities have brought about improved outcomes for an incalculable number of people. However, it is my opinion that the most impactful contribution that MDERS has provided to the response community and the public we serve is the development of lifelong re-

lationships between public safety practitioners across and beyond the Maryland-National Capital Region. These relationships, built upon trust, respect, and collaboration, have brought about innovation and growth that span disciplines and jurisdictions. They are the backbone of our uniquely capable response community, bringing about planning, training, and exercising during times of calm and unparalleled collaborative response during times of crisis. The community is fortunate to have the framework of MDERS to build and maintain these relationships that bring about superior service to the residents and visitors of the area."

These relationships are vital in both training environments and real-life crises. Through consistent planning, training, and joint exercises, MDERS has helped create a response

*See MDERS page 18*

## NWOKOYE...

*(Continued from page 9)*

to use the CPR skills she had received at school. Michelle didn't hesitate – she immediately began performing bystander CPR on him. She maintained consistent CPR for 10 minutes, until EMS arrived. That was a very important 10 minutes.

When first responders took over, they recognized that King David might be experiencing a serious and life-threatening heart rhythm known as wide complex tachycardia, possibly torsades de pointes. After three rounds of defibrillation along with advanced care, King David's heart began beating on its own again.

EMS rushed him to the pediatric emergency department at Howard County General Hospital where he was placed on ECMO (extracorporeal membrane oxygenation) to support his heart. After extensive testing, doctors diagnosed King David with arrhyth-

mogenic cardiomyopathy, a genetic heart condition tied to a pathogenic FLNC mutation – a condition that had likely claimed his father's life in Nigeria just months earlier.

In May 2024, King David received a Medtronic extracardiac ICD for secondary prevention and spent 34 days in critical and acute care. Against all odds, he was discharged home in remarkably good condition, with little

to no lasting organ damage.

Today, King David is not only alive and well, he's looking forward to graduating high school and plans to pursue a career in medicine. His story could have ended very differently were it not for the fast, brave, and life-saving actions of his cousin Michelle – a true hero who made all the difference when it mattered most. ■

## SEWELL...

*(Continued from page 9)*

pillow under her head, and keep her airway open until the Fire Department arrived.

Landon dreams of one day becoming a firefighter, following in the footsteps of a long familial line of first responders; his father, grandfather,

and uncles are all in the fire service. His knowledge and skill in providing the "Right Care When It Counts" indicate that Landon is well on his way to fulfilling that dream. ■

## ROBERTS...

*(Continued from page 9)*

important information they needed. She followed instructions to check her brother's breathing – an incredibly important step – and stayed on the line as help was sent her way. For the next seven minutes, until the first EMS unit arrived, Kenna remained focused and steady, keeping communication open and providing updates.

She was able to recognize and tell EMS personnel that her brother had experienced "twitching and shaking," critical information that helped responders quickly understand the situation. When EMS arrived, they found her brother responsive only to pain,

non-verbal, and showing signs of a possible seizure or head trauma.

When other family members arrived, they were able to share that he had suffered several concussions in the past – making this incident even more concerning.

Because of Kenna's quick thinking and ability to communicate calmly under pressure, EMS made the decision to transport her brother to a pediatric trauma center, giving him the best possible chance at a full recovery.

Kenna Roberts showed incredible maturity and bravery far beyond her years, and her actions truly made a difference in her brother's care and safety. Kenna is a shining example of

how even our youngest citizens can be heroes when it matters most. ■

## RODE...

*(Continued from page 10)*

safety concerns.

On the clock or not, Yvette is always willing to take a call or share knowledge and experience to help a coworker figure out the best next steps patients. At heart, Yvette works to ensure that older adults receive optimal and timely care. ■



## KOCH...

*(Continued from page 10)*

the Kent and Queen Anne's Volunteer Fire, EMS & Rescue Association Hall of Fame in 2013, named EMS Chief Emeritus of Galena VFC in 2017, and most recently honored in 2024 with induction into the Kent County Fire & EMS Hall of Fame.

However, this was just a fraction of what Rick brought to the EMS system. In addition to MIEMSS, Rick was dedicated to EMS for Children (EMSC) and committed to being a true EMS Champion for children and their families. He served as one of Maryland's first Pediatric EMS Champions, a role in which he helped to shape a program that continues to benefit clinicians, young patients, and their families across the state. Rick was a driving force behind expanding that network across Maryland's Lower Shore by actively supporting new champions and recruiting representatives for Worcester and Somerset Counties. In fact, until late 2023, neither of those

counties had a Pediatric EMS Champion – something Rick helped change by identifying strong candidates and connecting them with the Maryland EMSC program at MIEMSS.

While in Ocean City, Rick played a key role in mentoring his co-champion, Ryan Stacey, who has since become OCFD's lead PEPP Coordinator. Rick's legacy with the PEPP program runs deep – he was part of the very first PEPP course ever taught in Maryland, back in 2000, while he was still with Cecil County DES. Rick went on to serve as a course coordinator for all four editions of PEPP delivered over the past 24 years. His dedication to pediatric emergency care and education was truly remarkable.

Rick never missed a single Champion Forum, which were held twice a year. He often took on leadership roles – whether it was facilitating hands-on training stations or helping develop the “Sim on the Go” pediatric simulation scenarios used for training. Thanks to his deep involvement with the Region

IV Council and his years of teaching at EMS conferences across the state, Rick was able to craft realistic, adaptable scenarios that could be used by EMS teams anywhere in Maryland.

Thanks to Rick Koch's leadership and passion for continuous improvement, EMS on the Eastern Shore – and across Maryland – has been forever shaped by his work. ■

## KILLIAN...

*(Continued from page 11)*

ference Committee. In that role, she's helping to continue a nearly 30-year tradition of delivering affordable, high-quality continuing education to EMS clinicians across the region. Katelyn Killian is a shining example of leadership, initiative, and heart – all qualities that make her more than deserving of this year's EMS Clinician of the Year award. ■

## SWIFT...

*(Continued from page 11)*

types of calls with both a paramedic and a nurse practitioner on board.

During the COVID-19 pandemic, SWIFT made history by becoming the first program in the region to administer home-based monoclonal antibody infusions, reaching some of the most vulnerable patients with speed, clinical expertise, and compassion.

The program has quickly gained national recognition. It was spotlight-

ed at the Atrium Health Conference in 2023, and MIH programs from across Maryland have since conducted ride-alongs to learn from SWIFT's best practices.

SWIFT provides a model of what the future of emergency medical services could look like: innovative, efficient, and deeply rooted in compassion and community care. It has become a benchmark not only for the Eastern Shore, but for the entire state – and beyond. ■

*For more EMS awards photos and information, go to <https://miemss.org/home/Public/Awards>, or scan the QR code below.*



**Visit MIEMSS online at [www.miemss.org](http://www.miemss.org)**

## MDERS...

*(Continued from page 15)*

community that operates with seamless coordination. This framework allows first responders to deploy strategies efficiently in times of calm and act with precision during crises. Director Hodgson credited MDERS with laying the foundation for this collaboration and ensuring that the region remains well-equipped to handle emergencies.

### Emerging Technology Presentation

As part of the event's agenda, cybersecurity and artificial intelligence experts Netta Squires and Nick Reese delivered a presentation on emerging technologies. Their discussion covered advancements in AI-driven threat detection, cybersecurity resilience, and the integration of digital tools in public safety operations.

They highlighted how artificial intelligence can enhance real-time decision-making for first responders, streamline data analysis, and improve threat anticipation. They also addressed the increasing cybersecurity challenges that emergency response agencies face, emphasizing the importance of securing digital infrastructure against evolving cyber threats. Their insights underscored the need for continuous adaptation and investment in technology to keep pace with the rapidly changing landscape of emergency response.

### Networking and Expo

Following the presentations, attendees participated in a networking session and explored an expo showcasing cutting-edge emergency response equipment. The exhibition featured items from the following departments:

■ Montgomery County Fire & Rescue Service (MCFRS) – Technical Rescue Trailer

■ Prince George's County Fire/EMS Department (PGFD) – Command Competency Simulation

■ Prince George's County Police Department (PGPD) – Bearcat Armored



*[Photo: MDERS]*

Vehicle, Small Unmanned Aircraft System (sUAS) Van, and Augmented Reality Training System

■ Montgomery County Police Department (MCPD) – Vehicle Barriers and Trailer

All the showcased equipment was acquired through UASI grant funding, demonstrating the impact of federal resources in strengthening regional emergency preparedness and response efforts. These assets have significantly improved response capabilities, offering enhanced mobility, communication, and situational awareness for first responders.

### Looking Ahead: The Future of MDERS

The Maryland-NCR Emergency Response System's 10-year anniversary event highlighted the organization's dedication to strengthening emergency preparedness through collaboration, innovation, and investment in new technologies. Over the past decade, MDERS has provided critical resources, fostered professional networks, and enhanced the region's

emergency response capabilities.

As MDERS enters its second decade, we remain committed to advancing emergency response strategies, integrating emerging technologies, and building stronger partnerships to ensure the safety and security of the Maryland-National Capital Region.

The continued investment in state-of-the-art solutions and professional development will be essential in shaping the future of emergency response.

Director Collins stated, "As I look ahead, I'm most excited about the continued growth and evolution of Maryland ERS. The system

has made incredible strides over the past decade, and the future holds even greater opportunities to enhance emergency preparedness, response coordination, and stakeholder engagement across the region. One of the most exciting aspects is the ongoing innovation in technology and training. By integrating cutting-edge tools and data-driven decision-making, we can strengthen our stakeholders' ability to respond effectively to complex incidents. Another key focus is the continued professional development of our personnel. Investing in leadership, training programs, and interdisciplinary exercises will ensure that Maryland ERS remains at the forefront of emergency response excellence."

Moving forward, MDERS will continue to evolve in response to emerging threats and challenges. By fostering collaboration and leveraging technological advancements, the organization and its partners will remain at the forefront of public safety, ensuring a resilient and effective emergency management system for years to come. ■



Maryland Department of Transportation Motor Vehicle Administration's (MDOT MVA)

## Maryland Highway Safety Office

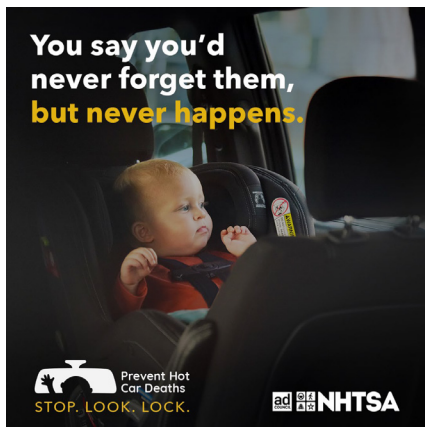
*The MDOT MVA Highway Safety Office (MHSO) is dedicated to saving lives and working with many partners across the State to reduce the number of crashes each year. In addition, the MHSO looks for ways to reduce crash severity and ways to treat crash victims easier and faster.*

***Maryland aims to reduce the number of crashes, and the resulting deaths and injuries, to zero by 2030.***

### Keeping Kids Safe from Hot Cars

It's still spring, but temperatures are steadily rising. While our temperatures have not approached their summer peak, it's important to know that it does not have to be a hot day to create a deadly environment within your vehicle. In just 10 minutes, a car can heat up by more than 20°, becoming dangerously hot, even on a seemingly mild day.

Over the past 25 years, more than 1,010 children have died of heatstroke after being left or becoming trapped in a hot car. In 2024, 39 children died of vehicular heatstroke. In 2025, there have already been three deaths, including the recent tragic loss of a two-year-old child in Maryland.



Take steps to ensure that you have a routine in place to always check your back seat, whether it's placing your phone, bag, or shoe in the back or setting an alarm to remind you to look. This is especially important if your daily routine is altered and you're responsible for a child you don't have with you on a regular basis. Always make sure your car doors are locked, and your children know that the car is not a safe place to play.

If you see a child alone in a hot car, take immediate action to get them out and call 9-1-1.

### Get Ready to Click It or Ticket

There are a lot of poor excuses for not wearing a seat belt, you've probably heard them and maybe used one yourself:

"It takes too long,"

"It rubs my neck,"

"I'm only driving a short distance."

The truth is, it takes only three seconds to buckle your seat belt and though you may find it mildly irritating, it could save your life in a crash.

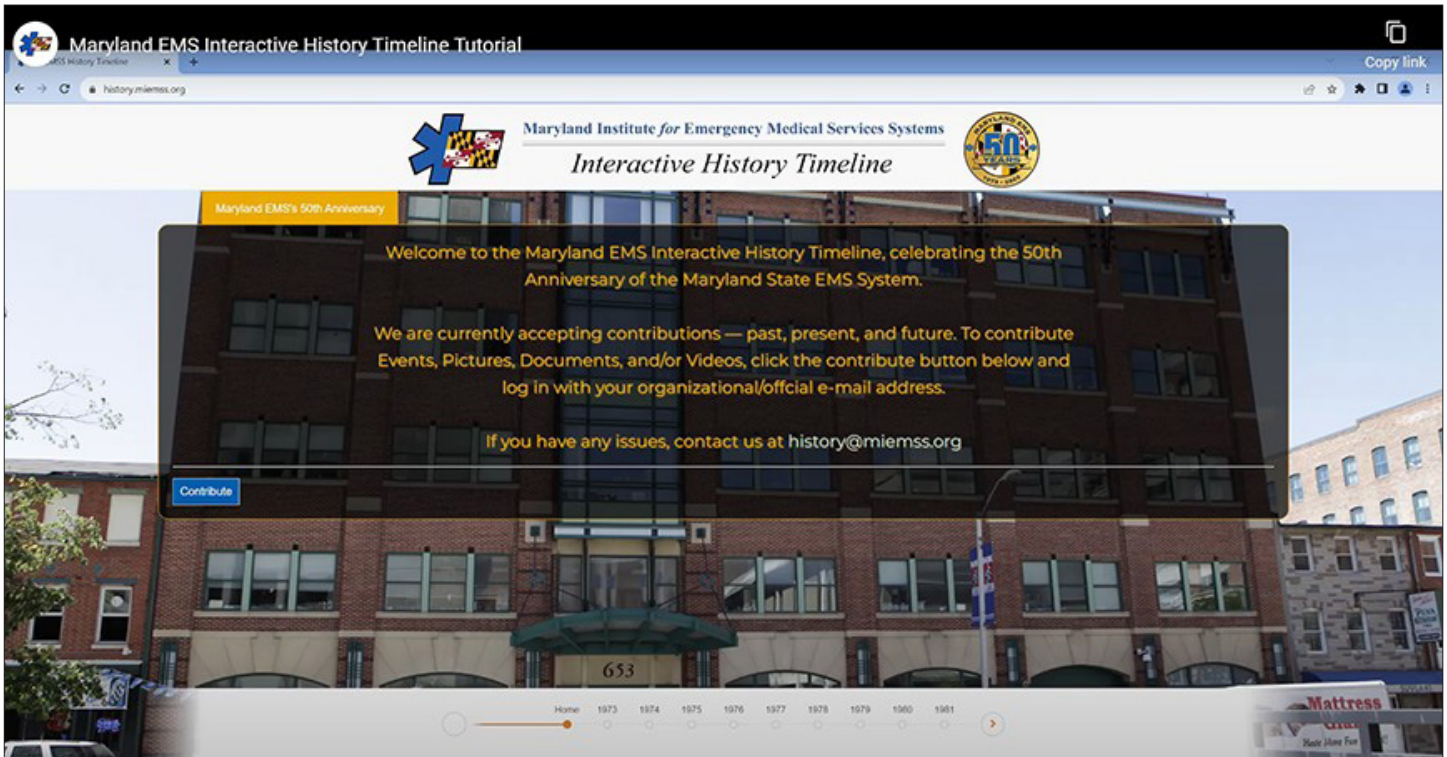
This also holds true for first responders, who have a responsibility not only to keep themselves and others safe on the road, but to set an example for the public to follow.

Unrestrained vehicle occupants become deadly projectiles in a crash, potentially injuring or killing other occupants or being ejected from the car.

There are no good excuses for not wearing a seat belt, but there is one really great reason to do so. Keep yourself and others safe in the car. Buckle up in every seat, on every ride.



# Make Maryland EMS History with the Interactive History Timeline!



Learn how **you** can contribute to the Maryland EMS Interactive History Timeline at [history.miemss.org](http://history.miemss.org).

## Maryland EMS News

MIEMSS

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Lt. Governor Aruna Miller

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## PROTOCOLS...

(Continued from page 1)

ment for cardioversion of regular wide-complex tachycardia.

■ **Sepsis-Adult:** These modifications incorporate the earlier use of vasopressors in the treatment of adult patients who are severely hypotensive or “volume sensitive” (CHF, ESRD). These modifications have also been added to the Shock: Hypoperfusion – Adult protocol.

■ **Tranexamic Acid (TXA):** The administration time has been changed from 10 minutes to 3-5 minutes.

■ **Video Laryngoscopy for Orotracheal Intubation:** Video laryngos-

copy moves from being an Optional Supplemental Protocol into standard EMS treatment protocol. EMSOPs must have video laryngoscopy capability no later than July 1, 2026.

Download the complete 2025 *Maryland Medical Protocols for Emergency Medical Services* at [www.miemss.org](http://www.miemss.org). The Maryland EMS Protocols app, designed for use on smartphones and tablets, is available for iOS (App Store) and Android (Google Play).

*Timothy P. Chizmar, MD, FACEP, FAEMS, is the State EMS Medical Director at MIEMSS. ■*

**Learn more about the Office of the State  
EMS Medical Director at <https://miemss.org/home/omd>**