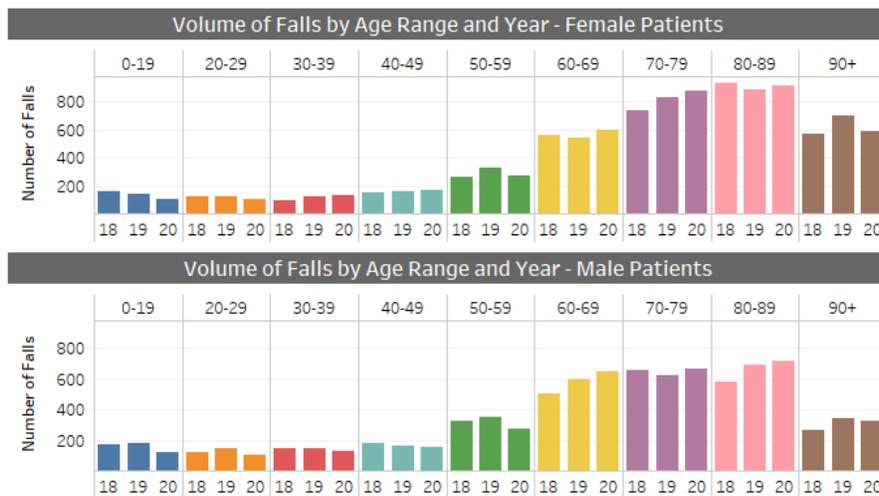




## A Follow Up on Falls

The September 2020 newsletter showed an overview of fall patients in Dane County as the second most common dispatch complaint. That edition also showed patients age 80 and above hold the highest volume of EMS responses for fall injuries. This section reviews how these demographics have changed over the past three years. As seen in the graphic, male patients have seen an increase in fall-related EMS responses for patients aged 60-69 and 80-89. Female patients have seen similar increases for patients age 30-39, 40-49, and 70-79. The fall injury rate per 1,000 population across all age ranges is 13 (for every 1,000 people, 13 will experience a fall injury requiring EMS assistance). To put additional perspective on the burden of fall injuries to patients age 80 and above, the fall injury rate per 1,000 for that patient population is 155 (nearly 12 times higher than the overall average).



## Viz Quiz

- 67 year old male with right leg pain with a past medical history significant for diabetes, high blood pressure, and a stroke.
- 2 days ago started having pain in lower right leg that has gradually worsened. Has had trouble walking on it. Has also started to feel numb with a spreading bruise.
- No history of trauma and has never happened before
- On exam, the lower extremity looks like the above.

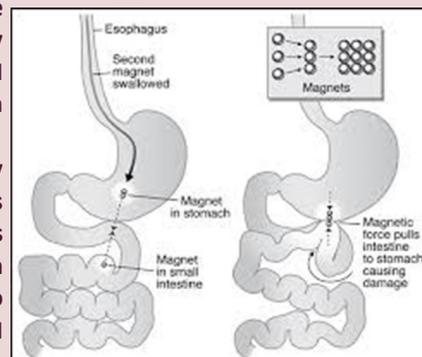


Submit your response at <https://www.surveymonkey.com/r/5HTMWH8> for a chance to win a prize!

Congratulation to Dan from Brooklyn Fire and EMS for being our first winner!

## November Follow-Up

- The differential for pediatric abdominal pain can be very large and include common things like constipation, appendicitis and a bladder infection, but some emergent rare things you may not have considered would be intussusception or a Meckel's diverticulum causing GI bleeding.
- Magnet ball building blocks can seem like something you don't have to worry about since they have no edges and are smooth, but if there's a chance multiple were ingested they can cause lots of problems!
- The complication isn't from the individual object being swallowed (contrasted to something sharp like a needle), but rather if there were multiple swallowed the magnet balls can find each other in the body and potentially poke a hole in the GI tract by eroding through the walls of the GI tract
- In a kid who potentially swallowed magnet balls the recommendation is to come to the ER for an XR to see if they need to be fished out by a GI doctor.





## Case of a Broken Heart?

By Dr. Kacey Kronenfeld and Dr. John Aguilar

**Case:** You're paged to an 67 y/o female with complaints of chest pain and breathing difficulties. On arrival you find the patient surrounded by concerned family members. They state that the patient's husband died 2 days prior and they are gathered together to plan his funeral. Normally quite healthy, family grew concerned when the patient was noted in obvious respiratory distress. She confessed to having chest pain that started about 2 hours prior. EKG shows mild ST elevation without reciprocal ST depression.

- Takotsubo cardiomyopathy (TCM) is also known as "broken-heart syndrome," stress-induced cardiomyopathy, or apical ballooning syndrome. It is an acute, reversible, transient left ventricular dysfunction.
- "Takotsubo" is a Japanese word describing an octopus trap which is used to describe the shape of the left ventricle in TCM during systole
- More common in elderly postmenopausal women. Triggering factor appears to be elevated levels of catecholamines due to significant physical or emotional stress which leads to coronary spasm, direct myocardial toxicity, or microvascular impairment.<sup>1</sup>

- Signs and symptoms closely resemble acute coronary syndrome. Chest pain, shortness of breath, syncope, arrhythmias, ECG changes, elevated biomarkers (troponin) and other signs of heart failure may be observed.

- Initial treatment is identical to that of other ACS patients. Takotsubo cardiomyopathy is typically discovered after a heart cath reveals patent coronary arteries and a cardiac echo shows transient apical or mid left ventricular dilation and dysfunction.

- Treatment of diagnosed TCM is primarily supportive to maintain cardiac function and prevent complications. With a mortality rate ranging from 0-10%, recovery is probable.<sup>2</sup>

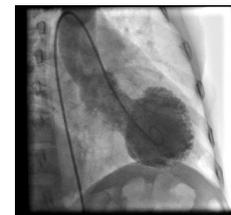


Figure 1: A traditional Japanese octopus trap. Figure 2: Left ventriculogram in TCM

Sources: 1. Vakamudi, M. Broken-heart syndrome...be aware. Indian Journal of Anaesthesia. 2016 March; 60(3): 155-156  
2. Golabchi, A & Sarrafzadegan, N. Takotsubo cardiomyopathy or broken heart syndrome: a review article. Journal of Research in Medical Sciences. 2011 March; 16(3): 340-345.

## Open Mic

Meet Luis Bixler, the new Public Safety Communications Director! Some things about himself he'd like to share:

1. I am an immigrant, originally from Mexico, and the first member of my family to get a college degree, an MBA from UW Madison in 2020 - GO BADGERS!
2. I grew up in southern Arizona and when I was 12 years old I got stuck in a cattle guard (a kid, a bike, and a bad idea!). The local volunteer fire department had to respond and use the jaws of life to extricate my leg from the cattle guard. As far as I know, I am the only human to ever validate the effectiveness of something that even cows are smart enough to stay away from...
3. The most rewarding and meaningful job I ever had was as a communicator for Dane County. I am excited to be back and work for the phenomenal staff we have and build strong, collaborative relationships with our partner agencies and the public.



Welcome back to the Dane County Public Safety family, Luis!

## Upcoming Events and Training

2/16 & 2/17, 6pm-10pm: AHA PEARS Providers Course @ SSM EMS Training Center (must attend both days)

Register at [bit.ly/ssmemsPEARS](http://bit.ly/ssmemsPEARS)

2/18, 6:30pm-10:30pm: SSM Health Monthly Training - Talking the Talk: Communication & Assessment Strategies for Approaching Patients with Mental Health or Cognitive Disorders

Register at [Bit.ly/ssmemstraining](http://Bit.ly/ssmemstraining)

2/25, 8am-4pm: AHA ACLS-EP @ SSM EMS Training Center

Register at [bit.ly/ssmemsACLSEP](http://bit.ly/ssmemsACLSEP)

3/3, DCEMS CEVO IV Lecture

Register through your Director or Training Director