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TOES  
Trainers Of Emergency Services  
Emergency Instructors Newsletter

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TOES can be found online at  
<http://kpemsc.org/toes/toes.htm>

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**TOES : From the Bowels of Cyberspace, Computer Canvas, Stuff that Works**

**From the Bowels Of Cyberspace  
tidbits, odds and ends I run across**

There is a company in Escondido, California (near San Diego) that specializes in refurbished defibrillators. I'm sure by now they also have AEDs. You can find them on the web at:

Progressive Medical International  
<http://www.progressivemed.com/>

Reconditioned defibrillators for EMS:  
[http://www.progressivemed.com/recon\\_dfib\\_ems.htm](http://www.progressivemed.com/recon_dfib_ems.htm)

from Richard Bilger of Merginet

Here is an interesting article on **pulse oximetry**.  
[http://www.co.alameda.ca.us/PublicHealth/organization/divisions/ems/resource/MacNab\\_pulse\\_ox.PDF](http://www.co.alameda.ca.us/PublicHealth/organization/divisions/ems/resource/MacNab_pulse_ox.PDF)  
Mike Shuken, Paramedic, Oakland, Calif.

**Have you been sitting in the back of my classes ????????**

Recently we have been blessed with a new co-ordinator. Classes go like this:

Late starts  
No extension cord  
No forms  
No extra bulbs  
No co-ordination (oops, I didn't say that)  
Chicken legs not purchased  
No test  
Old test  
No answer sheets  
No answers

The students look at me ..... "hey, it ain't my class. I'm just the hired help"  
This morning I showed up with everything that has been missing for the last few classes.

Everything was going smooth until the Fire Department decided to test the fire alarms and hold a fire drill.

Some days it ain't worth getting out of bed !

Keep up the great work,  
Bob

Very cool EMS stuff for your Palm. <http://www.defrance.org/palamos.htm>

**Russian doctors** in Nizhni Novgorod, accustomed to being paid in goods such as meat or butter, are reportedly offended at their hospital's latest offer to pay them entirely in manure. Six tons per year.

#### **QUOTE**

Humor is merely tragedy standing on its head with its pants torn. - Irvin S. Cobb

### **Computer Canvas**

#### **The Heart: An Online Exploration**

<http://sln.fi.edu/biosci/heart.html>

You've got one, but how much do you really know about it?

This site, part of The Franklin Institute Online, takes you to the heart of the matter...the human heart, that is. You can explore what the heart is made up of, how it works, how it affects all other areas of the body, the history of heart science, and more. There's no fancy computer animation here--just the facts, plain and simple.

#### **Delta Wildlife and Nature Photography**

<http://www.wildlifenature.com/>

If you enjoy wildlife photography, then check out this site, Delta Wildlife and Nature Photography. Photographer Michael A. Kelley offers his work for your enjoyment. The Online Gallery section is filled with images that range from pleasing to breathtaking. Kelley also offers photography tips for the budding enthusiasts out there, as well as opportunities to purchase his work.

#### **Mass Casualty, Disasters and NBC**

Take a look at <http://pdm.medicine.wisc.edu/>. This the website for Prehospital and Disaster Medicine, with the focus on disaster.

Another good link for mass-casualty/disaster/NBC stuff is:  
[www.oep-ndms.dhss.gov](http://www.oep-ndms.dhss.gov)

US Dept of Health/Human Services, Office of Emerg Preparedness.

One more:

[www.nbc-med.org/ie40/Default.html](http://www.nbc-med.org/ie40/Default.html)

Jeff Brosius, NREMTP, Atlanta, GA

In case you missed it on the first go round...

Prescription for Controversy Do corporate donations to the American Heart Association influence its drug guidelines?

<http://www.motherjones.com/magazine/MJ01/prescription.html>

**EMSNetwork News now delivers the headlines to your email.** Perfect for those who like to keep up on the EMS news but are short on time. Rarely the full news, just the headlines so you can decide if visiting the news page is worth your time that day.

The news site is in two sections; General news and Response! Response! Is geared towards the articles related to actual 911 calls and responding. A large number of newspapers have allowed them to use article photo thumbnails along with the text link to the news story. A nice feature offered in both sections.

The site has just started developing an accompanying "Commentators" area. A team of commentators will tackle the news, the media and other items of newsworthy interest.

If you are interested in signing up for the headlines email list, details are at the site. <http://news.emsnetwork.org>

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### Stuff That Works

#### White Board Disaster By Valerie DeFrance

This time I share a tip I thought all instructors knew, but to my surprise discovered at our last state symposium, during a mini- presentation in an instructor's workshop, that this was not the case. In fact only one of the twenty or so in the room knew of this tip.

If you have multiple instructors using a classroom, and the white board, the chances increase that you will have a 'white board disaster. '

Sooner or later one of the instructors will leave a lone permanent marker mixed in with the markers for the white board. The marker will lie there, unobtrusively, waiting until the opportune moment. That moment when an instructor has failed to observe it is different from all the rest.

Now suppose that 'less than observant' instructor is you. There you are, lecturing along, when you snatch up a marker to make a quick drawing on the white board.

Suddenly, you gasp! To your horror you realize you have used a permanent marker on the white board. You quickly try to wipe it away, only to have it behave like

spilled activated charcoal when you try to clean it up, it just seems to spread even further but never really come off.

Many of us have heard that using a permanent marker on a white board is total and complete disaster; that the expensive white board cannot be salvaged. So, now you are panicked by your thoughts of receiving a major punishment from the boss or client, if not being outright fired.

At the college where I instruct they actually replaced the white boards with CHALK boards due to permanent marker errors! (cough, cough, not to mention all the chalk on your clothes and lack of nice bright colors!)

Not to panic. The white board can be fixed. And you won't even have to go seeking out any special products to clean the permanent marker off the board as what you need is readily at hand. (or tell your superior you made a boo-boo)

Using any white board marker, 'scrub' over sections of the permanent marker. Do small sections at a time so that you can quickly wipe all away with the eraser before it totally dries. Confine your eraser wipes, as much as possible, at the scrubbed area or you will continue to spread the bad marker. Using a towel or other cloth sometimes works better for staying within the boundaries.

Indeed, you should see most of the permanent marker disappearing as you color over it with the white board marker- if you did not have a heavy hand with the 'bad' marker. If it does not completely wipe away and leaves bit of a colored residue, color over the area again and once again erase quickly. For really tough cases, use one white board marker for the first scrubbing and another clean marker for the second scrub.

Be sure to discard the white board marker when they begin to lose effectiveness, and when you are done. If you have a substantial amount to remove you will use more than one marker.

For those of us who are using white boards that have sustained some scratches, we know what a pain this can be. Each time you 'travel' over the scratch with the marker you get hung up. This messes up your printing or drawing.

Using clear or white finger nail polish can help. Try to purchase the fast drying kind. Use two or three THIN layers, allowing it to dry in between layers. Try not to extend beyond the actual scratch any more than necessary. This will wear off over time and need to be touched up again.

Got some 'stuff' that works? Send it in for publication! (before I run out of 'stuff')

*Paramedic Valerie DeFrance has been an instructor since 1989. She has an associate's degree in EMS and has been an EMS Chief for 17 years. She teaches at the University of Alaska Anchorage and for other private or public facilities and groups. She is the owner/editor of TOES (Trainers Of Emergency Services) newsletter and EMS Educational Resources. She writes a monthly educational column for Merginet, ([www.merginet.com](http://www.merginet.com)) and other general EMS articles for other publications. She also serves as the webmistress for the popular EMS House of DeFrance,*

*([www.defrance.org](http://www.defrance.org)) and many other sites and sub sites, offering a wide variety of assistance, information and fun for responders, instructors, and students.*