



CT EMS Advisory Board Health and Wellness Sub-committee

January 8, 2021

Meeting Minutes

Attendees:

Greg Allard, Colin Bassett, Mark Blake, Lou Brockett, Joel Demers, Kevin Ferrarotti, Leigh Goodman, Jonathan Oates, Laurel Regan. Guest – Dr. Brian Maguire

Meeting Minutes

- Kevin Ferrarotti reviewed the overview / minutes from last month's committee minutes.
- The group led a discussion on the CEMSAB health and wellness survey (attached).
 - o Highlighted points of issues / concerns
 - Commercial EMS providers in the survey felt their agencies were least supportive of their health and wellness.
 - J. Oates noted that although there is a strong percentage of those who do feel their agency is concerned, he pointed to the strong interest / need of more education / engagement. *We know agencies are concerned, but there is a lacking of action to impact / effect it.*
 - Noted lack of interest in sitting in a "debriefing" / "support group" – or not as much as having a stronger connection to "peer to peer".
 - Study impact based on COVID-19
 - Impact on personnel who managed stress / health / wellness pre-pandemic is not available currently, which adds to the stress.
 - Laurel spoke to a "Wellness Wednesday" concept – where each Wednesday a quick tip / topic / education is presented. This will work as the group suggests in a paid setting, but needs to develop further to integrate into a volunteer setting.
- Initial conversation on the congressional research paper on health and wellness. The highlighted difference is specific to long standing and established PD and FD related funding and legislation and no EMS related programs.
- Introduction of Dr. Brian Maguire spoke to EMS Response to COVID-19
 - o Spoke to death of first responders – specifically during COVID-19 pandemic, which is notably, from data analysis, much higher than other clinical areas.
 - o In depth conversation on the range of impact to EMS personnel based on COVID-19 response.



- Studies and research lead to the outcome – “Why does EMS exist?”
 - General understanding that funding of EMS / system financing is lacking and a dramatic need to elevate the stature of EMS across the US.
 - How do we show our communities the importance of what we do?
- Dr. Maguire will share his presentation with the group in a follow-up email.

Kevin F ended the meeting with noting a follow-up to continue an email – based conversation on next steps / initiatives.

Respectfully Submitted,

A handwritten signature in black ink, appearing to read "Kevin Ferrarotti".

Kevin Ferrarotti, Chair