

VITAL CONNECTIONS

NEWS & INFORMATION FROM NARBERTH AMBULANCE

SERVING THE COMMUNITIES OF LOWER MERION, NARBERTH, HAVERFORD TOWNSHIP, CONSHOHOCKEN AND WEST CONSHOHOCKEN ■ SUMMER 2023

[Ardmore Rock N' Ride Returns Aug. 19]



Narberth Ambulance’s annual cycling event, “[Rock N’ Ride](#),” returns Saturday, August 19, from 10 a.m. to 10 p.m. Teaming up with Ardmore Music Hall for the third year in a row, Narberth Ambulance invites skilled cyclists, recreational riders of all ages, families, concertgoers and everyone in the community to enjoy a day full of music, races and other entertainment for all attendees.

Those participating in the bike race can expect the same cycling route as last year. The course consists of six sharp turns; it starts at Lancaster Avenue, runs through the center of Suburban Square and Church Rd Bridge, and then cuts back to Lancaster Ave.

“Rock N’ Ride” will also feature local vendors, a beer garden, a family fun zone and musical performances. There is no charge for attendance.

While the event is free to attend, Narberth Ambulance hopes to generate donations to support its exceptional pre-hospital emergency medical care and medical transportation services.

“Most people are surprised to learn Narberth Ambulance, a non-profit organization, is not funded by taxpayer dollars and less than 1% of our annual operating expenses are provided through grants from the municipalities that we serve. That is why fundraising is so critical,” said President of Narberth Ambulance David R. Zaslow.

This year, one-hundred percent of the net benefits go directly toward purchasing a new ambulance. Attendees can donate by scanning a QR code at the event or on the “Rock N’ Ride” website.

To learn more about the event or become a sponsor, visit <https://ardmorerocknride.com/>



Narberth Ambulance Recognizes Collaborative Efforts that Saved 6th Grade Student’s Life



A child’s life was saved when staff at Bala Cynwyd Middle School quickly intervened to help a student undergoing cardiac arrest during a basketball game earlier this year. The school nurse began CPR while a staff member ran to grab the school’s AED.

To recognize the collaborative work of all involved, Narberth Ambulance held a ceremony at the organization’s main station. During his speech, Chief of Narberth Ambulance, Christopher Flanagan, addressed what made this collaborative life-saving effort such a success: preparation, execution and survivability.

“It was a phenomenal example of teamwork by the staff – keeping calm, administering CPR, protecting the other kids and providing those life-saving skills. Lower Merion police were very quickly on the scene, jumping in, assisting with the AED and CPR, and informing us of the severity and quickest way to find the student in the gym,” said Chief Flanagan. “The swift and collaborative teamwork saved a young life.”





Narberth Ambulance is committed to keeping the residents it serves safe by offering diverse and life-saving trainings to the average citizen.

[Combatting the Opioid Epidemic with Narcan Training]



Recently, Narberth Ambulance hosted three Narcan trainings for community members in Lower Merion and Conshohocken.

Narcan, also known as Naloxone, reverses the effects of a person overdosing on an opioid such as fentanyl, heroin or a prescription opioid. According to the CDC, opioids accounted for 74.8 percent of all drug overdose deaths in 2020.

Narcan is easy to use and accessible, so any bystander can potentially save a life. Jim Peterson, Plymouth Meeting resident, found out about the Narcan training in Conshohocken online and was eager to attend.

“I had no idea what to do or what to look for in the event of an overdose, so this training was super helpful,” said Peterson. “There should be more trainings like this.”

The goal of Narcan training is to inform residents should an emergency arise, so bystanders are prepared to intervene until an ambulance can arrive on the scene. Narberth Ambulance plans to conduct more Narcan training in neighboring communities.

“Our staff prioritizes training community members to increase the safety and well-being of our neighbors,” said Narberth Ambulance Deputy Chief Pat Glynn.

[Conshohocken Borough Provides Narberth Ambulance with a New Command Vehicle]



With a projected 33 percent increase of residents in Conshohocken over the next year, Narberth Ambulance’s new first responder vehicle, provided by Conshohocken Borough, is critical to maintain the safety of the borough. Right off Interstate Highway 76, where frequent accidents occur, this vehicle will be used to keep first responders safe and improve response time. It also allows Narberth Ambulance to bring skilled physicians to the scene of an emergency.

“We’d like to thank Conshohocken Borough for its investment in Narberth Ambulance as an organization. Your support is instrumental to the safety and wellbeing of the residents in Conshohocken and the residents we serve,” said Assistant Chief of Operations at Narberth Ambulance, Bill Weber.

[Narberth Ambulance Purchases Live-Saving Kits with Heiler Painting Donation]

Courtesy of a donation from Heiler Painting, Narberth Ambulance recently purchased ten “First in Bags.” These bags, stocked with all the necessary equipment to save a life, are brought to every emergency medical scene. With a total of 11,800 calls in 2022, the bags significantly impact the prehospital, medical care Narberth Ambulance provides.

The bag contains tools such as scopes, wraps, tapes, needles, medications and everything a first responder needs to save someone going into cardiac arrest or save a bleed victim. Every ambulance is stocked with a “First in Bag” and it’s seen in the hands of a clinician at every single call.

“We want to give back in as many ways as we can, to the communities we work and serve in,” said Marketing Coordinator at Heiler Painting Lara Lerner. “After learning about the incredible, life-saving work of Narberth Ambulance, we were inspired to support the organization’s mission.”

“The ‘First in Bags’ are critical when we respond to medical emergencies. The new bags are easier carry than the previous tackle boxes we used, making it more accessible for first responders to grab a bag and go in an emergency situation,” said Deputy Chief Pat Glynn.



Medical Director and Assistant Medical Directors Play a Pivotal Role in Supporting Narberth Ambulance Staff

Narberth Ambulance is paving the way for a future generation of cutting edge EMS workers by supporting them with medical direction, advanced field procedures and various additional clinical disciplines from four leading physicians.

Medical Director Dr. Joseph Bushra, MD and Assistant Medical Directors Dr. Alvin Wang, DO; Dr. Danielle Levine, MD; and Dr. James Rowley, MD are certified Emergency Medical Physicians that support Narberth Ambulance staff before, during and after the 911 call comes in.

Unlike most ambulance companies, which don't have physician response teams, the physicians at Narberth Ambulance volunteer their time to provide medical guidance to staff. Under the leadership of Bushra, they provide advanced training to clinical personnel.

"I learned a lot about both the physician and EMS perspective from the previous Medical Director and paramedic for over 40 years at Narberth Ambulance, Dr. Ben Usatch," said Dr. Bushra. "I'm honored to follow in his footsteps as Narberth Ambulance's Medical Director."

Before the Call

Before a paramedic is hired at Narberth Ambulance, Bushra, Wang, Levine and Rowley interview them personally, regardless of their experience or background. The potential new hire is verbally tested on case scenarios ranging from a cardiac arrest call to a trauma incident in a serious accident. The team asks the candidate various questions such as the right dose of medication and the correct protocol for emergency scenarios. Every year, members must participate in a skills review.

When the Call Comes in

The Medical Director and Assistant Directors make up the Physician Responder Unit. When available, they assist ambulance crews with on-site medical direction, advanced field procedures and various additional clinical disciplines. Additionally, they are always available to discuss difficult cases with crews, in real time or debriefing after the call. There is a command vehicle equipped with state-of-the-art emergency medical equipment dedicated to a physician on call.

Breaking Down Strategies

Approximately every six weeks, the team meets with a committee of physicians and EMTs to review calls and discuss future tactics. On top of brainstorming for future emergencies, they review new technology and products. The group reviews emergency medical education trends, best practices and a physician may present a lecture on emerging medical trends or training.

"As medical directors, we all come from different backgrounds with different experiences. We work as a team to present fresh perspectives and enhance each other's knowledge," said Dr. Bushra.

Providing Hands-On Experience for College Students

Opportunities for continued education are abundant at Narberth Ambulance. Villanova EMS (VEMS) sponsors EMS classes at Twin Valley Training EMT Center and they contract with Narberth Ambulance so students can get hands-on experience.

On ride-along shifts with Narberth Ambulance, students shadow paramedics, responding to emergency medical calls and learning by watching paramedics interact with patients.

"It was really helpful to see how EMTs bond with people in the community," said participating Villanova student, Elizabeth Brown. "This program is really important to connect the next generation of emergency medicine workers."

Brown and other students are exposed to real life situations that they may respond to later in their career.

"On one of the calls the patient only spoke Spanish," said Brown. "I've studied Spanish for a few years now, so I was able to assist."

This is just one example of how both students and paramedics benefit from ride-along shifts.

"Our ultimate goal is to create a well-rounded EMS provider and make their skill set more robust," said Narberth Ambulance Executive Director,

Albert Davey. "At the same time, our staff become teachers and have the opportunity to train alongside the students."

To graduate from the course, they must have ten patient contacts. Brown had nine patient contacts in just one day at Narberth Ambulance.

"Not only do we have a high call volume, but we get diverse calls in the surrounding area – high speed roadway, rural backroads, residential neighborhoods and nursing homes," said Davey. "This is a great way for students to expand their skill set."



Villanova student Elizabeth Brown gains hands-on EMS experience during her shadow shift at Narberth Ambulance.

[High School Graduate, PJ Doyle, Inspired by His Father to Pursue a Career in Medicine]

As young as he could remember, Patrick A. Doyle Jr., also known as PJ, visited the Narberth Ambulance station with his father and watched his dad, Patrick A. Doyle Sr., perform daily tasks as Deputy Chief. Sometimes, he waited in the station while his father responded to emergencies. The elder Doyle has been a member at Narberth Ambulance for 31 years and currently serves on the Board of Directors. He began volunteering at Narberth Ambulance as a teenager and his son followed in his footsteps.

“Watching my dad perform his duties at Narberth Ambulance made me realize I wanted to go to EMT school and make a career out of it,” said PJ.

At 16-years old, PJ began volunteering at Narberth Ambulance. Now, at 18, he plans to study public health with a pre-med track at the University of Mississippi in the fall. Volunteering at Narberth Ambulance helped him prepare for college by getting hands-on experience and learning from knowledgeable EMTs and paramedics.

High school volunteers never go on calls alone; they always have a paramedic or EMT to show them what to do in an emergency.

“We’re all teammates. We better someone else’s day and we better ourselves,” said PJ. “I will take my experience at Narberth Ambulance with me as far as I go in life.”



Volunteer With Us!

If you're looking for a way to give back to your community and learn life-saving skills, we have volunteer opportunities for those ages 16 and older. Whether this is a pathway to a future career, or you simply want to give back to the community, Narberth Ambulance welcomes anyone to volunteer. For more information on how you can join our team, visit our website Narberthambulance.org



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Important EMS Updates Inside!

Founded in 1944, Narberth Ambulance, a 501 (c) (3) nonprofit organization, serves 150,000 community members living in Lower Merion, Narberth, Haverford Township, Conshohocken and West Conshohocken. Annually, the organization responds to more than 10,000 calls for emergency medical and advanced lifesaving support services. Narberth Ambulance has received local and national recognition for its single-source EMS physicians unit, the first and only one of its kind. To offer your support to Narberth Ambulance, visit www.narberthambulance.org

