



Community Paramedicine, Outreach Coordination of Care

Presented by:

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Fire Chief



Sunrise Fire-Rescue Community Risk Reduction

Purpose:

*To reduce risk and find solutions through
education, engineering, or enforcement*

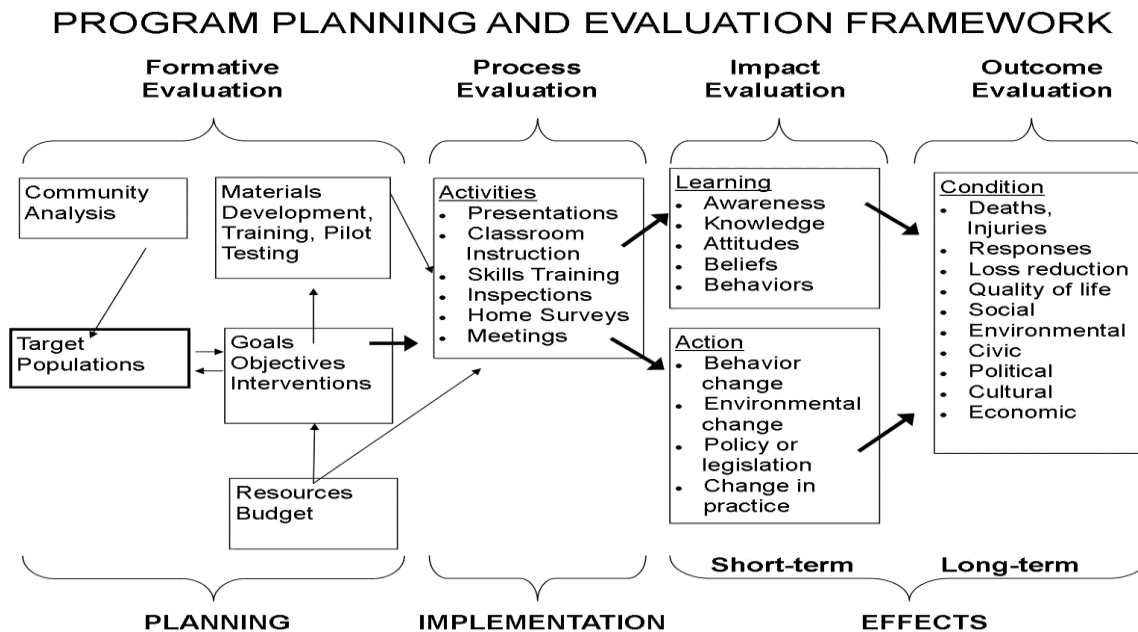
Thomas DiBernardo, Fire Chief

www.sunrisefl.gov

Using a Community Risk Reduction Program



How did we determine our “Community Risk Reduction” components?





How did we tackle these identified components

➤ Fire

- ✓ *What was the cause of most of our reported fires*

➤ Internal

- ✓ *What was the cause of most of our 'workers comp' cases*

➤ Medical

- ✓ *What was the cause of most of our 'EMS' responses*

(Well, sorta... what stood out was more of the focus!)



Community Risk Reduction components

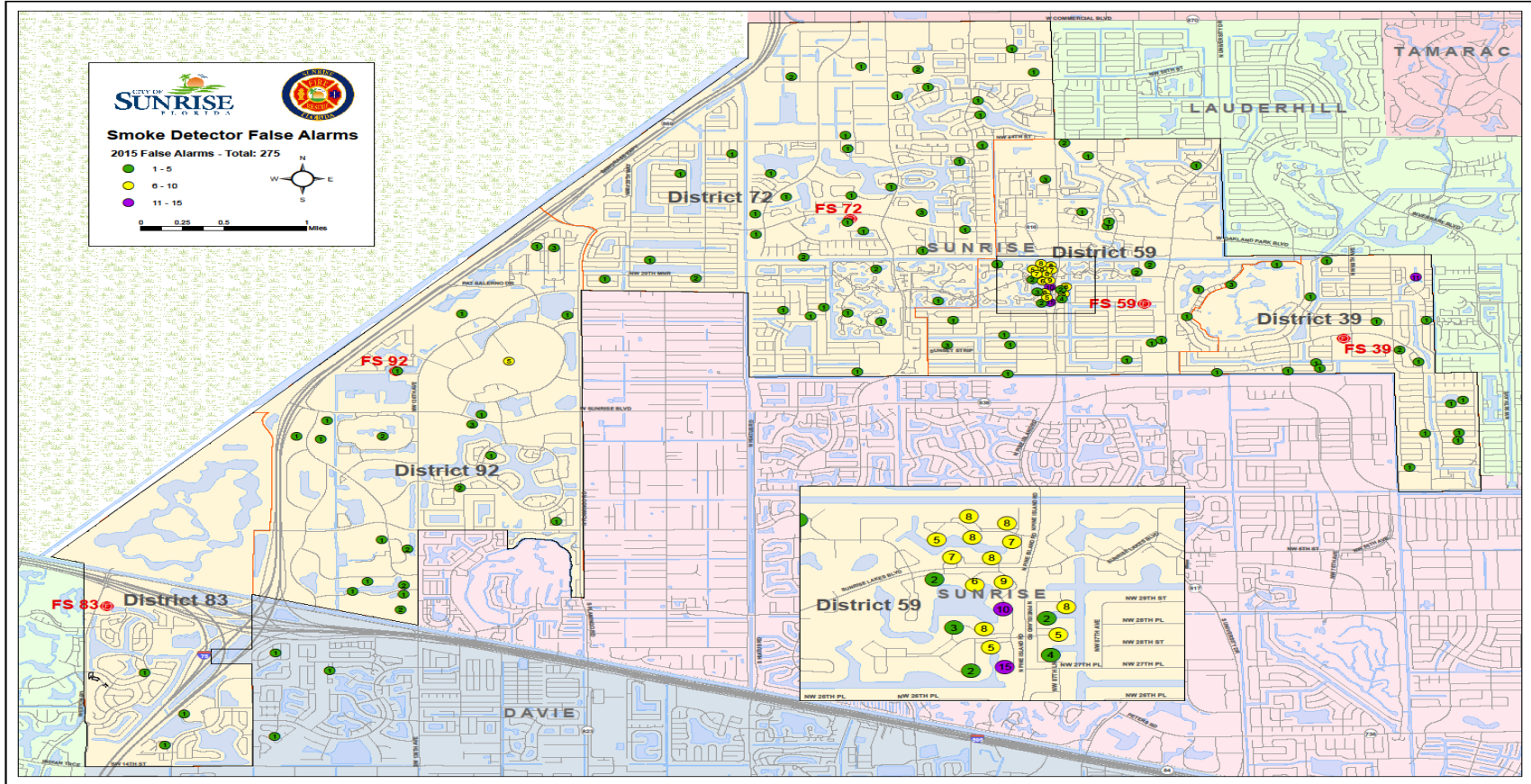
- Engineering
- Enforcement
- Education
 - SMART Goals
 - ✓ Specific, Measurable, Achievable, Realistic, Timely



FIRE RELATED INCIDENTS

- **Cooking (31%)**
 - ✓ Education
- **False Alarms (22%)**
 - ✓ Engineering and Enforcement
- **Laundry Related (5%)**
 - ✓ Enforcement and Education

Community Risk Reduction - Fire



Community Risk Reduction - Fire



WATCH WHAT YOU HEAT

KITCHEN FIRES ARE THE LEADING CAUSE OF HOME FIRES IN SUNRISE.

PREVENT KITCHEN FIRES – NEVER LEAVE COOKING UNATTENDED.

- Cook with Caution – Be Alert
- Keep Ovens Clean from oil & grease residue
- Before Heating, remove all stored items from oven
- For a stovetop fire, cover and turn off the heat, or use an extinguisher
- Never put water on a grease fire!



Brought to you by the Sunrise Fire-Rescue Department



DON'T LET LINT CAUSE A FIRE IN YOUR HOME...

- Always use a lint filter – clean after each use
- Clean out dryer vents at least once a year - contracting with a qualified appliance repair service is recommended
- Do not dry items that have come in contact with flammable substances



KEEP YOUR CLOTHING DRYER VENTS CLEAN

Brought to you by Sunrise Fire-Rescue Department



ADVISORY BOARD

APPLICATIONS AVAILABLE

APPLY NOW FOR A CITY OF SUNRISE ADVISORY BOARD

Sunrise maintains 12 advisory boards comprised of members appointed by the City Commission. These boards (listed below) may meet monthly, or on an as-needed basis.

Volunteer citizen advisory boards are made up of people with a wide range of interests and expertise. Boards play a vital part in local government because they bring together citizen views that might not otherwise be heard.

Application packets may be requested from the City Clerk's Office or downloaded from www.sunrisefl.gov/boards. For more detailed information, please contact the City Clerk's Office at (954) 746-3333.

- Affordable Housing Advisory Board
- Board of Adjustment
- Cultural Affairs Advisory Board
- Economic Development Advisory Board
- Education Advisory Board
- Environmental Sustainability Advisory Board
- Historical Commission
- Leisure Services Advisory Board
- Planning and Zoning Advisory Board
- Small Business Advisory Board
- Social Services Advisory Board
- Unsafe Structures Board

JANUARY 2014



RISE AND SHINE WITH SUNRISE

WOOFSTOCK
Outdoor Fun in February

Apply Now for a City Advisory Board

Clothes Dryer Safety

VISIT THE CITY OF SUNRISE ONLINE

www.sunrisefl.gov • www.facebook.com/sunrisefl • www.twitter.com/sunrisefl



INTERNAL INJURIES

- Sprains/Strains/Overreaching
 - ✓ Engineering and Enforcement

- Exposures
 - ✓ Education, engineering

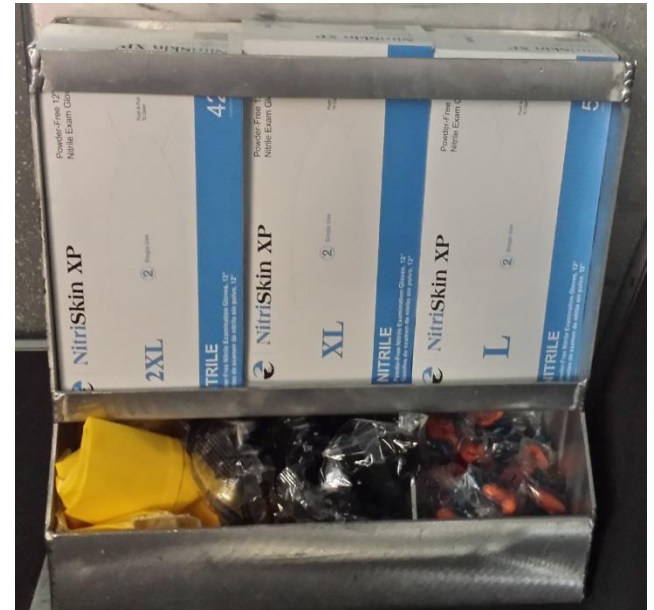
- Emergency Vehicle Operations
 - ✓ Engineering, Enforcement, Education



Community Risk Reduction - Internal

20 year history provided by Risk Management

- Power Load Stretchers
- CPR
- Safety Caddy
- 3 point entry/exit video
- Annual EVOC
- ACE instructors
- Cancer initiative





MEDICAL

- Repeat Calls (22%)
 - ✓ Community Paramedic Program
- Falls (14%)
 - ✓ Education, Engineering
- Motor Vehicle/Pedestrian (7%)
 - ✓ Engineering, Education

Community Risk Reduction - Medical



DO YOU HAVE **concerns** about falling?



A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS



Many older adults experience concerns about falling and restrict their activities. **A MATTER OF BALANCE** is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns



Classes are held once a week for 8 weeks at the **Sunrise Public Safety Building** 2 hrs. each week.
First class: Thursday Oct 23 9am-11am
For more information
City of Sunrise - Fire Rescue
Contact Daniel McNeil

A Matter of Balance: Managing Concerns about Falls
This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.
A Matter of Balance Lay Leader Model
Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.
A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).



PREVENT FALLS



TAKE THESE STEPS TO REDUCE YOUR RISK OF FALLING:

 **Review all of your medications regularly with your doctor to check for potential side effects & interactions.**

 **Have your vision checked annually & update your eyeglasses prescription.**

 **Make your home safer by removing clutter & tripping hazards, increase lighting, and install grab bars.**

 **Wear proper shoes with good support & non-slip soles. Avoid wearing slippers and flip-flops.**

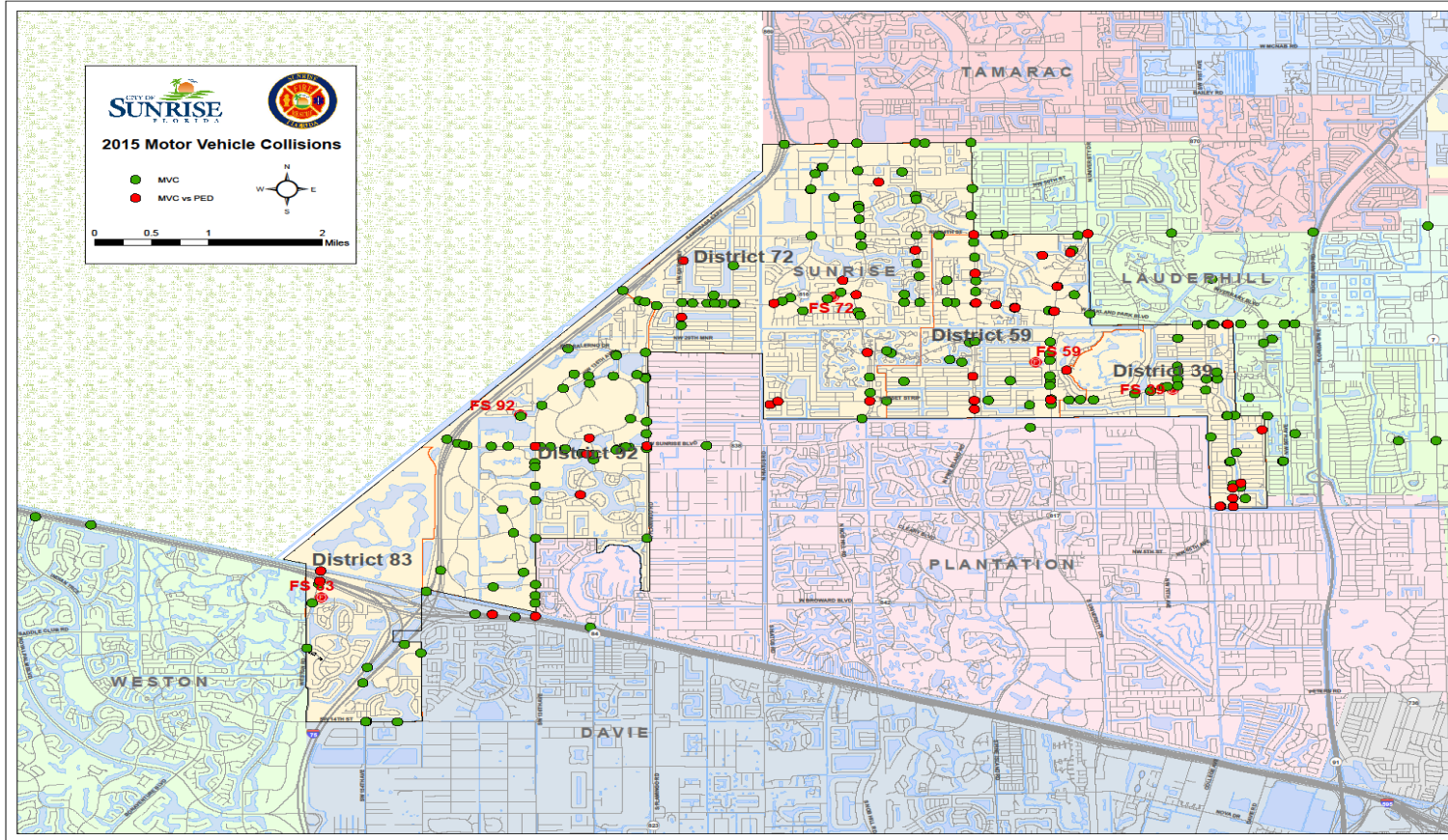
 **Stay active to maintain and improve strength and balance. Try Tai Chi or A Matter of Balance class, available at the Sunrise Senior Center.**

Contact the Sunrise Senior Center at 954-746-3670.

Brought to you by the Sunrise Fire-Rescue Department



Community Risk Reduction - Medical



Community Risk Reduction - Medical



Recommendations

proposed improvements



Proposed Improvements

On-Street Bikeway Improvements

1. Bike lanes along Oakland Park Blvd. and Nob Hill Rd. provide dedicated space for bicyclists along the roadways.
2. Green striping is used to increase cyclist visibility at the intersection and conflict points, such as vehicles crossing the bike lane to enter in to a dedicated right turn lane.
3. Two-stage turn queue boxes are installed to help cyclists make left turns at the intersection.
4. Bike lane intersection markings increase the visibility of bicyclists through the intersection.

Walkway Improvements

5. High visibility cross walks increase the visibility of crosswalks at the intersection.
6. The turning radius is reduced, which decreases the distance pedestrians have to cross the intersection and reduces the speed of vehicles making right turns.
7. Median refuge islands provide a space to wait if one cannot make it across the intersection in one signal phase.

Trail Improvements

8. Multi-use path along the south side of Oakland Park Blvd. will connect west to proposed trails along the L-36 and L-35A canals and to trails in Lauderdale Lakes along the C-13 canal.

Transit Improvements

- Bus stops should be moved closer to the intersection to encourage bus riders to use the intersection rather than crossing mid-block.
- Green pavement markings are used at the bus turn outs to highlight the conflict zone where buses cross the bike lane to enter the bus turnout.

Implementation Strategy

- **Short-Term** – Cross walks can be re-striped to include high visibility cross walk markings; Create median refuge island;
- **Medium-Term** - Bike lane improvements should be coordinated with installation of bike lanes along Oakland Park Blvd. and University Dr.
- **Long-Term** –Construct multi-use trail along Oakland Park Blvd. Construct bike lanes along Nob Hill Rd.

Community Risk Reduction - Medical

Marked and Signalized Crossings

Recommendations



Marked Crosswalks

- A marked crosswalk signals to motorists that they must stop for pedestrians and encourages pedestrians to cross at designated locations. Installing crosswalks alone will not necessarily make crossings safer especially on multi-lane roadways.
- At mid-block locations, crosswalks can be marked where there is a demand for crossing and there are no nearby marked crosswalks. See midblock crossings for more details.



Crosswalk with Warning Signage

- To enhance visibility of pedestrians and to encourage vehicles and other roadway users to yield or stop for pedestrians in a cross walk, warning signs and yield lines can be added in advance of cross walk. The type and local of sign should be selected based on the context and standards for the street being considered.



Active Warning Beacon (RRFB)

- Active warning beacons are user actuated illuminated devices designed to increase motor vehicle yielding compliance at crossings of multi-lane or high volume roadways.
- Types of active warning beacons include conventional circular yellow flashing beacons, in-roadway warning lights, or Rectangular Rapid Flash Beacons (RRFB).



Pedestrian Hybrid Beacon

- A hybrid beacon, previously known as a High-intensity Activated Crosswalk (HAWK), consists of a signal-head with two red lenses over a single yellow lens on the major street, and pedestrian and/or bicycle signal heads for the minor street. There are no signal indications for motor vehicles on the minor street approaches.
- Hybrid beacons are used to improve non-motorized crossings of major streets in locations where side-street volumes do not support installation of a conventional traffic signal (or where there are concerns that a conventional signal will encourage additional motor vehicle traffic on the minor street). Hybrid beacons may also be used at mid-block crossing locations.



Full Traffic Signal

- At intersections with full traffic signals, pedestrian crossings should have pedestrian signal heads and the pedestrian signal should be synchronized to coordinate crossing with vehicle timing and provide adequate time for pedestrians cross safely.



Grade Separation

- In unique situations, grade separation may be required for pedestrians to safely cross to destinations. Bridges help by linking areas separated by barriers such as waterways or interstates.





COMMUNITY PARAMEDIC



RESOURCE **A**CCESS **P**ROGRAM



History – QA and ACA

OMEGA Referral	ALPHA (BLS) NE	BRAVO (BLS) E	CHARLIE (ALS) NE	DELTA (ALS) E	ECHO (ALS) E	TOTAL
1242 (.09%)	36,884 (28.1%)	17,744 (13.5%)	35,493 (27.1%)	36,981 (28.2%)	2699 (2.1%)	131,043 (100.0%)

Definitions: NFPA, NAEMT, HHS, DOT, DHS

Community Paramedic (CP) – Community Coordination

Mobile Integrated Healthcare Programs (MIHP) – Primary Health

Community Risk Reduction - Medical



Pilot Program

- 285 patients (Repeat Callers X 2 in 30 days)
 - ✓ 808 Calls for Service during that period of time (525 Transports / 283 Citizen Assists)

- Results
 - ✓ 428 Calls for Service during that period of time (355 Transports / 73 Citizen Assists)
 - 47% reduction in “Calls for Service”
 - 32% reduction in “Transport”
 - 74% reduction in “Citizen Assists”

Community Risk Reduction - Medical



2016 Annual

- 249 patients identified (2 per month or 3 in quarter) for RAP
 - ✓ 1629 Calls for Service
- Post RAP: 208 accepted
 - 82% reduction in "Calls for Service"
 - 152 Home Meeting
 - 27 Adult protective services
 - 205 ARDC/211
 - 87 RX Program
 - 32 Nutrition Services
 - 45 Transportation services
 - 22 Fall Prevention Program



RAP – Resource Access Program

- Local hospitals and health care facilities
 - ✓ Direct contact and strong communication with case managers, social workers, and ER Staff
- Partnered with supporting non-government organizations to help provide food, housing, health care, senior services, assisting devices, child care, legal aid
 - ✓ Aging & Disability Resource Center, City of Sunrise Social Worker, 9 MUSE Art Center / Mental Health Association of South Florida
- Local agencies providing training and shared resources to effect health and safety interventions
 - ✓ Health Mothers, Health Babies – crib donations, Water Smart Broward – water initiative and drowning prevention program,



COMMUNITY RISK REDUCTION



**WHERE DO WE GO FROM
HERE**

**COMMUNITY PARAMEDIC
RESOURCE ACCESS
PROGRAM**

Mission Statement



**At Sunrise Fire-Rescue,
we strive to...**

***“Anticipate and meet the needs of the
community while providing the highest
level of fire-rescue services.”***

Thank you