



Capital
Division

A large, light gray outline of a battery with a handle at the top and two horizontal bars inside, serving as a background for the main title.

RE CHARGE

WEEKEND

Conference & Participant Guide

February 18-20, 2022 | Crater Criminal Justice Training Academy
6130 County Dr. | Disputana, VA. 23842

Are you ready to RECHARGE?

EMS Continuing Education Weekend

RECHARGE is weekend-long EMS continuing education seminar designed to up-skill, motivate, and inspire local pre-hospital providers through delivery of insightful, thought-provoking, and motivational presentations.

How Do I Register?

Space is limited and registration is required. But, it's free and easy. Scan the QR code or copy and past the following link

<https://forms.office.com/r/8Yc24DkkNc> to get started! Registrations are first come, first served and some sessions may fill quicker than others. We'll do our best to accomodate your course selection. To ensure adequate social distancing, some classrooms will have a limited number of participants.

Do I have to attend everyday?

No! There is no requirement to register for all presentations. Pick and choose what you'd like to attend!

What Can I Expect?

That's easy! You can anticipate listening to dynamic speakers and presentations, hearing from subject matter experts, hands-on skill and simulations, and quality EMS education.

What kind of COVID-19 protocols should I anticipate?

We recognize the ever changing landscape of the COVID-19 pandemic. Should you elect to attend any of the sessions you must adhere to all COVID-19 safety protocols, which will include masks, social distancing in classrooms, temperature checks, use of hand sanitizer, and maximum occupancy limits in classrooms.

What is the cost of the conference?

All meals, presentations, and conference

RECHARGE

WEEKEND

EMS CONTINUING EDUCATION CONFERENCE
FEBRUARY 18-20, 2022



materials are being provided at no cost. This event is sponsored free of charge in cooperation with HCA VA, the Crater Criminal Justice Training Academy, and Prince George Fire & Rescue.

Will I earn CE's?

CEUs for Virginia recertification credit will be awarded, as indicated by area, topic and category, to EMS providers certified by the Office of EMS. CEUs are offered for completion of class for Categories 1 and 2. ALS and BLS topics for recertification are listed by CE subject matter, date, time and category. Category 2 applies to both ALS and BLS, unless otherwise noted.

HCA 
Healthcare™

Capital
Division



SPEAKER

Dr. Raj Malhotra, M.D.

Director of Critical Care | CJW Hospitals
Operational Medical Director | Air Care Eagle



SPEAKER

Dr. Ike Spinos, M.D.

Interventional Radiologist
Chief of Radiology | CJW Hospitals



SPEAKER

Bob Page, M.Ed., NRP

Statewide CE Educator
Virginia Office of EMS



SPEAKER

Amanda Miller, DMSc, PA-C

Lead Physician Assistant
Trauma Services | Chippenham Hospital



SPEAKER

Dr. Vilok Vijayanagar, D.O.

General Surgeon
John Randolph Medical Center



SPEAKER

Nick Watkins, BA, NRP

Director of Facilities Management
HCA - San Jose Regional Medical Center, CA



SPEAKER

TJ Johnson, EMT-I

Retired Fire Captain &
CrossFit Masters Athlete

RECHARGE

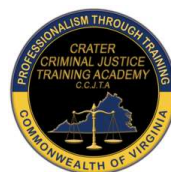
EMS EDUCATION SERIES

An EMS continuing education seminar designed to up-skill, motivate, and inspire local pre-hospital providers through delivery of insightful, thought-provoking, & motivational presentations.

📅 FRI | SAT | SUN
February 18-20, 2022

📍 Crater Criminal Justice Training Academy
6130 County Dr. | Disputana, VA.

Register Now:



Course Descriptions and Schedule

(subject to change)

Friday, February 18, 2022

Session #1 | 5:00p-8:00p

The Arena Simulation Experience

In EMS field practice, you may only get one shot at a skill or critical thinking decision. Sometimes a life or death situation presents to you. Are you prepared for this type of decision? Hours spent in lectures and reading books cannot prepare you for this. Cognitive knowledge and psychomotor skills are one thing, putting them together in a critical environment is another. This is achieved through simulation. Come join Virginia State CE Educator Bob Page as he leads you through an unforgettable experience “putting together” all that you know and adding things that you didn’t in the context of actual cases on high fidelity Human patient simulators. In this session you will lead your team and work cases real time, including hands on assessment, decision making and actual hands on treatment, the simulator responds to your therapy. After the scenario the team will debrief to learn and sharpen your clinical edges. The arena setting allows those not in the group to observe the case and learn as if they were actually working the cases. In a short amount of time, participants will get maximum amount of exposure. *Participants must complete all registration steps when signing up for this course. Space is limited.*

Facilitator: Bob Page, M.Ed., NRP, NCEE

Saturday, February 19, 2022

Session #1 | 9:00a-10:00a

Neurological Emergencies in the Prehospital Environment

But wait, is this a stroke?! This presentation will discuss various neurological conditions that may present in the field and discuss prehospital management and treatment.

ALS Area 17 / BLS Area 12

Presenter: Rich Lyford, ACNP

Session #1 | 9:00a-10:00a

Breathe In, Breathe Out: Airway Problem vs. Breathing Problem in the Pediatric Population

This presentation will discuss pneumonia vs. RSV vs. croup and convey physical exam approaches to addressing airway vs. respiratory symptoms.

ALS Area 16 / BLS Area 11

Presenter: Dr. Eric Bachrach, M.D.

Session #2 | 10:15a-11:15a

ECMO and COVID-19

This presentation will discuss the risks and benefits of extracorporeal membrane oxygenation (ECMO) in patients diagnosed with COVID-19.

ALS Area 17 / BLS Area 12

Presenter: Dr. Raj Malhotra, M.D.

Session #2 | 10:15a-11:15a

Prehospital Management of the Burn Patient

Burn and Reconstructive Centers of America (BRCA) will present a lecture on effective prehospital treatment and management of burn injury patients.

ALS Area 18 / BLS Area 13

Session #2 | 10:15a-11:15a

Mechanical Thrombectomy for Large Vessel Occlusion Strokes

Thrombectomy is the leading definitive treatment for strokes. Dr. Spinos will cover advancements in stroke care at comprehensive centers, practical considerations for EMS providers regarding patient destination, and the devices used to ensure blood flow. Dr. Spinos is a pioneering interventional radiologist and is chief of radiology at CJW Medical Center.

ALS Area 19 / BLS Area 14

Presenters: Dr. Efstathios Spinos, M.D. & David Pillar

Session #3 | 11:20a-12:20p

Blood Goes Round & Round: Hemodynamics Made Simple

This session will focus on effective methods to identify shock and provide effective prehospital interventions before complications such as multi-system organ failure or death.

ALS Area 17 / BLS Area 12

Presenter: Dr. John Perry, M.D.

Session #3 | 11:20a-12:20p

The Crew Did What?! Medical / Legal Update

This is an interactive and case based course overviewing many of the Medical Legal challenges that EMS providers face both on and off the clock. A review of topics ranging from negligence, abandonment, good samartian laws, consent, and capacity to DNR's.

LCCR / ICCR Virginia Cat 2

Presenter: Dr. Michael Ferras, M.D.

Session #3 | 11:20a-12:20p

That Came Out of Where?! Surgical Case Studies

Obstructions, hernias, and all things GI, join Dr. V. as he shares unique cases from the operating room.

ALS Area 19 / BLS Area 14

Presenter: Dr. Vilok Vijayanagar, D.O.

LUNCH | 12:20p-1:00p

Session #4 | 1:00p-2:00p

RECHARGE Your Pharmacology Knowledge

That orange box inside the ambulance is capable of doing a lot of patient good, but also patient harm. This session will focus on the physiological effects, risks, and benefits of prehospital medications found in the ODEMSA regional drug box .

ALS Area 19 / BLS Area 14

Presenter: Laura Hill Bannister, PharmD

Session #4 | 1:00p-2:00p

mTBI and Athletic Equipment Removal in the Prehospital Environment

This presentation is designed for prehospital clinicians as a primer for mTBI in youth athletics and how to properly remove athletic equipment on the field. Learning objectives include: understanding the MOI of athletic mTBI, identifying and describing the signs and symptoms of mTBI in young adults, outline transfer to a higher level of care, identifying different types of protective equipment, describing appropriate equipment removal, and understanding the importance of maintaining c-spine while removing equipment.

ALS Area 18 / BLS Area 13

Presenter: Jessica L Brady, DAT, MEd, LAT

Session #4 | 1:00p-2:00p

The Good, The Bad, The Ugly: The State of EMS Provider Mental Health in Virginia

This job is difficult and stressful. Unfortunately, that burden has created a world where more firefighters, EMTs and law enforcement officers have died at their own hand than they have in the line of duty. This course will provide an overview of what the Virginia Office of EMS has done to combat the issues surrounding provider mental health. The course will discuss the results of Virginia's first comprehensive EMS provider mental health survey and the mental health resources available to providers and agencies.

LCCR / ICCR Cat 2

Presenter: Vincent P. Valeriano, MPH, CHES

Session #5 | 2:05p-3:05p

EMS & High Risk Obstetrics

Participants will gain a stronger understanding and strengthen their ability to manage various medical emergencies when treating and transporting a pregnant patient through transition of trimesters.

ALS Area 19 / BLS Area 14

Presenter: Dr. Kristen Lewis, M.D.

Session #5 | 2:05p-3:05p

Supposing Is Good, But Finding Out is Better: Interpreting Research Data for Prehospital Providers

This presentation is designed to make reading research less daunting and more structured. Learning objectives include: understanding the "anatomy" of a scientific paper, identifying critical information from each section, and applying this knowledge to their clinical practice.

LCCR / ICCR Cat 2

Presenters: Jessica L Brady, DAT, MEd, LAT and Lindsay Abdulhay, MPH

Session #6 | 3:10p-4:10p

Stress First Aid

This presentation is designed to address the psychological and emotional needs of first responders who are exposed to traumatic situations during the performance of their duties.

LCCR / ICCR Cat 2

Presenter: Dr. Shannon Daniel

Session #6 | 2:05p-3:05p

And Then There Were Two! Obstetrics and Trauma

Are you ready to respond to a trauma call where the patient is expecting? Are you also ready to handle "two" patients? This course will help prepare you to care for a pregnant patient who may spontaneously deliver after being involved in a trauma situation.

ALS Area 18 / BLS Area 13

Presenter: Amanda Miller, DMSc, PA-C

Sunday, February 20, 2022

Session #1 9:00a-10:00a

Provider Fitness & Wellness

The physical challenges presented to firefighters are known to be both fluid and and variable from call to call. We must show the same variability in our workout routines to allow us to adopt to daily changes. Our survival on any emergency call hinges on our ability to adapt, perform, and execute in any environment. In this evidenced-based presentation participants will learn tools to enhance their physical fitness and ability to perform on the job.

LCCR / ICCR Cat 2

Presenter: TJ Johnson

Session #1 9:00a-10:00a

Don't Make it Awkward: Providing Culturally Competent Prehospital Care

In today's world, the word gender has become almost taboo, or at the very least - something that is happening to "other" people. In reality, we all make gender decisions multiple times daily. The way we present ourselves and the pronouns we choose tell the world about us and impact the way the world responds to us. This presentation will facilitate conversations with participants to examine your preconceptions and help you feel empowered in your knowledge of gender diversity. And we're not stopping there! We'll also explore how cultural and racial bias can negatively impact patient care and even harm a patient. Participants will walk away armed with knowledge to help advocate for culturally competent prehospital care.

LCCR / ICCR Cat 2

Presenter: LeRon Lewis, M.Ed., NRP, NCEE

Session #2 9:00a-10:00a

From Provider to Patient: Trauma Case Study

How do you shift your mindset from provider to patient? A case study, providing a first hand account of a field paramedic turned trauma patient and life after discharge. Discussion to include: Is it okay to dictate your own care? The importance of networking. It's okay to be vulnerable and let others take care of you. How goals and priorities shift. Having a backup plan!

ALS Area 18 / BLS Area 13

Presenter: Nick Watkins, BA, NRP

Session #3 11:20a-1:20p

Air Care Eagle Afternoon

Intro to Air Medical Transport.

If you're a paramedic who has the taste for adventure, is not afraid of heights, and is seeking the promise of a thrilling challenge in your career, becoming a flight paramedic might be the perfect fit. Or maybe you're interested in the day in the life a flight medic. Either way, flight crew members from HCA Air Care Eagle will answer all your burning question during Intro to Air Medical Transport.

LCCR/ICCR Cat 2

Helicopter Operations & Landing Zone Safety

Through a combination of classroom and interactive education, Helicopter Operations & Landing Zone Safety will discuss best practices when setting up landing zones and how to work together to create the highest margin of safety. Pending weather and availability, attendees can then put their education into action by landing the Air Care Eagle helicopter.

ALS Area 20 | ALS Area 15

Presenters: Air Care Eagle Flight Crew

Lunch, Course Evaluations, Swag Raffle & Dismissal | 1:20p

Teaching Faculty

(Bios available at time of publication / subject to change based on availability)

Lindsay Abdulhay, MPH

Lindsay is a native of Pittsburgh, PA, and recently moved to Richmond. She holds a Master of Public Health degree in Behavioral and Community Health Sciences from the University of Pittsburgh. Prior to joining HCA, Lindsay worked as a Research Project Coordinator at the University of Pittsburgh's Palliative Research Center. She has experience with the development and implementation of research studies in oncology, nephrology, critical care, opioids and chronic pain management, and health disparities in palliative care. Outside of work, she enjoys listening to podcasts, exercising, and trying out new recipes.

Dr. Eric Bachrach, M.D.

Pediatric Emergency Medicine Physician and Operational Medical Director – Prince George Fire & EMS

Dr. Laura Bannister, PharmD

Laura Bannister received Doctor of Pharmacy at University of Georgia. Upon graduating from Pharmacy school, completed a PGY-1 Pharmacy Practice Residency and PGY-2 Critical Care Residency at VCU. Currently employed at HCA Chippenham Hospital as the Clinical Pharmacy Specialist for the Coronary Intensive Care Unit and Cardiac Surgery ICU.

Dr. Jessica L Brady, DAT, MEd, LAT

Jessica has been a certified athletic trainer for 16 years and recently finished her doctorate of athletic training at Temple University in Philadelphia, Pa. She has been with HCA for 10 years; 8 years as a lead clinical outreach athletic trainer at James River high school and the last 2 years as a trauma research specialist. She is a former NCAA athlete in softball and rugby. Outside of work, she enjoys spending time with her girlfriend, two dogs, and three chickens.

Dr. Shannon Daniel, PhD

Dr. Daniel is an expert in the field of provider wellness teaching many sessions of Stress First Aid. She is an instructor for the Operational Medical Unit, United States Department of State's Foreign Affairs Training Center and a member of West Hanover Volunteer Rescue Squad.

Dr. Michael Ferras, M.D.

Dr. Ferras was born and raised in Richmond; attended Medical School at VCU, completed his Emergency Medical Residency in Ocala Florida and his EMS Fellowship at VCU. He is a member of both Lakeside and Tuckahoe Volunteer Rescue Squads and is the Medical Director of Stony Creek Volunteer Rescue Squad.

TJ Johnson

TJ is a career firefighter with 32 years of experience shared between Canton Fire Rescue outside of Boston (12) and 20 years at Fairfax County Fire and Rescue as a Captain. His career accomplishments include certification as an ACE Certified IAFF / Peer Fitness Trainer, World Police and Fire Games Silver Medalist in 2015, CrossFit Open Competitor with two years age group division qualifications and 7th place finisher in the CrossFit Legends Championship Competition. He currently works in EMS communications at Chippenham Hospital.

Dr. Kristen Lewis, M.D.

Kristen Lewis is excited to be a primary care doctor and surgeon all in one. That means having the opportunity to form life-long relationships with her patients, which is something she values as much as they do! Dr. Lewis has always been passionate about women's health. While in college at the University of Mary Washington she wrote her senior thesis on the HPV Vaccine Mandate that was passed by the Virginia General Assembly. In medical school at VCU, she served as a patient advocate and hospital volunteer for victims of domestic violence and sexual assault. Her goal in becoming a doctor has always been to tend to the health of women in all stages of life. Dr. Lewis loves the field of obstetrics and gynecology for its diversity of patient interactions, spanning from clinic, to labor and delivery, to gynecologic surgery. Some of her favorite areas within the field are the first time visits for women looking to initiate contraception, obstetric care, or routine health care maintenance with regular pap testing. She is also trained in and excited to provide minimally invasive gynecologic surgery.

LeRon Lewis, M.Ed., NRP, NCEE, EC

LeRon Lewis is the EMS and Emergency Management Coordinator for John Randolph Medical Center/HCA Healthcare in Hopewell, VA where he leads hospital emergency management efforts and drives EMS engagement for the hospital within the region. Prior to joining HCA, LeRon spent over 17 years contributing across a diverse resume of emergency management and services roles throughout Virginia. LeRon's career has

included roles in community-based rescue operations, emergency communications and private ambulance services. LeRon also served as faculty in the EMS/Paramedic program for Thomas Nelson Community College. LeRon has an A.A.S. in Emergency Health Science from Jefferson College of Health Sciences, a B.S. in Healthcare Administration from Columbia Southern University, and a M.Ed. in Education, specialized in Corporate Wellness from Northcentral University.

Rich Lyford, ANCP

Rich Lyford is an acute care nurse practitioner specializing in neuro /trauma who practices at Chippenham Hospital.

Dr. Raj Malhotra, DO, MS, FCCP

Dr. Raj Malhotra is the Director of Pulmonary & Critical Care Medicine, at CJW Hospitals, and the Operational Medical Director for Air Care Eagle. He specialized in Emergency Medicine, Critical Care Medicine, Cardiac Surgery, ECMO, Advanced Cardiac Life Support (ACLS) and process improvement with a vision for improving quality metrics.

Amanda Miller, DMSc, PA-C

Amanda Miller is the lead PA with the trauma surgery service (Extant Healthcare) at CJW medical center. Amanda is also the Regional Lead Advanced Practice Provider for Extant Healthcare. Prior to working with Chippenham's Trauma Department, she was a PA with UVA Medical Center with their Cardiothoracic Surgery team.

Bob Page, M.Ed., NRP, CCP, NCEE

Bob Page is an internationally known speaker, instructor, author and paramedic. He has presented seminars across the United States, Canada, Mexico Europe, the Middle East and Japan. He is recognized for his energetic, humorous and motivational style. Bob takes ordinarily dry and hard to teach topics and transforms them into a fun, learning experience. I have been an instructor for over 4 decades teaching a variety of adult education courses from customer service to advanced medical care. I am a nationally registered paramedic and a critical care paramedic. I am also a Nationally Certified EMS Educator. I have been involved in EMS since 1978 when I became a CPR instructor. I am an Eagle Scout (1976) which is the first major artifact in my life. This award shaped who I am and set me on the path I am today. I enjoy the outdoor photography, camping, canoeing, whitewater rafting and dutch oven cooking.

Dr. John Perry, M.D.

Dr. Perry is board certified in Internal, Pulmonary, and Critical Care Medicine. Dr. Perry is currently the Medical Director for critical care services at Chippenham Hospital. He was honorably discharged from the US Navy as a Commander after serving for 10 years, when he entered shortly after 9/11. Dr. Perry is specialized in cold-weather medicine, high altitude medicine, flight medicine, tropical diseases, as well as dive medicine. He has served his community in prehospital care as a fire fighter/paramedic for 20 years after starting as an EMT at the age of 16.

David Pillar

Dr. Efstathios Spinos, M.S., M.D.

Dr. Spinos moved to Richmond, VA, in 1984, when he joined Radiology Associates of Richmond. He now lives in Midlothian with his wife Dominique and three children Selina, Jason, and Alexander as well as adopted son Alec. Dr. Spinos pioneered interventional radiology in the city of Richmond and has remained prominent in this field having been chosen a Richmond "top doctor" in interventional radiology by his peers, in 2000, 2004, 2006, 2010, 2012 and 2013, as well as a Richmond "Top Doctor for Women" in 2009. He has been Chief of Radiology at CJW Medical Center for many years. He specializes in neurovascular and peripheral vascular interventions with a special focus on embolization procedures. He is one of only a few Neurointerventional radiologists practicing in the state of Virginia. Dr. Spinos has written several scientific papers, has given numerous scientific and community lectures and is a reviewer for the Journal of Vascular and Interventional Radiology.

Vincent Valeriano, MPH, CHES

Vincent Valeriano is an Epidemiologist and Health Promotion Specialist for the Virginia Department of Health (VDH) Office of Emergency Medical Services. Vincent has recently completed his Master of Public health in Epidemiology. Throughout his program, he focused on research related to mental health as well as developing a stress management training for his local EMS agencies. After graduation, he was hired at the Virginia Office of EMS to develop and implement Virginia's first comprehensive EMS provider mental health survey to better

understand and address mental health issues among providers. Prior to working at the VDH, Vincent has been actively involved with disaster response for Samaritan's Purse, developing Liberty University's disaster response program, serving as graduate assistant, and working with at risk youth.

Dr. Vilok Vijayanagar, D.O.

Dr. V is a general surgeon specializing in robotic and minimally invasive surgery. He is affiliated with Tri-City Surgical Associates and is welcoming new patients at their Colonial Heights and Hopewell locations. He holds surgical privileges at John Randolph Medical Center and additional privileges at Chippenham and Johnston-Willis Hospitals. Dr. V is a graduate of Michigan State University College of Osteopathic Medicine, and fulfilled his general surgery residency with Ascension Macomb Oakland Hospital located in Detroit, MI. After residency, he completed a fellowship in bariatric and invasive surgery at Carolinas Medical Center, in Charlotte, NC. Dr. V also earned a Bachelor of Science in psychology from Virginia Commonwealth University, where he graduated with highest honors. His interests lay in all aspects of general surgery including: gastrointestinal, hernia, oncological, breast and soft tissue surgery with a predominantly minimally invasive focus. He is also well versed in both upper and lower endoscopy. Dr. V enjoys spending time with his wife and family, and loves to travel. He is an avid automotive enthusiast and enjoys spending time at local car meets.

Nick Watkins, BA, NRP

Nick Watkins is a previous Firefighter/Paramedic with over 15 years of field experience in both career and volunteer settings. Most recently Nick was employed by Spotsylvania County FIRE before transition to HCA Healthcare in his current role of Director of Facilities Management at Regional Medical Center of San Jose in San Jose, CA. Nick has very strong ties to Virginia and the tri city area having been born and raised there. Currently holding a BA from Southern New Hampshire University, Nick is actively pursuing his MBA. Nick and his fiancé, Matt, have two French Bulldogs and a passion for travel and new experiences. Life is short and you need to experience everything you can, while you can.