



REPORT

From the office of the...
EFRT Program Director

TO: Members of the Executive Board
FROM: Jake Howran
SUBJECT: EFRT Report 8
DATE: February 16, 2023

Yearplan Update

Since the previous update, EFRT has finished the final core training for the new Rookies, and they are now all certified emergency medical responders. EFRT midyear evaluations are upcoming and the team looks forward to attending the NCEMSF conference in Boston this reading week.

Events, Projects, & Activities

General Service Usage

EFRT Usage has been constant since January. We are now at approximately 475 calls for the year (97% of the total call volume from 2021).

Projects & Events: Rookie EMR (Complete)

All EFRT rookies are now certified emergency medical responders.

Projects & Events: Midyear Evaluations (Upcoming)

Each year, EFRT holds a mid-year evaluation to test responders at the absolute limit of our training. Responders will be tasked with a very challenging scenario to ensure we all respond (rookies, sophs, seniors, exec) at the same base level.

Projects & Events: February Monthly Training (Upcoming)

EFRT will be holding its monthly training February 17th. This training will include trauma skills, basic life support, sudden medical emergencies, as well as an alumni presentation for the soph and senior responders on leadership and teaching skills.

Projects & Events: NCEMSF(Upcoming)

EFRT will be attending the National Collegiate EMS Foundation conference in Boston, MA this February. EFRT responders will attend 3 days of keynote speakers, workshops, and collaborative events to hone their skills and learn more about the diversity of response protocols across North America. 32 Responders will be in attendance this year. I look forward to updating the BoD and SRA on how this helps our responders grow.

Projects & Events: St. Patrick's Day Response (Upcoming)

EFRT is preparing for a number of upcoming event response days including St. Patrick's day. EFRT will **not** be responding off campus this year but anticipates a large call increase during this time.

Outreach & Promotions

Summary

EFRT participated in the SWHAT Well-Being week and had a great turnout for our Naloxone training. Beyond this, EFRT will be participating in a number of MSU PR campaigns leading up to St. Patrick's Day. Our SFA and BLS courses have been filling up within a few days of being posted which also indicated we are doing well for outreach.

Promotional Materials

EFRT Has printed new medical information pamphlets with updated information and a QR code to our virtual database. This will be a trial run of our new pamphlets.

EXTERNAL SERVICES

Main West Walk-in Clinic
1685 Main St. West, Suite 135
905-521-2222
Mon: 10am-6:00pm
Tue-Fri: 10:00am-5:30pm
A clinic for patients requiring a doctor consultation for one complaint, who cannot make an appointment with their doctor. Walk-in only, pharmacy on site. No X-ray capabilities.

MarCare Clinic
1481 Main St W
289 389-7797
Mon, Tues, Thurs: 10:00am-4:00pm
Wed: 12:00pm-5:00pm
A clinic for patients requiring a doctor consultation for one complaint, who cannot make an appointment with their doctor. Walk-in and by appointment.
No X-ray capabilities. Also, offer a Sexual Health Clinic including STI testing.

Urgent Care Centre
690 Main St. West
905-521-2100 Ext. 72000
Mon-Sun: 12:00pm-7:00pm
The Urgent Care Centre is an alternative clinic for patients requiring urgent care, but not necessarily emergency care, and who are unable to make an immediate appointment with their doctor. Walk-in only, pharmacy on-site. Provides X-rays and shorter wait times than hospital emergency rooms.

Ontario Poison Centre
1-800-268-9017
24 Hours
The Poison Centre provides telephone information about exposures to poisonous substances.

HOSPITALS - 24 Hours

St Joseph's Hospital
50 Charlton Ave. West

Hamilton General
237 Barton St. East

Both hospitals are accessible for emergency situations (life-threatening or other emergent illnesses and injuries). Treatment priority is dependent on care urgency and time of arrival so wait times can vary.

Find out the average wait time to see a doctor at Emergency Departments and Urgent Care Centres across Hamilton.

www.hamiltonemergencywaittimes.ca

SERVICES AT MAC

Student Wellness Centre (SWC) | PGCLL 210
905-525-9140 Ext. 27700
Mon-Thurs: 9:00am-8:00pm
Fri: 9:00am-5:00pm

The SWC is a service run by McMaster that offers a wide variety of health services including the ability for students to see doctors and counsellors on campus. The wellness centre also provides access to wellness education classes. You can book an appointment by going to the office or calling in.

Student Health Education Centre (SHEC) | MUSC 202
905-525-9140 Ext. 22041
Mon-Thurs: 9:25am-7:25pm
Fri: 9:25am-4:25pm

The SHEC is a peer-run health promotion, education, and referral service for McMaster students. They offer confidential support, as well as a variety of sexual health supports such as pregnancy tests, contraceptive devices, and health-related pamphlets.
Online support is available at: tawk.to/msuSHEC

Sports Medicine Clinic
DBAC WB127 202
905-525-9140 Ext. 23575
Mon-Thurs: 9:00am-5:00pm
Fri: 9:00am-4:00pm

The David Bradley Sports Medicine Clinic & Rehabilitation Centre is a great resource for musculoskeletal and sports-related injuries. They provide resources such as consultation, rehabilitation, and concussion screening. Also contains a brace and sports medicine retail store.
Drop-in appointments are limited so it is best to call or visit to make an appointment.

Pharmasave | MUSC109B
905-540-3787
Mon-Thurs: 9:00am-5:00pm
Fri: 9:00am-4:30pm

Get your prescriptions filled, access over-the-counter medications and healthcare supplies, and talk to a pharmacist about your illness. Rents out crutches (\$10/wk, \$50 deposit)

The EFRT is an MSU service run by students who respond to medical emergencies on the McMaster Campus.

We operate 24/7 in the school term (except Thanksgiving, Reading Week and Winter Break) and from Monday to Friday, 9:00am-5:00pm during the summer. We respond to a variety of calls including musculoskeletal injuries, mental health crises, and sudden medical emergencies.

If you need medical assistance, contact us by dialing security at 905.522.4135 on any phone, 88 on any campus phone, or through the red emergency poles found on campus.

MSU
EFRT
EMERGENCY FIRST
RESPONSE TEAM

IN CASE OF EMERGENCY, DIAL FROM ANY PHONE
905.522.4135
OR DIAL 88 FROM ANY CAMPUS PHONE

msumcmaster.ca/EFRT

EFRT was called to me during a _____ emergency at _____ on _____.

If I have any questions, I can contact the EFRT via the information below.

QR code, social media links: /MSUEFRT, efrt@msu.mcmaster.ca, 905.525.9140 x24117 (for general inquiries)

URGENT CARE CENTRE
690 MAIN STREET WEST | 905.521.2100 x72000

EXTERNAL SERVICES

SACHA

24/7 Support Line | 905-525-4162

The Sexual Assault Centre of Hamilton and Area offers a 24/7 support phone line as well as offering counselling, advocacy, outreach, education, and support services at their location. Services are available to all individuals 16 years or older who have experienced sexual violence at any point in their lives, and to support survivors.

LBGT Youline

Call 1-800-268-9688 | Text 647-694-4275
Sun-Fri: 4:00pm-9:30pm

An anonymous peer support, referral, and resource line for 2SLGBTQ individuals under the age of 29.

Talk Suicide Canada

Call 1-833-456-4566 | Text 456-456
Phone 24/7 | Text 4:00pm-12:00pm

An anonymous phone line composed of crisis responders who provide support for somebody thinking of suicide, who know someone thinking about suicide, or anybody looking for local resources and support.

COAST

905-972-8338 | 24/7

The COAST outreach mobile services are run through St. Josephs Hospital which provides help to Hamiltonians experiencing mental health crises. Each COAST outreach team consists of a mental health worker and a plain-clothes police officer.

Barrett Centre for Crisis Support

905-525-7276 | 24/7

Barrett Centre for Crisis Support provides a safe environment in the community and responds to the needs of individuals, 16 years of age or older, who experience a mental health crisis and do not require a hospital stay. They provide confidential and free services 24 hours a day, 365 days a year. Services include crisis telephone line, in-person crisis counselling, short-term crisis bed stay, and group treatment.

Good2Talk

1-866-925-5454 | 24/7

Good2Talk is a free, confidential, professional phone counselling, information, and referral service. Focus on mental health, addictions, and well-being of post-secondary students in Ontario (ages 17-25).

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msumcmaster.ca/EFRT

SERVICES AT MAC

McMaster Pride Community Centre

(PCC) | MUSC 221

905-525-9140 Ext. 27397

The Pride Community Centre is a service of the McMaster Students Union that provides a contact point for McMaster Students that may identify as gay, lesbian, bisexual, transgender, queer, and/or any of the other diverse identities that make up the community. The Pride Community Centre offers educational programming and access to resources of interest, as well as peer support and a safe physical space for students to meet and socialize with others.

Student Health Education Centre

(SHEC) | MUSC 202

905-525-9140 Ext. 22041

Monday-Thursday: 9:25am-7:25pm

Friday: 9:25am-4:25pm

The SHEC is a peer-run health promotion, education, and referral service for McMaster students. They offer confidential support, as well as a variety of sexual health supports such as pregnancy tests, contraceptive devices, and health-related pamphlets.

Online support available at:
tawk.to/msushec

Student Wellness Education Lower Lounge

(SWELL) | PGCLL 201

905-525-9140 x27700

9:00am-8:00pm Monday-Thursday

9:00am-8:00pm Friday

The SWELL offers health education resources, programs, workshops, and simply a place to relax. Services include free condoms, tea, and Seasonal Affective Disorder Lightbox, as well as drop-in programs to support students in a variety of wellness aims.

Sexual Violence & Response Office

(SVPRO) | University Hall 104

905-525-9140 Ext. 20909

If you are not sure what to do or where to turn, a good starting point is speaking with the Sexual Violence Response Consultant. You can tell them about what happened to you. They'll listen and, when you're ready, give you information about your options, how you can find more support, and what next steps you might consider taking.

Maccess

MUSC B111

Mon, Wed, & Fridays: 12 PM - 4 PM

A peer support, advocacy, and community centre for students who experience disability, chronic illness, mental health concerns, or inaccessibility. Maccess provides programming and events to establish a sense of community for those that self-identify as having disabilities or as disabled.



Equity and
Inclusion Office



MSU
EFRT
EMERGENCY FIRST
RESPONSE TEAM

f /MSUEFRT

msumcmaster.ca/EFRT

e efrt@msu.mcmaster.ca

905.525.9140 x24117
(for general inquiries)

Social Media Engagement since the Previous Report

EFRT Instagram has gained 100 followers since our previous update.

Finances

Budget Summary

EFRT has now made all of its large budget purchases for the year and is nearly set for the last few months. Sarphina and I have been working to adjust my budget lines and prepare for next year.

ACCOUNT CODE	ITEM	BUDGET / COST
5315-0107	January Equipment Order	961.08
	Calcium Gluconate	288.26
	Rampart Tourniquets/Gauze	841.79
	Amazon Order	261.95
	SUPPLIES	TOTAL SPENT IN LINE

	REMAINING IN LINE	2425.32
6201-0107	NCEMSF Hotel Fee	3105.48
CONFERENCE	TOTAL SPENT IN LINE	7500
	REMAINING IN LINE	0
	Sharps Containers	30.00
	ASIST Training	3200.00
6300-0107	NCEMSF Hotel Fee	1294.52
SUMMER FUNDS	TOTAL SPENT IN LINE	37283.35
	REMAINING IN LINE	2716.65
6501-0107	NCEMSF Patches	452
ADV & PROMO	TOTAL SPENT IN LINE	2648.44
	REMAINING IN LINE	851.56
TOTALS		
TOTAL BUDGETED DISCRETIONARY SPENDING		111200.00
TOTAL ACTUAL DISCRETIONARY SPENDING		98401.87
REMAINING DISCRETIONARY SPENDING		11463.47

Executives & Volunteers

EFRT responders are doing well and getting very excited for the upcoming conference and reading break. School stress and post-grad stress are apparent within the team right now, but people are using the resources made available to them well and reaching out when they require support. One EFRT responder resigned this month to focus on school and academics. This is an uncommon occurrence, though it has been thoroughly debriefed within the Exec team.

Successes

The rookies are fully trained now, and the team is continuing to thrive despite the call volume. A new EFRT director was hired! Fezan Khokhar will be taking over the role over the coming months.

Current Challenges

A general trend that has been observed recently is that staff from DBAC have been interfering with EFRT calls or not interrupting games while EFRT is present. Multiple responders have been struck by equipment and sports balls while tending to patients, yet DBAC staff have been noted laughing or ignoring EFRT responders. Involved responders have been asked to file incident reports as they see fit.