



Friday Night (under the) Lights...

2022

Happy Friday.

I hope this finds you healthy, happy and sane... AND - Happy Birthday to "A Charlie Brown's Christmas". It premiered on CBS 57 years ago tonight. 57 years. Yikes.

Yes. You're old.

But tonight is a special night for the Journey of FNuL. Thanks to the talent and magic of our colleagues in GMR Communications, FNuL now makes its way into thousands of inboxes inside and outside GMR. I was thrilled to be able to connect with a few thousand of you with my home-grown distribution attempts. Neat that FNuL will now reach 20 times that (plus or minus 1 or 2...).

Thank you Peggy & Donna...

So, because of that, I feel like I need to take care of some housekeeping details:

- a) Say hello and introduce myself. *Hey – Thanks for letting me spend a few moments with you...I'm Ed. Libra. CMO of GMR and an EMS Physician. I live in the Lone Star State.*
- b) Talk a little extra time to walk through some of the nuances of FNuL – sort of a "users guide". *I'll make those notes in red italics - like here.*
- c) Tell you right up front that I won't apologize or feel bad about punctuation faux pas' (see? I don't even know how to make faux pas's plural). I'm a doctor – One of the reasons we have horrendous handwriting is that we never paid attention to the punctuation rules : *if you, know what I mean;!*

I also realize (and this is important to me) that not every one of you is involved in directly taking care of patients in the world of EMS. Not every one of you is in medicine. Some of you don't even like the sight of blood (did I really say that?).

But one of the true gifts (and strengths) in life is that every one of us is different. And when you combine those differences, phenomenal things can happen (hang in there – I'll prove my point).

So, if I want to truly connect with most of you that had this fly into your inbox, I have to be relevant.

To *you*.

I want to try and do just that. If you're reading this, you are somehow connected with the World of EMS (or you are a hacker, and you're in). In my professional life, it's always been really important to me to try and see the Big Picture in everything. The "why" behind some of the things we do. The "30,000 Foot" view.

And honestly – there's something that's really rewarding about being a part of something that does so much good and is larger than any of us as individuals. And what we do is arguably one of the most important efforts in our world today. We save lives. We decrease pain. We improve morbidity and do everything we can to make people better. We provide comfort. People call us when their world takes a sudden wrong turn...

And we have the privilege of stepping in to bring order to chaos.

We're all members of the Society of Making People Better (also known in the HR Free Zones as S#!t Show Repair specialists)...

So, FNuLs have always been a good way for me to reflect on the week, pass along interesting info, highlight stellar people and cool events and frankly – *connect*.

There is real value in like minds connecting to create an even more powerful effort. Think about it – Its why trauma programs have multidisciplinary rounds. It's why we have engineers, architects, plumbers, framers, electricians, HVAC experts and the rest of the building world working together to build phenomenal buildings. It's why there's not just one chair in NASA Mission Control. And it's why 4 out of 5 dentists recommending Crest is better than just 3 of those five...

When we step in to be part of something bigger than we are, it sends a message and makes an impact.

Think AARP. "Strength in numbers". Star Link (look that one up if you don't know about it..).

So, our Society of Making People Better is made up of EMS engineers, architects, plumbers, framers, electricians and HVAC experts. Our Mission Control is packed with expertise. Our Trauma Centers are more effective than ever in decreasing morbidity and mortality from intentional and unintentional injury.



- **A message from 17F**

A couple of weeks ago, I was flying from Washington DC to Charlotte.

As I've done many times before, I scanned my Boarding Pass made my way onto the plane, found my seat (17F), placed my carry-ons securely in the overhead bin, and sat down.

I looked out the window and watched as the pilot on the aircraft next to us walked the plane and performed his preflight inspection. The refueling guy was up on a short ladder securing the Jet A fuel hose into the wing.

There were luggage tugs all over the place with an occasional stop from one that delivered only one bag to our ground crew to load.

I looked up the hall of the Airbus 321 that I was on and watched the flight crew going through their preflight checklist.

Then the gate agent came on board, stuck her head in the cockpit and had a 3 second discussion with the First Officer.

Then all that weird noise started as the luggage compartment doors were secured. I'm sure you've probably heard it before – It's that sound that's right in between "normal" and really broken. As an aside, they really need to fix that...

Then I watched the runway like a 10-year old kid. How cool it is that these things can even take off and land. Seriously. 48.5 tons of steel (93.5 tons fully loaded so you never need to worry that your suitcase weighs too much) and assorted parts clipping along at 511 MPH.

And then it hit me.

It's that silly EMS thing. It usually starts with "32 year old male driving on the interstate when his (fill in the blank) flew off and he flipped and landed in a ditch 50 yards away", or something like that.

Did I tell you my Airbus 321 weighs somewhere between 48.5 and 93.5 tons and we're all going to take a ride 32,000 feet in the air.

At 511 MPH?

HOW DO THEY MAKE THAT STUFF WORK???

Every single thing they do is well thought out, choreographed and designed to do one thing. Get me from Washington DC to Charlotte.

And it started with the Wright Brothers...



The Pilot worked with the First Officer. And the Gate Agent. And Air Traffic Control. And the Refueling guy. And the Flight Attendant. And the reservations people (so we didn't have 83.5 tons of additional people on the plane. Someone made sure the radios worked so they could all talk to each other. The toilets flushed. The people came to work on time. And they were paid (I wouldn't necessarily want to fly Volunteer Airlines). And if they lose my bag, their insurance covers it. Someone loaded my Coke Zero.

There were some folks that kept the wings from hitting buildings and other planes. The tug that pushed us back didn't run out of gas, or come unhooked or turn the plane the wrong way. The plane (all 93.5 tons of it) didn't hit another plane on the way. The restrooms weren't overflowing from the previous flight.

We touched ground (relatively) softly from our 511 MPH adventure.

And...

It all worked. Not just because of great professionals up front but because of the entire team that somehow had something to do with my flight.

Like us...

Great medics, EMTs and Nurses supported by skilled mechanics, in appropriately supplied ambulances and aircraft. Educators conveying knowledge. Communications specialists watching over everything – sending us to the right spot. And sometime earlier in that week, someone probably made sure we had the resources for providing that service. And the documentation worked. And we all paid attention to not walking into rotor blades, securing ourselves and our patients in vehicles and giving the right drugs and care with the blessing of physician medical directors, operational leadership, state regulators and solid science.



And just like my flight from DC to Charlotte, all of that effort, coordination, choreography and focus for one thing. *Taking care of the patient.*

You've probably heard the saying – "we are more effective as many than we are as one".

When we all row in the same direction, focus on coordinating our efforts and taking care of that patient – I would argue the saying should be "*We are more effective as one, than we are as many*"...

Yup. If you're reading this – we are all one.

The Society of Making People Better.



- *Epilogue...*

So, I like to end every FNuL with something funny in an epilogue. I love to laugh (and I'm betting you do too). Laughter actually has a very strong medicinal benefit (I'll spend some time talking about that one of these days).

Truth be told, 99% of what I write here comes from you (hint, hint). Now, that said, I do have to apply an HR screen to make sure I'll still be around next Friday.

Tonight's epilogue comes from my friend and colleague from Physio Control, Allan Criss:

Did you know that there are no canaries on the Canary Islands?

... And the Virgin Islands?

There are no canaries there either.

So, that's it from my World. Happy Friday.

Thanks for allowing me to drop into your inbox tonight. I'm grateful for what you do, and how you do it...

With an important "Integrity Check" on that last statement.

How can I truthfully say I'm grateful to you if we've never met? FNuL now goes out to thousands of people. Sounds pretty insincere for me to thank you for what you do and how you do it if I don't even know you, doesn't it?

Not at all folks. Just like the Airbus 321, I'm proud of what you do to make us one. It's nice to be part of something bigger than any one of us...

Ed

Ed Racht, MD
 **GMR Medicine**

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