

Chapter 1
Preparatory

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National EMS Education Standard (1 of 2)

Preparatory

Applies fundamental knowledge of the EMS system, safety/well-being of the EMS professional, and medical/legal and ethical issues to the provision of emergency care.

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National EMS Education Standard (2 of 2)

Public Health

Uses simple knowledge of the principles of illness and injury prevention in emergency care.

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Introduction

- EMS is an integrated system of care.
- This chapter discusses the changes and improvements made in the EMS system in recent years.

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New Levels of EMS Training (1 of 5)

- National EMS Scope of Practice Model
 - Created by experts throughout the United States
 - Outlines the skills performed by various EMS providers

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New Levels of EMS Training (2 of 5)

- EMR often arrives before other providers.
 - Provides basic life support (BLS) and urgent care with limited equipment

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New Levels of EMS Training (3 of 5)

- EMT has training in basic life support (BLS), including:
 - Automated external defibrillation
 - Airway adjuncts
 - Medication assistance

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New Levels of EMS Training (4 of 5)

- AEMT has training in advanced life support (ALS), including:
 - Intravenous (IV) therapy
 - Administration of certain emergency medications

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New Levels of EMS Training (5 of 5)

- Paramedic has extensive ALS training, including:
 - Endotracheal intubation
 - Emergency pharmacology
 - Cardiac monitoring

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Skills No Longer Taught to AEMTs

- Esophageal airways
- Needle chest compression
- Needle cricothyrotomy
- Nasogastric and orogastric tubes
- Orotracheal tube
- Tracheobronchial suctioning
- Single-lead ECG interpretation
- Manual defibrillation
- ECGs to monitor cardiac pacing
- Transcutaneous cardiac pacing
- Rectal medication administration

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Certification and Licensure

- Certification and licensure of EMS professionals remains a state function.
 - Varies state to state
 - National guidelines create a more consistent delivery of EMS across the United States.

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Components of the EMS System

Table 1-2
EMS Agenda for the Future Components of an EMS System

EMS System	
1. Public Access	8. Communication Systems
2. Clinical Care	9. Human Resources
3. Medical Direction	10. Legislation and Regulation
4. Integration of Health Services	11. Evaluation
5. Information Systems	12. System Finance
6. Prevention	13. Public Education
7. EMS Research	14. Education Systems

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Medical Direction and Quality Control

- Technology has improved.
 - Allows EMS to document care
 - Data can be analyzed to improve care.
- Use of information varies.
 - Target ways to improve patient care.
 - Ensure that skills and knowledge are current.
 - Determine ways to eliminate human error.

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Disease Prevention and Public Education (1 of 2)

- Public health examines the health needs of populations with the goal of prevention.
- EMS works with public health agencies on:
 - Primary prevention
 - Secondary prevention

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Disease Prevention and Public Education (2 of 2)

- EMS professionals can contribute through:
 - Surveillance of illnesses and injuries
 - Public education



Courtesy of Captain David Jackson, Saginaw Township Fire Department

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EMS Research (1 of 2)

- Helps determine the shape and impact of EMS on community
- EMS professionals may be involved through:
 - Gathering data for studies
 - Examining patient care records

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EMS Research (2 of 2)

- Stay up to date on the latest advances in medicine.
- Be skeptical, ask questions, and conduct your own research.

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Illness and Injury Prevention (1 of 2)

- Grouping injuries into common health problems:
 - Makes it possible to know how big the problem is
 - Enables officials and providers to target interventions
- EMS providers are considered role models.

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Illness and Injury Prevention (2 of 2)

- An AEMT or Paramedic can be involved by:
 - Educating patients
 - Recognizing and reporting abuse and neglect
 - Referring patients to services
 - Recognizing signs and symptoms of exposures
- Personal safety always comes first!

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Scene Safety and Personal Protection



- Anticipate danger.
- Begin protecting yourself at dispatch.
- Protect yourself at the scene.

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Wellness of the EMS professional (1 of 3)

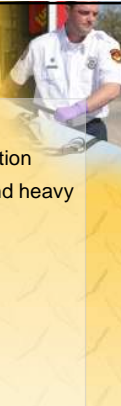
- Stress
 - Learn healthy ways to deal with stress.
 - Understand how stress affects you.
- Nutrition
 - Eat nutritious food.
 - Adequately hydrate.

Table 1-3 Strategies to Manage Stress
Minimize or eliminate stressors.
Change partners to avoid a negative or hostile personality.
Change work hours.
Cut back on overtime.
Change your attitude about the stressor.
Talk about your feelings with people you trust.
Seek professional counseling if needed.
Do not obsess over frustrating situations such as relapsing alcoholics and nursing home transfers; focus on delivering high-quality care.
Try to adopt a more relaxed, philosophical outlook.
Expand your social support system apart from your coworkers.
Sustain friends and interests outside emergency services.
Minimize the physical response to stress by using various techniques, including: <ul style="list-style-type: none"> • A deep breath to settle an anger response • Periodic stretching • Slow, deep breathing • Regular physical exercise • Progressive muscle relaxation and/or meditation • Limit intake of caffeine, alcohol, and tobacco

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Wellness of the EMS Professional (2 of 3)

- **Exercise and relaxation**
 - Enhances benefits of nutrition and hydration
 - Helps maintain strength to lift patients and heavy equipment
 - Helps reduce stress

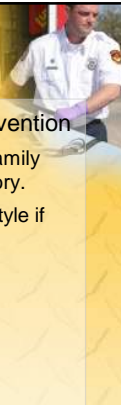


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Wellness of the EMS Professional (3 of 3)

- **Sleep**
 - Should be regular and uninterrupted
 - The number of hours is not as important as the quality of sleep.



- **Disease prevention**
 - Consider family health history.
 - Adjust lifestyle if needed.



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Death and Dying (1 of 2)

- **Working with family members**
 - Ask if there is anything you can do to help.
 - Reinforce reality.
 - Statements that suggest action on your part may be helpful.

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Death and Dying (2 of 2)

- Working with the patient
 - The patient knows he or she is going to die.
 - The patient may feel threatened.
 - Remain caring and supportive.

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Caring for Critically Ill and Injured Patients

- Keep the patient informed.
- Maintain a professional demeanor.
- Some patients may want family members around; some may not.
- Respect religious customs or needs.

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