



# PARAMEDIC

Essential tool for the student, national and state exams & the practicing field provider



## Essential Concepts

- **Safety of the field provider** is of utmost concern.
- Always use **personal protective equipment (PPE)** suitable to the incident.
  - At minimum, wear protective gloves during all patient contact.
  - PPE may include face masks and even full body hazard suits with respirators.
- Paramedics respond to incidents at routine locations (hospitals) and extreme locations (e.g., mountains and industrial plants). The steps needed to ensure paramedics remain injury free may run from requesting lifting assistance to acquiring complex rigging and equipment.

### Injury Prevention

- Always ask for lifting assistance. Back injuries end careers.
- When lifting patients, bend at the knees, not at the waist.
- Maintain a good support base; space your feet widely enough to ensure stability.
- Never twist while lifting a patient.
- Always make sure that your lifting power is balanced. Never have more lifting power on one side of a patient than the other.
  - Employ multiple rescuers for steep inclines.
  - Use equipment such as powered stretchers for additional assistance.

### Stress Reduction

- Stress is a hidden "injury" that ends careers.
- Over time, the continual bombardment of stressful situations takes its toll, resulting in a loss of sleep and appetite, increased heart rate and blood pressure, and increased irritability.
- Deal with stress by recognizing it and seeking help from stress counselors.

### Death & Dying

Paramedics are called to scenes where loved ones have died and resuscitative efforts are (or become) fruitless.

- When talking to families:
  - Use direct words when appropriate (e.g., "I am very sorry for your loss. We've done all we could but we were unable to resuscitate him").
  - Always tell the truth.
- Remain with the family and assist as best you can.
- Responses can vary from thanks to anger. These are normal parts of the grief process.

### Health & Nutrition

Maintain a healthy diet and lifestyle. This is key to remaining an active participant in this physically and mentally demanding field.

- Get regular weight training and cardiovascular exercise.
- Always eat and hydrate well.
  - Beware of defaulting to fast food during a busy shift, as it is packed with calories, salt, and unhealthy fats. Save fast food for emergencies.
  - Your diet should be low in fat and salt. Focus on fruits, vegetables, lean meats, and grains.
  - Snack on nuts and fruit between meals.

### Ethics

- **Ethics** Standards that dictate how members of a professional group should conduct

themselves. They speak to honor, integrity, and diligence.

- The code of ethics adopted by physicians also applies to paramedics.
  - In 1948, the World Medical Association (WMA) adopted the "Oath of Geneva."
  - *Primum non nocere* (First, do no harm.)
  - Be truthful and honest with patients and coworkers.

### Duty to Act

**Standard of care:** Any paramedic is expected to practice with the same level of training and competence as similar paramedics within similar EMS systems. Failure to perform according to the standard of care is considered negligence.

- In negligence cases, paramedics are usually subject to legal action under tort law (a civil suit brought on behalf of the patient) rather than criminal law.
  - Elements that must be proven for the plaintiff to prevail:
  - **Duty to act:** The plaintiff must establish that the paramedic had a legal duty to respond.
  - **Breach of duty:** The paramedic must be found to have violated the level of care. There are three types of breaches:
    - **Misfeasance:** Performing a wrongful act.
    - **Malfeasance:** Performing a legal act in a wrongful manner.
    - **Nonfeasance:** Failure to perform the correct action.
  - A harm or loss has occurred.
  - **Proximate cause:** Proof that the paramedic caused the harm or loss.

### Medical Direction

All EMS systems have a physician medical director.

- **Retrospective direction:** Occurs after an EMS call when the medical director reviews and comments on the paramedic's performance on the call.
- **Prospective direction:** Occurs before or during the call. This direction usually takes one of two forms:
  - **Online medical control:** The physician and paramedic communicate during the call (by radio or phone) to decide a proper course of action.
  - **Offline medical control:** The physician takes an active role in developing paramedic protocols and **standing orders** (written medical guidelines for the paramedic to follow for common patient conditions).

### Continuing Research

- Paramedics often take part in medical research.
- Continuing research is critical to advance the field of paramedicine. It:
  - Helps validate current **patient care standards (protocols)**
  - Helps validate new standards and medical devices
  - Allows for data collection to improve EMS systems nationally
- Before any research is undertaken, the medical director confers with a review body—often called an **Internal Review Board (IRB)**—to ensure that safety and data reporting requirements are met.

## Medico-Legal Issues

### Regional, State & Federal Agencies

- Regionally, paramedics may be licensed to local protocols.
- Statewide, services likely have licensing and certification requirements.
- Federally, insurance laws (Medicare/Medicaid) and HIPAA regulations apply.

### Regulatory Agencies

- There are federal and state laws governing medication.
  - Controlled substance laws may include special reporting and inventory requirements.
- State or regional councils may regulate the review and promulgation of protocols (compliance investigations).

### Licensing & Certifications

- Paramedics may be licensed or certified.
  - **Certification:** Grants recognition after meeting predetermined qualifications.
  - **Licensing:** State or federal granting of legal authority.
- Much confusion exists regarding the difference. States often refer to certifications in their licensure processes.
  - Most paramedics practice under strict guidelines per their locality.
  - Some paramedics feel licensure is more prestigious; this is subjective.

### Good Samaritan Laws

- **Good Samaritan laws:** Laws that exempt individuals from legal liability following attempts to give reasonable care to a person in distress.
- Federal laws may exist.
- These laws do not protect against gross negligence, criminal misconduct, or issues whereby the provider is flagrantly violating the rights of others. Check your local laws.
- Out-duty professionals may not be protected under these laws.

### Patient Restraint

- Restraints are reserved for violent patients who may do harm to you or themselves.
- **Physical restraints:** Extremity ties and straps. Use soft restraints with frequent perfusion assessments.
- **Chemical restraints:** Injectable pharmacologic agents.
- Restraints must be used cautiously and with detailed documentation.
- It is very important to follow state and local guidelines when restraining a patient. Restraint laws vary widely between jurisdictions.

### Patient Transport

- Patients generally have a right to safe transport.
  - Patients must be fully secured to the ambulance not using state, regional, and/or manufacturer-recommended methods.
  - The cot must be safely secured in the ambulance.

## Terminology & Documentation

- Proper use of medical terminology with:
  - Sound professional
  - Garner respect
  - Improve documentation
- Most medical terms derive from Latin or Greek.
  - The list is too extensive to include every term.
  - See our **Medical Terminology: The Basics** and **Medical Terminology: The Body** QuickStudy guides.

- There may be no loose objects in the ambulance that can impact a patient or crewmember in the event of a collision.
- A patient's right to safe transport exists regardless of the provider's assessment of what constitutes an emergency.
- Patients with medical conditions should not be allowed to walk or otherwise exert themselves in such a way that could conceivably make their condition worse.
- The ability to deviate to a more serious call may be determined by regional or state protocols.
- Patient destination is based on:
  - Patient choice
  - Local protocols (e.g., stroke centers, trauma centers, and neonatal care)
  - Severity of the condition
  - Distance to the closest appropriate facility

### Patient Refusal of Transport

- In most systems, a patient has the right to refuse transport under certain criteria.
  - The patient must have the capacity to understand the nature of their condition along with the risks and benefits of refusal versus transport. Patients with behavioral emergencies (e.g., suicidal ideation and delusions) may lack the capacity to refuse care.
  - The patient must be legally competent to refuse care (e.g., adults and legally emancipated minors).
- A patient's refusal must be fully informed. The paramedic must provide the patient with facts concerning their condition and the risks of refusing care.
- Document the interaction well. Refusals must always be well documented.
- Paramedics should follow local protocols.
- A parent or legal guardian may refuse care for a minor as long as these criteria are met.

### Resuscitation & Cessation of Resuscitation

- States may have legal guidelines under which a paramedic may initiate resuscitation and cease resuscitation once started.
  - States may provide guidance in the form of healthcare proxy or MOLST (Medical Orders for Life-Sustaining Treatment) forms or the equivalent.
  - States may have specific protocols for ceasing resuscitation once started if various advanced measures have been unsuccessful.
- Resuscitation is a state-specific area of paramedicine.
  - Refer carefully to state and regional guidelines and protocols.
  - Document in accordance with the defined guidelines.

- Abbreviations are helpful for charts and reports. Judicious use of abbreviations makes reports easier to write and sounds more professional. See our **Medical Abbreviations & Acronyms QuickStudy guide**.

### Documentation

- All documentation consists of narratives of events and actions.
- It is critical that documentation be clear and concise.

# Essentials Of Paramedic Care Study Guide

**Wolfgang Guggemos**



## **Essentials Of Paramedic Care Study Guide:**

**Fundamentals of Paramedic Practice** Sam Willis, Roger Dalrymple, 2019-08-27 Driven by changes to clinical practice new evidence based research and shifts in global economics and politics the field of paramedic science is rapidly evolving This new edition of Fundamentals of Paramedic Practice offers students and recently qualified practitioners an accessible and comprehensive introduction to paramedic science and pre hospital care providing expert and up to date guidance on the essential theories and real world practice of this dynamic area of emergency medicine Assuming no prior knowledge of the subject this user friendly textbook provides broad and inclusive coverage of topics including professionalism law and ethics assessment skills research methods pharmacology and more Contributions from experienced paramedics and clinicians contemporary case studies full colour illustrations and powerful pedagogical tools help students gain a thorough understanding of the essential components of paramedic practice Employs a comprehensive multidisciplinary approach to the study of paramedic practice presenting theoretical and clinical topics in a straightforward and student friendly manner New chapters on toxicology medical terminology and low acuity care in paramedicine with an increased focus on mental health Includes new end of chapter learning activities and quizzes case studies and references charts and diagrams Fundamentals of Paramedic Practice A Systems Approach is an invaluable resource for undergraduate paramedic and emergency care students as well as qualified paramedics clinicians and educators seeking an authoritative reference on current practice

**Success! for the Critical Care Paramedic** Bryan E. Bledsoe, Stephen Grayson, Katharine Rickey, 2010 SUCCESS FOR THE CRITICAL CARE PARAMEDIC 1 e by Dr Bryan Bledsoe is the book to help students pass their National Registry and other certification exams Blending a comprehensive collection of practice exam questions with helpful test taking tips and student hints all items reference the Department of Transportation's objectives As you build confidence by digging into this rich content review you'll find that the Brady Prentice Hall Health test preparation system is a blueprint for success SUCCESS Is a complete review system that combines relevant exam style questions with a self assessment format to provide you with the best preparation for your exam

**ACLS Study Guide - E-Book** Barbara J Aehlert, 2016-10-06 Awarded second place in the 2017 AJN Book of the Year Awards in the Critical Care Emergency Nursing category Provide the best possible emergency cardiovascular care using the newest ECC guidelines ACLS Study Guide 5th Edition offers a complete full color overview of advanced cardiovascular life support An easy to read approach covers everything from airway management to cardiac arrest rhythms and their management electrical therapy acute coronary syndromes and acute stroke In addition to the latest ACLS treatment algorithms this edition includes case studies and hundreds of full color photos and illustrations Case studies present common realistic clinical situations helping you learn and apply skills in cardiac rhythm interpretation medication administration and other essential interventions ACLS Pearls boxes offer brief explanations of complex topics and useful tips for clinical practice End of chapter quizzes include answers and rationales helping you learn and remember the

most important information Easy to understand approach simplifies your study of advanced cardiac life support thanks to Barbara Aehlert s unique conversational writing style NEW UPDATED content centers on evidence based practice recommendations including the 2015 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care and the 2015 International Consensus on Cardiopulmonary Resuscitation and Emergency Cardiovascular Care Science With Treatment Recommendations NEW Improved format integrates all case studies into the appropriate chapters so that you can apply concepts immediately to real world situations [Ambulance Care Essentials](#) Richard Pilbery,Kris Lethbridge,2019-09-11 This second edition of Ambulance Care Essentials offers a complete guide to the skills knowledge and understanding required to work as a support worker or similar within the ambulance service Covering fundamental elements of the role the book combines theoretical aspects of communication legal and ethical issues and safeguarding with more practical areas such as manual handling medical emergencies and a range of clinical skills It includes in depth chapters on the primary areas of patient assessment as well as covering different patient populations across the lifecourse Key features include Clearly illustrated step by step instructions for range of practical skills and procedures including how to handle different types of trauma and cardiac arrest Detailed anatomical diagrams to provide the reader with the necessary context to carry out the practical elements of their job more effectively Evidence based throughout and up to date with the latest guidance policy and research Specific chapters on each area of patient assessment and how to manage this effectively Chapters dedicated to various patient populations such as obstetrics paediatrics and older people In depth chapter on supporting senior clinicians and how best to assist the paramedic as a support worker This second edition has been brought up to date with the latest national guidance The book is appropriate for a Level 3 diploma course or similar that qualifies you to work as a support worker and covers learning objectives from a range of courses offered by ambulance services It is an essential resource for anyone wanting to prepare themselves for a role within the ambulance service as well as those hoping to become a more effective member of an emergency ambulance crew **PHTLS Portuguese:**

**Atendimento Pre-hospitalar Traumatizado** NAEMT,2016-05-20 Are you ready to get started with PHTLS Experience PHTLS for yourself by previewing a free module from PHTLS Online Then complete the NAEMT Instructor Course and learn more about the simple steps to become a PHTLS instructor here To learn more about becoming an NAEMT Course site visit this page Each new print copy of PHTLS Prehospital Trauma Life Support Eighth Edition also includes an access code that unlocks a complete eBook and skills videos PHTLS Prehospital Trauma Life Support Eighth Edition is the premier and proven global prehospital trauma education program from NAEMT For three decades PHTLS has improved the quality of trauma patient care and has saved lives The Eighth Edition of PHTLS continues the PHTLS mission to promote excellence in trauma patient management by all providers involved in the delivery of prehospital care through global education This legendary program was first developed by the National Association of Emergency Medical Technicians NAEMT in the early 1980s in

cooperation with the American College of Surgeons Committee on Trauma ACS COT Its medical content is continuously revised and updated to reflect current state of the art knowledge and practice PHTLS promotes critical thinking as the foundation for providing quality care It is based on the belief that EMS practitioners make the best decisions on behalf of their patients when given a good foundation of knowledge and key principles The Eighth Edition of PHTLS features a new chapter Physiology of Life and Death This chapter creates a solid understanding of the physiology of life and pathophysiology that can lead to death This understanding is essential for the prehospital care provider if abnormalities are to be found and addressed quickly in the trauma patient Clear Approach to Assessing a Trauma Patient In the field seconds count PHTLS teaches and reinforces the principles of rapidly assessing a trauma patient using an orderly approach immediately treating life threatening problems as they are identified and minimizing any delays in initiating transport to an appropriate destination Dynamic Technology Solutions World class content joins instructionally sound design in a user friendly online interface to give instructors and students a truly interactive and engaging learning experience with eBook Video Demonstrations of Critical Skills Interactive Lectures PHTLS Online Continuing Education is also available Click here for additional information

*PHTLS Spanish: Soporte Vital de Trauma Prehospitalario* National Association of Emergency Medical Technicians (NAEMT), 2015-03-05 PHTLS Soporte Vital de Trauma Prehospitalario octava edici n es el siguiente paso en la evoluci n del principal programa educativo de Trauma Prehospitalario Durante tres d cadas el PHTLS ha mejorado la calidad del cuidado del paciente traumatizado y ha salvado vidas La octava edici n del PHTLS contin a con la misi n de promover la excelencia en el manejo del paciente traumatizado en todos los proveedores involucrados en el cuidado prehospitalario por medio de una educaci n global Este programa legendario fue desarrollado a principios de la d cada de los ochenta del siglo pasado por la Asociaci n Nacional de T cnicos en Urgencias M dicas Association of Emergency Medical Technicians NAEMT con la cooperaci n del Comit para el Trauma del Colegio Americano de Cirujanos American College of Surgeons Committee on Trauma ACS COT El contenido m dico se revisa y actualiza de manera continua para que refl eje lo ltimo y lo m s actualizado del conocimiento y la pr ctica El PHTLS promueve el pensamiento cr tico como la base para proporcionar un cuidado de calidad Se fundamenta en la creencia de que los practicantes de los servicios m dicas de urgencia toman las mejores decisiones en benefi cio de sus pacientes cuando se les da una buena base de conocimiento y principios clave La octava edici n de PHTLS presenta un nuevo cap tulo Fisiolog a de la vida y la muerte que crea un entendimiento s lido de la fi siolog a de la vida y de la fi siopatolog a que puede llevar a la muerte Ese entendimiento es esencial para el proveedor del cuidado prehospitalario para que pueda tratar las anormalidades r pidamente en caso de encontrarlas en el paciente traumatizado Para ordenar estos t tulos en M xico favor de llamar al 01 800 134 6720 Para ordenar en Am rica Central y del Sur favor de comunicarse con Intersistemas al 011800 134 6720 o visitar [www.rcpdinsamex.com.mx](http://www.rcpdinsamex.com.mx)

*PHTLS French: Secours et soins prehospitaliers aux traumatises, Huitieme Edition* NAEMT, 2016-05-26

*Study Guide for Emergency Care in the Streets* Nancy L. Caroline, 1995 This workbook is a companion to the 5th edition of *Emergency Care in the Streets* The emphasis is on vocabulary and on clinical decision making and it includes word games, quizzes and puzzles to reinforce the objectives set up in the textbook

*Clinical Cases in Paramedicine* Sam Willis, Ian Peate, Rod Hill, 2021-05-10 *Clinical Cases in Paramedicine* provides students, educators and early career paramedics with a diverse range of detailed case studies that realistically represent the conditions, scenarios and challenges encountered in practice Integrating evidence based cases and expert insights from leading academics and practitioners this engaging resource helps readers develop appropriate decision making skills and apply theoretical concepts to practical situations Organised by medical presentations and body systems the text provides readers with a systematic framework that mirrors how paramedics assess cases in the real world Throughout the text cases of varying levels of complexity are designed to meet the needs of Case Based Learning CBL and Problem Based Learning PBL curricula used in paramedic training programmes worldwide Each chapter contains six case studies introductory intermediate and advanced and features interactive learning activities discussion questions practical tips and authoritative guidance aligned to national and international best practice standards Case studies illustrate scenarios related to trauma medical emergencies obstetrics respiratory and cardiac events minor injuries drug overdoses and many others This comprehensive resource Features case studies of varying lengths and degrees of complexity to suit different readers from student to professional Suitable for use in many international programmes Offers chapter introductions and summaries practice questions and additional online resources Contains clinical, legal, ethical, cultural, remote and rural case studies Includes a cumulative and comprehensive Test Your Knowledge concluding chapter Those studying or working in paramedicine must keep pace with changes in the field using the latest evidence and expert opinion *Clinical Cases in Paramedicine* is an essential volume for paramedic students and early career professionals as well as educators, lecturers and trainers

***Essentials of Paramedic Care*** Bryan E. Bledsoe, 2006 Canadian comprehensive and current this two volume set is the only Canadian text available for PCP and ACP training that closely correlates with the new Paramedic Association of Canada Competency Profiles Easy to read and comprehensive this set is the only reference you will need for your Primary and Advanced Care Paramedic training Canadian references are used throughout including up to date coverage of current procedures, new infectious disease, safeguards, emergency drugs and more

*Paramedic Care* Bledsoe, Porter, 2005-02 *Workbook, Volume 3* Bryan E. Bledsoe, Robert S. Porter, 2005-03

### **Paramedic Study Guide! Best Crash Course to Help You Prepare For the NREMT Exam Complete Review**

**Edition - Best Test Prep to Learn Paramedic Care Principles** Jamie Montoya, 2020-06-10 *Advanced Emergency Care for Paramedic Practice* Shirley A. Jones, 1992 *Paramedic Care* Bryan E. Bledsoe, Robert S. Porter, Richard A. Cherry, 2009 Completely updated in a new edition and written by the best selling author team of Bryan E Bledsoe D O F A C E P EMT P Robert S Porter M A NREMT P and Richard A Cherry M S NREMT P this student friendly easy to understand series covers

the DOT National Standard Curriculum The fifth of 5 titles in the Brady Paramedic Care Principles and Practice series Volume 5 Special Considerations Operations contains neonatology pediatrics geriatrics abuse and assault the challenged patient chronic care patient assessment based management operations incident command rescue awareness and operations hazmat crime scene awareness rural EMS and a new chapter on EMS response to WMD Paramedic Level Emergency

Responders or Intermediate level responders training to enter into Paramedic **Paramedic National Standards Self**

**Test** Charly D. Miller, 2003-10 This extensively updated review is the highly motivated paramedic's ultimate tool for test preparation Expanding on three successful editions the fourth edition Is based on the 1999 EMT Paramedic National Standard Curriculum as well as the American Heart Association's 2000 Handbook of Emergency Cardiovascular Care for Healthcare Providers Uses the self test format to target the areas you need to study further Includes multiple choice as well as scenario based questions types utilized in national and state exams to sharpen your test taking skills References answers to the best selling Brady texts Paramedic Care Principles and Practice series Essentials of Paramedic Care Prehospital Emergency Pharmacology 5th Edition and Taigman's Advanced Cardiology In Plain English Contains a section on preparing for any practical exam **Paramedic Care: Patient assessment** Bryan E. Bledsoe, Robert S. Porter, Richard A. Cherry, 2005 Written by the best selling author team of Bryan E Bledsoe D O F A C E P EMT P Robert S Porter M A NREMT P and Richard A Cherry M S NREMT P this student friendly easy to understand series covers the DOT National Standard Curriculum The second of 5 titles in the Brady Paramedic Care Principles and Practice series Volume 2 Patient Assessment covers history physical exam field assessment clinical decision making communications and documentation Paramedic Level Emergency Responders or Intermediate level responders training to enter into Paramedic Emergency Nursing Procedures Jean A. Proehl, 2009 This text covers 193 step by step emergency procedures including four procedures new to this edition umbilical vessel cannulation pelvic splinting peripheral nerve stimulator twitch monitoring and methotrexate for ectopic pregnancy Detailed illustrations visually reinforce the techniques Florida Vocational Program Guide for Paramedic, 1989 **Critical Care Paramedic** Bryan E. Bledsoe, Randall W. Benner, 2006 Critical Care Paramedic is the first and only book written for the expanding field of critical care transport Utilizing the successful format of Brady's best selling Paramedic Care Principles Practice this book is both written and extensively reviewed by leading experts in the field This comprehensive book addresses all aspects of critical care transport including operations safety advanced pharmacodynamics advanced physiologic monitoring advanced airway management medical emergencies trauma emergencies organ donation and other important areas of critical care Critical Care Paramedic will be the industry standard for critical care paramedic education and available only from Brady

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