



# 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) available to the incident.
  - At minimum, wear protective gloves during all patient contact.
  - PPE may include face masks and even full-body biohazard suits with respirators.
- Paramedics respond to incidents at various locations (households) and extraneous locations (e.g., restaurants and industrial plants). The steps needed to ensure paramedics remain injury free may vary from requesting lifting assistance to acquiring complex rigging and equipment.

## Safety Principles

- Always ask for lifting assistance. Back injuries and cancers.
- 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 measures 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)徒手的.

- When talking to families:
  - Use direct words when appropriate (e.g., "I am very sorry for your loss. We're doing all we could but we were unable to save him").
  - Always tell the truth.
- Reassure 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.
  - Because of demanding 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

- Ethical 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."
  - Paramedics must swear, "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:
      - Malfeasance: Performing a wrongful act.
      - Misfeasance: Performing a legal act in a negligent 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 directions:** Occurs after an EMS call when the medical director reviews and comments on the paramedic's performance on the call.
- Prospective directions:** Occurs before or during the call. This direction usually takes one of three 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 Education

- Paramedics often take part in medical research.
- Continuing research is critical to advance the field of paramedicine.
  - 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 bound 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 medications.
  - Controlled substance laws may include special reporting and inventory requirements.
- State or regional councils may regulate the review and pre-approval of protocols (compliance investigations).

### Liability & Compensation

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

### Good Samaritan Laws

- Controlled Samaritan 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.
- On-duty professionals may not be protected under these laws.

### Practical Points

- Restraints are reserved for violent patients who may do harm to you or themselves.
- Physical restraints (straps, ties and straps). Use soft restraints with frequent position 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.

### Practical Points

- 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 to the ambulance.

## Terminology & Documentation

- Proper use of medical terminology will:
  - Sound professional
  - Convey respect
  - Impress 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 Study 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 considerably make their condition worse.
- The ability to deviate to a more serious call may be determined by regional or state protocols.

- Patient deviation 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. Refusal 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 & Certification 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 BLS/ALS (Medical Orders for Life-Sustaining Treatment) forms or the equivalent.
  - States may have specific protocols for ceasing resuscitation once started of 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. Inclusive 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.

# Paramedic National Registry Study Guide

**Test Prep Books**

## Paramedic National Registry Study Guide:

National Registry Paramedic Prep: Study Guide + Practice + Proven Strategies Kaplan Medical, 2022-04-05 Kaplan's National Registry Paramedic Prep provides essential content and focused review to help you master the national paramedic exam. This paramedic study guide features comprehensive content review, board style practice questions, and test taking tips to help you face the exam with confidence. It's the only book you'll need to be prepared for exam day. Essential Review New EMS Operations chapter with practice questions. Concise review of the material tested on the NRP exam including physiology, pathophysiology, pharmacology, cardiology, respiratory and medical emergencies, shock, trauma, obstetrics, and gynecology, pediatrics, the psychomotor exam, and more. Full color figures and tables to aid in understanding and retention. Realistic practice questions with detailed answer explanations in each chapter. Overview of the exam to help you avoid surprises on test day. Expert Guidance: We invented test prep. Kaplan www.kaptest.com has been helping students for 80 years and our proven strategies have helped legions of students achieve their dreams. Publisher's Note: Products purchased from 3rd party sellers are not guaranteed by the publisher for quality, authenticity, or access to any online entities included with the product.

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*National Registry Paramedic Prep* Kaplan Medical, 2019-04-02 Kaplan's National Registry Paramedic Prep provides essential content and focused review to help you master the national paramedic exam. This second edition features comprehensive content review, board style practice questions, and test taking tips to help you face the exam with confidence. Essential Review Content is weighted to match the NRP so you can focus your study where it counts. Concise review of the material tested on the exam including physiology, pharmacology, respiratory emergencies, cardiac emergencies, shock, trauma, obstetrics, and gynecology, pediatrics, the psychomotor exam, and more. Full color figures and tables to aid in understanding and retention. Realistic practice questions with detailed answer explanations in each chapter. Overview of the exam to help you avoid surprises on test day. Expert Guidance: We invented test prep. Kaplan www.kaptest.com has been helping students for 80 years and our proven strategies have helped legions of students achieve their dreams. **EMT**

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The Psychological Terms section covers Defense mechanisms Grief process Conditions The Skeletal System section covers Axial skeleton Appendicular skeleton and much more Our guide is full of specific and detailed information that will be key to passing your exam Concepts and principles aren't simply named or described in passing but are explained in detail The Mometrix Paramedic study guide is laid out in a logical and organized fashion so that one section naturally flows from the one preceding it Because it's written with an eye for both technical accuracy and accessibility you will not have to worry about getting lost in dense academic language Any test prep guide is only as good as its practice questions and answer explanations and that's another area where our guide stands out The Mometrix test prep team has provided plenty of Paramedic practice test questions to prepare you for what to expect on the actual exam Each answer is explained in depth in order to make the principles and reasoning behind it crystal clear We've helped hundreds of thousands of people pass standardized tests and achieve their education and career goals We've done this by setting high standards for Mometrix Test Preparation guides and our Paramedic Exam Secrets Study Guide is no exception It's an excellent investment in your future Get the Paramedic review you need to be successful on your exam

### **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 [EMT Study Guide 2020-2021 for Certification](#) Ascencia Medical Technician Exam Prep Team,2020-01-15 *Emergency Medical Technician (EMT) (Speedy Study Guide)* Speedy Publishing,2014-11-26 For those students interested in becoming an EMT exams need to be passed and a lot of studying needs to be done In order to help students get a passing grade they can take advantage of an EMT study guide which can guide them and give them the knowledge and ins and outs of becoming an EMT The study guide will prepare students for the equipment used by EMTs as well as the basics that are required for all EMTs *EMT Basic Exam Textbook* Test Prep Books,2015-10 Test Prep Books EMT Basic Exam Textbook EMT B Test Study Guide Book Practice Test Questions for the National Registry of Emergency Medical Technicians NREMT Basic Exam Developed by Test Prep Books for test takers trying to achieve a passing score on the EMT exam this comprehensive study guide includes Quick Overview Test Taking Strategies Introduction Airway Respiration and Ventilation Cardiology and Resuscitation Trauma Medical Obstetrics and Gynecology Operations Practice Questions Detailed Answer Explanations Disclaimer EMT Basic R EMT B R and NREMT R are registered trademarks of Emergency Medical Technicians which was not involved in the production of and does not endorse this product Each section of the test has a comprehensive review created by Test Prep Books that goes into detail to cover all of the content likely to appear on the EMT basic certification test The Test Prep Books EMT practice test questions are each followed by detailed answer explanations If you miss a question it's important that you are able to understand the nature of your mistake and how to avoid making it again in the future The answer explanations will help you to learn from your mistakes and overcome them Understanding the latest test taking strategies is essential to preparing you for what you will expect on the exam A test taker

has to not only understand the material that is being covered on the test but also must be familiar with the strategies that are necessary to properly utilize the time provided and get through the test without making any avoidable errors Test Prep Books has drilled down the top test taking tips for you to know Anyone planning to take this exam should take advantage of the EMT basic training review material practice test questions and test taking strategies contained in this Test Prep Books study guide

**NREMT Exam Prep 2019-2020** ,2019      **EMT National Training EMT Practice Questions and Study**

**Guide** Travis W. Holycross,Arthur S. Reasor,Ryan L. Asher,2012-12-13 EMT National Training known for its exceptional NREMT exam preparation website has now made a selection of NREMT practice questions available in printed form and updated for 2017 250 questions answers and rationales will help you understand where you need to focus prior to taking the actual certification exam Practice questions come with a study guide that explains how multiple choice questions are constructed as well as advice and insider tips for passing the NREMT exam Over 110 000 EMTs and Paramedics have trusted the online version of EMT National Training and this is your opportunity to do the same The authors are the owners and instructors of EMT Fire Training Inc an internationally recognized EMT and firefighting school that is accredited by the Commission on Accreditation for Pre Hospital Continuing Education CAPCE      *Advanced Emergency Care for Paramedic Practice* Shirley A. Jones,1992      **Paramedic Care** Bledsoe,Porter,2005-02      Exploring Tech Careers ,2014-05-14 Offers information on the duties salary ranges educational requirements job availability and advancement opportunities for a variety of technical professions

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## Paramedic National Registry Study Guide Introduction

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