



# 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 (both sides) 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.

## Injury Prevention

- 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.
- 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.
  - Because of depleting 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 the 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.

### Professional 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).

### Emergency & Critical Care

- 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

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

### Principles of Refusal

- 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.

### Principles of Consent

- 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

- 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.

### Documentation & Consent 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 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 Study Guide

**Minjie Lin**

## Paramedic 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 [Paramedic Exam Secrets Study Guide](#) EMT Exam Secrets Test Prep,2014-03-31 Includes Practice Test Questions Paramedic Exam Secrets helps you ace the NREMT Paramedic Exam without weeks and months of endless studying Our comprehensive Paramedic Exam Secrets study guide is written by our exam experts who painstakingly researched every topic and concept that you need to know to ace your test Our original research reveals specific weaknesses that you can exploit to increase your exam score more than you ve ever imagined Paramedic Exam Secrets includes The 5 Secret Keys to Paramedic Exam Success Time is Your Greatest Enemy Guessing is Not Guesswork Practice Smarter Not Harder Prepare Don t Procrastinate Test Yourself A comprehensive General Strategy review including Make Predictions Answer the Question Benchmark Valid Information Avoid Fact Traps Milk the Question The Trap of Familiarity Eliminate Answers Tough Questions Brainstorm Read Carefully Face Value Prefixes Hedge Phrases Switchback Words New Information Time Management Contextual Clues Don t Panic Pace Yourself Answer Selection Check Your Work Beware of Directly Quoted Answers Slang Extreme Statements Answer Choice Families The Top Keys to Taking the Examination Test Taking Tips Things Not to Forget Warnings to Remember A comprehensive Medical review including Nervous System Signs and Symptoms Major Hormones Respiratory System Cardiac Review Breathing Sounds Proper Medication Maternal Responses Psychological Processes Blood and Urine Values Developmental Milestones Organ Functions Burn and Wound Care A comprehensive Pharmacology Review Advanced Sections for Paramedic only including Cholinomimetics Anticholinergics Adrenergic Agonists Adrenergic Antagonists Centrally Acting Agents Direct Acting Relaxants Neuromuscular Junction Blockers Other Muscle Relaxants Local Anesthetics General Anesthetics and much more

**Paramedic Study Guide! Best Crash Course to Help You Prepare For the NREMT Exam Complete Review**  
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Guide is the ideal prep solution for anyone who wants to pass their NREMT Paramedic Exam. The exam is extremely challenging and thorough test preparation is essential for success. Our study guide includes Practice test questions with detailed answer explanations. Tips and strategies to help you get your best test performance. A complete review of all Paramedic test sections. Nervous System, Respiratory Review and Conditions, Circulatory System, Pharmacology Review, Psychological Terms, Skeletal System. Mometrix Test Preparation is not affiliated with or endorsed by any official testing organization. All organizational and test names are trademarks of their respective owners. The Mometrix guide is filled with the critical information you will need in order to do well on your Paramedic exam. The concepts, procedures, principles and vocabulary that the National Registry of Emergency Medical Technicians (NREMT) expects you to have mastered before sitting for your exam. The Nervous System section covers The brain, Cranial nerves, Miscellaneous brain diseases, Seizures. The Respiratory Review and Conditions section covers Respiratory terms, ARDS, Pneumonia, Pulmonary emboli. The Circulatory System section covers Course of circulation, Cardiac cycle, Cardiovascular conditions, Arrhythmias. The Pharmacology Review section covers Routes of Drug Entry, CNS Pharmacology, Adrenergic agonists and antagonists, Respiratory pharmacology, Cardiovascular pharmacology. 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 Recertification Practice Exams** Information Guides, Arthur R. Couvillon, **Wilderness Paramedic Exam Prep** FENELLA. CORRICK, Tom Mallinson, 2025-04-17. Wilderness Paramedic Certification WP C essential study guide

**Paramedic Exam Secrets Study Guide - Exam Review and Practice Test for the NREMT Paramedic Test: [2nd Edition]** Mometrix Test Prep, 2023-01-31. Mometrix Test Preparation's Paramedic Exam Secrets Study Guide is the ideal prep solution for anyone who wants to pass their NREMT Paramedic Exam. The exam is extremely challenging and thorough test preparation is essential for success. Our study guide includes Practice test questions with detailed answer explanations. Step

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**Paramedic Exam** Mark Marchetta, 2008    *EMT National Training Paramedic*  
Travis W. Holycross, Arthur S. Reasor, Ryan L. Asher, Dustin Labrousse, 2013. 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 Paramedic exam.

**Barron's Paramedic Exam** Mark Marchetta, 2008-10-01. The newly updated edition of Barron's Paramedic test prep manual prepares applicants to qualify for a paramedic license. Presented here are three full length model exams, one in the book and two more on the CD ROM. Each consists of multiple choice questions with answer sheets and answer keys for self testing. Subject review chapters cover the following paramedical topics: airway and breathing, cardiology, medical, obstetrics, gynecology, pediatrics, and operations. The author also offers helpful test taking advice.

**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 wordgames, quizzes and

puzzles to reinforce the objectives set up in the textbook **EMT-Paramedic Flashcard Book** Jeffrey Lindsey,2013-01-01 REA's Interactive Flashcard books represent a novel approach that combines the merits of flash cards with the ease of using a book One side of each page includes questions to be answered with space for writing in one's answers a feature not usually found on flash cards The flip side of the same page contains the correct answers much as flash cards do The EMT PARAMEDIC EXAM Interactive Flashcard book is fully indexed making it easy to locate topics for study Thanks to the book form there is no need to look for and fish out appropriate questions from a box and put them back in the proper order and there is no need to carry around a box of 1 000 or so flash cards The book is easier to take along and carry *Paramedic Practice Today: Above and Beyond: Volume 2* Aehlert,Robert Vroman,2011 Providing the tools you need to succeed the two volume set of Paramedic Practice Today Above and Beyond offers a solid foundation for paramedic practice and is now updated to reflect the 2010 emergency cardiovascular care guidelines A conversational easy to read style simplifies topics and helps you master National Standard Curriculum objectives and meet the new National Education Standards Each volume includes a companion DVD ROM with step by step videos demonstrating the skills in the textbook and more Because this two volume set corresponds to the National Registry of EMTs National EMS Practice Analysis it provides you with the best possible preparation for the National Registry exam Publisher's website **EMT Paramedic Exam Secrets Study Guide: Emt-P Test Review for the National Registry of Emergency Medical Technicians (Nremt) Paramedic Exam** Emt Exam Secrets Test Prep,2018-04-12 Includes Practice Test Questions EMT Paramedic Exam Secrets helps you ace the National Registry of Emergency Medical Technicians NREMT Paramedic Exam without weeks and months of endless studying Our comprehensive EMT Paramedic Exam Secrets study guide is written by our exam experts who painstakingly researched every topic and concept that you need to know to ace your test Our original research reveals specific weaknesses that you can exploit to increase your exam score more than you've ever imagined EMT Paramedic Exam Secrets includes The 5 Secret Keys to EMT Exam Success Time is Your Greatest Enemy Guessing is Not Guesswork Practice Smarter Not Harder Prepare Don't Procrastinate Test Yourself A comprehensive General Strategy review including Make Predictions Answer the Question Benchmark Valid Information Avoid Fact Traps Milk the Question The Trap of Familiarity Eliminate Answers Tough Questions Brainstorm Read Carefully Face Value Prefixes Hedge Phrases Switchback Words New Information Time Management Contextual Clues Don't Panic Pace Yourself Answer Selection Check Your Work Beware of Directly Quoted Answers Slang Extreme Statements Answer Choice Families The Top Keys to Taking the Examination Test Taking Tips Things Not to Forget Warnings to Remember A comprehensive Medical review including Nervous System Signs and Symptoms Major Hormones Respiratory System Cardiac Review Breathing Sounds Maternal Responses Psychological Processes Blood and Urine Values Developmental Milestones Organ Functions Burn and Wound Care A comprehensive Pharmacology Review Advanced Sections for EMT Paramedic only including Cholinomimetics Anticholinergics Adrenergic

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Strategies, Practice & Review Kaplan Medical, 2017-04-04 Kaplan's National Registry Paramedic Examination Strategies Practice Review provides essential content and focused review to help you master the national paramedic exam. This first 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 NRPE so you can focus your study where it counts: the most 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 almost 80 years. Our proven strategies have helped legions of students achieve their dreams.

**Resources in Vocational Education**, 1979     *Florida Vocational Program Guide for Paramedic*, 1989

Flight Paramedic Study Guide Mometrix, 2024-07-02 Mometrix Test Preparation's Flight Paramedic Study Guide FP C Exam Secrets Review is the ideal prep solution for anyone who wants to pass their Certified Flight Paramedic Examination. The exam is extremely challenging and thorough test preparation is essential for success. Our study guide includes Practice test questions with detailed answer explanations, Step by step video tutorials to help you master difficult concepts, Tips and strategies to help you get your best test performance. A complete review of all Paramedic test sections. Mometrix Test Preparation is not affiliated with or endorsed by any official testing organization. All organizational and test names are trademarks of their respective owners. The Mometrix guide is filled with the critical information you will need in order to do well on your Flight Paramedic exam: the concepts, procedures, principles and vocabulary that the International Board of Specialty Certification (IBSC) expects you to have mastered before sitting for your exam. Test sections include: Safety and Transport, Flight Physiology, Airway, Anesthesia and Analgesics, Medical Emergencies, Neurological, Cardiac, Trauma, Burns, Maternal, Fetal and Neonatal, Pediatric Professional Considerations 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 Flight 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 Flight 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. Many concepts include links to online review videos where you can watch our instructors break down the topics so the material can be quickly grasped. Examples are worked step by step so you see exactly what to do. 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 Flight Paramedic Study Guide. FP C Exam Secrets Review is no exception. It's an excellent investment in your future. Get the Flight Paramedic review you need to be successful on your exam.

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