

Ch. 1 Review

- The standards for prehospital emergency care and the individuals who provide it are governed by the laws in each state and are typically regulated by a state office of EMS.
- The EMS ambulance is staffed by EMTs who have been trained to the emergency medical technician, advanced EMT (AEMT), or paramedic level according to recommended national standards and have been licensed by the state.
- An EMT has training in basic emergency care skills, including automated external defibrillation, use of airway adjuncts, and assisting patients with certain medications.
- An AEMT has training in specific aspects of advanced life support (ALS), such as intravenous therapy and the administration of certain emergency medications.
- A paramedic has extensive training in ALS, including endotracheal intubation, emergency pharmacology, cardiac monitoring, and other advanced assessment and treatment skills.
- Emergency medical responders, such as law enforcement officers, fire fighters, park rangers, ski patrollers, or other organized rescuers often arrive at the scene before the ambulance and EMTs.
- After the EMTs size up the scene and assess the patient, they provide the emergency care and transport that is indicated based on their findings and ordered by their medical director in the service's standing orders and protocols or by the physician who is providing online medical direction.
- The National EMS Scope of Practice Model, developed by the NHTSA, provides overarching guidelines as to what skills each level of EMS provider should be able to accomplish.
- The *EMS Agenda for the Future* is a multidisciplinary, national review of all aspects of EMS delivery that encourages the creation of systems that help to protect the well-being of EMS providers. It includes 14 components that make up an EMS system.
- You will often be the first health care professional to assess and treat the patient; as such, you have certain roles and are expected to possess certain attributes.
- EMT attributes include compassion and motivation to reduce suffering, pain, and mortality in those who are injured or acutely ill; a desire to provide each patient with the best possible care; commitment to obtain the knowledge and skills that this position requires; and the drive to continually increase your knowledge, skills, and ability.
- The EMT course that you are now taking will present the information and skills that you will need to pass the required certification examination needed to become a licensed EMT.
- Once you have completed the course, you must assume responsibility for directing your own study through continuing education provided by your service's training officer and medical director or through other opportunities available to you. Your commitment to continued learning is the key to being a good EMT.
- As a health care professional and an extension of physician care, you are bound by patient confidentiality.

Ch. 2 Review

- A communicable disease is any disease that can be spread from person to person or animal to person.
- Infectious diseases can be transmitted by contact (direct or indirect), or they are airborne, foodborne, or vector-borne.
- Even if you are exposed to an infectious disease, your risk of becoming ill is small.
- Whether or not an acute infection occurs depends on several factors, including the amount and type of infectious organism and your resistance to that infection.
- You can take several steps to protect yourself against exposure to infectious diseases, including:

- keeping up to date with recommended vaccinations
 - following standard precautions at all times
 - handling all needles and other sharp objects with great care
- Because it is often impossible to tell which patients have infectious diseases, you should avoid direct contact with the blood and body fluids of all patients.
- You should know what to do if you are exposed to an airborne or bloodborne disease. Your department's designated officer will be able to help you follow the protocol set up in your area.
- Infection control should be an important part of your daily routine. Be sure to follow the proper steps when dealing with potential exposure situations.
- If you think you may have been exposed to an infectious disease, see your physician (or your employer's designated physician) immediately.
- Recognizing the signs of stress is important for all EMTs.
- Common workplace issues include cultural diversity, sexual harassment, and substance abuse. You should know what to do to avoid or address these situations.
- EMTs will encounter death, dying patients, and the families and friends of those who have died.
- Scene hazards include potential exposure to the following:
 - Hazardous materials
 - Electricity
 - Fire
- At a hazardous materials incident, your safety is the most important consideration. Never approach an object labeled with a hazardous materials placard or label. Use binoculars to read the placards or labels from a safe distance.
- Do not begin caring for patients until they have been moved away from the scene and decontaminated by the hazardous materials team or the scene has been made safe for you to enter.
- There are seven common hazards in a fire:
 - Smoke
 - Oxygen deficiency
 - High ambient temperatures
 - Toxic gases
 - Building collapse
 - Equipment
 - Explosions
- Every patient encounter should be considered to be potentially dangerous. It is essential that you take all available precautions to minimize exposure and risk to scene hazards and infectious and communicable diseases.
- When signs of stress such as fatigue, anxiety, anger, feelings of hopelessness, worthlessness, or guilt, and other such indicators manifest themselves, behavioral problems can develop.
- Violent situations such as civil disturbances, domestic disputes, and crime scenes can create many hazards for EMS personnel.
- If you see the potential for violence during a scene size-up, call for additional resources.

Ch. 3 Review

- Under most circumstances, consent is required from every conscious adult before care can be started. The foundation of consent is decision making capacity.
- You should never withhold lifesaving care unless a valid do not resuscitate order is present.
- Because a minor might not have the wisdom, maturity, or judgment to give valid consent, the law requires that a parent or legal guardian give consent for treatment or transport.

- Adults who are conscious and alert and who appear to have decision making capacity have the right to refuse treatment or withdraw from treatment at any time, even if doing so may result in death or serious injury.
- Communication between you and the patient is considered confidential and generally cannot be disclosed without permission from the patient or a court order.
- Advanced directives, living wills, or health care directives are most commonly used when a patient becomes comatose.
- There are both definitive and presumptive signs of death. In many states, death is defined as the absence of circulatory and respiratory function.
- Consent to organ donation is evidenced by either a donor card or a driver's license indicating that the individual wishes to be a donor.
- Standard of care is established in many ways, among them local customs, statutes, ordinances, protocols, textbooks, administrative regulations, and case law. The scope of practice outlines the care you are able to provide for the patient.
- Once your ambulance responds to a call or treatment is begun, you have a legal duty to act. In most cases, if you are off duty and come upon a crash, you are not legally obligated to stop and assist patients.
- Determination of negligence is based on the following four factors: duty, breach of duty, damages, and causation. All four elements must be present for the legal doctrine of negligence to apply and for a plaintiff to prevail in a lawsuit against an EMS service or provider.
- Abandonment is the termination of care without the patient's consent and without making provisions for the transfer of care to a medical professional with skills at the same level or at a higher level than your own skills. Abandonment is legally and ethically a very serious act.
- Assault is defined as unlawfully placing a person in fear of immediate bodily harm. Battery is unlawfully touching a person; this includes providing emergency care without consent. To protect yourself from these charges, be sure to obtain expressed consent whenever possible.
- To avoid liability for defamation, you must only communicate information about your patients to authorized persons and you should be sure that the information contained in your run reports and other documentation is accurate and relevant.
- Good Samaritan laws are based on the common law principle that when you reasonably help another person, you should not be liable for errors and omissions that are made in giving good faith emergency care. Whereas some laws provide Good Samaritan protection for anyone who stops to render aid, others only provide protection for those with medical training.
- Records and reports are important; make sure that you compile a complete and accurate record of each incident. The courts consider an action or procedure that was not recorded on the written report as not having been performed, and an incomplete or untidy report is considered evidence of incomplete or inexperienced medical care.
- You should know what the special reporting requirements are involving abuse of children, the elderly, and others; injuries related to crimes; drug-related injuries; and childbirth.
- You must meet your legal and ethical responsibilities while caring for your patients' physical and emotional needs.
- As an EMT, there are a number of different circumstances that might cause you to end up in court, either as a witness or a defendant in a civil lawsuit or as a witness or defendant in a criminal case.

Ch. 4 Review

- The Shannon–Weaver model of communication is a valuable tool in understanding the variables involved in human communications.
- There are many verbal and nonverbal factors and strategies that are necessary for therapeutic communication.

- Excellent communication skills are crucial in relaying pertinent information to the hospital before arrival.
- It is important to remember that people who are sick or injured may not understand what you are doing or saying. Therefore, your body language and attitude are very important in gaining the trust of both the patient and family. You must also take special care of individuals such as children; geriatric patients; and hearing-impaired, visually impaired, and non-English-speaking patients.
- EMTs must have excellent person-to-person communication skills. You should be able to interact with the patient and any family members, friends, or bystanders.
- You must complete a patient care report about the patient before you leave the hospital. This is a vital part of providing emergency medical care and ensuring the continuity of patient care. This information guarantees the proper transfer of responsibility, complies with the requirements of health departments and law enforcement agencies, and fulfills your administrative needs.
- Radio and telephone communication links you and your team to other members of the EMS, fire, and law enforcement communities. This enables your entire team to work together more effectively.
- An EMT must understand and be able to use many forms of communication. You must be familiar with two-way radio communications and have a working knowledge of mobile and hand-held portable radios. You must know when to use them and what type of information you can transmit.
- It is your job to know what your communication system can and cannot handle. You must be able to communicate effectively by sending precise, accurate reports about the scene, the patient's condition, and the treatment that you provide.
- Remember, the lines of communication are not always exclusive; therefore, you should speak in a professional manner at all times.
- Your reporting and recordkeeping duties are essential, but they should never come before the care of a patient.

Ch. 5 Review

- To properly care for your patients, you must have a thorough understanding of human anatomy and physiology so you can assess the patient's condition and communicate with hospital personnel and other health care providers.
- You must be able to identify superficial landmarks of the body and know what lies underneath the skin so that you can perform an accurate patient assessment.
- The skeleton gives the body its recognizable human form through a collection of bones, ligaments, tendons, and cartilage.
- The skeletal system provides protection for fragile organs, allows for movement, and gives the body its shape.
- The contraction and relaxation of the musculoskeletal system gives the body its ability to move.
- The respiratory system consists of all the structures of the body that contribute to the process of breathing. It includes the nose, mouth, throat, larynx, trachea, bronchi, and bronchioles.
- The function of the respiratory system is to provide the body with oxygen and eliminate carbon dioxide.
- The circulatory system is a complex arrangement of connected tubes, including the arteries, arterioles, capillaries, venules, and veins.
- The nervous system is perhaps the most complex organ system within the human body. It consists of the brain, spinal cord, and nerves.
- The skin is divided into two parts: the superficial epidermis, which is composed of several layers of cells, and the deeper dermis, which contains the specialized skin structures.

- The skin, the largest single organ in the body, serves three major functions: to protect the body in the environment, to regulate the temperature of the body, and to transmit information from the environment to the brain.
- The digestive system is composed of the gastrointestinal tract (stomach and intestines), mouth, salivary glands, pharynx, esophagus, liver, gallbladder, pancreas, rectum, and anus.
- Digestion of food, from the time it is taken into the mouth until essential compounds are extracted and delivered by the circulatory system to nourish all of the cells in the body, is a complicated chemical process.
- The endocrine system is a complex message and control system that integrates many body functions.
- The urinary system controls the discharge of certain waste materials filtered from the blood by the kidneys.
- The genital system controls the reproductive processes by which life is created.
- Pathophysiology is the study of how the body reacts to diseases.

Ch. 6 Review

- Whereas each developmental stage is marked by different physical and psychosocial changes and characteristics, infants (1 month to 1 year) develop at a startling rate.
- The vital signs of toddlers (ages 1 to 3 years) and preschoolers (ages 3 to 6 years) differ somewhat from those of an infant. During this stage, children learn to speak and express themselves.
- From ages 6 to 12 years, the school-age child's vital signs and body gradually approach those observed in adulthood. During this stage, children develop self-esteem.
- The vital signs of adolescents (ages 12 to 18 years) begin to level off within the adult ranges. Adolescents focus on creating their self-image.
- Early adults are those who are age 19 to 40 years. Early adults focus on work and family.
- Middle adults are those who are age 41 to 60 years. Middle adults focus on achieving life goals.
- Late adults are those who are age 61 years and older. Late adults focus on their mortality and the mortality of friends and loved ones.
- Vital signs do not vary greatly through adulthood.

Assessment in Action

- Chapter 1 page 31 Questions 1 – 9
- Chapter 2 page 77 Questions 1 - 10
- Chapter 3 page 105 Questions 1 - 10
- Chapter 4 page 141 Questions 1 - 10
- Chapter 5 page 199 Questions 1 - 10
- Chapter 6 page 217 Questions 1 - 10