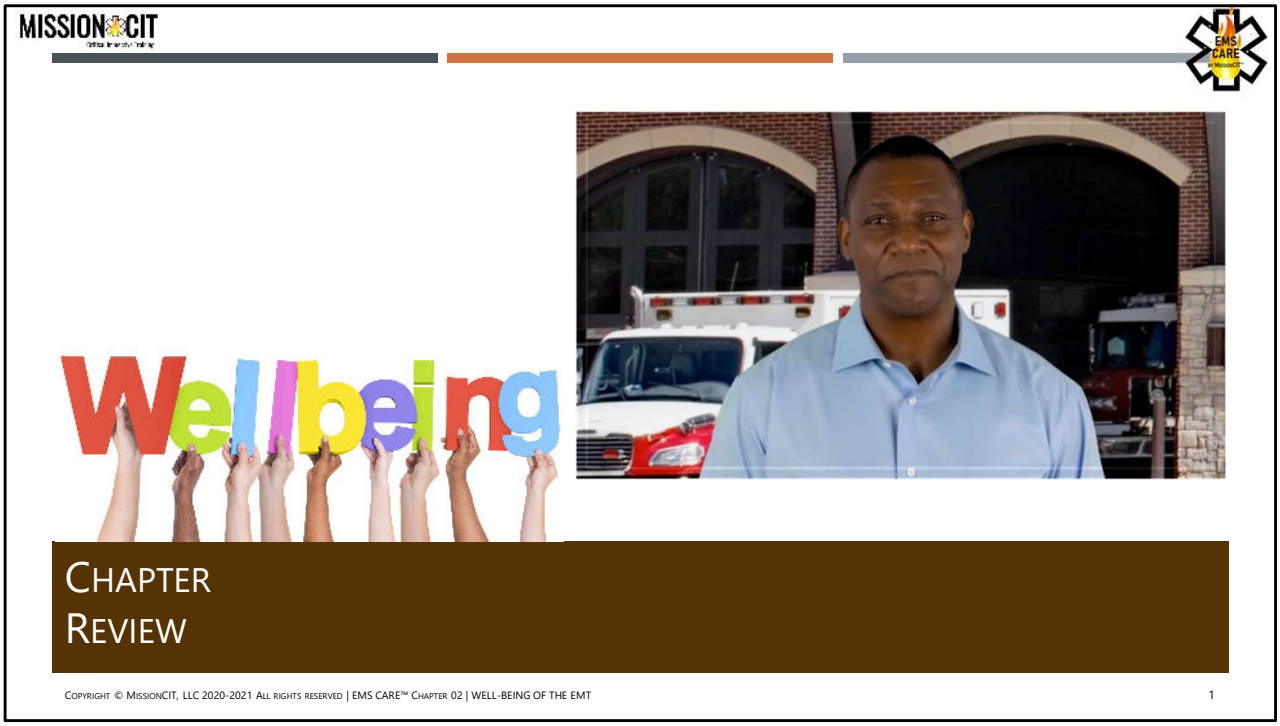
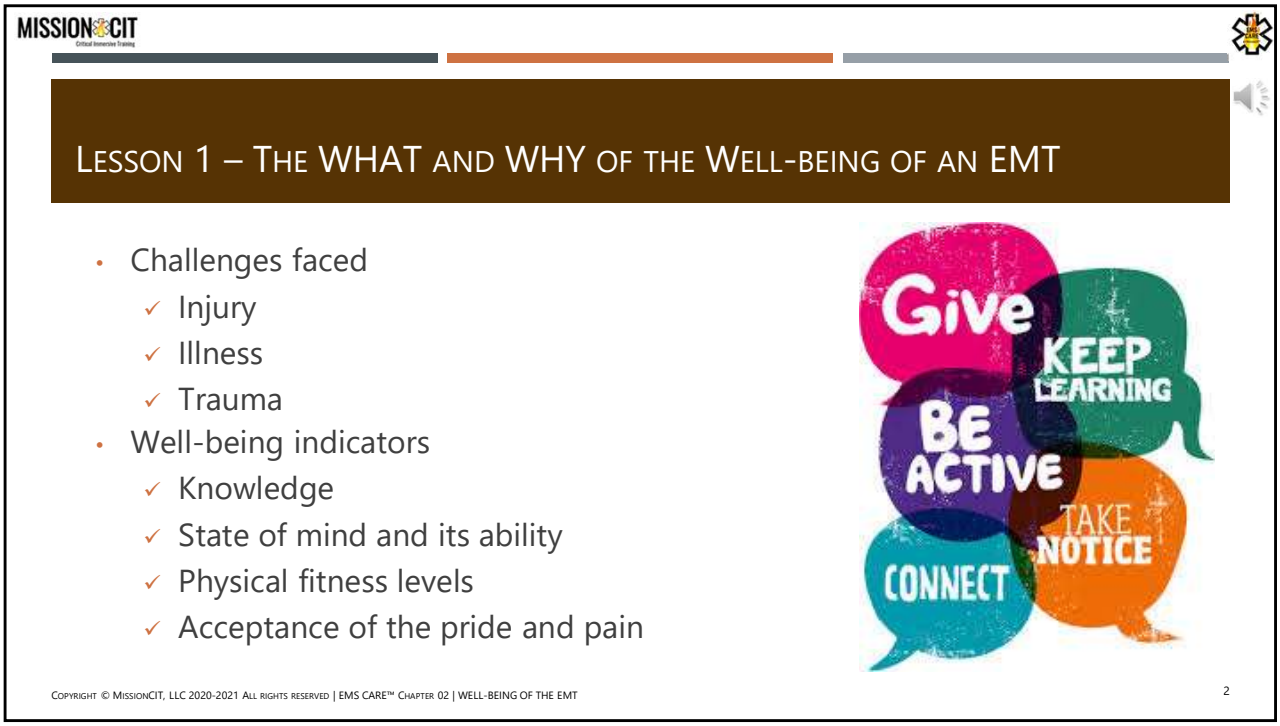


Welcome to the chapter review section, where we will quickly recap Well-being of the EMT. Remember, after this review, you will have a 15 question exam. You will need to get a score of 75% or better to get credit for this chapter.

Good Studying.



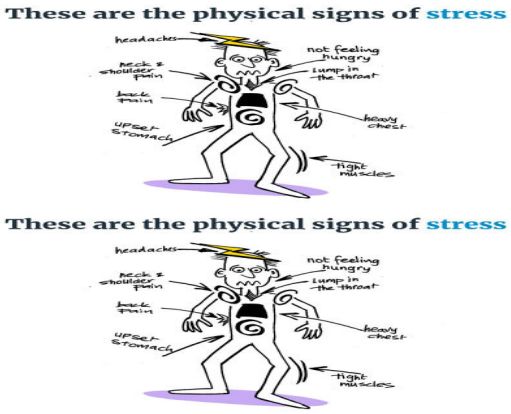
In the first lesson, we talked about the well-being of an EMT and why the standard bodies and local protocols emphasize the tools to help ourselves. According to the National Highway Traffic Safety Administration's Office of EMS, individuals working within emergency medical services serve approximately 25 to 30 million Americans each year, with EMTs often at the forefront when it comes to providing care. We make a significant difference in the lives of individuals and communities. We EMTs usually serve as the first point of contact when someone has experienced an injury, trauma or issues

brought about by illness or age. Staying physically and mentally healthy despite the daily challenges we face is vital to our role. Hence, we must learn to better manage ourselves by following certain norms:

- We must adhere to local safety procedures.
- Understand our current state of mind, manage stress, and seek professional help when needed.
- Maintain our physical fitness levels, and.
- Access the available tools when it gets tough.

Lesson 2 – Stress Management

- Types of stress
  - ✓ Acute stress
  - ✓ Episodic acute stress
  - ✓ Chronic stress
- Stages of stress
  - ✓ **First Stage**: Initial alarm trigger
  - ✓ **Second Stage**: Whirls around coping techniques
  - ✓ **Third Stage**: The body and mind give in to the stressor



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3

In the next lesson, we talk about stress management, types, stages, and symptoms of stress. We also discuss stress management techniques. The body's reaction to anything which needs adjustment or response is called stress. It can be physical, mental, or emotional factors; that trigger tension and make us feel overwhelmed or unable to cope. Acute, episodic acute, and chronic are the different types of stress.

There are three stages of stress:

- The first stage is the initial level reaction, here the body immediately responds to a trigger.
- In the second stage, the mind has judged the situation and whirls around coping techniques.
- In the third stage, the body and mind get exhausted and give in to the stressor.

Stress can result in physical, emotional, behavioral, and cognitive symptoms. We might not have all these symptoms, but being aware always places us in a better position to make decisions or seek professional help.

Stress management is the set of techniques and programs intended to help people deal more effectively with stress, in their lives by analyzing the specific stressors, and taking positive actions to minimize their effects. While there are many techniques to manage stress like yoga, meditation. We need to follow a suggested one or one that connects to us and makes a difference.

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LESSON 3 – STANDARD SAFETY PRECAUTIONS AND PROTECTIVE EQUIPMENT

- Infection control:
  - ✓ Washing hands
  - ✓ Wearing gloves
  - ✓ Appropriate eyewear
  - ✓ 4 levels of PPE
  - ✓ Proper disposal of contaminated materials





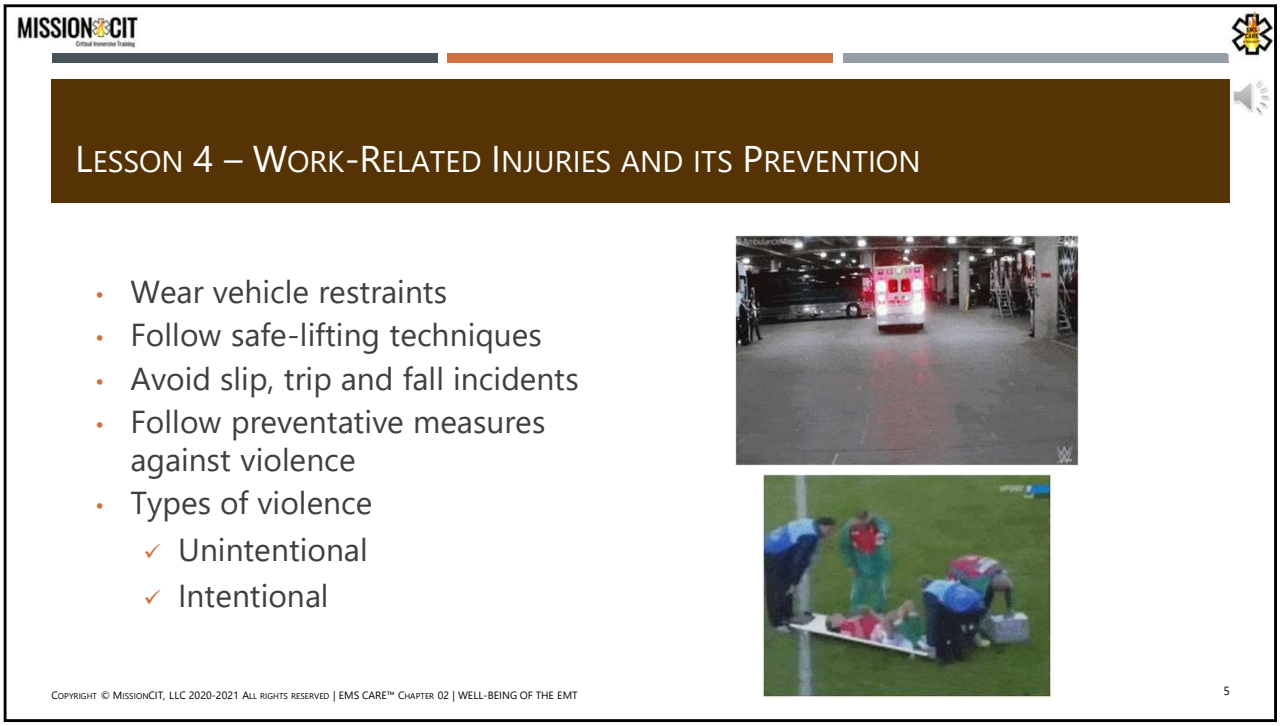


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We now talk about safety precautions, face and eye protection, types of PPE, disposal, and decontamination procedures. As infection control is part of our job, developing good hygiene habits is essential for the best possible outcome.

Hand washing, wearing gloves to minimize exposure, and wearing appropriate eyewear, can help protect us from contamination or injury. Hazardous Waste Operations and Emergency Response provides four levels of Personal Protective Equipment that correspond

to the nature of the hazard. Finally, as you are finishing up, proper disposal of contaminated materials, clothing, needles, sharps, masks, and gloves should be done as needed.



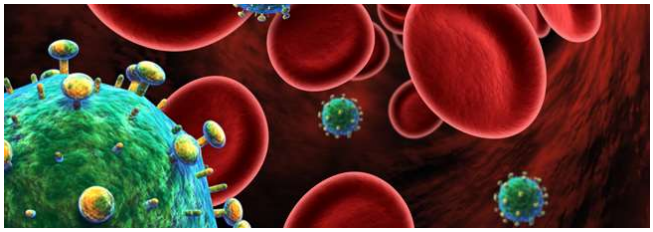
EMS personnel have an estimated fatality rate of 12.7 per 100,000 workers. This shows that we are at high risk for injuries and exposures at work. Injuries range from ambulance crashes, patient handling, STF incidents, and workplace violence.

To prevent such fatal accidents, NAIOSH and NHTSA have come up with a set of recommendations, that include, wearing restraints, safe handling techniques while lifting patients, maintaining safe workplaces to prevent STF incidents, and following preventative measures to

handle situations associated with violence.

Lesson 5 – Infectious Diseases

- Types of infectious diseases:
  - ✓ Vector-borne
  - ✓ Bloodborne
  - ✓ Airborne
  - ✓ Foodborne
  - ✓ Zoonotic
- Examples of emerging diseases:
  - ✓ SARS, MERS, and COVID-19
  - ✓ VRSA and MRSA
  - ✓ West Nile and Lyme
  - ✓ E. coli
  - ✓ Rabies and brucellosis



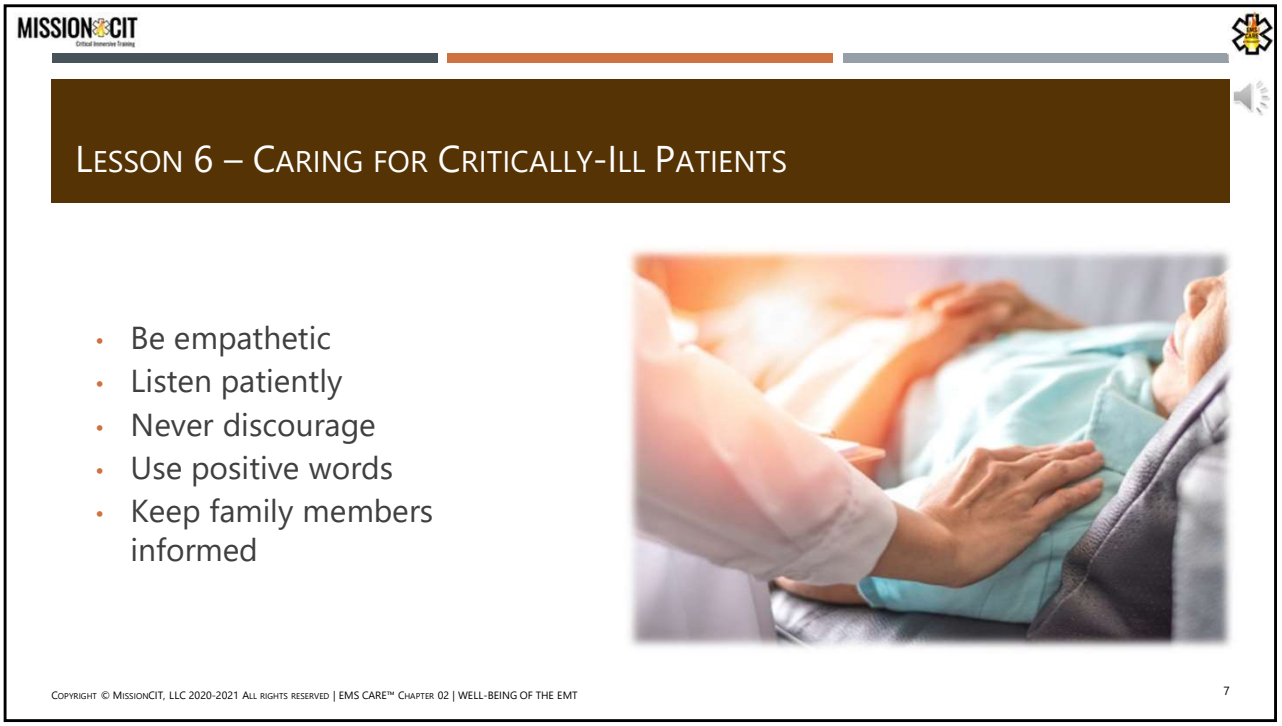
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Infectious diseases, one of the leading causes of death worldwide, are caused by microorganisms such as viruses, bacteria, fungi, or parasites, and can spread between individuals.

Some common types of infectious diseases are Vector-borne, Bloodborne, Airborne, Foodborne, and Zoonotic. Few examples of emerging diseases are SARS, MERS, COVID-19, VRSA, MRSA, West Nile, Lyme, E. coli, rabies, and brucellosis.

The risk of exposure to infectious diseases is high for EMTs since we work closely with patients. Because the chances of contracting an infectious disease are high, we need to follow the necessary precautions to protect ourselves against them.

- We need to take cues from the 911 dispatch calls if the patient is down with an infectious disease.
- If yes, wear the appropriate PPE.
- Avoid contact with any form of body fluid.
- Be cautious while handling needles, don't forget to put on your gloves.
- Decontaminate the vehicle and wash your hands clean after your duty.
- Be updated with vaccines.
- In case of an exposure, get tested and take the necessary treatment.



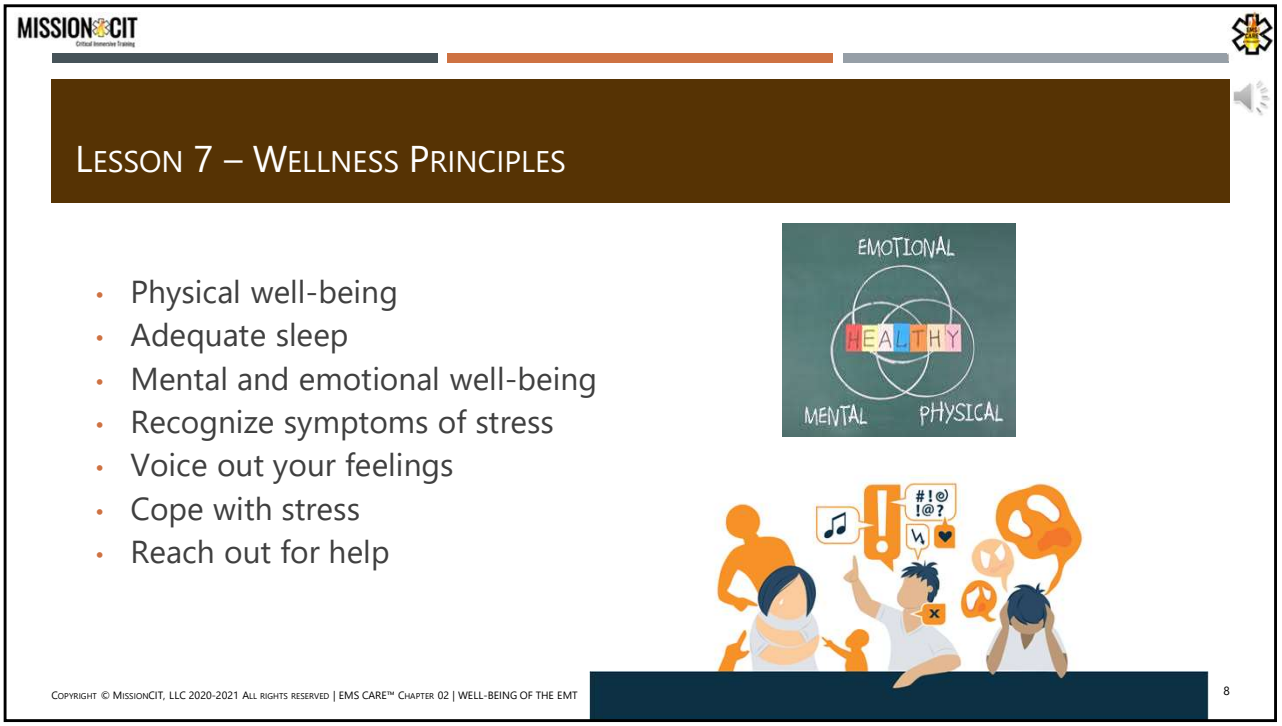
Caring for critically ill patients can be challenging and emotional because they need a lot of emotional help and reassurance.

While communicating with critically ill patients, we need to consider the following:

- Be empathetic with their pain and condition.
- Avoid bleak or pessimistic statements.
- Never discourage or mock them.
- Use positive words, but at the same time, do not give

them false hope.

- Be sure to inform the family members of the patient's condition.



Every day, we face some of the most stressful situations. The effects of stress take a toll on our physical, mental, and emotional states.

While eating healthy foods, staying hydrated, getting enough sunlight, taking micronutrients, and practicing some form of activity can keep us physically fit. Focus on mental health is equally essential. Watch out for mood changes due to sleep deprivation, lookout for signs of anxiety and depression, talk to your friends or family members if you feel down, reach out to a therapist or

the Suicide Helpline immediately, at 1-800-273-8255. Never resort to drugs or alcohol as a way to overcome your stress. Take steps to build your resilience and cope with stress. And go with your body's natural sleep and wake cycle, and try to catch as much sleep as possible on your off days.



While the nature of our work can keep you away from family for an extended time, affect the relationship with family members, it is crucial to strike a balance between work and family time.

Here are some helpful tips:

- Talk to family members and explain the nature of your job.
- Let your children feel proud about the vital role you play within the community.
- Take breaks at least a few times a year.

- Share household and parental responsibilities.
- Establish open channels of communication with family members.
- Tap into support systems when needed.
- Be available for your family during your off days.
- Reach out for mental or emotional support.

With this, we've come to the end of the chapter reviews. Good luck with the 15 question quiz coming up next.