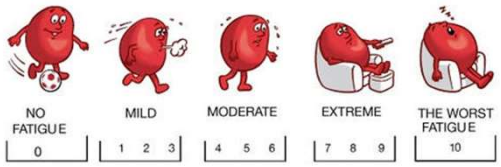


Thank you, Justin!

Mental and physical fatigue is a common problem faced by EMTs because of the nature of their work and schedule. So, in this lesson, let's talk about the evidence that's available to manage this fatigue.

Measuring Fatigue

- 34 experimental and observational studies
- Use of fatigue or sleepiness survey instruments
- Research ongoing for optimal tools



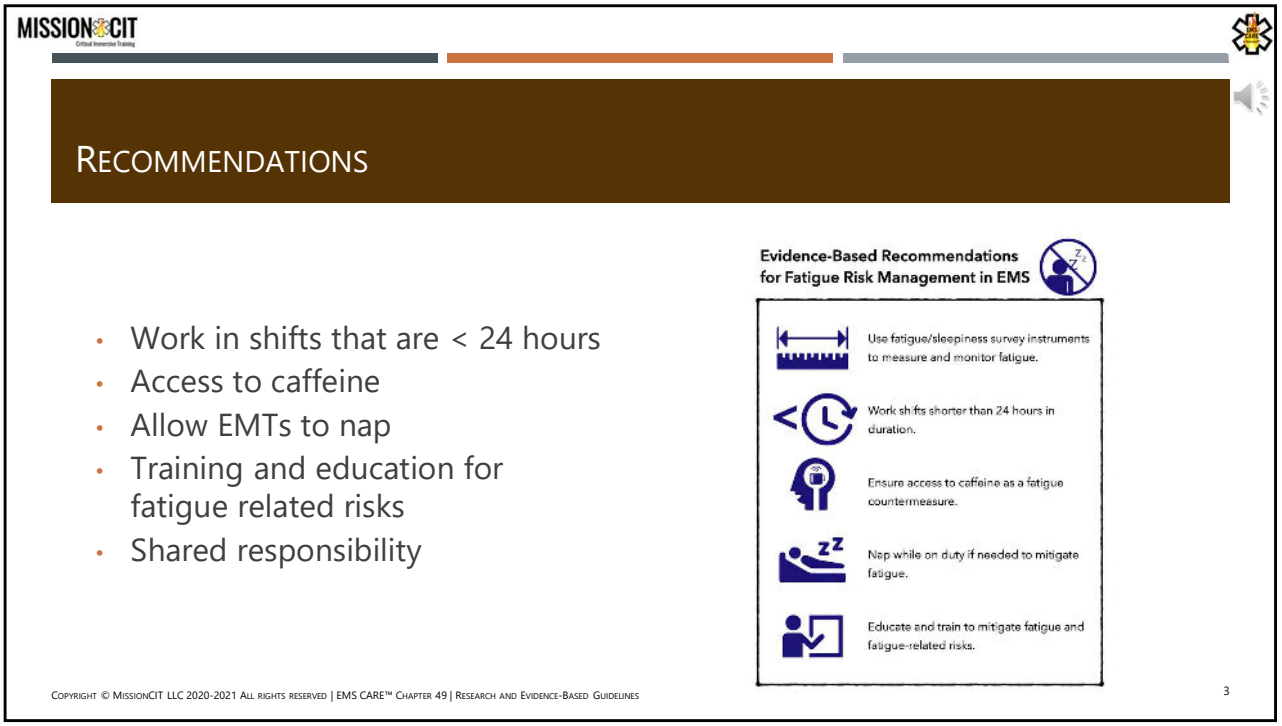


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The first question that the panel of eminent people wanted to check was how to measure fatigue in an EMT. 34 experimental and observational studies, recommend using fatigue or sleepiness survey instruments to measure and monitor fatigue. While no specific tool stood out as the best option, the panel concluded that most of the tools available today can measure the level of fatigue in EMTs.

Also, further research on the most optimal measuring tool is in progress.



The panel has come up with an array of recommendations to reduce fatigue in EMTs, and they are as follows.

- It recommends that EMS personnel work in shifts that are less than 24 hours in duration.
- Have access to caffeine as a way to combat fatigue.
- Allow EMTs to nap while on duty to mitigate fatigue as it improves alertness, reduces sleepiness, and improves personnel performance, such as reaction time.
- Get training and education related to fatigue

mitigation and fatigue-related risks.

Overall, the panel believes that fatigue risk management is a shared responsibility between EMS organizations and personnel, and both should strive to reduce these risks as much as possible. With this, we come to the end of this lesson, and in the next one, Justin will take you through analgesia in Trauma.