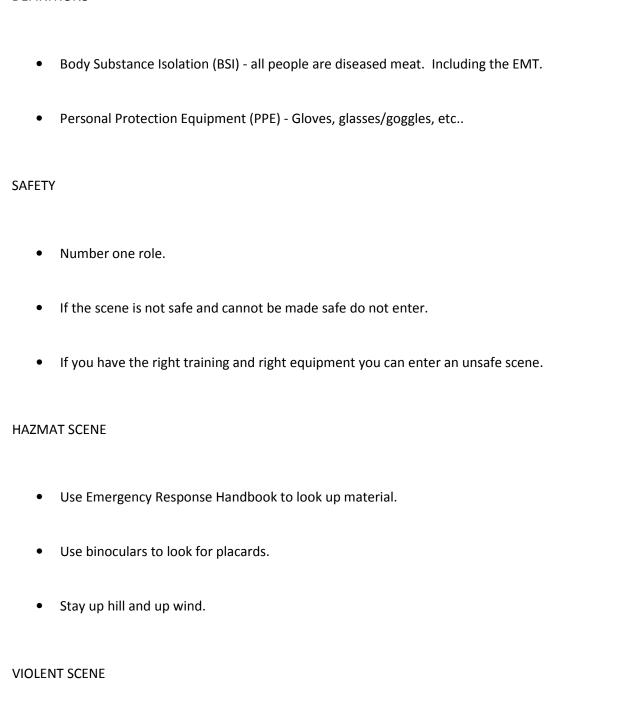


## **Emergency Medical Training Services**

Emergency Medical Technician – Basic Program Outlines
Outline Topic: WELL BEING OF THE EMT Revised: 11/2013

## **DEFINITIONS**



Gets cops.

Get good shoes to run.
SCENE
Get cops.
Preserve the chain of evidence if possible. Do not move things unless absolutely necessary.
AND DYING FEELINGS
5 emotions when someone is dying or the family watches someone dying.
Denial - not me, no way.
Anger - I knew I should not have done that. You suck. Most common emotion directed to EMT's.
Bargaining - how can I get out of this?
Depression - they are not cutting any slack.
Acceptance - Oh well, don't let it happen again or deal with it.

## **DEATH AND FAMILY MEMBERS**

• They can tell an EMT who doesn't really care and is fake.

Say helpful things. Keep requests simple.
Try to involve the family. Do not push away.
ALWAYS TELL THE TRUTH AND do not give false hope.
Dignity and respect.
Don't talk down. The family knows more about the loved one because they are living this.
CISD (Critical Incident Stress Debriefing)
Critical Incident Stress Debriefing.
Occurs 24 to 72 hours after incident.
This is for the responders.
CISD is to prevent EMS workers that have experienced an incident, from blowing their head's off
nine months later.
• Examples - senseless crimes (rape, spousal abuse), Death/abuse to child or elderly, Death of a
co-worker, MCI (Oklahoma bombing, World Trade Center).

•	Meeting not for blame but to let feelings out. It is not to make the system better but just to
	express feelings and frustrations.
•	The professionals who conduct meeting are from all around the county and are other EMT's,
	Doctors, Firefighters that have special training.
•	To activate, contact medical director.
HOW T	O AVOID STRESS
•	Trade shifts. Change up the routine.
•	Eat healthy. Alcohol helps short term.
•	Exercise.
•	Go on vacation and don't let co-workers go because they talk shop.
•	Don't smoke.
•	Get help early.
•	Get sleep. You don't go to a fire station to sleep.