



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)** suitable to the incident.
 - At minimum, wear protective gloves during all patient contact.
 - PPE may include face masks and even full body hazard suits with respirators.
- Paramedics respond to incidents at routine locations (hospitals) and extreme locations (e.g., mountains and industrial plants). The steps needed to ensure paramedics remain injury free may run from requesting lifting assistance to acquiring complex rigging and equipment.

Injury Prevention

- Always ask for lifting assistance. Back injuries end careers.
- 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 rescuers 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) fruitless.

- When talking to families:
 - Use direct words when appropriate (e.g., "I am very sorry for your loss. We've done all we could but we were unable to resuscitate 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.
 - Beware of defaulting 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

- **Ethics** 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."
 - *Primum non nocere* (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:
 - **Misfeasance:** Performing a wrongful act.
 - **Malfeasance:** Performing a legal act in a wrongful 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 direction:** Occurs after an EMS call when the medical director reviews and comments on the paramedic's performance on the call.
- **Prospective direction:** Occurs before or during the call. This direction usually takes one of two 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 for common patient conditions).

Continuing Research

- Paramedics often take part in medical research.
- Continuing research is critical to advance the field of paramedicine. It:
 - 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 licensed to local protocols.
- Statewide, services likely have licensing and certification requirements.
- Federally, insurance laws (Medicare/Medicaid) and HIPAA regulations apply.

Regulatory Agencies

- There are federal and state laws governing medication.
 - Controlled substance laws may include special reporting and inventory requirements.
- State or regional councils may regulate the review and promulgation of protocols (compliance investigations).

Licensing & Certifications

- Paramedics may be licensed or certified.
 - **Certification:** Grants recognition after meeting predetermined qualifications.
 - **Licensing:** State or federal granting of legal authority.
- Much confusion exists regarding the difference. States often refer to certifications in their licensure processes.
 - Most paramedics practice under strict guidelines per their locality.
 - Some paramedics feel licensure is more prestigious; this is subjective.

Good Samaritan Laws

- **Good 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.
- Out-duty professionals may not be protected under these laws.

Patient Restraint

- Restraints are reserved for violent patients who may do harm to you or themselves.
- **Physical restraints:** Extremity ties and straps. Use soft restraints with frequent perfusion 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.

Patient Transport

- 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 in the ambulance.

Terminology & Documentation

- Proper use of medical terminology with:
 - Sound professional
 - Garner respect
 - Improve 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 Body** 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 conceivably make their condition worse.
- The ability to deviate to a more serious call may be determined by regional or state protocols.
- Patient destination 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

Patient Refusal of Transport

- 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. Refusals 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.

Resuscitation & Cessation 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 if 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. Judicious 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.

National Registry Study Guide Paramedic

Kaplan Medical

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National Registry Study Guide Paramedic:

National Registry Paramedic Prep: Study Guide + Practice + Proven Strategies Kaplan Medical, 2022-04-05

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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 Publisher s Note Products purchased from 3rd party sellers are not guaranteed by the publisher for quality authenticity or access to any online entities included with the product

National Registry Paramedic Examination 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 **NREMT Paramedic Exam Prep 2025-2026** Adeline Turner Gordon, Master the New NREMT Paramedic Certification Exam with the Most Comprehensive Study Guide Available The National Registry of Emergency Medical Technicians completely redesigned the paramedic certification exam in July 2024 introducing new content domains and challenging question formats that test clinical reasoning over simple memorization This complete study guide prepares you for every aspect of the updated examination with proven strategies and extensive practice materials What Makes This Study Guide Essential 500 Practice Questions spanning all six NREMT content domains with detailed explanations that teach you the why behind each answer Complete Coverage of New Exam Format including Clinical Judgment 34 38% Medical OB GYN 24 30% Cardiology 11 15% Airway Management 8 12% EMS Operations 8 12% and Trauma 5 9% Technology Enhanced Items TEI Mastery with drag and drop ordering and selection question practice that mirrors the actual computer adaptive test Clinical Judgment Framework systematic approaches to patient assessment hypothesis formation and treatment decision making that forms the largest exam domain Advanced Pharmacology Section with weight based dosing calculations drug interactions and mechanism based learning Time Management Strategies specifically designed for the 3 5 hour computer adaptive testing format Test Anxiety Management techniques and confidence building exercises proven effective for high stakes medical examinations Comprehensive Content Coverage Includes Advanced ECG Interpretation with complex arrhythmia recognition and 12 lead analysis Obstetric and Pediatric Emergencies with age specific assessment and treatment protocols Trauma Assessment and Management including

multi system injuries and special populations Advanced Airway Management with difficult airway algorithms and alternative devices Medical Emergencies covering cardiovascular respiratory neurological and endocrine crises EMS Operations and Leadership including scene safety documentation and legal considerations Study Plan and Practice Organization Each chapter builds systematically from basic concepts to complex clinical scenarios Practice questions progress from foundational knowledge to advanced application exactly matching the NREMT exam progression Detailed answer explanations reinforce key concepts while teaching clinical reasoning skills essential for both exam success and professional practice The Clinical Judgment domain receives extensive coverage with systematic frameworks for recognizing patient cues analyzing information prioritizing hypotheses generating solutions implementing actions and evaluating outcomes These skills represent the core competencies of modern paramedic practice Technology Enhanced Items Preparation Master the new question formats including multiple response selection drag and drop sequencing ordered response ranking and graphic identification questions Practice with realistic scenarios that simulate the actual computer based testing environment Proven Success Strategies Learn how Computer Adaptive Testing CAT works and develop strategies for managing question difficulty progression Understand how the algorithm determines competency and adjust your approach accordingly Master time management techniques that ensure adequate attention to each question while completing the exam efficiently Professional Development Focus Beyond exam preparation this guide develops the clinical reasoning skills that define excellent paramedic practice Learn to think systematically about patient care make evidence based decisions under pressure and communicate effectively with healthcare teams Perfect for Paramedic students preparing for initial certification Experienced EMTs advancing to paramedic level Practicing paramedics maintaining certification EMS educators seeking comprehensive teaching materials Anyone pursuing advanced emergency medical training Transform months of study into focused efficient preparation that builds both exam confidence and clinical competence The updated NREMT exam demands more than memorization it requires the ability to think like a practicing paramedic This study guide provides the framework practice and confidence needed to excel on the certification exam and throughout your emergency medical career Start your path to paramedic certification success today with the most complete and current study guide available for the new NREMT examination format

Paramedic Exam Secrets Study Guide Mometrix Paramedic Certification Test, 2019-07-10

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 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

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understand the material that is being covered on the test but also must be familiar with the strategies that are necessary to properly utilize the time provided and get through the test without making any avoidable errors Test Prep Books has drilled down the top test taking tips for you to know Anyone planning to take this exam should take advantage of the EMT basic training review material practice test questions and test taking strategies contained in this Test Prep Books study guide

Paramedic Exam Audio Crash Course Audiolearn Medical Content Team,2019-11-23 AudioLearn Crash Courses presents Paramedic Exam Audio Crash Course Paramedic Exam Complete Test Prep and Review for the National Registry of Emergency Medical Technicians NREMT Paramedic Certification Exam Developed by distinguished professors and professionally narrated by an experienced paramedic for accuracy this course is a valuable tool when preparing for your NREMT paramedic exam The audio is focused and high yield covering the most important topics you need to know to succeed on the test The material is accurate up to date and broken down into bite size chapters There are key takeaways following each chapter to drive home key points and quizzes to review commonly tested questions Here are the main topics we ll be covering Anatomy physiology and medical terminology Pathophysiology EMT protection strategies Lifting and moving patients Documentation CPR Automatic external defibrillator Airway management Standard assessment Patient assessment Medication administration Shock Medical emergencies Trauma Burn injuries Labor delivery and newborn care EMS operations We will end the course with a complete 120 question practice test Also included is a follow along PDF manual containing the entire text of this audio course as well as all figures charts and graphics we ll be reviewing in the audio

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National Registry Paramedic Study Questions Steve Roberts, 2015-08-17 If you're a paramedic student you'll find this book of questions and answers an essential resource as you study for the National Registry Exam Steve Roberts a paramedic with more than forty years of experience wrote it based on a lifetime of knowledge experience and love for emergency medicine He shares hundreds of sample test questions to help students pass the National Registry Exam Divided into separate tests to promote learning the multiple choice and fill in the blank questions will equip you with the knowledge you need to pass the most important test of your life

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