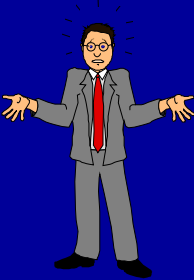






Introduction



- Christopher Suprun
- Paramedic/Firefighter
- Director of Education, Consurgo, LLC
- www.consurgo.org
- From Virginia, but live in Texas

Objectives

- Discuss statistics related to our patient population and what we are doing "for them."
- Discuss statistics related to EMS career longevity and health.
- List public perceptions of our abilities as caregivers and expectations of patient results based on their perceptions.
- Define and give examples of stress and its effects on our family and social interactions.
- Define positive and negative examples of coping with stress as EMS responders.

Why did you get into EMS?

- To help people
- An exciting career
 - Recently listed on Yahoo! as # 6 on a list of the most adventuresome careers
- To serve the larger community

Two problems...

- Our patients
- The job
 - ...are we really taking care of patients?
 - ...not really about emergencies?
 - ...how well do we take care of the community?

Our patients

- Sudden (Medical) Cardiac Arrest
 - 500,000 cases (or more)
 - < 4% national save rate
 - 25% are under age 50
 - SCA is caused by heart disease and known risk factors
- Trauma Cardiac Arrest
 - < 1% national save rate

In general 80% of our equipment and training dollars go here.

Equipment and Training

- ACLS
- CPR
- PALS/PEPP/PPC
- NRP
- ITLS
- PHTLS
- Initial Education: EMT-B, EMT-I, EMT-P, PCP, ACP, XYZ, etc etc..
- How many ECG rhythms did you spend hours on? We study the zebra.

Our patients (cont.)

- Traumatic Brain Injuries
 - 2,000,000 TBI's per year (US)
 - 373,000 will require hospitalization
 - 56,000 cause death
 - 99,000 cause life long disability
 - \$ 48,300,000,000 (\$ 48.3 Billion)

TBI's (cont.)

- But who is having TBI occur to them?
 - Males 14 – 24
 - Twice as often as females
 - Three times as often as other adult age groups
 - 30,000 children sustain life threatening and disabling injuries

[Backyard Wrestling.wmv](#)

Our patients...

- In one study, 15% of consumers thought EMS included an ER physician
- ...the rest think we just drive ambulances.



Our providers...

- National Registry of EMTs/NHSTA Paramedic study
 - 1/3 of those who take class, don't complete it
 - 1/3 of those who complete class, don't test
 - Almost 1/2 of those left, don't stay
 - 3059 of 6894 did not re-register within their first two re-registration cycles (44% lost)
- The average life expectancy for a paramedic is 2.5 years
- The average amount of schooling to become a paramedic is 1.5 years (EMT – B thru EMT – P)

Job stresses...let's describe you

- Occupation, vocation, and your calling
- Self sacrificing
- Love commitment; hate compromise
- Articulate feelings with action
- See life in straightforward terms
- Solve problems with fairly simple action

But what is stress?

- The by-product of the transaction between a person and the environment.
- Stress occurs when a demand threatens to exceed an individual's capabilities and resources.

The job...

- This is not an easy job.
- Whether you are a...
 - Dispatcher,
 - EMT – B/PCP,
 - EMT – P/ACP,
 - Firefighter...this is hard.
- This is the second hardest job
...you get asked to help all kinds of people

What makes this job hard?

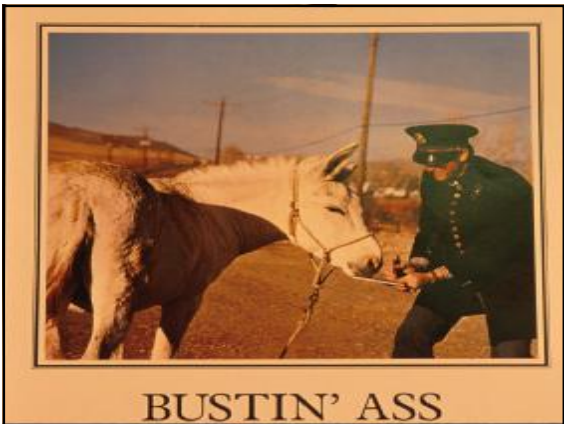
- The job
 - Big events?
 - Lots of little events
 - People
 - From the Texan: “How you are is how you is...”...your context and background factors
- Our patients

Big events?

- We come to work ready to go to the big one...we hope for the big one.
- This is what we do.
- This is what we want to do.







BUSTIN' ASS

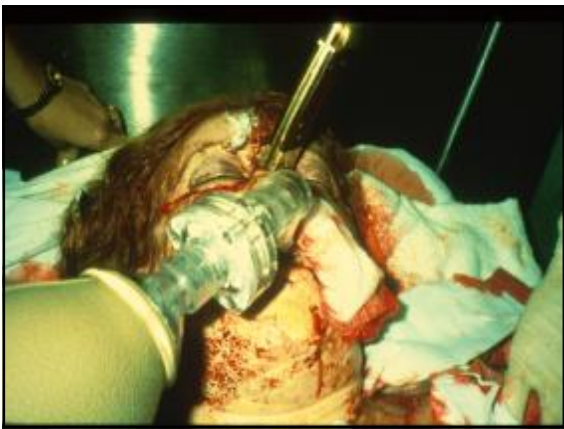


The big one...

- Numbers of patients
- Gross or severe physical trauma
- Personal issues








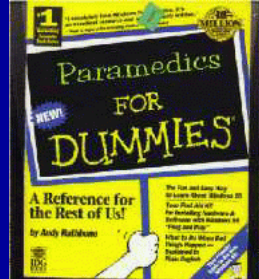
Little events

- Day to day hassles
- ...paperwork, etc.
- Sometimes, not all our little buttons, buzzers, and/or machines work right.
- Sometimes the boss doesn't work either.

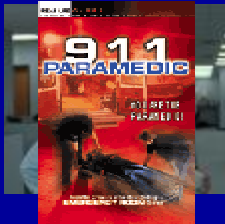


The People...Partners

- There's always one in every service or organization.
- That one person nobody likes...but you hang out with them anyway.
- Usually can be identified by their reading material.



The People...Management



- "Did you get the memo?"
- Meetings about meetings
- Since they don't get a lot of field time, they have to simulate it.

Your context...

- We view things differently...you have to stay positive...
- ...you have to find the positive in your situation (big incident, little things, partners, and management).



Context

- “A Diamond Kind of Day”

Basically, you have to be...

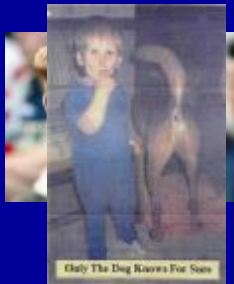
- Assertive
- Direct
- Ready to stand up for what's right

- [Ask your pharmacist.wmv](#)

Addiction & Meds

- Addictions
- One study of American hospital workers noted an addiction rate of 8 – 9%
- It affects your family also
 - My kid is hooked on phonics

The job and the family



- Not your crew or co-workers, your actual blood or marriage relatives...they miss us.
- They need us to provide direction in their lives too.

Our patients...

- Some of them are dumb.
- Some of them aren't our patients.



- [More stupid patients](#)

So what do we do?

1. Maintain your context of where you are in the spectrum.

We can only control the things we can control.

2. Don't accept it if it doesn't work for you... get on the other side of emergency medicine and help the prevention side. It works.
 - fire prevention has saved countless lives
 - required seat belt legislation
 - bicycle helmets

Gordon Graham – “predictable is preventable.”

3. Get involved in the community.

Me – Bryan's House
Lena Pope Home
Youth Sports

You – Tell Me...



Thank you...

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<http://www.consurgo.org>
