

# EMERGENCY MEDICAL TECHNICIAN (EMT)



Emergency medical technician (EMT) or ambulance technician are terms used in some countries to denote a health care provider of emergency medical services. EMTs are clinicians, trained to respond quickly to emergency situations regarding medical issues, traumatic injuries and accident scenes.

EMTs are most commonly found working in ambulances, but should not be confused with "ambulance drivers" — ambulance staff who in the past were not trained in emergency care or driving. EMTs are often employed by ambulance services, governments, and hospitals, but are also sometimes employed by fire departments (and seen on fire apparatus), in police departments (and seen on police vehicles), and there are many firefighter/EMTs and police officer/EMTs. EMTs operate under a limited scope of practice. EMTs are typically supervised by a medical director, who is a physician.

## Emergency Medical Responder

Most providers that work in ambulances will be identified as "Paramedics" by the public. However, in many cases, the most prevalent level of emergency prehospital care is that

which is provided by the Emergency Medical Responder (EMR). This is a level of practice recognized under the National Occupational Competency Profile, although unlike the next three successive levels of practice, the EMR is not specifically considered a Paramedic, per se. The high number of EMRs across Canada cannot be ignored as contributing a critical role in the chain of survival, although it is a level of practice that is least comprehensive (colloquially speaking), and is also generally not consistent with any medical acts beyond advanced first-aid and oxygen therapy with the exception of automated external defibrillation (which is still considered a regulated medical act in most provinces in Canada).

## Primary care paramedics

Primary care paramedics (PCPs) are the entry-level of paramedic practice in Canadian provinces. The scope of practice includes performing semi-automated external defibrillation, interpretation of 4-lead ECGs, administration of Symptom Relief Medications for a variety of emergency medical conditions (these include oxygen, epinephrine, dextrose, glucagon, salbutamol, ASA and nitroglycerine), performing trauma immobilization (including cervical immobilization), and other fundamental basic medical care. Primary Care Paramedics may also receive additional training in order to perform certain skills that are normally in the scope of practice of Advanced Care Paramedics. This is regulated both provincially (by statute) and locally (by the medical director), and ordinarily entails an aspect of medical oversight by a specific body or group of physicians. This is often referred to as Medical Control, or a role played by a base hospital. For example, in the provinces of Ontario and Newfoundland and Labrador, many paramedic services

allow Primary Care Paramedics to perform 12-lead ECG interpretation, or initiate intravenous therapy to deliver a few additional medications.

## Advanced Care Paramedics

The Advanced Care Paramedic is a level of practitioner that is in high demand by many services across Canada. However, still not all provinces and jurisdictions have ACPs (Quebec, New Brunswick). The ACP typically carries approximately 20 different medications, although the number and type of medications may vary substantially from region to region. ACPs perform advanced airway management including intubation, surgical airways, intravenous therapy, place external jugular IV lines, perform needle thoracostomy, perform and interpret 12-lead ECGs, perform synchronized and chemical cardioversion, transcutaneous pacing, perform obstetrical assessments, and provide pharmacological pain relief for various conditions. Several sites in Canada have adopted pre-hospital fibrinolytics and rapid sequence induction, and prehospital medical research has permitted a great number of variations in the scope of practice for ACPs. Current programs include providing ACPs with discretionary direct 24-hour access to PCI labs, bypassing the emergency department, and representing a fundamental change in both the way that patients with ST-segment elevation myocardial infarctions (STEMIs) are treated, but also profoundly affecting survival rates, as well as bypassing a closer hospital to get an identified stroke patient to a stroke centre.

## Critical Care Paramedic

Critical Care Paramedics (CCPs) are paramedics who generally do not respond to 9-1-1 emergency calls, with the exception of helicopter

# Emergency Medical Technician Emt Speedy Study Guide

**Sabine Zange**



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web the guidelines the australian dietary guidelines the guidelines provide up to date advice about the amount and kinds of foods that we need to eat for health and wellbeing the recommendations are based on scientific evidence developed after looking at good quality research

*healthy eating harvard health* - Feb 15 2023

web jan 13 2015 use the resources below to supplement the information found in the healthy eating brochure one way to get more nutrients into the diet is to eat more superfoods such as broccoli salmon eggs beans walnuts

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web jan 13 2017 the hpb also has a handy guideline on recommended serving sizes per food group 5 7 servings per day of brown rice and wholemeal bread 2 servings of fruit 2 servings of vegetables 2 3 servings of meat and or

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web a healthier you starts with a healthy diet a balanced and nutritious diet is important for your overall health and well being here are some tips to kickstart your healthy eating journey shop for healthier food and drink options

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web mar 26 2021 follow these tips to build a healthy eating routine that works for you choose a mix of healthy foods there are lots of healthy choices in each food group choose a variety of foods you enjoy including whole fruits like apples berries grapefruit papaya and bananas

**eating well department of health and aged care** - Jul 08 2022

web the 5 food groups to stay healthy you should drink plenty of water and eat a wide variety of nutritious foods from the 5 food groups every day this includes vegetables and legumes or beans at least 5 serves a day grain cereal foods mostly wholegrain and high fibre varieties 4 to 6 serves a day fruit 2 serves a day

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web view printable brochures and handouts with healthy eating tips based on the dietary guidelines for americans 2020 2025 including build a healthy eating routine cut down on added sugars

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web a healthy diet and lifestyle are key in preventing cardiovascular disease this booklet gives a clear overview of how people can make simple changes in their lives and diets to improve their health

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web eating healthy brochure healthy habits for healthy families may 8th 2018 pressure from school friends and parents can build to create an emotionally stressful environment for children and teens leading to unhealthy eating habits healthy weight cdc november 2nd 2016 the key to achieving and maintaining a

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web organisations like the world health organisation who and national health and medical research council of australia nhmrc this framework diagram 1 consists of a continuum of 8 levels 0 7 to describe food textures and drink thickness the iddsi framework was launched in 2015 and to date 29 countries have endorsed and

*eating healthy brochure pdf cyberlab sutd edu sg* - Mar 16 2023

web promote active living healthy eating and access to healthy foods this brochure provides examples of the work that has

been supported through leadership for healthy communities

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web healthy eating for children brochure healthy eating for adults brochure healthy eating during your pregnancy brochure

the following high resolution copies of australian dietary guidelines companion resources are suitable for desktop printing

please note a3 paper is required for printing the brochures

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web to date singapore has produced dietary guidelines for children and adolescents focusing on establishing healthy lifelong

eating patterns adults focusing on preventing obesity and reinforcing healthy eating patterns and most recently guidelines

for older adults 50 years of age that address the issue of potential dietary insufficiency caused by age

**nutrition takecareasia com** - Oct 11 2022

web you eat to provide energy and nutrients important for growth maintenance and overall health good nutrition is important

to keep your body at optimum health a healthy diet can help you reach and maintain proper weight reduce your risk of

chronic diseases and promote good health one way to ensure that you are eating healthy is to