

EMT FINAL EXAM STUDY GUIDE

Who sets the curriculum for all EMS courses? - DOT

Provides national standards for EMT testing and certification. - National Registry

Physician who authorizes/delegates authority to provide medical care in the field. - Medical Control

Recognition, patient assessment, continued assessment and stabilization in hospital, definitive care. - Continuum of Care

Types of stress include: - Cumulative, post-traumatic stress reaction, eustress, acute stress, and chronic stress

S/S of stress include: - Increased respiratory rate, heart rate, and B/P, vasodilation, dilated pupils, tensed muscles, increased glucose levels, perspiration, decreased blood flow to gastrointestinal tract, irritability, inability to concentrate, difficult or increased sleeping, anxiety, guilt, loss of appetite, decreased sexual activity, loss of interest in work, alcoholism, drug use.

Management of stress includes: - Eliminate stressors, change partners, get rid of negative personalities, change work hours, reduce overtime, change your attitude, don't obsess over what you can't change, exercise, diet.

Fight or Flight response: - During an acute stress response, the autonomic nervous system is activated and the body increases level of cortisol, adrenaline, and other hormones that produce an increased heart rate, quick breathing, and higher BP. Blood is shunted from extremities to the big muscles to "fight or flight".

Routes of transmission include: - Direct - touch or droplets
Indirect - spread by inanimate objects
Mechanical (vector born) - by insects
Biological - Transmissions by which the germs live or grow
Airborne - sneezes, coughs
Dust - may carry pores, may remain for long periods.

Control and prevention of contamination include? - Hand washing, gloves, eye protection, gowns, masks, mask, respirators, barrier devices, and immunizations.

Duty to Act is? - An obligation to provide care.

Ems Study Guide

David Baud

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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