

# Study Guide for EMT students

*Chicago EMT Training*

## Table of Contents

|                        |   |
|------------------------|---|
| Overview               | 2 |
| Unit 1                 | 3 |
| Unit 2                 | 4 |
| Unit 3                 | 5 |
| Unit 4                 | 6 |
| Final Practical Review | 7 |

## Overview

There are 3 different type of lab days:

Instructional day: Come in and be a sponge. The goal is to become familiar with the tools and techniques of that given day.

Practice Practical/ Exam: You're in groups. You have to assess and manage scenarios as a team. Once everyone is done, we'll take the multiple choice exam. You will not be able to use your pt assessment skill sheets during these scenarios.

Practical Day: You'll be given three scenarios that were similar to the previous lab. You are completing these scenarios individually. The practical is pass/fail. Receiving an 80% will result in 15 points per scenario. Receiving a 79% or below will result in a zero. Inadequate patient assessment performance will lead to retakes during office hours. Retakes do not alter your original grade. They prove your competence in the respective unit.

### Clinical Overview

 Clinical and Ride Time

 Clinical Site Notes

[Clinical Documents Folder](#)

### General tips to succeed in this course

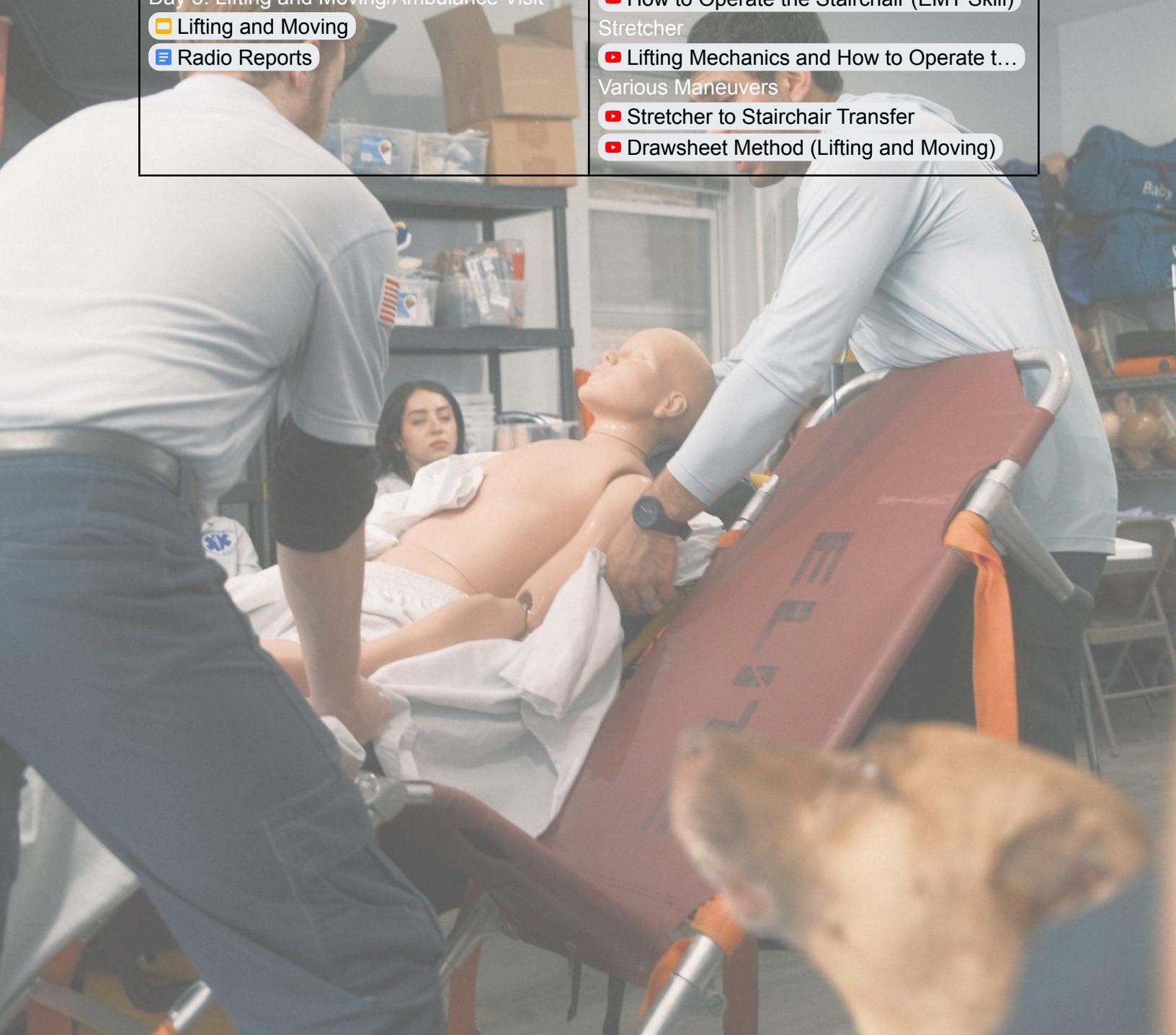
1. Find a study buddy. At least one. Have weekly check-ins with them. When you put yourself in the shoes of the proctor, you learn what we look for.
2. The key to minimizing anxiety during practical exams is by simulating stress during practice. The easiest way to do that is by timing yourself. Most of our practical scenarios are completed within 12 minutes. “Performance parallels preparation” ~David Acosta Jr.
3. Stay on top of the material via MyLab and our Youtube Videos. It's not the difficulty of the material that stifles people, it's the **amount** of material that's overwhelming. Once you fall below an 80%, you're in a hole.
  - a. It is your job to climb out of that hole faster than we bury you.
4. Utilize MyBradyLab **pretest** and **posttest** quizzes to expose yourself to as many similar questions as possible before the multiple choice exams in class. These do not count for credit. If you cannot explain why something is right, purposefully get it wrong so you're provided with an explanation
5. For scantrons, place a dot next to each question that was difficult
  - a. Go deeper: Place dots on top of each letter you were weighing as potentially correct. This will allow you to effectively review your exams upon their return
6. A list of mentors you can reach out to:  Mentors for Chicago EMT Training

## Unit 1

*Intros, Vital Signs, CPR, Lifting and Moving*

*"We rarely rise to the occasion but rather fall to our level of training"*

| Slides/Notes  | Relevant Videos  |
|---|--|
| <p>Day 1: Lab Orientation/Vital Signs</p> <p><input checked="" type="checkbox"/> Day 1 (Welcome and Vital Signs)</p> <p><input checked="" type="checkbox"/> Vitals Assignment</p> <p>Day 2: CPR <input checked="" type="checkbox"/> CPR</p> <p>Day 3: Lifting and Moving/Ambulance Visit</p> <p><input checked="" type="checkbox"/> Lifting and Moving</p> <p><input checked="" type="checkbox"/> Radio Reports</p> | <p> How to Take a Full Set of Vital Signs (EMT Skill)</p> <p> How to Take a Blood Pressure with Aneroid Sphygmomanometer (EMT Skill)</p> <p> How To Give A Radio Report   EMT Skill</p> <p>Stair Chair</p> <p> How to Operate the Stairchair (EMT Skill)</p> <p>Stretcher</p> <p> Lifting Mechanics and How to Operate the Stretcher</p> <p>Various Maneuvers</p> <p> Stretcher to Stairchair Transfer</p> <p> Drawsheet Method (Lifting and Moving)</p> |

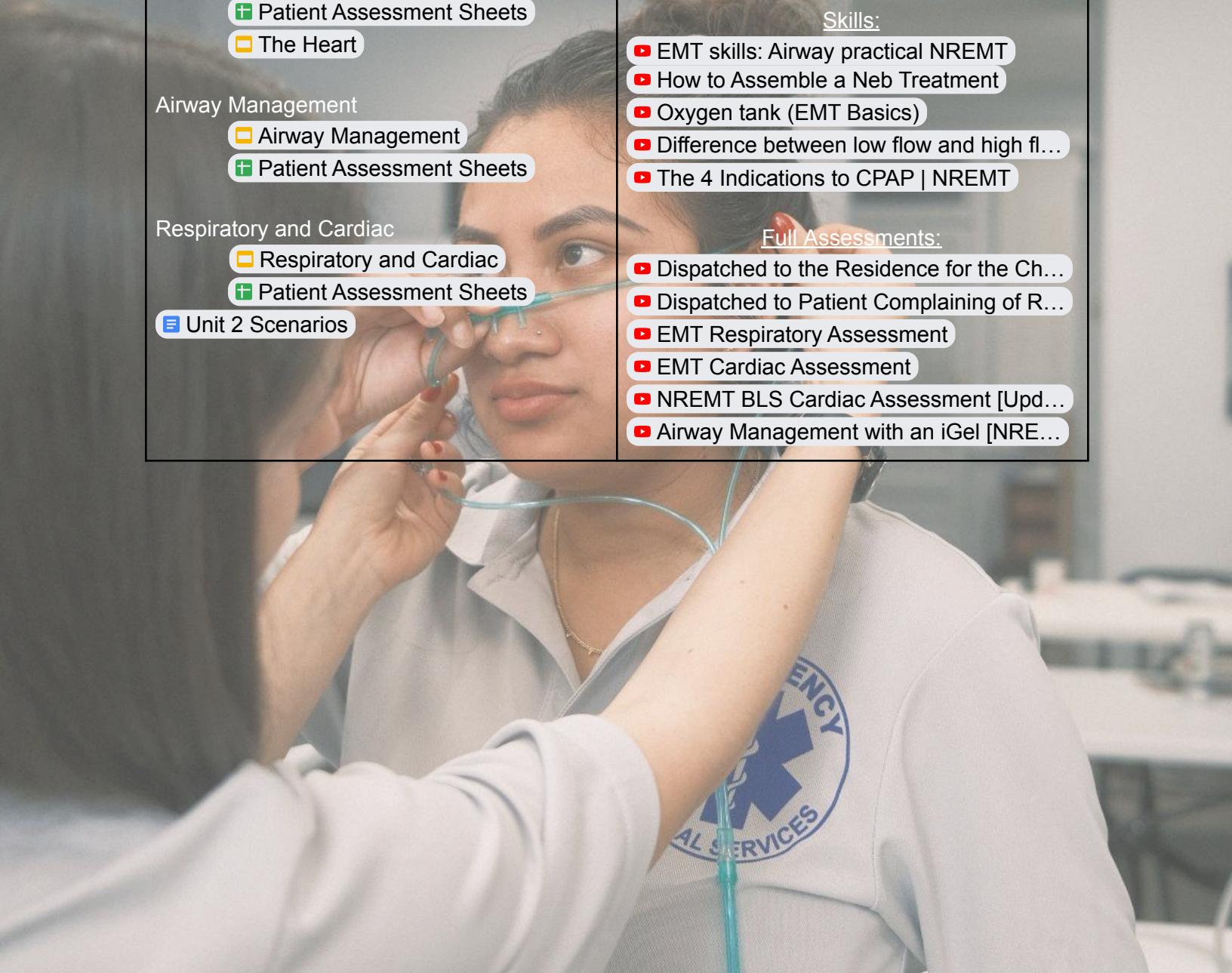


## Unit 2

Airway Management, Intro to Patient Assessment, Respiratory, Cardiac

"You are only as successful as your last successful act." Phil Jackson

| Slides/Notes   | Relevant Videos  |
|--|--|
| Patient Assessment<br><input type="checkbox"/> Intro to Patient Assessment<br><input checked="" type="checkbox"/> Patient Assessment Sheets  | <input type="checkbox"/> Patient Assessment Guide   Chicago E...<br><input type="checkbox"/> EMT PT assessment Flowchart<br><input type="checkbox"/> Anatomy of the Heart (EMT)<br><input type="checkbox"/> Overview of the iGel<br><input type="checkbox"/> Taking Notes for a Radio Report as an ...   |
| Wrap up Vital Signs/Intro PT Assessment/Exam 1<br><input checked="" type="checkbox"/> Patient Assessment Sheets<br><input type="checkbox"/> The Heart  | <b>Skills:</b><br><input type="checkbox"/> EMT skills: Airway practical NREMT<br><input type="checkbox"/> How to Assemble a Neb Treatment<br><input type="checkbox"/> Oxygen tank (EMT Basics)<br><input type="checkbox"/> Difference between low flow and high fl...<br><input type="checkbox"/> The 4 Indications to CPAP   NREMT  |
| Airway Management<br><input type="checkbox"/> Airway Management<br><input checked="" type="checkbox"/> Patient Assessment Sheets   | <b>Full Assessments:</b><br><input type="checkbox"/> Dispatched to the Residence for the Ch...<br><input type="checkbox"/> Dispatched to Patient Complaining of R...<br><input type="checkbox"/> EMT Respiratory Assessment<br><input type="checkbox"/> EMT Cardiac Assessment<br><input type="checkbox"/> NREMT BLS Cardiac Assessment [Upd...<br><input type="checkbox"/> Airway Management with an iGel [NRE... |
| Respiratory and Cardiac<br><input type="checkbox"/> Respiratory and Cardiac<br><input checked="" type="checkbox"/> Patient Assessment Sheets<br><input checked="" type="checkbox"/> Unit 2 Scenarios |  |



## Unit 3

*Neurology, Abdominal Pain (GI, GU, OB, Gyn), Immunology*  
“Don’t be bitter, be better”

| Slides/Notes  | Relevant Videos   |
|---|---|
| <ul style="list-style-type: none"><li> <a href="#">Unit 3 Instructional Part 1</a></li><li> <a href="#">Unit 3 Scenarios</a></li><li> <a href="#">Patient Assessment Sheets</a></li><li> <a href="#">Neurology</a></li><li> <a href="#">Abdominal Pain and Immunology</a></li><li> <a href="#">Pit_Crew_Restraint_Guide.pdf</a></li></ul> | <p><u><a href="#">Neurology and Toxicology</a></u></p> <ul style="list-style-type: none"><li> <a href="#">Stroke Assessment (EMT)</a></li><li> <a href="#">How to Check a Blood Sugar with a Glu...</a></li><li> <a href="#">Neurological Assessment ft. Opioid OD</a></li><li> <a href="#">Another Chance at Life ft. Narcan</a></li></ul> <p><u><a href="#">Immunology, Abdominal Pain, OB</a></u></p> <ul style="list-style-type: none"><li> <a href="#">How to Assess for Anaphylaxis</a></li><li> <a href="#">EMT Skills: Immunology Assessment</a></li><li> <a href="#">EMT Skills: Abdominal Pain Assessment</a></li><li> <a href="#">OB assessment, delivery, and abnorma...</a></li></ul> |

## Unit 4

Trauma/Head to Toe Assessment/Splinting/Hemorrhage Control

| Slides/Notes   | Relevant Videos   |
|--|---|
| <ul style="list-style-type: none"><li>➡ Instructional Trauma Hands on</li><li>➡ Patient Assessment Sheets</li><li>➡ Trauma Instruction Pt. 1</li><li>➡ Trauma Instruction Pt 2</li></ul> | <ul style="list-style-type: none"><li>➡ EMT Head to Toe   Trauma Assessment</li><li>➡ How to Measure and Apply a C-Collar [...]</li><li>➡ Hyfin Chest Seal   Sucking Chest Woun...</li><li>➡ Managing Abdominal Eviscerations (EMT)</li><li>➡ SAM® Pelvic Sling Training   Single Per...</li><li>➡ Combat Application Tourniquet   Stop th...</li><li>➡ Improvised TQ   EMT Skill</li><li>➡ The SOF-T by TacMed Solutions</li><li>➡ SAM XT Tourniquet   EMT skill</li><li>➡ Stabilizing an Impaled Object (EMT)</li><li>➡ SAM Pelvic Sling</li><li>➡ Splinting an Injured Knee with Rigid Spl...</li><li>➡ How to Splint an Ankle ft. Erik P</li><li>➡ Sling n Swathe (EMT)</li><li>➡ The Lost Art of the Hare Traction Splint</li><li>➡ KED EMT Skill</li></ul> <p><b>Full Scenarios:</b></p> <ul style="list-style-type: none"><li>➡ Dispatched for the Impaled Object and ...</li><li>➡ Dispatched to the House Fire for the Bu...</li></ul> |

# Final Practical Review

*"The job's not done"*

- Final Practical Review
- Final Boss | EMT Scenario
- Burn Victim Involved in Car Fire and MVC | EMT Final Boss
- Dispatched to the Nightclub for the Altercation | EMT Final Boss
- You Are Dispatched For The Fall ft. Sarah and Rowanne
- Dispatched to the Fall at the Music Festival ft. Dawson [EMT Final Boss]

**Final Exam** (may flip with Final Practical depending on instructor staff availability)

- 100 multiple choice questions (200 points)
- Guest speakers from employers

Be prepared to submit your legal name and SSN

## Final Practical

- Scenarios that include both medical and trauma concepts
- Examples:
  - MVC caused by a driver experiencing a seizure
  - ETOH patient that experienced a dog bite
  - Heat stroke patient that fell off roof
  - Respiratory distress after jumping out of burning building
  - Drowning victim that was bit by a shark
  - Stroke patient that fell down stairs
  - OB patient who was a victim of abuse
  - Behavioral patient in altercation
  - GSW victim with respiratory distress
  - Electrical burn patient while that fell off of a ladder
  - Respiratory distress and hemorrhaging from blast injuries

## Required deliverables by final day

- [ICS 100](#) and [200](#) ([700](#) and [800](#)) are 5 points Extra Credit)
- Clinical Reflection Paper (60 points)
  - 3 pages double spaced
  - Reflect on your experiences on the ambulance as well as in the hospital
- Reflection paper on EMS article (10 points extra credit)
  - 1.5 pages double spaced reflecting on the EMS article
- Clinical PCRs are due **one week** after each clinical. *Not on the last day.*
- Come in uniform for class pictures 😊

### Instructions for NREMT:

- a. Sign up and pass the NREMT at NREMT.org
- b. Complete this form to get your IL license:  
<https://form.jotform.com/251085329838061>

### Advice for seeking a job:

1. Identify priorities and interests
2. From your clinical rotations, did you prefer to be in an ambulance or within the ED?
3. For ambulance companies, identify:
  - a. Proximity to your home
  - b. Hourly Rate and Benefits
  - c. Contracts they serve (hospital groups, nursing homes, etc)
  - d. Room for growth
  - e. Culture
  - f. Help with paramedic school?

### Resources:

1. [Chicago Region XI BLS Standing Medical Orders](#)
2. [Chicago Region XI ALS Standing Medical Orders](#)
3. [EMT Pocket Prep \(Mobile App for iPhone\)](#)
4. [EMS Pocket Prep \(Mobile App for Android\)](#)

No. 262  
Creativity requires fucking tenacity.  
Most of your accomplishments will  
be demonstrations of resolve, not  
talent. When you get lost, learn to  
carve a new path. When the dark-  
ness closes in, learn to kindle the  
light. When you can't see things  
clearly, learn to look through the  
eyes of others. Every set of adverse  
conditions in the act of creation  
can lead to a broader set of skills.  
The rewards for perseverance are  
always waiting just on the other  
side of what we think is impossible.

