

# Study Guide for EMT students

By Chicago EMT Training

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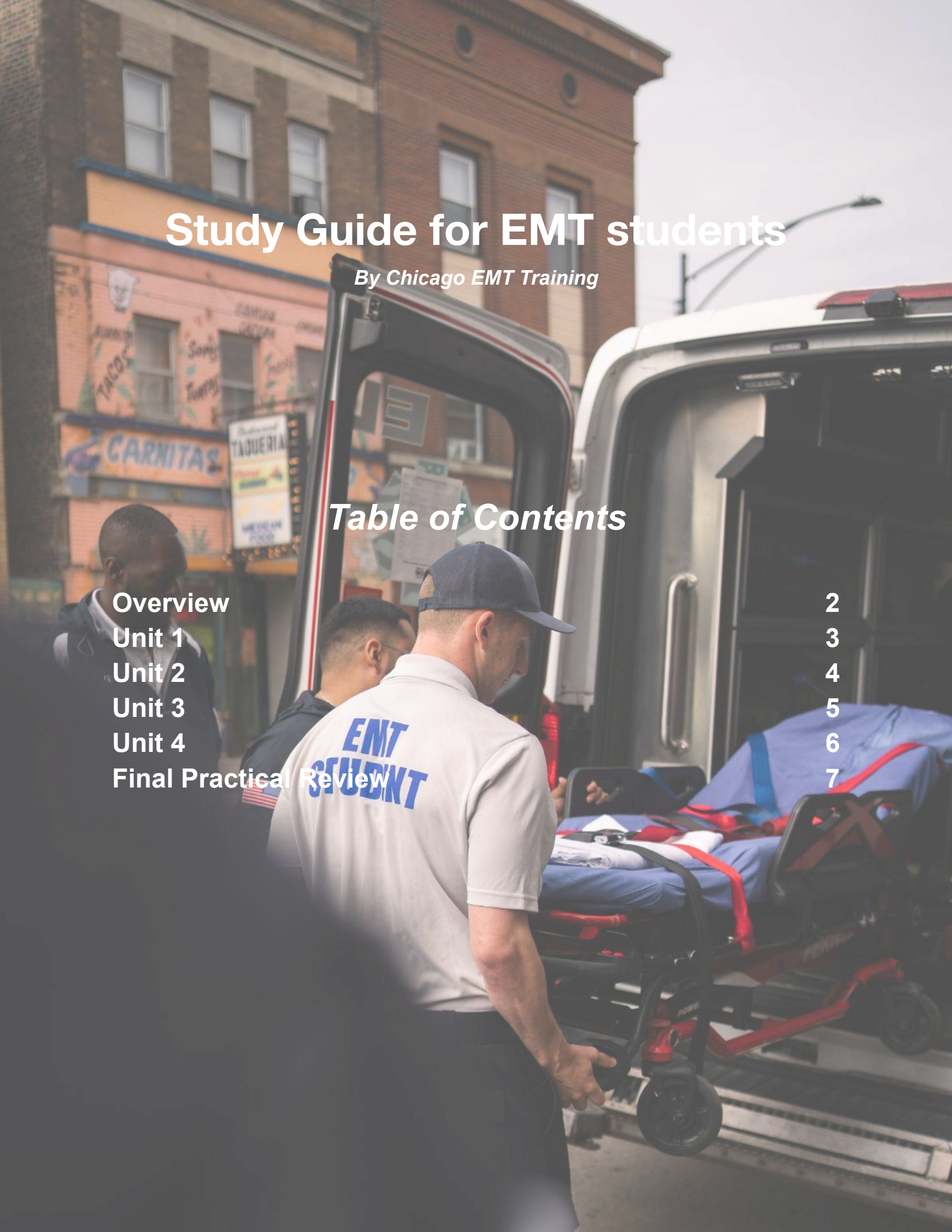
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## Overview

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. Credit for the practice practical is given for participation. You will not be able to use your pt assessment skill sheets during these scenarios. 6 points based on effort per scenario will be awarded (18 points total). If a critical fail was hit on the scenario, then the group will receive 0 points. Once complete, the 50 multiple choice question exam will be given (100 points)

Practical Day: You'll be given three scenarios that were similar to the previous lab. Credit is based on performance.

### Clinical Overview

▣ Clinical and Ride Time

☰ Clinical Site Notes

[Clinical Documents Folder](#)

**Electronic PCR**

### 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 MyBradylab 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*

Slides/Notes	Relevant Videos
Day 1: Lab Orientation/Vital Signs 📄 Day 1 (Welcome and Vital Signs) 📄 Vitals Assignment Day 2: CPR 📄 CPR Day 3: Lifting and Moving/Ambulance Visit 📄 Lifting and Moving 📄 Radio Reports	▶ How to Take a Full Set of Vital Signs (E... Stair Chair ▶ How to Operate the Stairchair (EMT Skill) Stretcher ▶ Lifting Mechanics and How to Operate t... Various Maneuvers ▶ Stretcher to Stairchair Transfer ▶ Drawsheet Method (Lifting and Moving)



## Unit 2

*Airway Management, Intro to Patient Assessment, Respiratory, Cardiac*

Slides/Notes	Relevant Videos
<p>Patient Assessment</p> <ul style="list-style-type: none"><li>Intro to Patient Assessment</li><li>Patient Assessment Sheets</li></ul>	<ul style="list-style-type: none"><li>Patient Assessment Guide   Chicago E...</li><li>Anatomy of the Heart (EMT)</li><li>Overview of the iGel</li></ul>
<p>Wrap up Vital Signs/Intro PT Assessment/Exam 1</p> <ul style="list-style-type: none"><li>Patient Assessment Sheets</li><li>The Heart</li></ul>	<p>Skills:</p> <ul style="list-style-type: none"><li>EMT skills: Airway practical NREMT</li><li>How to Assemble a Neb Treatment</li><li>Oxygen tank (EMT Basics)</li><li>Difference between low flow and high fl...</li><li>CPAP   EMT Skill</li></ul>
<p>Airway Management</p> <ul style="list-style-type: none"><li>Airway Management</li><li>Patient Assessment Sheets</li></ul>	<p>Full Assessments:</p> <ul style="list-style-type: none"><li>EMT Respiratory Assessment</li><li>EMT Cardiac Assessment</li><li>NREMT BLS Cardiac Assessment [Upd...</li><li>Airway Management with iGel (NREMT...</li></ul>
<p>Respiratory and Cardiac</p> <ul style="list-style-type: none"><li>Respiratory and Cardiac</li><li>Patient Assessment Sheets</li></ul> <p>Unit 2 Scenarios</p>	

Electronic Skill sheets for Practicals:














[Airway Management Skill sheet](#)

[Respiratory Medical Assessment Skill Sheet](#)

[Cardiac Medical Assessment Skill Sheet](#)

## Unit 3

*Neurology, Abdominal Pain (GI, GU, OB, Gyn), Immunology*

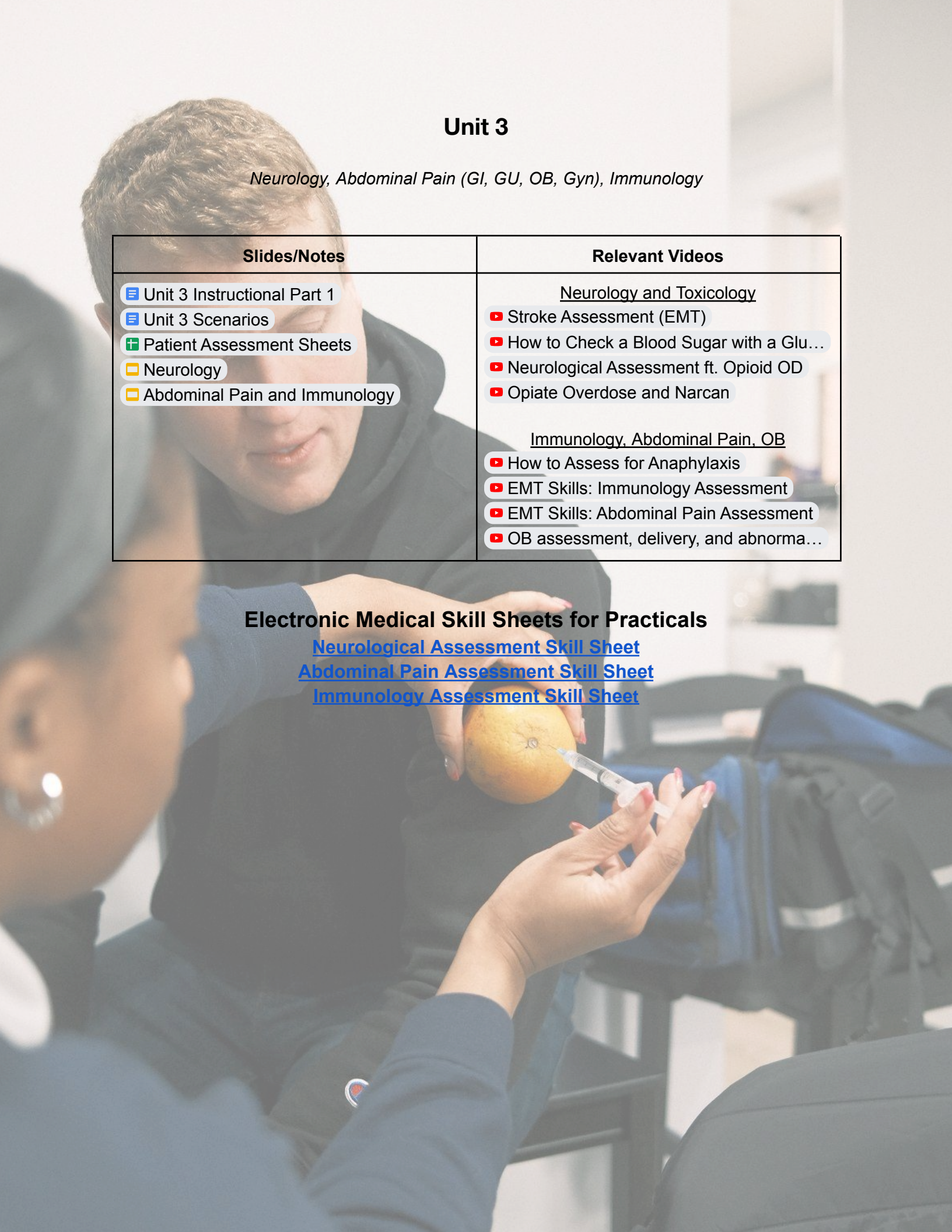
Slides/Notes	Relevant Videos
<ul style="list-style-type: none"><li> Unit 3 Instructional Part 1</li><li> Unit 3 Scenarios</li><li> Patient Assessment Sheets</li><li> Neurology</li><li> Abdominal Pain and Immunology</li></ul>	<p style="text-align: center;"><u>Neurology and Toxicology</u></p> <ul style="list-style-type: none"><li> Stroke Assessment (EMT)</li><li> How to Check a Blood Sugar with a Glu...</li><li> Neurological Assessment ft. Opioid OD</li><li> Opiate Overdose and Narcan</li></ul> <p style="text-align: center;"><u>Immunology, Abdominal Pain, OB</u></p> <ul style="list-style-type: none"><li> How to Assess for Anaphylaxis</li><li> EMT Skills: Immunology Assessment</li><li> EMT Skills: Abdominal Pain Assessment</li><li> OB assessment, delivery, and abnormal...</li></ul>

### Electronic Medical Skill Sheets for Practicals

[Neurological Assessment Skill Sheet](#)

[Abdominal Pain Assessment Skill Sheet](#)

[Immunology Assessment Skill Sheet](#)



## 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>Head to Toe Trauma Assessment (EMT)</li><li>How to Apply a C-Collar   NREMT</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 Tourniquet   NREMT and St...</li><li>The SOF-T by TacMed Solutions</li><li>Stabilizing an Impaled Object (EMT)</li><li>How to Splint an Arm (EMT)</li><li>SAM Pelvic Sling</li><li>Splinting an Injured Knee with Rigid Spl...</li><li>Ankle Splint (EMT)</li><li>Sling n Swathe (EMT)</li><li>The Lost Art of the Hare Traction Splint</li><li>KED EMT Skill</li></ul>

### Electronic Trauma Skill Sheets for Practicals

[Trauma Assessment 1](#)

[Trauma Assessment 2](#)

[Trauma Assessment 3](#)



## Final Practical Review

### Final Practical Review

**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:

1. You will receive a notification of when you can start signing up for the NREMT
2. We are in the Northwestern Memorial Hospital system
3. Once you've passed the NREMT; reach out to Marty or Victor about transferring your NREMT into an IL state license. You will need to complete this child support form:
  - a. <https://dph.illinois.gov/content/dam/soi/en/web/idph/files/forms/ems-renewal-notice-011717.pdf>
  - b. Get your NREMT certificate and CPR card ready as well

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 \(Mobile App for Android\)](#)

