

Northwest Community EMS System
July 2018: OD and Behavioral / Depression
Credit Questions

Name:	Date submitted:
EMS Agency/hospital:	Credit awarded (date):
EMSC/Educator reviewer:	Returned for revisions:
	Revisions received:

This packet should take 2 hours to complete – which earns you the equivalent of the 2 hour live CE class.
Sources: July CE handout; July CE slide deck (on NWC EMSS website); SOPs.

Glucometers: (Three videos available at <http://www.microdotcs.com/resources.html>)

1. Identify 3 differences found in the microdot glucose meter that will be a change in practice for EMS providers.

Control solution test procedure:

2. Which colored bottle is to be used for **low** glucose testing? _____
For **high** glucose testing? _____
3. Where should EMS look to compare numbers to assure that the glucose testing is accurate?

Substance Use / Overdoses

4. What two factors precipitate the unpredictable nature of the patient causing there to be no such thing as “just a normal overdose?”

5. What few simple things should be taken into consideration in order to protect oneself from exposure when a narcotic is suspected?

6. In accordance with the CDC statistics, how much has been seen of an increase in Illinois residents of opioid overdoses presenting to the emergency departments?

7. According to the literature, why are we seeing an upward trend in the amount of naloxone needing to be used in order to wake up a patient to the point of respiration effective to oxygenate the vital organs?

8. What additional resource may be needed upon the scene of a potential meth lab?

9. In accordance w/ CDC, _ in 5 young adult deaths are caused by opioid use; that is _____%.

10. Identify 9 predictors that can cause an individual to become a drug user up to 27% of the time.

11. Why is there a spike in the number of heroin use seen in the prehospital environment?

1. _____
2. _____
3. _____

12. How do the majority (75%) of heroin users get their start to a life of addiction?

13. Based on this picture & the PP, what is known about naloxone dosing when treating a person suspected of overdosing on carfentanyl?



14. Throughout the cycle of addiction, what chemical neurotransmitter is released within the body causing cravings to continue drug use?

15. When recreationally using fentanyl, what 6 side effects commonly seen as discussed in the video?
<https://www.youtube.com/watch?v=C0tW8FWBm1g>

16. What is known about fentanyl as compared to heroin and morphine that make them slower to cross the blood-brain barrier? <https://www.youtube.com/watch?v=C0tW8FWBm1g>

17. If an individual EMS provider is exposed to powdered substance on their body, what is the best way in which to remove that substance?

18. In accordance with the IDPH memo dated April 5th, 2018, what clinical presentations has EMS witnessed that causes one to suspect the drug ingested might be laced with another substance and what might that substance be?

19. What is the government doing to address this national crisis?

20. In the future world of community paramedicine which other entities can we partner with to care for this subset of patients?

21. When approaching a patient with suspected substance abuse with an altered mental status, what 6 causes (discussed in the pp) must be ruled out to ensure possible identification and/or treatment in the prehospital setting?

22. According to SOP, what is the initial dosing of naloxone for a spontaneously breathing pt vs. one who is apneic?

23. If a patient is suspected of using stimulants and has a generalized tonic clonic seizure, what is the treatment plan?

24. If a patient is suspected of presenting with excited delirium, what is the treatment plan?

25. If able to perform a primary assessment and obtain a history, what part of the history is helpful to obtain when transferring patient care over to the ED staff?

26. In reading the CE handout, in accordance with the National Institute on Drug Abuse, why is it thought that people do drugs?

27. When encountering a person with an altered mental status, what is considered the “A, B, C’s” of such and identify an example of each one.

28. When encountering a person with an altered mental status, identify 3 underlying medical problems that can mimic such an alteration.

1. _____

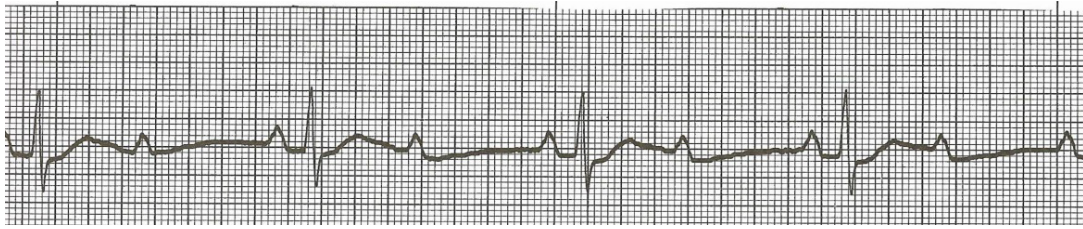
2. _____

3. _____

29. What is the tx for a pt who is severely agitated & hypertensive from a cocaine overdose?

- A. naloxone
- B. ketamine
- C. midazolam
- D. nitroglycerin

31. An elderly male has overdosed on Inderal (propranolol). BP 80/palp, P 30; R 12. Identify his rhythm.



- A. Second degree block Mobitz II
- B. Third degree AV block
- C. Idioventricular rhythm
- D. Sinus bradycardia w/ PVCs

Behavioral Patients

32. According to the PP presentation, when assessing the safety of a situation, what warnings can a patient offer of a potentially violent situation?

33. When interacting w/ a pt with a behavioral emergency what 6 tips are necessary to review w/ each encounter to both assess & treat the pt as well as guard your safety & wellbeing?

34. What 2 policies discuss decisional capacity & define the paramedics ability to determine what legal decisions must be made for an individual such as taking a pt against their will or allowing a pt to refuse treatment and / or transport?

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35. Of all of the many types of disorders that behavioral patients face, what two disorders put them at greater risk for depression?

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Burnout in the Paramedic

36. Of all the statistics on p. 7-8 of the handout, which statistic sticks out to you the most and why? Explain your answer.

37. On p. 8 of the handout, there is discussion regarding burnout of the EMS provider. Identify 4 reasons why personnel may get burned out *in your opinion*.

38. Per the CDC, identify 6 factors that contribute to suicide among those with and without known mental health conditions?

39. According to Fitch (handout), 6 immediate action steps every EMS leader should take to address critical issues when encountering someone asking for assistance w/ critical stress. Identify them.

40. Table 1 (handout) identifies coping strategies for stress with EMS personnel, list the 8 constructive strategies ranking them in accordance with how you use from most frequent to least frequent.
