

Preparatory 1

Safety and Wellness

- Describe proper hand washing procedures
- List personal protective equipment required for various types of patient encounters
- Describe types of stress reactions
- List ways to manage stress
- List the stages of death and dying
- Review the prevalence of suicide in the first responders
- List signs of mental health duress in first responders
- Describe methods of assistance for first responders with emotional/mental duress
- Recall resources available to help first responders cope with mental duress
- Discuss importance of physical wellbeing
- Explain ways to improve physical wellbeing
- Discuss the importance of mental wellbeing
- Explain ways to improve mental wellbeing

Preparatory 2

Medical Legal and Documentation

- List types of consent
- Explain situations when a minor can consent to care
- Describe how to determine capacity
- Review legal complications related to consent
- Explain ways to maintain confidentiality
- List HIPAA approved patient information disclosures
- List elements of negligence
- List required information for the patient care record
- Describe uses of the patient care record
- Explain issues with falsifying the patient care record
- Understand the role of the high risk refusal process
- Recall inability of fire departments to complete refusal documentation

Preparatory 3

Communication

- List human factors that increase risk for medical errors
- Describe the components of Crew Resource Management
- Explain key concepts and components of proper communication
- Describe techniques for proper interpersonal communication
- List strategies to communicate with patients of differing cultures
- Describe non-verbal communication techniques
- Discuss differences in communicating with elderly and pediatric patients

- Recall importance of developing a patient rapport
- Describe verbal defusing strategies

Preparatory 4

Anatomy and Physiology

- List the anatomical planes
- Describe the functions of the skeletal system
- List the components of the skeletal system
- Describe the functions of the muscular system
- List the components of the muscular system
- Describe the functions of the respiratory system
- List the components of the respiratory system
- Describe the functions of the cardiovascular system
- List the components of the cardiovascular system
- Describe the functions of the nervous system
- List the components of the nervous system
- Describe the functions of the integumentary system
- List the components of the integumentary system
- Describe the functions of the digestive system
- List the components of the digestive system
- Describe the functions of the endocrine system
- List the components of the endocrine system
- Describe the functions of the renal system
- List the components of the renal system

Preparatory 5

Situational Awareness

- Describe importance of being aware of your surroundings
- Describe how to do a location assessment
- Describe how to analyze avenues of escape
- List signs of aggressive behavior
- List signs of suspicious persons
- Describe how to detect concealed weapons
- Differentiate between cover and concealment
- Explain techniques to diffuse an agitated person
- Describe the importance of evidence preservation on crime scenes
- List steps to preserve evidence
- List signs and symptoms of biological, nuclear, incendiary, chemical, and explosive substances
- Recall dangers of a secondary attack