

Could You Handle the Pressure of an EMT?

kidzbiz

Five Senses to Better Health & Safety

When Delena Jeffers teaches Health Occupations at Nolan Middle School, she wants her students to really get it—with all five senses. She figures that if students see it, hear it, smell it, taste it, and touch it, they'll really learn it. In fact, before teaching Health Occupations, Delena spent several years training and working as an Emergency Medical Technician (EMT)—just



so she could learn with her own five senses the real life of a healthcare professional. When she teaches about the effects of a drug overdose on a teen, she's seen it happen. When she teaches CPR on a manikin, she knows what a real emergency CPR situation feels like. To teach students about

different careers in healthcare, she invites working professionals to speak to the class and takes them on field trips to local hospitals and training centers. And when students finish her year-long HOSA class (Health Occupations Students of America), they're nearly as equipped to handle an emergency as adult students taking an EMT course! It's no surprise when an eighth-grade student comes to class full of excitement and a story. "Mrs. Jeffers! My grandmother was choking and I performed an abdominal thrust and she started breathing again!" Well done! (Good luck to Delena Jeffers and her 23 HOSA students who will compete at the State level in nine categories of events this month!)

By Leslie Rowe

School biz

Meet Matt Frey, Future Cardiac Surgeon

Ask Matt Frey about his future and he's a man with a plan. This eighth grader at Nolan Middle School hopes to study to be a cardiac surgeon, and he's already



mastered a few credentials to help launch his career. He is certified in CPR and first aid. He's familiar with medical terminology. As president of the Health Occupations

Students of America (HOSA) organization at Nolan, he participates in extensive service and leadership opportunities and competed and placed at the district level in two events. He belongs to the National Junior Honor Society, another service organization. And this guy is physically fit! A competitive gymnast with an impressive record, Matt qualified to compete in the USA Junior Olympics National Championships. A surgeon needs a steady hand, and anyone who can handle the gymnastics floor and bars like Matt probably has what it takes to become a surgeon. Medical schools like a well-rounded candidate, so Matt's piano and guitar playing abilities certainly round off one talented student. Finally, everyone wants a doctor who really cares about people—and that's Matt Frey!

You to the Rescue!

A traumatic car accident happens and you respond to the call for help. A serious injury occurs on a neighborhood street and you're called to the scene. A young boy has critical breathing problems and you're summoned once again. Welcome to a day in the life of an Emergency Medical Technician or Paramedic. It's not a job for the faint of heart, but it can be an exciting, demanding, and rewarding career.

EMTs and Paramedics arrive at the scene of an accident or injury after a call from 911 operators. Their first priority is to determine the condition of the injured person(s). Next they give appropriate medical care, often while being in touch with a doctor from a local hospital. If the injuries are severe, the injured parties are then transferred to the hospital. EMTs and Paramedics work in teams of two; one person is responsible for driving the ambulance as the other person stabilizes the patient. Once they arrive at the hospital, patient information is supplied to the medical staff and the EMT's and Paramedic's job is done.

There are four levels of EMTs and Paramedics. According to the National Registry of Emergency Medical Technicians, the levels in order from least to most trained are:

1. First Responder
2. EMT-Basic
3. EMT-Intermediate
4. EMT-Paramedic

Most police officers and firefighters receive cross-training as certified First Responders since they are usually the first people to arrive at the scene. EMT-Basics are trained in respiratory, basic cardiac, traumatic injury and general emergency care. EMT-Intermediates receive further education which allows them to give intravenous fluids, use heart defibrillators, and use modern equipment and techniques which can clear a patient's airway. EMT-Paramedics receive the highest level of training. In addition to the skills already listed, they are trained to provide advanced medical care which includes doing endotracheal intubations, supplying intravenous drugs, and reading electrocardiograms. They are also trained to use advanced medical equipment. Many of these professionals realize their 'fit' in the medical field and continue their education to become doctors or nurses.

The education requirements for an EMT vary within the 50 states, although all of the states have certification procedures and require EMTs to re-certify every two years. Many programs offer an Associates Degree with formal EMT training, with an additional 55 hours of instruction required beyond EMT Basic. Some additional EMT-Paramedic requirements include emotional stability, good eyesight, exceptional hand-eye coordination, and the ability to lift heavy objects.

Could you handle the pressure of being an EMT? If you think you've got the right stuff, talk to your parents, teacher, or guidance counselor to see if an EMT-Paramedic is the right career choice for you. You can take courses at Manatee Technical Institute which offers an Emergency Medical Service class and a Paramedic class at the East campus in Lakewood Ranch. Maybe one day it will be YOU to the rescue!

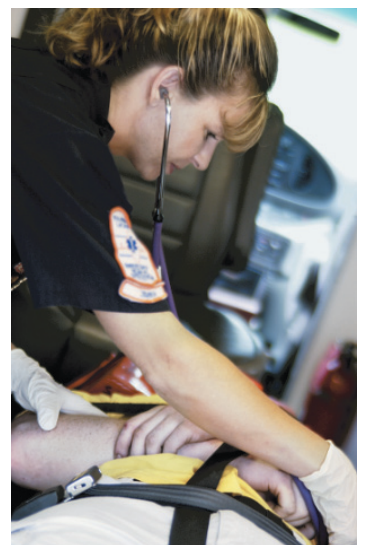
By Julie Gillies

Discover the Future

Discover the Future

An Emergency Medical Technician or Paramedic is a highly specialized career. Here are some of the places you could work if you become an E.M.T.

- 911 Ambulance Services
- Hospital Emergency Room
- Hospital Intensive Care Unit
- Home Health Care
- Firefighter (additional schooling required)
- Police Officer (additional schooling required)
- EMT Dispatcher
- EMT Instructor



For more career information see your school counselor and get information on-line at:
<http://www.khake.com/page42.html>
 OR
<http://www.princetonol.com/groups/iad/lessons/middle/careers.htm>

explore it

Make a First-Aid Kit for Your Home or Car

Every home should have a first-aid kit does yours? Even if you answer yes, you should also have a kit for your car. Consider making a portable first-aid kit to toss in your suitcase or backpack when you go on vacation. You never know when you might need it!

A basic first-aid kit can be stored in something as simple as a large pencil box, a plastic container with a lid, or even a zip-loc freezer bag. Here is a list of items that should be included in your first-aid kit. Using a permanent marker and masking tape, write the date on the back of your kit. This will remind you to replace expired medicines. Simply peel off and use a new piece of tape to add the new date as you renew your kit. Always remember to replace any used items as soon as possible. First-aid kit items are available at any drug store or discount retailer such as Wal-Mart. Here's your kit list:

- plastic gloves
- antiseptic wipes
- antiseptic solution (hydrogen peroxide)
- triple antibiotic ointment
- adhesive bandages in all sizes
- tweezers
- sharp scissors
- sterile gauze
- adhesive tape
- elastic bandage
- safety pins
- acetaminophen and ibuprofen
- disposable instant cold packs
- calamine lotion
- sting-eeze (or other anti-sting/anti-itch lotion)
- thermometer
- list of emergency phone numbers
- first-aid manual



InquiziKidz page is published every Wednesday in The Herald.
 Provided by Newspaper in Education, For questions, call (941) 748-0411 ext. 5031,
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