The Well-Being of the Paramedic
Objectives

- Describe the Components of Wellness
- Paramedics Role in Promoting Health
- Lifestyle Choices
- Risk Factors and Warning signs of Cancer and CVD
- Measure to Minimize Risk of Exposure and Injury
- Critical Incident Stress Management
- Death and Dying
What is Wellness

- Good Nutrition
- Physical Fitness
- Ample Sleep
- Prevention of disease and injury
Physical Exam

- Baseline of present physical fitness
- Baseline Blood Pressure
- BMI (Body Mass Index)
  - \( \text{BMI} = \frac{\text{weight in pounds}}{703} \times \frac{1}{\text{height in inches}^2} \)
- Assess Muscle Strength and Endurance
- Assess Range of Motion
- Assess Flexibility
New Food Pyramid

Exercise
- Adults should be physically active for at least 30 minutes most days of the week, children for 60 minutes.
- Sixty to 90 minutes of daily physical activity may be needed to prevent weight gain or sustain weight loss.

Grains
- Half of all grains consumed should be whole grains.

Vegetables
- Vary the types of vegetables you eat.

Fruits
- Eat a variety of fruits. Go easy on juices.

Milk
- Eat low-fat or fat-free dairy products.

Meat and beans
- Eat lean cuts, seafood and beans. Avoid frying.

Oils
- Most fat should be from fish, nuts and vegetable oils.
- Limit solid fats, such as butter, margarine or lard.

Recommended nutrient intakes at 12-calorie levels can be found on mypyramid.gov.
Physical Fitness

- Decreases Heat Rate and Blood Pressure
- Increase Oxygen-Carrying Capacity
- Enhances Quality of Life
- Increases Muscle Mass and Metabolism
- Increases Resistance to Injury
- Make you look GOOD!!
- Helps Maintain Motor Skills
The Importance of SLEEP

- The average adult needs 7-8 hours of sleep
- Circadian Latin for “About the day”
- Sleep Loss
  - Makes it easier to fall asleep at inappropriate times
  - Affect performance on and off the job
  - Lead to serious injuries
  - Disrupts social and family life
  - Increases risk of digestive problems and heart disease
Getting your Zzz

- Allow time to unwind and relax
- Avoid Stimulants during the last few hours of your work shift
- Keep your sleep area cool and dark
- Tell the family your sleepy time hours
- Shut off the phones, Face book, Twitter, YOUR MIND
- Try to maintain a normal sleep pattern
Disease Prevention

- Eliminate Smoking
- Control High Blood Pressure
- Exercise
- Healthy Eating
- Monitor Triglycerides
- Reduce Stress
- Plenty of Rest
Proper Lifting and Moving

- Only move Victims you can handle safely
- Look where you are walking
- Move forward rather than backward
- Take short steps
- Bend at the knees and hips
- Lift with your legs not your back
- Keep the load close to your body
Hostile Work Environment

- Scene Safety
- Coordinate with Police
- Use the IC System
- Plan an Entrance and Exit
- Stay Alert
Rescue Situations

- Exposure to Hazardous Materials
- Weather Extremes
- Unstable Structures
- Road Hazards
Safe Vehicle Operations

- Safe Driving
- Safety Restraints
- Lights and sirens
- Parking
NFPA 1500

- Personal Protective Equipment
  - Head Protection
  - Eye Protection
  - Hearing Protection
  - Respiratory Protection
  - Proper Turnout Gear for the Hazard at Hand
Take Home Points

- Physical and Mental well-being
- Minimize Injuries and Illness
- Acceptance and Respect for Others
- Stress Management
- Stages of Grief
- Maintain a Balance of Work and Recreation