

Self- Selected Items

Self-selected example 1 - eLearning

Details of the programme attended or completed -

E Learning Course in Critical Incident Stress Management - PHECC 1 hour.
Aim of this course is to increase our understanding of Critical Incidence Management.

What topics were covered?

Understanding Stress.
Critical Incident Stress.
Stress Management.
Stress Awareness.

What were YOUR key learning outcomes?

1. Stress is a state of physical and mental arousal which occurs in response to a stimulus or demand.
2. Stress is a normal part of everyday life and when controlled can be beneficial.
3. Extreme stress can be harmful to your physical and mental health and everyday life.
4. It's important to know how to manage stress, how stress can be prevented and how it can be resolved. The pneumonic **S.T.R.E.S.S.** is very helpful in summing up.
S- Sensible Eating
T- Time to enjoy
R- Rest and Relax
E- Exercise/Education
S -Self/Spirituality
S- Social Support.

Will this programme change you practice in the future?(If Yes, how will it change)

As a member of (Organisation), I was familiar with the contents of the course . As a First Aid Instructor, CISM is one of the topics covered in the syllabus to members of the force, and when this topic is being covered, we have an open discussion regarding members experiences as part of front line services.

I am always mindful that CISM is a very important topic of discussion particularly dealing with members of (organisation).

Self-selected example 2 - eLearning

Details of the programme attended or completed –

Children First e learning programme– Tusla – 1.5 hours

What topics were covered?

Physical Abuse
Emotional Abuse
Sexual Abuse
Neglect

What were YOUR key learning outcomes?

On completion of this online course I now am more aware of and

- recognise and report child abuse
- realise the role of mandated persons
- be familiar with responsibilities of organizations working with children to safeguard children
- be aware of the role of designated liaison persons

Will this programme change you practice in the future?(If Yes, how will it change)

As a member of (organization), I was somewhat familiar with the contents of the course. In the future, where an incident involving child safety/protection comes to my attention, should others involved have a background also, I will have a clear understanding of their mindset with regard to reporting/recording .

Self-selected example 3 - Seminars and Conferences

Details of the programme attended or completed

I attended the EMS Gathering 2018 in Cork City Ireland

What topics were covered?

Topics which were covered throughout this EMS conference were:

- Death and Dying
- Emergency Care on the streets
- Learning with leisure activities
- Crew resource management in the prehospital and in hospital setting
- Leadership forum
- Point of care Ultrasound (POCUS)
- Wellness at Work
- Delivering bad news
- Entrapment and extrication
- Trauma through the ages
- Dispatch and communications

What were YOUR key learning outcomes?

For me the death and dying along with the delivering bad news was my largest learning outcome.

How to deliver bad news is something I have not had to do in my practice so I feel this has prepared me for it if and when I face it.

Death and Dying was a very sobering discussion which normalised the mixed feelings you can have when there is an unsuccessful outcome. It reinforced the importance of talking to colleagues following a traumatic event.

Will this programme change you practice in the future?(if Yes, how will it change)

This event is one of if not the most up-to-date and most unique and current EMS conference in the world. Some of the best practitioners around the world attend this and speak and teach at this event.

This event instigates attendees and people that are involved to keep their knowledge and skills up to date and current and to see what's new medical skills and technology are coming on line all the time. It's an evolving area of practice the medical and EMS area.

Self-selected example 4 – Lecture/Tutor/Instructor

Who did you Lecture - Tutor - Instruct?

EFR course for Sports Rehabilitation and Athletic Therapy students

Where and what date did you provide this?

01/01/2020 at 123 Everygreen Terrace

How long did your session(s) last?

3 hours including lecture and practical session.

What Topic did you deliver?

Patient Assessment (Primary & Secondary Survey)

List some teaching goals of this session –

Identify the assessments made as part of a primary survey for a medical and trauma patient as appropriate: Catastrophic haemorrhage - Airway - c- spine – Breathing – Circulation – Disability – Exposure and examination Outline the reason for forming a general impression of the patient Collate a history based on the mnemonic SAMPLE: Signs & Symptoms, Allergies, Medication, Pertinent medical history, Last intake, Event. State the reasons when it is not appropriate to commence a secondary survey on scene

Are there any learning outcomes arising from this?

As third year students, this group were very familiar with the physiology of the patient and how systems are impacted by injury/ illness but tended to focus more on the injury rather than on the patient. The importance of empathy, compassion and a holistic approach to the patient was stressed throughout the lectures.

Self-selected example 5 – Mentoring

Mentoring

Who did you mentor? (Name and PIN where applicable)

(Name redacted) – EMT student with (Organisation)

Where, what date and for how long did you provide mentoring?

(Location) ambulance base on 01/01/2020 for full shift (12 hours)

How did you mentor this person? (Describe activities)

(Name) was an E.M.T student with (Organisation). He was on duty with me as part of his placement. (Name) completed a 12 hour shift with me which consisted of 5 calls. I mentored (Name) in patient assessment, giving and receiving handovers, administering medication and recording vital signs

What did you learn from the student?

I learned that we all learn in different ways, some of us learn practically and some theoretically. (Name) seemed to learn practically and he enjoyed learning the skills like, taking blood pressures, doing pulse checks and auscultating for breath sounds. He preferred this method of my teaching instead of me showing him from the book.

What changes has mentoring made to you? (In the areas of skill, knowledge and experience)

It has made me keep up my own skills and knowledge and driven me to learn more. I tend to take a piece of teaching skills from other instructors I have learned from and worked with. I shadow other instructors to make myself a better practitioner, mentor and instructor. The more students that I then mentor, the more confident I will get.

From this experience, will you change your mentoring process in anyway?

I believe everyday is a school day, and every class will be different. I need to keep myself current, to make sure I am instructing to the best of my ability. I may have to change my approach to each class as no class will be the same.

Signed by mentee Name

Block caps ((Name))

Self-selected example 6 -