



Advanced Care Paramedicine Program

Congratulations! We look forward to having you join us. While completing your program you will be required to engage in online learning, face-to-face lab activities and with health care system clients both in hospital and on the ambulance. All public health directives will be followed to reduce risk to you, your colleagues, our staff and our clients. Please consider this and all of the information in your welcome package carefully prior to attending.

Contact Information:

Phone: September – June: 902-566-9554
July & August: 902-566-9564

Email: September – June: mmduckworth@hollandcollege.com
July & August: HBBoss@hollandcollege.com

COVID 19 Specific Requirements:

Student Hardware and Software Needs for Blended and Distance Learning (Current as of May 2020)

Requirements:

Note: These are general requirements for students to participate in blended and distance courses. Some programs may have higher or different requirements and prospective students should consult their program information.

1. A desktop or laptop computer. Either a Windows-based PC with Windows 10 or a Mac with macOS Catalina 10.15 or higher. Processor: Intel i3 minimum with i5 or higher recommended. RAM: 4 Gb minimum with 8Gb or higher recommended. Storage: 10 Gb storage minimum with SSD disk recommended. Regarding storage – some programs may have higher storage requirements.
2. Speakers/headphones/earbuds with microphone for listening to audio or videos presented in courses. Note: your laptop may have a built-in microphone and speakers, but we recommend an external set for best quality of experience during synchronous activities.

3. A built-in or external webcam for interacting in course activities that require video feedback from students.
4. Google Chrome is the only browser that SAM (the College's LMS) completely supports.
5. Microsoft Office 365. Students have free access to install the suite on their computers, tablets or other mobile devices. A browser-based version is available.
6. Adobe Reader DC.
7. An Internet connection with a minimum download speed of 10Mb/s and an upload speed of 1Mb/s is recommended. A wired connection to your home router is typically preferable to a wireless connection as it provides better stability and performance.
8. Tablets, smart phones, and Chromebooks may allow you to access some course content but have limited functionality and are not recommended.

Internet Connectivity

To test your internet speed, go to <https://www.speedtest.net/> and click the "go" button. A test will take place that measures the speed at which you can upload or download data from the internet from your current location. It is normal for the upload speed to be much lower than the download speed. If necessary, consider asking others in your household to limit their use of devices/internet when you are involved in a 'virtual' class session.

The router in your house might send out more than one signal. Many routers broadcast a 2.4Ghz and a 5Ghz signal simultaneously. Connecting to the 5Ghz band is best. If you have an ethernet cable and your computer is situated near your router or modem, you might be able to use a wired connection instead of Wi-Fi for the best connectivity. For more information or help with this, email sam@hollandcollege.com.

Start Date & Time:

Orientation – Tuesday, September 1, 2020 at 9:00 a.m. Given COVID 19 restrictions that are likely to be in place this will be a virtual classroom event. You will be at home and utilize the internet to meet with classmates and instructors and engage in orientation activities that provide information on Holland College and the Paramedicine Programs. You will have

access to a program calendar and individual course syllabuses that make clear when you are onsite and when virtually attending program activities.

See student calendar on SAM for Holiday dates

Classroom Location:

There will be times when you are scheduled to be in class/lab during semester 1. Orientation will make very clear when and for what purposes.

The ACP classroom when onsite is:
Holland College, Prince of Wales Campus
Centre for Applied Science and Technology (CAST)
Second Level, Room 214

Clinical & Practicum:

All financial costs associated with Clinical and Practicum are in addition to school fees and entirely at the student's expense.

Students will be required to have a Criminal Record Check with Vulnerable Sector completed prior to admission and at several points throughout the school year for clinical and practicum placement. Any student who is found guilty on their criminal record check, or is convicted during the academic year, will not be allowed to partake in clinical or practicum placement. Students will be responsible for all CRC costs.

Students may be required to go out of province for both their clinical and practicum placements depending on availability. Students may be required to complete clinical and practicum in separate provinces. Students may be required to travel within province to several sites for their clinical and practicum. All clinical and practicum costs are the responsibility of the student (including but not limited to: travel costs, rental costs, lease breaks, uniform costs, etc.)

Clinical & Practicum (continued):

Selected practicum sites may have additional fees related to preceptor hours, which are the responsibility of the student.

Students will be required to have internet and computer access during both clinical and practicum rotations to allow daily iPad syncing for the College's auditing purpose.

As part of the Admission requirements, students are required to have a Police Records Check (Vulnerable Persons) with no findings of guilt. Students will be required to update their Police Records Check throughout the Program at their own expense.

Students will be required to have a safety kit purchased and presented on their Lab 1 attendance.

Students will be required to complete a PPAT before clinical and practicum placement.

Students are required to have up-to-date immunizations and TB testing in order to be permitted to participate in clinical/practicum placements. Students accepted will not be allowed into clinical/practicum settings without the required immunizations and therefore will not be able to complete the program. Please ensure that you have completed and sent in the **Immunization Verification Form for Holland College Healthcare Programs** to the Admissions Office. This form is an Admission requirement. In order to ensure that you will meet all the requirements for admission before your program start-date, it is recommended that you begin the process as-soon-as-possible. The form can be found on the Holland College Advanced Care Paramedicine webpage (http://www.hollandcollege.com/admissions/full_time_programs/advanced_care_paramedicine/), click on the “Immunization Form” link at the bottom of the page.

In addition to Holland College’s Immunization Requirements detailed above, you may still be required to meet specific clinical and practicum site health record/immunization requirements. Also, particular provinces may require an Oath to be witnessed by a Notary. All associated costs are at the student’s expense.

Having met the generic Holland College’s Immunization Requirements detailed above, you will still be required to meet Clinical Sites Requirements in order to access clinical. This will also require a TB test completed again while on campus. Deadlines for immunization and TB testing will be communicated by campus staff.

Below is a current list of potential clinical/practicum sites (these may change). **PLEASE NOTE: THERE IS NO GUARANTEE STUDENTS WILL BE PLACED AT THEIR LOCATION OF CHOICE.** More information regarding clinical/practicum placements will be discussed at orientation during Lab 1.

ACP CLINICAL

Prince Edward
Island:

- Queen Elizabeth Hospital
- Prince County Hospital

Nova Scotia:

- Capital Health- Halifax
- Northern zone
- Western zone
- Eastern zone

Newfoundland:

- Western Health
- Eastern Health

Uniforms/Materials:

The following must be purchased prior to Program start date in September:

- (2 pairs) Navy blue paramedic trousers
- (2 shirts) White long sleeve or short sleeve paramedic shirt with epilates
- (2 shirts) White cotton t-shirts to be worn under paramedic shirt
- Black CSA approved boots or shoes
- Black leather belt
- Safety kit
- Stethoscope
- Pen light
- Watch
- iPad or iPad mini – iOS 5 or upgradeable to most current iOS

Note: Uniforms and safety kits (including epilates & badges) are to be purchased through Uniform Works. When you contact them tell them you are a Holland College paramedic student.

Uniform Works Limited

89 Cutler Ave, Suite 104

Dartmouth, NS B3B 0J5

1-902-468-5367 or 1-844-227-9272

COVID 19 PPE – Any specific PPE required for onsite lab or while attending hospital clinical or ambulance practicum will be discussed during orientation and provided by the college accepting all materials highlighted above (the safety kit is still the responsibility of the student).

Students will be required to purchase a jacket (including badges). Sizing/Ordering may occur during orientation week. Please note that jackets will need to be paid in full (to the supplier) at the time of sizing/ordering. You will have a choice between a 3-in-1 Helly Hansen POTSDAM jacket (approx. \$325 total), or, a Helly Hansen Softshell jacket (approx. \$150 total).

Textbooks: Please note that the Advanced Care Paramedicine Bundle must be purchased at the Holland College Bookstore. The program has worked closely with the publisher to build a resource with an exciting mix of e-content and hard copy resources.

Textbook	ISBN	Author	Publisher	Course
Advanced Care Paramedicine Bundle number 1*	978-1-4963-6551-4	Various	LWW	All
Advanced Care Paramedicine Bundle number 2*	9781284200539	Various	Jones and Bartlett	All
Prehospital Emergency Pharmacology	9780134874098	Bledsoe, Clayden	Pearson	All
Airway Management in Emergencies	978-1607951049	Kovac, Law	McGraw-Hill, 2 nd Ed	Lab
Required Books but not available at the Holland College Book Store				
2015 Handbook of Emergency Cardiovascular Care for Healthcare Providers	978-1-026969-36-7	Heart and Stroke	Heart and Stroke	All
ACLS	978-1-926969-50-3	Heart and Stroke	Heart and Stroke	All
PALS	978-19-26969-25-1	Heart and Stroke	Heart and Stroke	All
NRP	978-1-58110-498-1	Canadian Pediatric Association	Canadian Pediatric Association	All

*Advanced Care Paramedicine Bundle 1 contents:

- Critical Care Transport Revised (CCT)
- Prehospital Emergency Pharmacology (Bledsoe)
- (Garcia) 12-Lead ECG, 2e
- Canadian Caroline e-Chapters: 1-5, 10-12, 49-54 (Access code for Custom VitalBook)

*Advanced Care Paramedicine Bundle2 contents:

- 100 Case Studies in Pathophysiology
- Porth's Pathophysiology

This program map represents the overall design of the program. Refer to the program schedule for delivery details.

Admission Requirements:

- Graduation from a CMA accredited 2-year Canadian Primary Care Paramedicine program or equivalent
- Criminal Record Check (Vulnerable Sector) with no findings of guilt.
- Completion of three reference forms, one from the ACP or PCP field
- Completion of Holland College medical form
- Current CPR – Basic Rescuer Level C certificate from a recognized First Aid/CPR Trainer
- Immunization Form
- A valid Class 4 Driver’s license
- Resumé including work and volunteer experience with applicable dates, membership in groups, associations or athletics, awards and distinctions, and any other information about yourself relevant to the program

SEMESTER 1

- PARA-3005 ACP Pharmacology and Toxicology**
2 Credits
- PARA-3000 ACP Theory and Professional Practice**
2 Credits
- PARA-3010 Prehospital Cardiology**
3 Credits
- PARA-3020 Prehospital Respiriology**
3 Credits
- PARA-3030 Prehospital Gastroenterology**
3 Credits
- PARA-3040 Prehospital Immunology**
3 Credits
- PARA-3050 ACP Lab**
5 Credits
C PARA-3000, PARA-3005, PARA-3010, PARA-3020, PARA-3030, PARA-3040

7 Courses, 21 Credits

SEMESTER 2

PRAC-3000 ACP Clinical
8 Credits
P PARA-3005, PARA-3000, PARA-3010, PARA-3020, PARA-3030, PARA-3040, (PARA-3050 or PARA-3051, PARA-3052 and PARA-3053)
Approval by learning manager

Spanning Semester 2 & Intersession 1

PRAC-3010 ACP Practicum
15 Credits
P PRAC-3000

1 Courses, 8 Credits

INTERSESSION

1 Course, 15 Credits

Additional Program Requirements:

Semester 1

- NCPR-3005** Advanced Cardiovascular Life Support
- NCPR-3010** Pediatric Advanced Life Support
- NCPR-3015** Neonatal Resuscitation Program
- NCPR-3020** Paramedic Evidence Based Practice
- NCPR-3025** Paramedic Physical Abilities Test C
- SAFE-1005** PEI Occupational Health and Safety

Note:
Courses with pre-requisites or co-requisites are indicated with **P** or **C** followed by the requisite course code(s).

Total:
9 Credit Courses
44 Credits

Paramedic Physical Abilities Test (P.P.A.T.)



Contact Information:

Phone:

September – June: Local 902-566-9554

Email:

mmduckworth@hollandcollege.com

Start Date & Time:

Date / Time – To Be Announced.

Location:

Holland College, Prince of Wales Campus
Centre for Applied Science and Technology (CAST)
Second Level, Room 219

Introduction

1. The test is administered under the direction of Wyatt Inman, M.Sc. (Kinesiology), Learning Manager of Sport and Leisure Program at Holland College. All decisions and rulings made by him and his personnel are final.
2. The following information is concerning the administration of the test and the documentation to be completed by your physician. Your physician may want to review this material when making a decision about your current level of health, as it pertains to your participation in this test.

Pre-Test Suggestions

Training:

The PPAT is a physically demanding test. Candidates who exercise regularly (which includes a muscular strength and endurance training component) and enjoy healthy lifestyle practices should be prepared to take this test. However, sedentary persons will find this test difficult, largely due to the heavy loads that have to be manipulated during the protocol. Candidates who are in the process of training for this test are reminded to consult with your physician with respect to the appropriateness of your training goals and your risk of developing musculo-skeletal injuries.

Suggestions to Consider Prior to Testing:

To maximize physical performance and minimize adverse effects on your blood pressure and heart rate, it is recommended that candidates ensure they are well rested and observe the following suggestions prior to the test:

- Do not consume beverages containing caffeine for 2 hours prior to the test (e.g. Coffee, tea, colas, chocolate)
- Do not smoke for 2 hours prior to the test.
- Do not eat large amounts of food for 2 hours prior to the test.
- Do not consume alcoholic beverages for 24 hours prior to the test.
- Do not perform any intense physical activities 24 hours prior to the test.

Appropriate Testing Dress:

- Wear sturdy athletic shoes. Street shoes are not permitted on a gymnasium floor.
- Wear loose fitting, athletic clothing (e.g. shorts, sweat pants, t-shirt).
- Weight training gloves and back support belts are permitted and encouraged.
- Bring a towel and padlock if you wish to shower after the test.

Pre-Test Screening

1. The candidate should arrive at the pre-screening portion dressed to participate.
2. The PAR-Q & You form must be completed and presented at registration.
3. The candidate must have a pre-test heart rate of less than 100 beats/min*.
4. The candidate must have a pre-test blood pressure of less than 144/94 mmHg*.

*These measures are taken in accordance to the Canadian Physical Activity, Fitness & Lifestyle Approach protocol guideline. Should the candidate exceed these values, a five (5) minute rest will be given before the measurements are re-taken. Should these values still be exceeded, the candidate will be excluded from the testing session and referred to their physician.

Paramedic Physical Abilities Test (PPAT) Description:

The PPAT consists of the following:

Leg 1–Climb stairs from basement with Defibrillator and Oxygen bag (46 stairs) – Each piece of equipment equals 25 lbs.

Leg 2 -Perform CPR compressions (only) at rate of 100 per minute for 2 minutes (using mannequin with clicker device for accuracy of depth of compressions and menometer for proper rate) - 2 minutes

Leg 3---Carry 2- 50 lbs. dumbbells down 2 flights of stairs facing forward (24 stairs)

Leg 4 – Carry 2- 50 lbs. dumbbells up 2 flights of stairs facing backwards to the stairs (24 stairs)

Leg 5-- Strap Heavy Manny with 4 straps including shoulders (205 lbs. mannequin, already on stretcher) and lift (at the head) from lowest position to loading position, pausing and returning stretcher to lowest position. Then moving to foot of stretcher and controlling the handle while lifting to the loading position.

Leg 6 –Push the stretcher with guidance of partner to Ambulance in lab 75 feet.

Leg 7- Lift the foot of the stretcher and allow partner to lift carriage into place to lock.

Leg 8- Place Heavy Manny and stretcher in Ambulance and secure in place.

Total time- 6 minutes or less

The test is to be performed with the same manner of professionalism and patient care expected of a working Paramedic.

Video of Testing can be viewed at the following link

<https://www.youtube.com/watch?v=jx6zKD1uLHw>