



Primary 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 PCP classroom when onsite is:
Holland College, Prince of Wales Campus
Centre for Applied Science and Technology (CAST)
Second Level, Room 229

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 both practicum placements. 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 their practicum placement depending on availability. Students may be required to travel within province or out of province with minimal notice if a practicum switch occurs. All practicum costs are the responsibility of the student (including but not limited to: travel costs, rental costs, lease breaks, uniform costs, etc.).

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

Students may be required to travel to several sites within province to attend clinical shifts.

Clinical/Practicum (continued):

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.

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 (NFLD), online

orientation modules (NFLD), and other province specific documents. All associated costs are at the student's expense.

Students will be required to successfully complete a PPAT prior to admission to clinical and practicum; details located further down.

Below is a list of potential clinical and practicum locations.

PLEASE NOTE: students can be placed at any of the below locations regardless of their original preference, availability will dictate final placement.

PCP CLINICAL SITES

Prince Edward
Island

PCP PRACTICUM

- New Brunswick
- Prince Edward Island
- Nova Scotia
- Newfoundland (St. John's)

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 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 program jacket (including badges). Sizing/Ordering will occur during orientation week. Please note that jackets will need to be paid in full (to the supplier) at the time of sizing/ordering (approx. \$325). Further details regarding jackets will be provided during orientation.

Textbooks: Please note that the Primary 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.

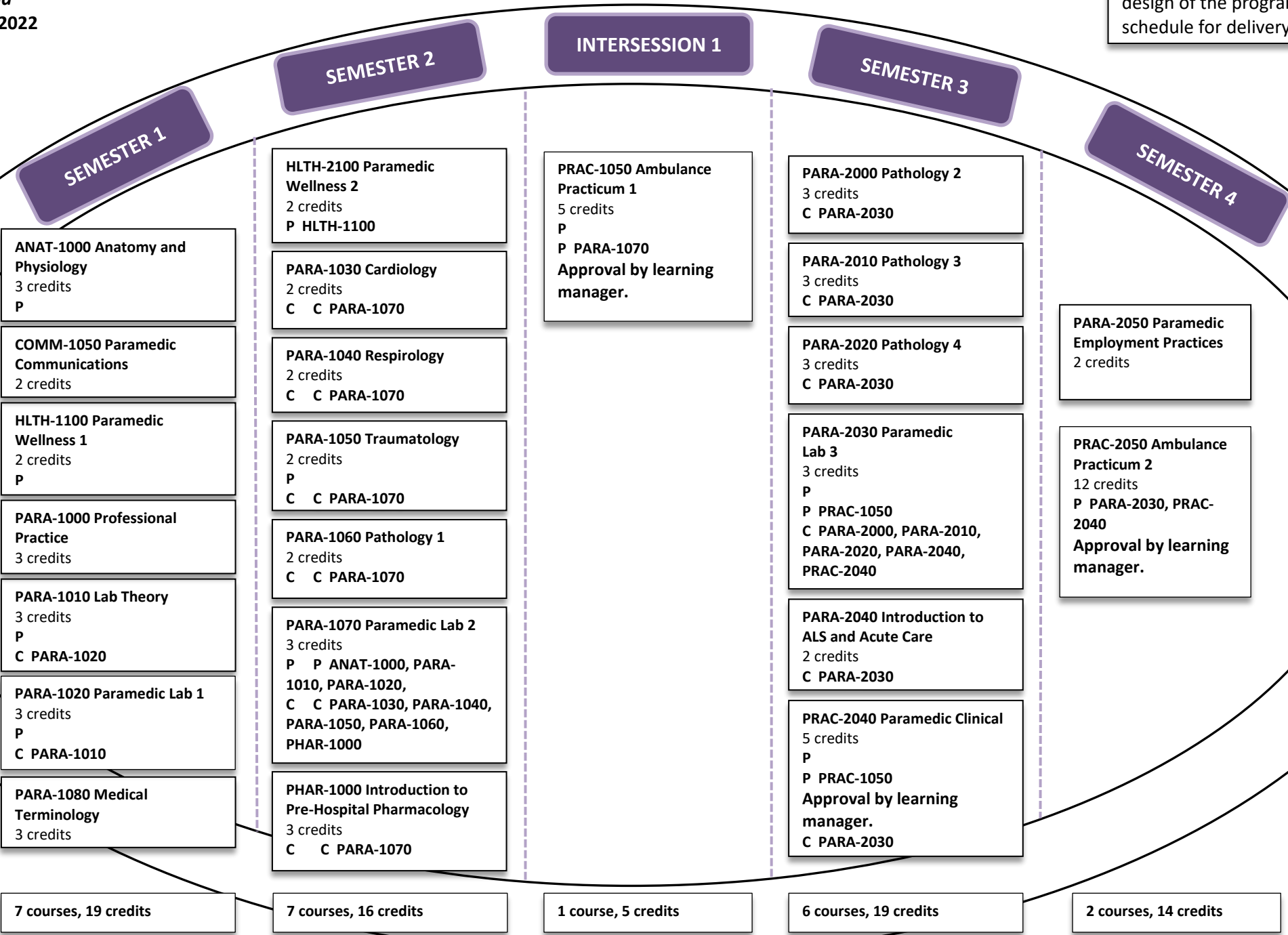
PCP Booklist 2019-2021				
Textbook	ISBN	Author	Publisher	Course
PCP Bundle: -Canadian Caroline’s Emerg Care in the Streets 7E -Arrhythmia Recognition: The Art of Interpretation -Prehospital Emergency Pharmacology Bledsoe)	9781284200522	various	Jones and Bartlett	all
Medical Terminology Online for Exploring Medical Language (access code and text package) 10th edition	9780323427975	LaFleur	Elsevier	Medical Terminology PARA-1080
The Human Body in Health and Disease, 7 th Edition	9780323402118	Patton and Thibodeau	Elsevier	ANAT-1000 Anatomy and Physiology

Study Guide for the Human Body in Health and Disease, 7 th Edition	9780323402941	Patton and Thibodeau	Elsevier	ANAT-1000 Anatomy and Physiology
Required for the Program but not brought in by Holland College Book Store				
International Trauma Life Support Provider Manual	978-0-13-281811-7	John Campbell	Prentice Hall	Traumatology PARA-1050, Paramedic Lab 1 PARA-1020
2015 Handbook of Emergency Cardiovascular Care for Healthcare Providers	978-1-026969-36-7	Heart and Stroke	Heart and Stroke	All

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

Admission Requirements:

- Grade 12 or equivalent
- Grade 12 Academic Science and English (minimum of 70%)
- Grade 11 academic Math (minimum of 65%)
- Experience in health care or related field would be an asset
- Completion of two reference forms – work related
- A Police Records Check (Vulnerable Persons) with no findings of guilt.
- 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.
- A Valid Class 4 Driver's License
- Completion of medical exam
- Current CPR – Basic rescuer Level C and a Standard First Aid certificate from a recognized First Aid/CPR Trainer.
- Current WHMIS certificate.
- Immunization Form



Additional Program Requirements:

Semester 1

- SAFE-1005 PEI Occupational Health and Safety

Semester 2

- NCPR-1045 Paramedic Physical Abilities Test
- NCPR-1108 International Trauma Life Support
- NCPR-2045 Ambulance Maneuvering Skills

Semester 3

- NCPR-1046 Paramedic Physical Abilities Test B
- NCPR-1080 Pediatric Emergency Assessment Recognition and Stabilization (PEARS)

Note:
P or C indicates that the course is a pre or co-requisite for another course. Courses with pre or co-requisites are indicated with a P or C followed by the requisite course code(s).

Total:
23 Credit Courses
73 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>