



Continuing Medical Education

Spring 2021 CME

Online learning with optional live workshops

While we remain under COVID-19 considerations from a pandemic response standpoint, we need to maintain social distancing and remote work and learning for a while longer. We know historically that your annual CME events have been in a classroom and we will eventually return there. In the meantime, we've taken our lessons learned from the online 2020 CME to bring you an experience that is both engaging and educational using technology once again to help facilitate this. This time, we've used this opportunity to build and deliver this Spring's CME a little differently.

Paramedics certified with the Regional Paramedic Program for Eastern Ontario are invited to participate in Spring 2021 CME beginning in May. Optional live virtual workshops will combine with online learning modules and recordings of the virtual workshops to give paramedics more variety in this Spring's distance education.

This core CME event is presented for Advanced Care Paramedics to receive 8 hours toward your annual 24 hours of required CME. We encourage Primary Care Paramedics to participate in this valuable educational event as well.

Topics

Spring 2021 CME focuses on the following topics:

1. Cardiac arrest management and introduction to the AHA 2020 guidelines
2. Death communication for paramedics
3. Trauma (major bleeding, H's & T's in PEA, geriatric trauma considerations)
4. Pediatrics (pediatric assessment triangle, shock review)
5. Opioid administration considerations in the geriatric patient
6. Communication (Patient Safety Incident Reporting and patching)

A Word From the Organizers

As paramedics, we routinely face the task of determining what is normal or not? Vitals? Within normal limits, or not? A person who's "not acting quite right:" is it normal (for them) or not? We look for patterns, recognizing inconsistencies, and deviation from "normal."

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Covid-19, the year 2020, and the ensuing, ongoing pandemic are far from our collective normal. But, is the notion of “returning to normal” something we can consider? How long will social distancing and mask wearing be required? Will we need to receive an annual vaccine for Covid-19? There are many what ifs but one thing is clear: things have changed.

Despite the lasting change, we all can agree that re-establishing normalcy in our lives means being able to physically see and get close to people, even shaking hands with or hugging them. These small human interactions have been rendered out of bounds during this pandemic, but we don't think they're obsolete.

There is an expression that says, “we often start things for one reason and continue them for another”. As your base hospital, we did like what the rest of the world did last March and April: we adapted quickly to what became a ‘new normal’ in order to keep everyone safe. We worked from home, met on Zoom and MS Teams, and went online and virtual for everything including certification events and your CME.

Initially, these changes proved frustrating and sometimes difficult for everyone involved. But, as we learned and grew more comfortable with managing the changes, we developed new and innovative ways for both certification and CME events. As we did so, we began to realize that there are benefits and opportunities to this new way of learning.

As online platforms like Zoom went from near obscurity to becoming a routinely used new verb, we've come to appreciate the efficacy of these platforms in bringing people together. The world of tedious webinars gave way to the normalization of online meetings, presentations from people around the world, conferences newly accessible to everyone and workshops available everywhere and anywhere – with high-speed connection. The adaptation to technology-assisted virtual gathering also provided access to a wider range of human capital and expertise. We're now using the internet to bridge geographic distance and lower the barriers to sharing knowledge.

Of course, we recognize that the traditional classroom approach serves up many benefits. We look forward to returning to the classroom at some point when it is safe for everyone involved.

In the meantime, we're venturing further than we've gone before with Spring 2021 CME and we're doing it right on your phones and laptops.

- The Spring 2021 CME Team

Spring 2021 CME Program

Welcome to Spring 2021 CME! We hope you find the workshops and modules useful and interesting.

Formats

New this Spring, we're offering live virtual workshops for more than half of the CME content! Paramedics may choose either to attend the live workshops or to view recordings of the events later in the MedicLEARN modules for Spring 2021 CME.

Spring 2021 CME is a two-part offering this year, with both virtual workshops and online learning modules.

All 8 hours of Spring 2021 CME will be available in MedicLEARN beginning on **May 12, 2021**.

Four and a half hours of content in Part 1 of Spring 2021 CME comes in the form of virtual workshops available for paramedics as live or recorded events. We're excited to bring you four dynamic paramedic speakers who are subject matter experts in their fields with advanced experience and specialized credentials. Learn about the workshops and speakers below.

Part 2 provides 3.5 hours of CME content in the familiar online learning module format.



Part 1: Virtual Workshops

Option A – Live virtual workshops

You are invited to join us for all or part of the 4.5 hours of live virtual workshops featured across 3 days in the first week of May. See the Virtual Workshop Event Schedule below.

For each workshop that you attend live, you will receive CME credit. This means that you will not need to view the recordings of the live workshops again in MedicLEARN if you attended live.

Option B – Recorded virtual workshops

Paramedics who are unable to participate in the live workshops or who prefer to watch recordings of these events can receive CME credit by viewing the workshops in MedicLEARN. All four workshop recordings will be available in Spring 2021 CME starting on May 12, 2021.

Part 2: Online Learning Modules

For all paramedics participating in Spring 2021 CME, the second part of Spring 2021 CME will be online learning modules with case studies and activities that we've designed to be more engaging with better user experience and improved quality thanks to the feedback we received from you during 2020's CME activities.

Spring 2021 CME Program

Virtual Workshop Event Schedule (4.5 hours total)

You must **register for each virtual workshop** that you wish to attend live. There is no need to register for workshops that you plan to view recorded in the Spring 2021 CME content on MedicLEARN.

1. Tuesday May 4th, 2021, 10:30-11:30 am EST

Current Trends in Cardiac Arrest Research – a Paramedic perspective

Dr. Ian Drennan, PhD, ACP, Advanced Care Paramedic & Cardiac Arrest Scientist/Researcher

- [Register for Current Trends in Cardiac Arrest Research.](#)

2. Tuesday May 4th, 2021, 13:00-14:00 pm EST

Death Communication for First Responders: How to Deliver Unfortunate News

Alexandra Jabr, MSc, EMT-P, Paramedic & Resiliency Expert

- [Register for Death Communication for First Responders.](#)

3. Wednesday May 5th, 2021, 10:30am-11:30 am EST

A First Principles Approach to Pediatric Shock

Natalie Lavergne BSc, CCP, Critical Care Paramedic & EMS Educator

- [Register for A First Principles Approach to Pediatric Shock.](#)

4. Thursday May 6th, 2021, 10:30am-12:00pm EST

Priority Management for the Critically Injured Trauma Patient

Eric Langlois ACP, Tactical Paramedic & EMS Educator

- [Register for Priority Management for the Critically Injured Trauma Patient.](#)



Spring 2021 CME Program

Virtual Live Workshop Descriptions

Current Trends in Cardiac Arrest Research – A Paramedic Perspective

Day one starts with Dr. Ian Drennan, PhD, ACP, a Peel Region paramedic and research program manager at the Sunnybrook Research Institute. Dr. Drennan's research focus is cardiac arrest and he'll present current and emerging cardiac arrest research and its implications for paramedics. Expect to examine some key changes in the American Heart Association's (AHA) 2020 Cardiac Arrest Guidelines such as increased emphasis on ET_{CO}₂ as a tool to improve performance and safety in cardiac arrest management, what the research tells us on using IV vs IO, and more emerging trends in cardiac arrest research.

Death Communication for First Responders: How to Deliver Unfortunate News

Next, Alexandra Jabr, MSc EMT-P, a US-based paramedic and creator of the course "Death Communication for First Responders: How to Deliver Unfortunate News" will present a framework and toolbox for paramedics communicating that a patient has died to their family members. This is one of the toughest things paramedics face and Alexandra presents a thoughtful, engaging approach to how we can be better prepared the next time we are faced with this most difficult conversation.

A First Principles Approach to Pediatric Shock

Day two consists of an interactive presentation by Natalie Lavergne, a Critical Care Paramedic, an educator with Ornge Transport Medicine and an RPPEO Facilitator. Natalie will present a series of cases addressing shock in the pediatric patient and approaches to assessment and management with tools such as the Pediatric Assessment Triangle with a focus on back to basics.

Priority Management for the Critically Injured Trauma Patient

Day three features a virtual workshop by Eric Langlois, an Ottawa OPS Advanced Care & Tactical Paramedic and RPPEO facilitator who will provide a tactical paramedic perspective on the management of trauma patients with a focus on:

- Major Bleeding
- Tension Pneumothorax
- Geriatric Trauma



Spring 2021 CME Program

Presenter Biographies

Ian Drennan, PhD, ACP is a paramedic researcher and a research program manager at Sunnybrook Research Institute. In addition, he works as an advanced care paramedic with York Region Paramedic Services and holds a part-time faculty position in the health sciences department at Georgian College. Ian has a PhD from the University of Toronto and St. Michael's Hospital, completing a collaborative program in resuscitation sciences.

Alexandra Jabr, MSc, EMT-P, began her EMS career in 2003 and holds a master's degree in death, grief, and bereavement. She is an adjunct faculty in the EMS department at Victor Valley College, Victor Valley, California and is currently completing her doctorate in depth psychology. Alexandra is the creator of Emergency Resilience, LLC and the course "Death Communication for First Responders."

Natalie Lavergne BSc, CCP is a Critical Care Paramedic and Field Educator at Ornge Transport Medicine with 20+ years of critical care transport experience. She is also a part-time professor at Algonquin Colleges PCP and ACP programs and an Education Facilitator with the RPPEO.

Eric Langlois, ACP, is an Advanced Care and Tactical Paramedic with the Ottawa Paramedic Service with more than 20 years of frontline experience and an Education Facilitator with the RPPEO.

Important Dates & Times

- **Tuesday, May 4**
10:30 virtual live workshop Current Trends in Cardiac Arrest Research
13:00 virtual live workshop Death Communication for First Responders
- **Wednesday, May 5**
10:30 virtual live workshop A First Principles Approach to Pediatric Shock
- **Thursday, May 6**
10:30 virtual live workshop Priority Management for the Critically Injured Trauma Patient
- **Wednesday, May 12**
Spring 2021 CME launches on MedicLEARN with 4.5 hours of recorded virtual workshops and 3.5 hours of online learning modules

Spring 2021 CME Program

FAQ

Q. - What if I am not able to attend a live virtual event?

A. – No, problem. If you are not able to attend live events, all sessions will be recorded and available on MedicLEARN with the rest of the Spring CME material.

Q. - I am not able to attend all four sessions. Is it ok if I am only able to attend one or two of the sessions?

A. – Of course! Our webinar platform keeps track of who has attended. Whether you attend one or all the sessions, you'll see credit for attending those sessions once you've logged into MedicLEARN on or after May 12.

Q.- If I attend the live event, am I required to complete the full CME online?

A – The answer is no! You will receive credit for each session that you attend in the live event and will be exempt from completing it during the MedicLEARN portion of your CME.

Q - Can PCP's attend?

A - Spring CME is traditionally focused on ACP learning however PCP are encouraged to attend the live virtual event and complete the remainder of CME online.

Q - What kind of device/computer will be required for Spring CME?

A – For the live virtual workshops, paramedics can attend on any web enabled device (phone/tablet/laptop). There is no change to MedicLEARN.

Q - Is there a maximum number of participants for the live virtual workshops?

A – No, there is not. Our conference platform is designed for 250 participants; however, if demand for a live virtual workshop exceeds this, we can add additional spots.

Q - Are Paramedic students allowed to participate?

A – Yes! Although this is core CME directed to the professional paramedics certified by the RPPEO, we are offering participation in the live workshops to paramedic students in our region – at no cost!

Q - Do I need to prepare anything ahead of the live virtual workshop?

A – No pre-learning package is required.

The RPPEO presents all content in Spring 2021 CME at no cost to paramedics. Please direct questions about your time and remuneration to your paramedic service.

Questions and Comments

If you would like more information, we invite you to visit RPPEO.ca. Send your questions and comments to education@rppeo.ca.