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1903 Marquette Ave, Suite J 102, Muskegon, MI 49442

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## Lesson Plan Career Survival

**Topic:** Career Survival

**Presenter:** Muskegon County Medical Control Authority CE Sponsor Program

**Location:** Muskegon County Medical Control Authority CE Sponsor Locations

**Credit Category:** Preparatory

**License Level:** MFR, EMT, EMT's and Paramedic

**Credits:** 3

**Format:** 3 hour lecture

**Objectives:** The participant of the CE session will:

### Cognitive

1. Discuss and understand the daily environmental stressors and its effects.
2. Discuss and understand the physiological and psychological changes that take place in a responder's day and over a career.
3. Discuss and gain knowledge of the natural biological process of the adrenaline rush and dump and why it is imperative that responders manage it.
4. Discuss and understand what hyper-vigilance is and why it is essential for survival.
5. Discuss and recognize the warning signs of individual and relationship destruction, depression, post-traumatic stress, PTSD and suicide.
6. Discuss the attributes of survivor and a victim and how it affects your decision-making, safety and ethics.
7. Discuss and learn the keys to emotional, physical and relationship wellness.

### Psychomotor

None

### Affective

None

### Outline for Lecture Presentation:

1. Introductions
2. Responder facts
3. Awareness
  - a. Training
  - b. Shift Work
  - c. Daily Exposures to negativity, trauma and stress

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Office: 231-728-1967 Fax: 231-728-1644

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- d. Responders Outlook Transformation
- e. Cumulative Stress Responses
- 4. Knowledge
  - a. Adrenaline Rush and Dump
  - b. Elevated Alertness and Hyper-Vigilance
  - c. Predictable Biological Rollercoaster
    - i. Emotional States
    - ii. Range of Risk
    - iii. Types at Risk
- 5. Warning Signs
  - a. Behavioral
  - b. Emotional
  - c. Physical
  - d. Depression, PTS, PTSD and Suicide
- 6. Keys for Survival
  - a. Core Values vs. Situational Values
    - i. Integrity
    - ii. Ethics
    - iii. Decision Making
  - b. Maintaining a Sense of Self
    - i. What Are You Made Up Of
    - ii. What Has Changed From Yesterday
  - c. Personal Accountability
  - d. Support Systems
    - i. Home
    - ii. Department
    - iii. Other Options
  - e. Take and Maintain Control
  - f. The Importance of Communication
    - i. Tips and Tricks At Home
    - ii. Tips and Tricks At Work
  - g. Emotional, Physical and Financial Survival Skills
- 7. Case Studies
  - a. The Good
  - b. The Bad
  - c. The Ugly
- 8. Conclusion
  - a. Questions
  - b. Roster



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- c. Reference material opportunities
- d. Student program evaluations

**Student Evaluation Method:** No formal evaluation of participants will occur.

**Evaluation of Presentation:** Continuing Education Program Sponsor Evaluation Form will be filled out by all participants.

**Rationale for Presentation:** There is a need to better prepare emergency responders and their loved ones in dealing with the natural biological process that occurs from adrenaline dumps and the resulting consequences of the cumulative exposures to trauma, stress, tragedy and grief.