Your coworker calls for help – you go in to see her patient, sitting up and talking just a few minutes ago, now turning blue and gasping for air. You have a real chance to intervene and make a difference – that's why you became a nurse! What will you

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Imagine you are taking care of your patient – anywhere – the office, clinic, Nursing Home, OR, in

the community and suddenly grasp that an emergency situation is unfolding. Do you know what to do? How to respond? Even if you call an ambulance or have a rapid response team coming, YOU may still be taking care of that patient for up to 8 minutes or more. What can YOU do in that time to improve the chances of a positive outcome? **How will you help** save lives?

Your patient down the hall calls for help. As you enter the room, you see him begin to vomit blood. He becomes pale, and less responsive – but still awake. You call a Rapid Response, and stay with him until the team arrives. They assume care of the patient. You're left wishing you had done more – he was your patient, after all.

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SPEAKER

SEAN G. SMITH, RN. BSN, NREMT-P. C-NPT, CCRN, CMC, CEN, CFRN, FP-C, CPEN,

has experience in both emergency care and critical care. He has written neo-natal/pediatric pharmacology CE exams for the American Association of Critical Care Nurses, as well as writing for Mosby clinical updates. He has practiced and taught critical/emergency care and pre-hospital emergency medical services for over 20 years. Career highlights include research in molecular endocrinology, serving in the US Navy, a wide variety of ICUs, flight nursing, and medical missions, as well as offering medical support to NASA. Sean lectures at the national level and has extensive text review/exam writing/contributing author credits. He holds multiple advanced specialty certifications in critical care, emergency, and flight nursing, as well as cardiac medicine, and neonatal/pediatric critical care transport.

Sean is a dedicated and respected educator serving as an official Instructor for Neonatal Resuscitation Program (NRP), Basic Life Support (BLS-RF), Pediatric Advanced Life Support (PALS-RF), Advanced Cardiac Life Support (ACLS-RF), Tactical Combat Casualty Course (TCCC), Geriatric Education for Emergency Medical Services (GEMS), Fundamentals of Critical Care Support (FCCS), and Pediatric Fundamentals of Critical Care Support (PFCCS-IC).

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- Respond to a crashing patient in any setting
- Understand the "8-minute hour"
- Mental strategies necessary for success in emergency situations
- Increase your confidence when handling deteriorating patients

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Target Audience

Nurses from a variety of settings – Medical/ surgical, Cardiology, Neurology, Critical Care, Urgent Care, Geriatric.... Anyone who wants to learn the critical skills to think, assess, react and intervene like an Emergency Nurse!



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How will you improve patient outcomes?

- Failure to rescue and how to avoid it
- Increasing your confidence in emergent situations
- Planning for the worst at every patient encounter
- Advocating for your patient
- Communicating high-risk information clearly
- Mental strategies for success
- Cognitive pre-planning
- How the fire service relates to preparation for success

Risk Reduction

- Recognizing risk for clinical decline
- · How to intervene before an event
- Why respiratory rate matters
- Know your strengths and have a plan to handle your weaknesses
- Assemble your team

Common Emergency Conditions

The steps you can take to save lives The 3 highest priority interventions for each **Common Emergency Conditions**

- Cardiac Arrest
- Choking/Dislodged tracheostomy
- Maior Trauma
- Control of hemorrhage
- Sepsis
- GI Bleed

Neurology

CVA/TIA: Acute Ischemic & Hemorrhagic Seizure Subarachnoid bleed

Intracranial hypertension Is that blood pressure of 170/90 truly dangerous?

Cardiology

Dysrhythmias Ventricular fibrillation Ventricular tachycardia vs. Asystole Rapid atrial fibrillation/flutter

Why is my patient tachycardic?

Prioritization & Practice

What matters most when the patient crashes How to practice every day in 2 minutes or less Why sick is sick until proven otherwise

Team Preparation

Who is coming to help you? Team dynamics What if you're alone?

Cognitive Error

Which came first, the MI or the MVA? Don't put the cart before the horse

Putting it Together: Skills Lab & Clinical Scenarios

Group review of patient cases Practice with instructor feedback Use of "preparation sheet"

OBJECTIVES

- 1. Develop a plan to respond to a crashing patient.
- 2. Practice what is needed to respond quickly to help your sickest patients.
- 3. Determine the immediate interventions necessary to save lives.
- 4. Practice the mental strategies necessary for success.
- 5. Distinguish between "sick" vs. "not sick".
- 6. Analyze clinical scenarios presented.
- 7. Formulate a plan of action to deal with an emergency.

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