Florida College of Emergency Physicians
Emergency Medicine Learning & Resource Center

Empowering our Heroes – Promoting & Preserving Mental Wellness in EMS

**Topic:** Unexpected Nightmares

**Date and Location:**
Date: March 14, 2018 thru April 11, 2018
Location: Playback broadcast through ReadyTalk

**Duration:** 60 minutes

**Target Audience:** all licensed EMS professionals.

**Prerequisites:** NONE

**COST:** Free for all licensed EMS professionals

**Webinar Overview and Objectives:**
Benjamin Vernon, a paramedic with San Diego Fire Rescue recalls the events of being attacked and stabbed on duty and describes the hurdles of recovering from PTSD. During this powerful session, he will explain the exact definition of post-traumatic stress disorder and explain the importance of mental wellness for first responders.

- Explain the importance of having a mental health plan for first responders
- Describe a systematic approach to establishing different mental health techniques to their dept.
- Describe the treatment of PTSD: EMDR
- Describe the importance of having the RIGHT Mental health clinicians available

**Faculty**
Benjamin Vernon; FF/PM, HIRT, TRT
San Diego Fire Rescue, 14/C
San Diego, CA

**Disclosure of Significant Relationships with Relevant Commercial Companies/Organizations from Individuals in Control of CME Content**

In accordance with the Accreditation Council for Continuing Medical Education’s Standards of Commercial Support and the Emergency Medicine Learning & Resource Center policy, all individuals with control over CME content (including but not limited to staff, planners, reviewers, and faculty) must disclose whether or not they have any relevant financial relationship(s) to learners prior to the start of the activity. Disclosure of a relationship is not intended to suggest or condone bias in any presentation, but is made to provide participants with information that might be of potential importance to their evaluation of a presentation.

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NO COMMERCIAL SUPPORT WAS RECEIVED.

Continuing Education Information:

FEMS - The Emergency Medicine Learning and Resource Center is approved as a provider of continuing medical education by the Florida EMS Bureau; Provider #50715. This course has been approved by the Florida Bureau of EMS for 1.0 hour of continuing education credit; Approval Code #20-641428.

CAPCE - This CE activity is accredited for 1.0 Advanced CEH by the Emergency Medicine Learning and Resource Center, an organization accredited by Commission on Accreditation for Pre-Hospital Continuing Education (CAPCE).

Method of Participation/How to Claim your CME:

In order to receive continuing education credit, you must: watch a minimum of 53 minutes of the 60-minute presentation and complete the Unexpected Nightmares Post-activity evaluation. Once you’ve attested to the completion of the course and the number of credits you’ve claimed, you will receive your certificate of completion via email in 2-3 weeks.

Time to complete the course

It is estimated that this course will take 1 hour to complete.

Method of communication between learner and faculty:

Should you have any questions or concerns regarding the educational material presented in Unexpected Nightmares presentation please contact the Emergency Medicine Learning and Resource Center offices at 407-281-7396 or via email at info@emlrc.org.

CAPCE AMS Statement

I understand that EMLRC as a requirement of CAPCE accreditation will submit a record of my course completions to the CAPCE AMS. I further understand that my course completion records may be accessed by or shared with such regulators as state EMS offices, training officers, and NREMT on a password-protected need-to-know basis. In addition, I understand that I may review my record of CAPCE-accredited course completions by contacting CAPCE.

Media or Combo of Media Used

Internet, computer/phone

Hardware and Software Requirements

Test your computer via the following link: https://www.readytalk.com/rt/test-computer.php