



Paramedic Graduate Jason Reynolds Outlines the Protocols

After 6 months of intensive coursework, clinicals, and the NREMT Paramedic exam, Jason Reynolds visited HealthONE EMS for the first time, since graduation. He chatted with a few instructors, before sitting down for an interview. At 26, Reynolds has spent his adult life in EMS, first as a volunteer firefighter at Fairmount Fire Protection District, before earning his EMT certification while at Elk Creek Fire Rescue. He joined Black Hawk Fire and then settled in at West Metro Fire. In 2010, he chose paramedic medicine over fire science to continue his career.

After finishing a C shift at West Metro Station 2, he drove to Englewood to discuss life outside of the Paramedic program. The transition from student to Paramedic is going well. He is now completing an internship with West Metro. The HealthONE EMS paramedic experiences left him both comfortable and competent. HealthONE EMS asked him about his overall experiences in the program. With a relaxed and lighthearted response, he said, "It was the best 6 months that I'd like not to go through again. It was one of the best challenges that I've ever gone through. You hear stories of how hard it is, but you make good friends and you learn things that you didn't think you'd accomplish," said Reynolds.

What Reynolds is describing is the 436 hours of class time, 160 hours of clinicals and 500 hours of internship that are part of the HealthONE EMS Paramedic Education Program or PEP. With all of the components, he said that his favorite part of class was Cardiology. "Prior to paramedic school, I worked with paramedics for 2.5 years and was sometimes scared and confused by the cardiology treatments that were administered. Class was different. We studied pathophysiology and examined what patients would look like," said Reynolds.

Reynolds is a champion of the HealthONE EMS program citing the program's methodologies and teaching staff. The bulk of students' time is spent with Dennis Edgerly, the Program Coordinator for the Paramedic Education Program. "When we felt as if we didn't know something, we'd ask Dennis. Before explaining, Dennis would say, rather than me telling you, why don't you try telling me about it to me first? Most of the time, we'd discover that we did know more about the subject, than we'd realize. All of the instructors are incredible and Dennis was awesome." Edgerly and the HealthONE staff regularly employ Socratic methods in their instruction and Reynolds believes it is a good fit and benefit.

Reynolds described relationships with staff as very professional. If doctors are the toughest patients, then paramedic instructors should be the toughest for EMS calls. Reynolds feels that if were ever needed to answer an EMS call for a paramedic instructor, he would be prepared to respond and transport any the instructors, particularly his mentor, Edgerly.

Reynolds credited the paramedic class for preparing him in areas that are not always apparent. Among these was the use of electronic patient care reports that were administered through the program's High Plains system. He also cited the ability to handle challenging interactions with patients and experienced medics, particularly those holding different treatment and life experiences.

Practical advice for Paramedic Students

For current and future students, Reynolds recommended discipline and learning your medications, protocols, and anatomy and physiology. "It may not seem important, but A & P (Anatomy and Physiology) play a strong role in pathophysiology. Also, the feeling of getting overwhelmed may not go away, but stopping and taking a break can often clarify things. When things stop making sense (in class or on a call), you might be over thinking. If time permits, that calculated pause can really helpful," said Reynolds.

Jason Reynolds is a Paramedic with West Metro Fire and Rescue and a graduate of HealthONE EMS Paramedic Class 94.



PEP Graduate Jason Reynolds accepts congratulations from HealthONE EMS Faculty Members Dr. Martin O'Bryan, Christopher Metsgar, Chris Cruzan and Dennis Edgerly

