Northumberland Paramedic Service Community Paramedic Program

Current Services and Supports:

- Dedicated Community Paramedic with an additional Rural Response unit staffed by a trained Community Paramedic.
- PreHos EMR system with fax and email capability for documentation and follow up with Primary Care Team.
- Remote patient monitoring of BP, SpO$_2$, Body weight and Glucometry following up with patients and liasing with Primary Care Team.
- Ability to enroll Primary Care Team members on Remote patient monitoring to view readings, trends and notes remotely
- Phlebotomy with delivery of samples to NHH and Lifelabs
- Point of Care INR testing available
- Thorough patient assessments including – cardiac, respiratory, neurologic, GI, GU and other body systems, Cardiac monitoring: Lead II, 12, & 15 -lead ECG capabilities, blood glucose testing
- COVID-19 nasopharyngeal swabbing as well as administration and documentation related to COVID 19 swabbing
- Administration of Influenza Vaccinations
- Environmental scan of the individual's residence for safety hazards or concerns (smoke alarms functioning/access/egress/ hoarding/infestations)
- Fall prevention assessments – slips/trips/hazards/mobility aids – watch the individual ambulate through their residence to determine if OT/PT/ additional supports and equipment are required to assist in activities of daily living. (bathroom adjuncts, bed rails, commode, 2-wheeled, 4- wheeled walkers)
- History gathering surrounding ADL's – bathing, toileting, dressing, eating – completion of a paramedic referral through the CE LHIN for "failing of daily activities" for possible PSW care to assist in completion of these daily tasks to function independently and safely in their residence
- Referrals to the CE LHIN via existing paramedic referral process focusing on– wound care, system navigation, palliative care, social isolation, caregiver burnout, cognitive impairment, medication reconciliation, rapid response nursing (RRN)
- Assistance with individuals who are in the polypharmacy situation with education surrounding when to take and why they are taking those medications. Contact pharmacist if required and check for drug to drug interactions- especially OTC.

- Review and screen the patient for potential depression/dementia/delirium utilizing the Geriatric Depression scale/ SIG E CAPS/Cognitive screening/ Confusion assessment method/ MINI cog screen
- Mental Health assessments and experience with individuals with substance abuse/addictions/unsheltered population/vulnerable individuals. Liaise with shelter support staff as well as Northumberland County Social Services
- Chronic disease management for COPD, CHF, Diabetes – advanced physical assessments, history obtaining, clinical exam findings and liaise with Primary Care Team to implement treatment plan.
- Education and health coaching on self-monitoring of blood glucose/sheets to document BG levels
- Education and understanding on A1C levels and target BPs with individuals living with Diabetes
- Motivational interviewing with the understanding that the patient may determine their own goals after a CP visit. They can work together using the stages of contemplation/accountability/SMART principles to obtain these goals to improve quality of life.
- Health coaching/teaching surrounding BP monitoring, exercise, diet/salt intake especially if CHF
- Complete appropriate documentation requirements SOAP/ISBAR
- High Utilization Users – currently respond and complete a paramedic referral for assistance in the residence.

- Current Clinical Guidelines are in place that allow Community Paramedics to provide supportive in-home treatment for:
  - Chronic Disease Management – CHF, COPD, Diabetes
  - Dehydration
  - Pain Relief
  - Nausea/Vomiting
  - Bronchoconstriction
  - IV therapy
  - Analgesia
  - Endotracheal and Tracheostomy Suctioning & Reinsertion
  - Wound Care
- Point of Care bloodwork analysis and urinalysis

NOTE: The scope of our CP program is flexible and scalable. Additional skills, treatments, and diagnostic assessments can be added upon determination of need.