

# 5th First Responder Virginia Conference/Expo

## EMS Training Course Schedule - You Must Pre-register to Attend

REGISTRATION BADGES MUST BE WORN TO ALL EVENTS

Category 1 required topics for the purpose of recertification for providers at all levels, with a maximum of 30 students for each session.

Please bring your OEMS Certification card with you to each session that you attend so you can be scanned and receive credit for your hours.

### THURSDAY, September 19, 2024

8:00 AM – 4:50 PM	<p align="center"><b>Leadership Course</b> (8 hours Category 2 Continued Education) (Must attend all 8 hours)</p>	Room #1	<p>Congratulations on your new appointment/election as an officer in your EMS Agency. The pictures have been taken and the Facebook post have been made along with the big celebration with friends and family. Now what do you do? This class will give you some ideas on what is important and what absolutely has to be done. You will leave this class with a notebook with phone numbers and contacts and some answers to frequently asked questions. Some pointers on some things that may make your life a little easier and much more successful.</p>
8:00 AM - 11:50 AM	<p align="center"><b>Infectious Disease Control Basic (IDC)</b> (4 Hours Category 1 Continued Education) (Must attend all 4 hours)</p>	Room #2	<p>This course meets OSHA and OEMS Regulations for infection control training including the required yearly in service for all healthcare providers. The course highlights OSHA regulations concerning blood borne pathogens &amp; airborne diseases. The Infectious Disease Control course will teach you how to protect your health, others in your agency &amp; at home from what we can see but most importantly what we can't see. All updated information is referenced from the CDC &amp; VDH. Maximum of 20 students / Ages 16 &amp; up.</p>
1:00 PM - 4:50 PM	<p align="center"><b>Designated Infection Control Officer (DICO)</b> (4 Hours Category 1 Continued Education) (Must attend all 4 hours)</p>	Room #2	<p>This course is designed to teach you the responsibilities of the Designated Infection Control Officer (DICO) for your organization. It will cover all the tools and resources you will need to hold this position as required by the Virginia Office of EMS for all EMS Agencies. Prerequisite is a current Infection Control Basic certificate. Maximum of 20 students / Ages 18 and up.</p>
8:00 AM – 4:50 PM	<p align="center"><b>Methods of Instruction</b> (First day of the 16 hour course) (16 hours of Category 2 Continued Education) (Must attend all 16 hours)</p>	Room #3	<p>Open to anyone interested in becoming a VAVRS Instructor, this class provides skilled instruction in basic adult education processes. Students will participate in classroom scenarios as well as requirements for becoming and maintaining instructional certification with the VAVRS. <b>MAXIMUM OF 16 STUDENTS/ Ages 18 and up.</b></p>
8:00 AM – 11:50 AM	<p align="center"><b>Stress First Aid - (1st Offering)</b> (4 hour course) (4 hours of Category 2 Continued Education) (Must attend all 4 hours)</p>	Room #4	<p>Stress First Aid (SFA) is a framework to improve recovery from stress reactions, both in oneself and in coworkers. The model aims to support and validate good friendship, mentorship and leadership actions through core actions that help to identify and address early signs of stress reactions in an ongoing way, not just after critical incidents. The goal of SFA is to identify stress reactions in self and others along a continuum and to help reduce the likelihood that stress outcomes develop into more severe or long-term problems. The core actions of SFA are appropriate for many occupational settings during critical events as well as for ongoing care. The training focuses on healthcare workers, specific to high-risk occupations.</p>
1:00 PM - 4:50 PM	<p align="center"><b>Stress First Aid - (2nd Offering)</b> (4 hour course) (4 hours of Category 2 Continued Education) (Must attend all 4 hours)</p>	Room #4	<p>Stress First Aid (SFA) is a framework to improve recovery from stress reactions, both in oneself and in coworkers. The model aims to support and validate good friendship, mentorship and leadership actions through core actions that help to identify and address early signs of stress reactions in an ongoing way, not just after critical incidents. The goal of SFA is to identify stress reactions in self and others along a continuum and to help reduce the likelihood that stress outcomes develop into more severe or long-term problems. The core actions of SFA are appropriate for many occupational settings during critical events as well as for ongoing care. The training focuses on healthcare workers, specific to high-risk occupations.</p>
8:00 AM - 8:50 AM	<p align="center"><b>Airway, Oxygen/Ventilation</b> (1 Hour Category 1 Continued Education)</p>	Room #5	<p align="center">Category 1 Continued Education</p>

9:00 AM - 9:50 AM	<b>Cardiovascular - What are your questions regarding cardiovascular opportunities</b> (1 Hour Category 1 Continued Education)	Room #5	Category 1 Continued Education
10:00 AM - 10:50 AM	<b>Trauma - Smoke Inhalation</b> (1 Hour Category 1 Continued Education)	Room #5	Category 1 Continued Education
11:00 AM - 11:50 AM	<b>Medical</b> (1 Hour Category 1 Continued Education)	Room #5	Category 1 Continued Education
1:00 PM - 1:50 PM	<b>Operations</b> (1 Hour Category 1 Continued Education)	Room #5	Category 1 Continued Education
2:00 PM - 2:50 PM	<b>Airway, Oxygen/Ventilation - The Disease Process and Oxygen Choices</b> (1 Hour Category 1 Continued Education)	Room #5	Category 1 Continued Education
3:00 PM - 3:50 PM	<b>Cardiovascular 12 Lead EKG's Tips/Tricks for Interpretation</b> (1 Hour Category 1 Continued Education)	Room #5	Category 1 Continued Education
4:00 PM - 4:50 PM	<b>Trauma</b> (1 Hour Category 1 Continued Education)	Room #5	Category 1 Continued Education
8:00 AM - 4:50 PM	<b>Hazardous Materials for the First Responder</b> (8 hour certification course) (8 hours Category 2 Continued Education) (Must attend all 8 hours)	Room #6	This one-day course is designed to introduce rescue personnel who may be subject to discovering, reacting to and conducting initial operations at the scene of a hazardous chemical release. Students will be trained to recognize a potentially hazardous situation, to take appropriate steps to provide for self-protection and to initiate effective response actions. Maximum of 20 Students / Ages 16 and up.

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### FRIDAY, September 20, 2024

8:00 AM – 3:00 PM	<b>CP - Motivational Interviewing</b> (6 hours Category 1 Continued Education) (Must attend all 6 hours)	Room #1	Motivational Interviewing is a 6-hour interactive classroom course designed to introduce paramedics to the core concepts of motivational interviewing, social and cultural determinants of health, theory of change, SMART goals, and both why and how to establish professional boundaries with patients.
8:00 AM - 11:50 AM	<b>Traffic Incident Management Systems (TIMS)</b> (4 Hour Certification Course) (4 hours Category 1 Continued Education) (Must attend all 4 hours)	Room #2	TIMS consists of a planned and coordinated multi-disciplinary process to detect, respond to, and clear traffic incidents so that traffic flow may be restored as safely and quickly as possible. Effective Tims reduces the duration and impacts of traffic incidents and improves the safety of motorists, crash victims and emergency responders. MAXIMUM OF 30 STUDENTS / Ages 16 and up.
1:00 PM - 4:50 PM	To Be Determined (1 Hour Category 1 Continued Education)	Room #2	
8:00 AM – 4:50 PM	<b>Methods of Instruction</b> (Second day of the 16 hour course) (16 hours of Category 2 Continued Education) (Must attend all 16 hours)	Room #3	Open to anyone interested in becoming a VAVRS Instructor, this class provides skilled instruction in basic adult education processes. Students will participate in classroom scenarios as well as requirements for becoming and maintaining instructional certification with the VAVRS. MAXIMUM OF 16 STUDENTS/ Ages 18 and up.
8:00 AM – 11:50 AM	<b>Stress First Aid - (3rd Offering)</b> (4 hour course) (4 hours of Category 2 Continued Education) (Must attend all 4 hours)	Room #4	Stress First Aid (SFA) is a framework to improve recovery from stress reactions, both in oneself and in coworkers. The model aims to support and validate good friendship, mentorship and leadership actions through core actions that help to identify and address early signs of stress reactions in an ongoing way, not just after critical incidents. The goal of SFA is to identify stress reactions in self and others along a continuum and to help reduce the likelihood that stress outcomes develop into more severe or long-term problems. The core actions of SFA are appropriate for many occupational settings during critical events as well as for ongoing care. The training focuses on healthcare workers, specific to high-risk occupations.
1:00 PM - 1:50 PM	<b>Death Notification</b> (1 Hour Category 1 Continued Education)	Room #4	Category 1 Continued Education
2:00 PM - 2:50 PM	<b>Report Writing 102</b> (1 Hour Category 1 Continued Education)	Room #4	Category 1 Continued Education
3:00 PM - 3:50 PM	<b>Report Writing - Judge and Jury</b> (1 Hour Category 1 Continued Education)	Room #4	Category 1 Continued Education
4:00 PM - 4:50 PM	To Be Determined (1 Hour Category 1 Continued Education)	Room #4	
8:00 AM - 8:50 AM	<b>Medical - Top of Mind (the 3 S's)</b> (1 Hour Category 1 Continued Education)	Room #5	Category 1 Continued Education
9:00 AM - 9:50 AM	<b>Airway / Oxygen / Ventilation - Initial Setup and Different Modes</b> (1 Hour Category 1 Continued Education)	Room #5	Category 1 Continued Education
10:00 AM - 10:50 AM	<b>Airway / Oxygen / Ventilation - CPAP vs BIPAP - What's the Difference and When do We Use Them?</b> (1 Hour Category 1 Continued Education)	Room #5	Category 1 Continued Education

11:00 AM - 11:50 AM	<b>Cardiovascular - CPR: The Real-Life Game of Chest Compressions</b> (1 Hour Category 1 Continued Education)	Room #5	CPR: The Real-Life Game of Chest Compressions-This comprehensive course bridges the gap between basic life support techniques and advanced life-saving interventions, equipping healthcare providers with enhanced skills and knowledge critical for managing complex medical emergencies. Explore advanced cardiac life support (ACLS), pediatric advanced life support (PALS), and critical care interventions beyond standard CPR certification. Topics include advanced airway management, medication administration, ECG interpretation, and team dynamics in resuscitation scenarios. Hands-on simulations and case studies prepare participants to confidently manage cardiac arrest, respiratory distress, and other critical conditions requiring advanced clinical expertise. Ideal for healthcare professionals seeking to elevate their competency and effectiveness in emergency response settings.
1:00 PM - 1:50 PM	<b>Operations</b> (1 Hour Category 1 Continued Education)	Room #5	Category 1 Continued Education
2:00 PM - 2:50 PM	<b>Operatons - Enhancing EMS Care for Autism</b> (1 Hour Category 1 Continued Education)	Room #5	Spectrum Responder-Gain specialized knowledge and skills essential for providing effective emergency medical care to autistic individuals. This course emphasizes understanding autism spectrum disorders (ASD) and adapting medical interventions to meet the unique needs of autistic patients in crisis situations. Topics include sensory considerations, communication strategies, de-escalation techniques, and collaborative approaches with caregivers and support networks. Enhance your ability to deliver compassionate and competent care through case studies and practical simulations designed to simulate real-world scenarios. Ideal for EMS professionals aiming to improve outcomes and patient experience when responding to emergencies involving autistic individuals.
3:00 PM - 3:50 PM	<b>Medical - Enhancing EMS Care for Autism</b> (1 Hour Category 1 Continued Education)	Room #5	Same as above
4:00 PM - 4:50 PM	To Be Determined (1 Hour Category 1 Continued Education)	Room #5	
8:00 AM - 11:50 AM	<b>Vehicle Rescue Awareness</b> (4 hour certification course) (4 hours Category 2 Continued Education) (Must attend all 4 hours)	Room #6	This course will teach the latest skills and fundamentals of vehicle rescue. Emphasis will be placed on an orderly and efficient approach to the accident situation, safety procedures, protective equipment, and automotive safety equipment. The course meets NFPA standards. Classroom ONLY - Maximum of 20 Students / Ages 16 and up.
1:00 PM - 4:50 PM	To Be Determined (1 Hour Category 1 Continued Education)	Room #6	
8:00 AM - 11:50 AM	<b>Infectious Disease Control Basic (IDC)</b> (4 Hours Category 1 Continued Education) (Must attend all 4 hours)	Room #7	This course meets OSHA and OEMS Regulations for infection control training including the required yearly in service for all healthcare providers. The course highlights OSHA regulations concerning blood borne pathogens & airborne diseases. The Infectious Disease Control course will teach you how to protect your health, others in your agency & at home from what we can see but most importantly what we can't see. All updated information is referenced from the CDC & VDH. Maximum of 20 students / Ages 16 & up.
1:00 PM - 4:50 PM	<b>Designated Infection Control Officer (DICO)</b> (4 Hours Category 1 Continued Education) (Must attend all 4 hours)	Room #7	This course is designed to teach you the responsibilities of the Designated Infection Control Officer (DICO) for your organization. It will cover all the tools and resources you will need to hold this position as required by the Virginia Office of EMS for all EMS Agencies. Prerequisite is a current Infection Control Basic certificate. Maximum of 20 students / Ages 18 and up.

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### SATURDAY, September 21, 2024

8:00 AM - 4:50 PM	To Be Determined (1 Hour Category 1 Continued Education)	Room #1	
8:00 AM - 4:50 PM	To Be Determined (1 Hour Category 1 Continued Education)	Room #2	
8:00 AM - 4:50 PM	<b>Tactical Medicine</b> (8 hours Category 1 Continued Education) (Must attend all 8 hours)	Room #3	Introduction to Tactical EMS-Explore the critical intersection of medical response and tactical situations in this comprehensive course. Designed for emergency responders and medical professionals, this course delves into advanced techniques and protocols for providing immediate medical care in high-risk environments. Topics include tactical casualty care principles, patient extraction under duress, improvised medical interventions, and effective communication in crisis scenarios. Gain practical skills through hands-on simulations and case studies that prepare you to handle emergencies where standard medical protocols may not suffice. Ideal for professionals seeking to enhance their readiness and effectiveness in challenging operational settings. Maximum of 20 students
8:00 AM - 10:50 AM	<b>Infectious Disease Control (IDC) Instructor Course</b> (3 hour certificaion course) (3 Hours Category 1 Continued Education) (Must attend all 3 hours)	Room #4	Students enrolled in this Instructor course will receive an email from the instructor with assigned group topics that will have to be taught the day of the class. Each group will present their topic followed by a Q and A session following the presentation.
8:00 AM - 11:50 AM	<b>Designated Infection Control Officer (DICO) Instructor Course</b> (4 hour certificaion course) (4 Hours Category 1 Continued Education) (Must attend all 3 hours)	Room #4	Students enrolled in this Instructor course will receive an email from the instructor with assigned group topics that will have to be taught the day of the class. Each group will present their topic followed by a Q and A session following the presentation.
8:00 AM - 8:50 AM	<b>Trauma</b> (1 Hour Category 1 Continued Education)	Room #5	Category 1 required topics for the purpose of recertification for providers at all levels, with a maximum of 30 students for each session. Please make sure that you bring your OEMS Certification card with you to each session that you attend so you can be scanned and receive credit for your hours.
9:00 AM - 9:50 AM	<b>Cardiovascular - Neurological Emergencies</b> (1 Hour Category 1 Continued Education)	Room #5	Category 1 Continued Education
10:00 AM - 10:50 AM	<b>Medical - Drug Abuse</b> (1 Hour Category 1 Continued Education)	Room #5	Category 1 Continued Education
11:00 AM - 11:50 AM	<b>Airway, Oxygen/Ventilation</b> (1 Hour Category 1 Continued Education)	Room #5	Category 1 Continued Education
1:00 PM - 1:50 PM	<b>Operations - Documentation</b> (1 Hour Category 1 Continued Education)	Room #5	Category 1 Continued Education
2:00 PM - 4:50 PM	To Be Determined (1 Hour Category 1 Continued Education)	Room #5	
8:00 AM - 4:50 PM	<b>Introduction to Swift Water Rescue</b> (8 hour certification course) (8 hours Category 2 Continued Education) (Must attend all 8 hours)	Room #6	This one-day course is designed to introduce rescue personnel to different types of water related emergencies. Emphasis will be placed on safety tactics, strategy, equipment, resources, and medical considerations. This is designed for the student who is interested in learning the procedures to assist during a water rescue without entering the water. MAXIMUM of 20 / Ages 18 and up.