

HEALTH and WELLNESS



..It's Not Just For Patients!



**Presented by
Gene Iannuzzi, RN, MPA, CEN, EMT-P/CIC
A.K.A.
“The Walking Risk Factor”**

Disclaimer:

In no way is this short presentation designed to cover all bases regarding wellness. That would be a monumental job.

What this IS designed to do is cause you to question your status quo, to perhaps make you uncomfortable, possibly “triggered” and maybe angry. That’s ok, we can talk.

Hopefully, you’ll be challenged and motivated to create your own changes, your own way, toward a healthier approach to your life inside and outside of EMS.

Resources for change abound. Perhaps at the end of this presentation, you’ll seek one or two.



*What....you think this
stuff is*

EASY??????



**If it was, we wouldn't be
hearing about...**

“Paramedic Dies in Possible Fatigue-Related Ambulance Crash”

“Are we working EMS providers to death?

Excessive work hours, compassion fatigue and violence are contributing to an alarming increase in EMS caregiver suicide”

“Study Finds that Many EMS Providers are Overweight or Obese

The health of the provider affects their ability to care for patient”

“First Responders: At Risk for Divorce”

“Ambulance or Aviation Induced Divorce Syndrome is caused by misplaced priorities....(it) is what happens when EMS and aviation professionals identify so strongly with their work, they forget about the rest of their lives. They forget about what really matters. They forget about their spouses, their kids, and the people who love them. They fool themselves into believing success as a medic, nurse or EMS pilot is somehow more important, or just as important, as success as a husband, brother, father, wife, sister, or mother. I was a workaholic who picked up every extra shift. I routinely re-arranged my family life for my work schedule, and thought nothing of it. It was easy to rationalize and easy to do.”

"I'm talking about how medics, nurses and pilots use strong work ethic to rationalize their never at home, absentee husband, father, mother, sister (you get the idea) behavior.

I'm talking about working extra EMS shifts because you identify more with EMS than your own family"

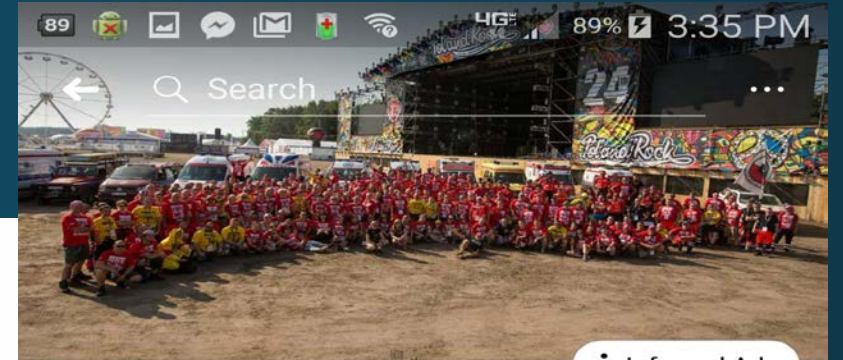
<https://flightsafetynet.com/ambulance-induced-divorce-syndrome-aids/> March 23

2016 – Troy Shaffer



This is
NOT
A Virtue!!

Admit You are Powerless..



Info and Ads



Paramedics on Facebook

Community

Shop Now

Send Message



Like



Follow



Share



Save

4.7

4.7 out of 5 · Recommended by 16 people

HOME

REVIEWS

PHOTOS

VIDEOS

POSTS



Write something on the Page

Share Photo

See Visitor Posts

That Your Life Has Become Unmanageable.....



“...It’s a Command Center!”

*For God's Sake...you're **ALREADY** in the "hot zone"*



TURN THOSE ELECTRONICS OFF!!!!

PROVIDER HEALTH PRACTICAL SKILLS EXAM - IDENTIFY THE FOLLOWING:

1



2



3



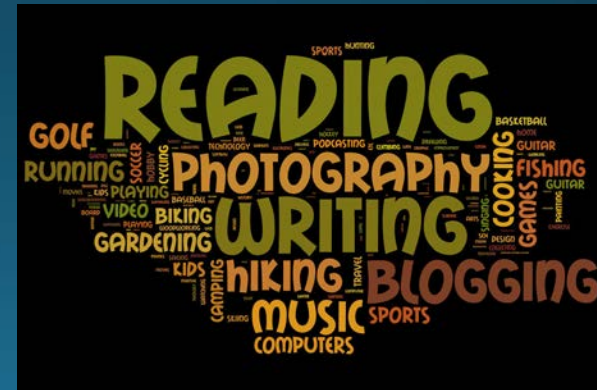
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5



6



If your next Doctor's appointment starts with "Who the heck are you?"



You might be an EMS Provider

“We asked EMS Providers to list the top excuses why they DON’T get regular healthcare.....”





I DID MY OWN
RESEARCH **1**

IT'S A FLESH
WOUND **5**

PASS MY
ESSENTIAL OILS **2**

MOTRIN **6**

TOO BUSY **3**

TOO YOUNG **7**

URGENT
CARE/ER **4**

I'll be fine **8**

hyp·o·crite

'hipə ,krit/

a person who indulges in hypocrisy.

synonyms:

**pretender, dissembler, deceiver,
liar, pietist, sanctimonious
person, plaster saint;
Informal: phony, fraud, sham,
fake**

hyp·o·crite

'hipə, krait/

1. An EMS Provider who berates patients for getting poor medical care or being “non-compliant” while getting none for themselves and neglecting their own well-being
2. An EMS provider who relies on non-scientific practices for themselves because “they don’t believe in the medical system” while advocating for the opposite for patients (ie: anti-vaxxers)

What's Your Self-Image?



Is Your Self -Image HEALTHY??



<https://www.dansunphotos.com/>



We LOVE the “Damaged Hero” in literature, film, and TV....



They can be inspiring examples of wounded people overcoming great adversity, BUT...did you ever notice that most of them

- *Are divorced or in failed relationships?*
- *Are alcoholics or addicts?*
- *Think “no one understands but us”?*
- *Are prone to anger and violence?*
- *Are completely consumed by their “work”?*
- *Take unnecessary risks?*
- *Wind up DEAD?*

*Do you identify yourself as
"damaged" to reinforce your
self-image of a "hero"???*

*Do you engage in risky or
irresponsible behavior to
bolster that image?*



- **Oversharing (especially on social media)**
- **Pretending every call is life or death**
- **Confusing normal reactions with being "one step away from mental illness" on every call**
- **Labelling every stress as "PTSD"**

BUT ALSO.....



- **Isolating**
- **Drinking/drugging**
- **Self-diagnosing**
- **Ignoring what friends and family are telling you**
- **Avoiding getting help because you think it makes you weak**
- **Perpetuating the "suck it up" culture**

Staying mentally healthy can be as challenging as staying physically healthy



You may find yourself walking a thin line between healthy and unhealthy behaviors

SUCK IT UP CULTURE

TRUE MENTAL HEALTH ISSUES

You just trying to
get through the
day, go home at
the end of your
tour, and live a
well-balanced
life



What did you expect?
Just do your job
Stop being a snowflake
Keep it in house
They don't understand
Faux hero image
Faux tough guy/gal

Faux PTSD and trendy self
diagnosis
Taking on everyone's pain
Everything is a tragedy
T-shirts, posters, ribbons
Presenting image of suffering
Perpetual oversharing

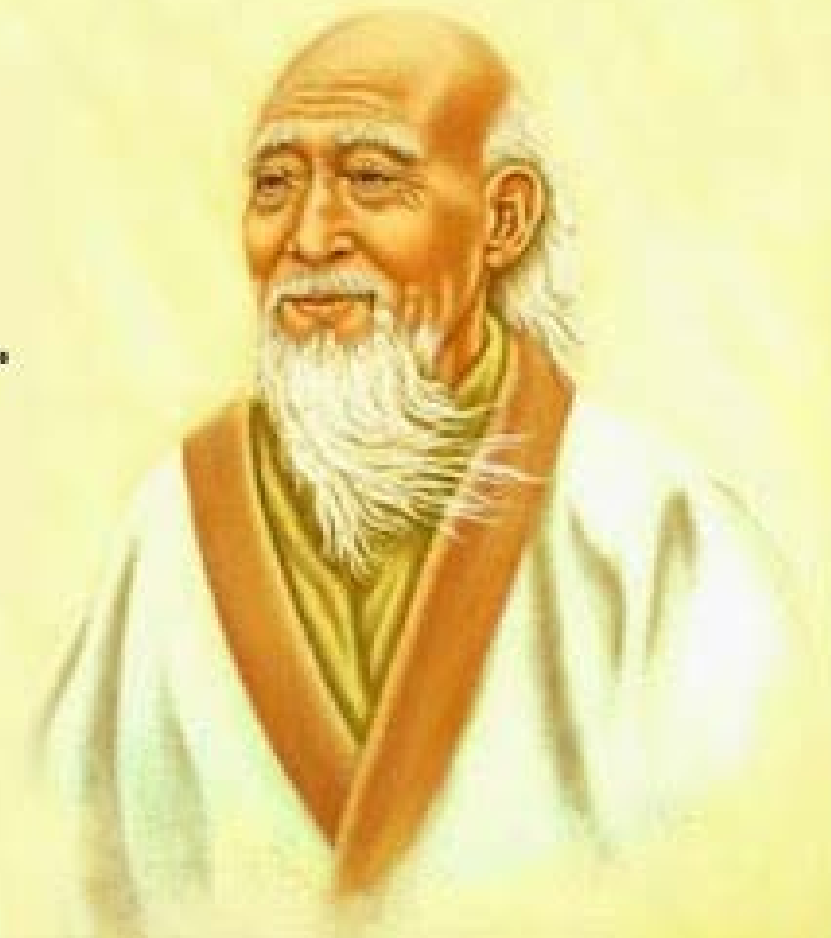
Depression
Substance abuse
Domestic violence
Loss of job
PTSD
Provider suicide

EDUCATE YOURSELF!

- **Stop the stigma**
- **Learn about local resources**
- **EAP, counselling teams, 12 step programs, etc.**
- **Before you start “advising” or “judging”, get your own house in shape; remember your own limitations!**
- **Don’t pretend you’re sick, don’t pretend you’re well – recognize signs/symptoms (of both!) and seek PROFESSIONAL help if needed**
- ***Don’t be a jerk to those who are hurting!***
- ***Don’t perpetuate “suck it up” OR “victim” culture in EMS when it comes to mental health!!***

“Watch your thoughts, for they become words.
Watch your words, for they become actions.
Watch your actions, for they become habits.
Watch your habits, for they become character.
Watch your character, for it becomes your destiny.”

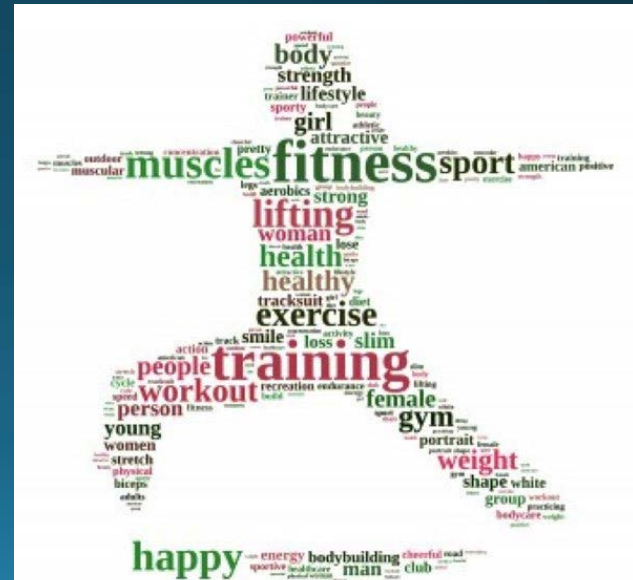
Lao Tzu



Yes, you've
heard this all
before.....

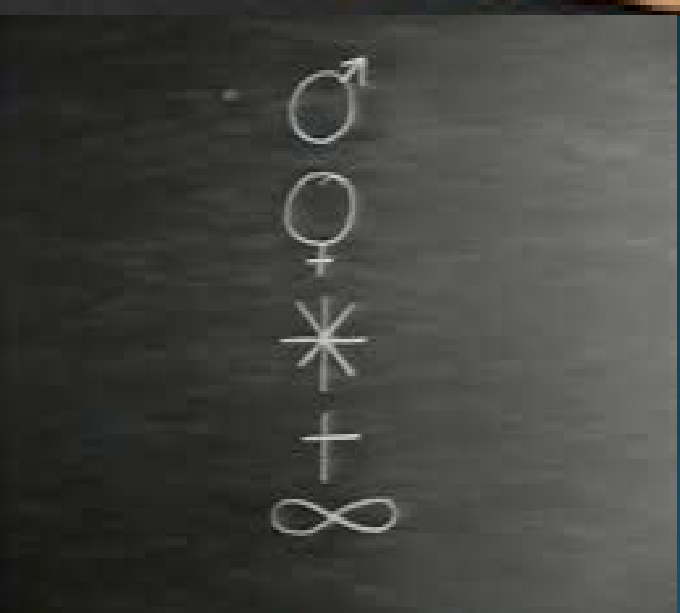
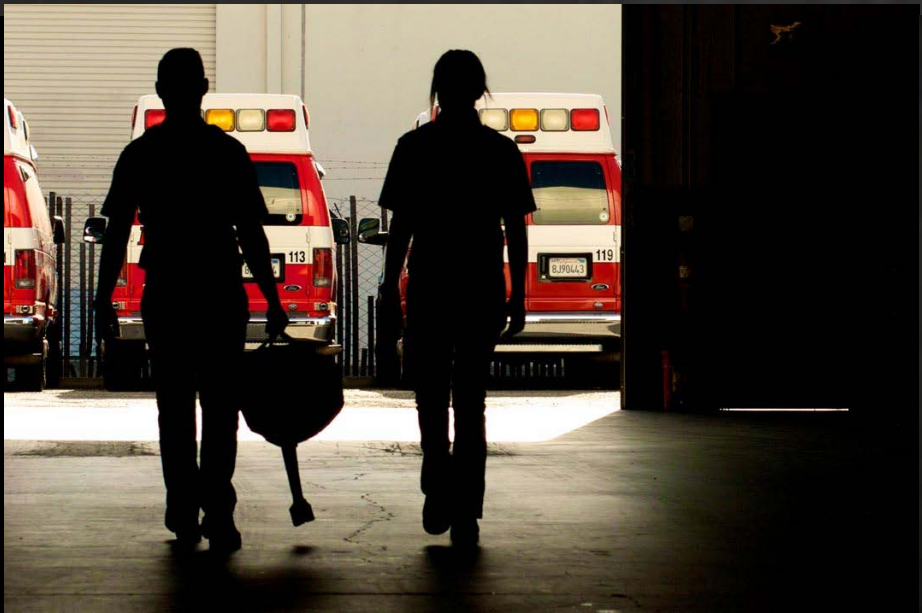


So what steps have YOU taken toward wellness?

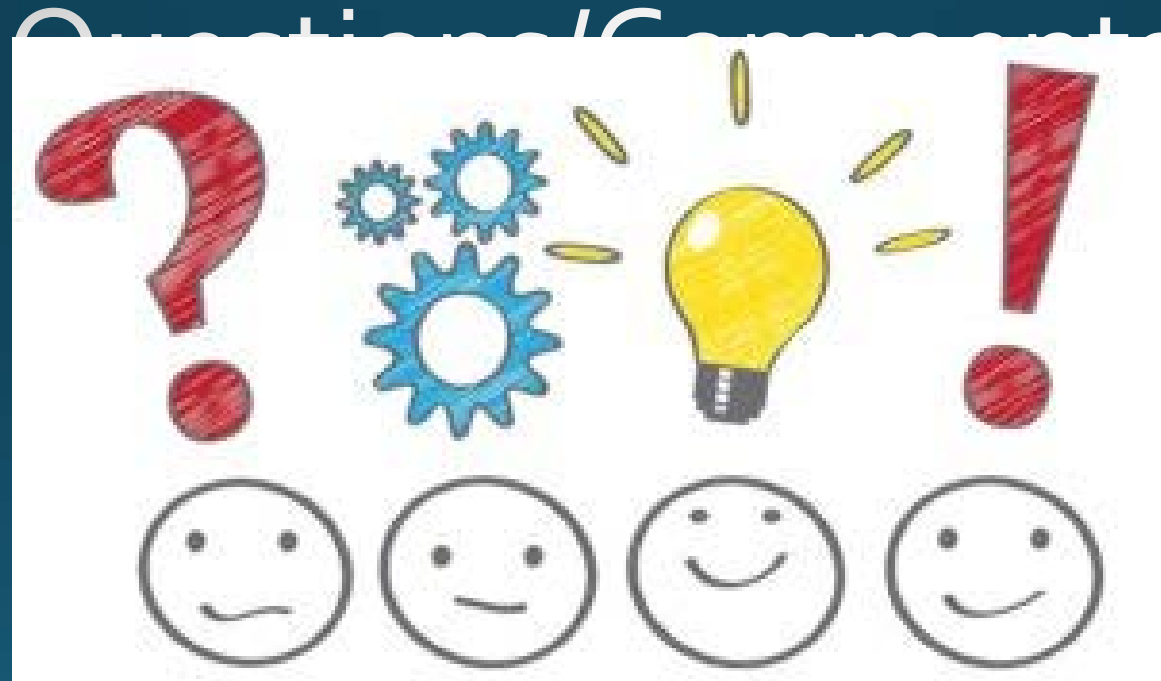




DO IT
NOW



Thank you



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Thank you and enjoy the Conference!