Multitasking: *How Much is TOO MUCH?*

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Multitasking has always been a necessary part in emergency services. However, only recently have advances in cognitive psychology and functional MRI studies allowed us to peer into the multitasking mind and the parts of the brain that control it. This program discusses how we can filter out multitasking “noise”, train to multitask better and identify when we need to avoid multitasking altogether to avoid costly clinical, tactical and managerial mistakes.

An award winning public speaker, firefighter, paramedic and healthcare educator living in Western Connecticut Rom Duckworth has been an emergency responder for almost two decades with experience in career and volunteer fire departments, public and private emergency medical services and hospital based healthcare delivery. Rom is currently a Career Fire Lieutenant, Paramedic and an AHA Regional Faculty for ACLS, PALS and BLS. Rom's energetic approach blends humor, personal experience and the latest medical research in presentations that you won't soon forget.

After attending this presentation, the learner will be able to:

1. Differentiate between multitasking and task-switching.
2. Differentiate between automatic and controlled thought processes.
3. Understand the function of the Executive System of the brain.
4. Focus training programs to prepare students for a multitasking environment.
5. Know why, when and how to avoid multitasking for better trouble-shooting and decision making (clinical, tactical, managerial).

Content Outline:

Using lecture, examples and interactive exercises, Mr. Duckworth will demystify the parts of the brain that control decision-making and multitasking. Emphasis will be placed on the appropriate use of multitasking; specifically when to choose to multitask, how to train yourself and others to thrive in a multitasking environment and why, when and how to avoid multitasking completely.