Community Paramedicine

Reflection Paper

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This semester has probably been one of my favorite semesters throughout my college years. The reason why is that I was able to take a course like this. Community Paramedics course had provided me with many attributed resources and helped me understand how to better work with my community. When I first started this class, I didn’t know a lot about the roles and work that a community paramedic does. Didn't know the diversity that takes place in the field of being a community paramedic. Now my understanding of community paramedics had expanded, thanks to this course.

Learning about the Quick response team QRT and their diverse attribution to helping the community was fascinating to me. QRT is a team of professionals for example including social workers, police officer and community paramedics, coming together to help people suffering from addiction. This program made me understand the importance of never giving up on people, everyone has a chance to become a better person. They just need help to achieve and live a better life. Something that has stuck with me throughout this course is a speaker from one of the seminar videos Will Mauller said: “why I love this job is because of people like Amy” Amy was a victim of addiction through pain pills, She talked about how this program saved her life and how she is thankful to work and enjoy her life again. I agree with Will Mauller, there is nothing more than that reward of helping someone live again and have a normal life.

This course has improved my awareness of how my community needs help. I was able to take many examples and skills I learned from this class to my volunteer jobs in the community. This semester I worked with the Mauritanian friendship association of greater Cincinnati, I organized an educational panel about the dangers of drug use and how it affects the community. I was able to use many resources this class provided about the dangers of drug use and its effects in the community.
Last summer I worked at Cincinnati Children’s Hospital’s Clinical Psychology research division. Coming into this class I knew the effects of drug use in the community and how increasing the number are within the Cincinnati area. After taking this course I got a greater sense of understanding how much work is put in to help individuals who are suffering from drug use. I learned about how community paramedics and law enforcement work together to create a program that helps assist substance abuse victims. Having such programs for example the QRT program is inspiring. Shanna Merrick said, “coming to their house and seeing someone that cares and wants to help them.” I think that this very important and impactful for someone who is suffering from substance abuse. I also realized the importance of social workers with the dynamic of drug abuse. Social works play an important role in trying to help each individual in so many ways. I believe that they truly have a great impact on these individuals because they are helping from until they are completely better.

I watched many educational and impactful seminar videos of many empowering role models in this community Paramedics course. I learned about many resources and programs in the Cincinnati area that are geared to help the community. One speaker that stood out to me was Carol Baden she is the director of substance use and public health Ohio attorney general office. She said something that made me feel like she really cared and wants to help these individuals recover from drug addictions. After being asked what are her future plan or expectations in 5 years are, she said: “having a productive community with less chronic pain and advocating to educate the community about mental health and trauma.” Her words sounded like they are from within and she knew her end goals. I really liked what she said and I very much agree with her, our community lacks education about mental health. Another speaker is Curt Rider is CEO of the Feedstore/ Foodbank, he talked the importance of this program for families or individual who
are in need of food services. He talked about the stereotyping that goes within this program, explaining that it's all types of people who go through hunger. Giving examples that it can be your neighbor, he says that a crisis can happen to someone at any time and this program is here to uplift that individual until their problems are solved. Curt inspired me to keep helping people in types of ways, he showed me that it doesn’t matter how much money you are making what matters is the reward from helping the family or individual. I enjoyed watching and learning from all the speakers in this course, I learned the importance of helping and educating people that are in need.

As I aspire to become a physician, I was very delighted to know that there are many ways a physician can work with community paramedics. One example that I really liked is the seminar two video with Shauna Acquaviva. She talked about the SBIRT program and the importance of the physicians screening and through this program they can work with the social worker to better help that individual suffering from addiction and dangerous health problems. I definitely want to have a career that allows me to work within my community. I want to be able to help and assist with all the problem my community is dealing with.

Overall, this course was an empowering and educational revenue for my knowledge. I learned about major epidemics in my community. As well as how community paramedics assist these individuals through management program like QRT and working with healthcare professionals. The content I have learned has shaped my insight into the community. This course has provided me with many resources to provide and share with my community. I hope to volunteer with the QRT or programs of similar aspiration.