Fit to graduate? The physical and physiological job readiness of paramedicine students – a scoping review



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Introduction

- Paramedics are identified as an unhealthy population
- Paramedics have a physically demanding role
- As a **population safety profession** physical capacity to perform essential daily tasks is critical
- There is a need for pre-employment fitness testing and fitness maintenance
- There are only regular fitness monitoring and testing in specialised paramedic roles, such as helicopter rescue paramedics

Preliminary Results

Focus on paramedicine in Australasia, Canada, England, and South Africa.

Exclusions include specialised paramedic roles.

Further reporting following PRISMA-SCR checklist.

Studies from databases/registers (n = 1598) Google Scholar (n = 640) Emcare (n = 291) Scopus (n = 270) MEDLINE (n = 179)

References from other sources (n = 43)Grey literature (n = 39)

- There is a paucity of information concerning the actual levels of physical fitness required to perform essential daily tasks of the paramedic role safely and effectively.
- Knowledge of how to physically prepare those about to enter the profession - the paramedic students - is limited.

To identify,

map, and

understand

existing

evidence

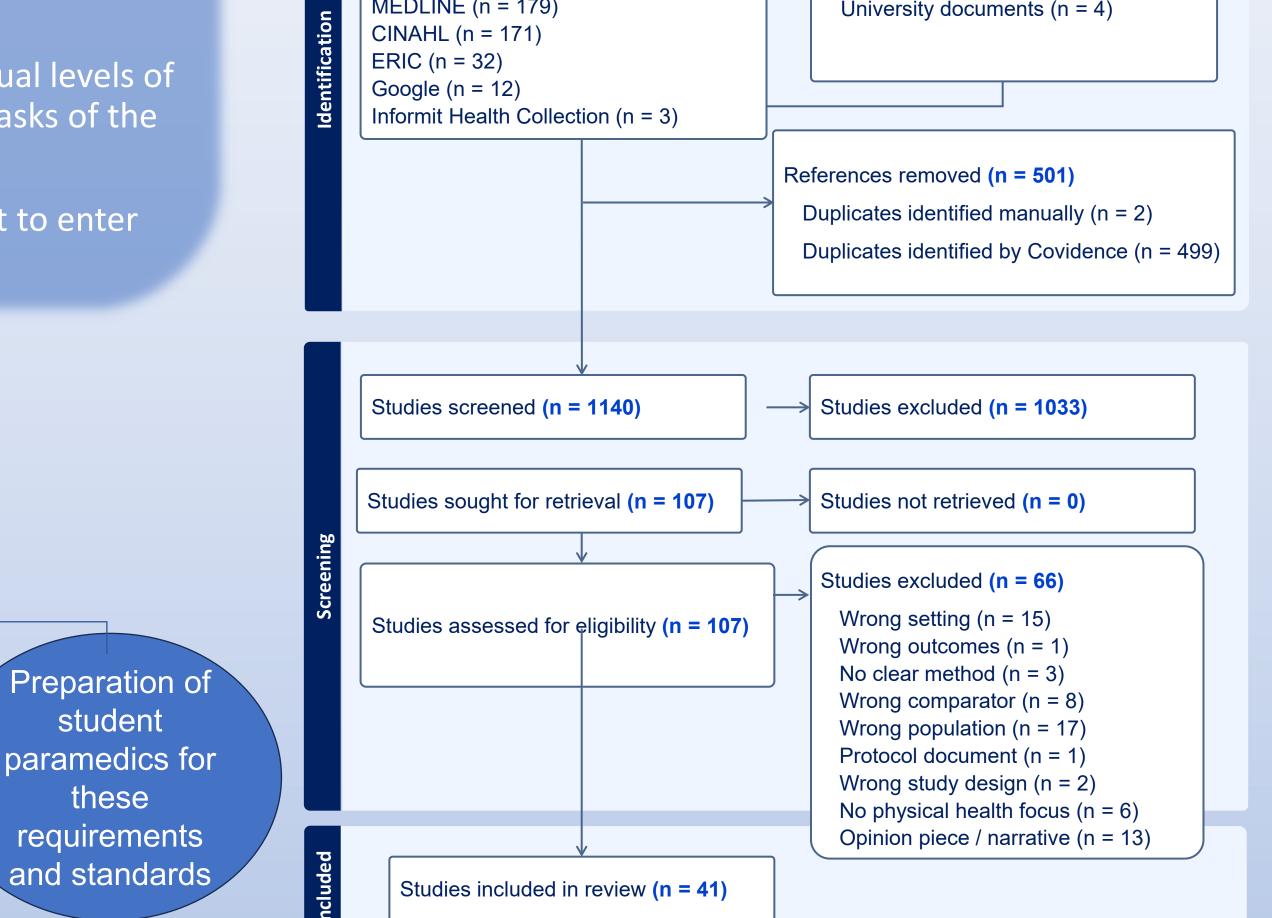
related to:

Physical fitness

requirements

and standards

for the role



Methods

Discussion

Paramedic

physical fitness

Aim

The proposed scoping review will be broadly conducted in accordance with the JBI methodology for scoping reviews (1).

student

these

Conducted a scoping review

Searched seven databases and search engines.

Explored grey literature: - Online sources,

Included articles meeting specified inclusion criteria. Categorised and mapped evidence based on:

Applied deductive basic

following a registered protocol.

- University documents,

- Ambulance Services.

qualitative analysis through open coding.

Data extraction is underway (n=41) using the Covidence systematic review software tool (Veritas Health Innovation, Melbourne, Australia. Available at <u>www.covidence.org</u>). A deductive basic qualitative analysis approach will then be taken to describe these categories through a process of open coding as guided by JBI scoping review recommendations (1,2). Reporting will be conducted as per the PRISMA-SCR checklist and explanation (1).

Physical Physical Physical Physiological preparation activity and demands of fitness and Safety approaches fitness levels capacity requirements paramedic of paramedic for paramedic testing tasks students students

References

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