

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



Charles Sturt University

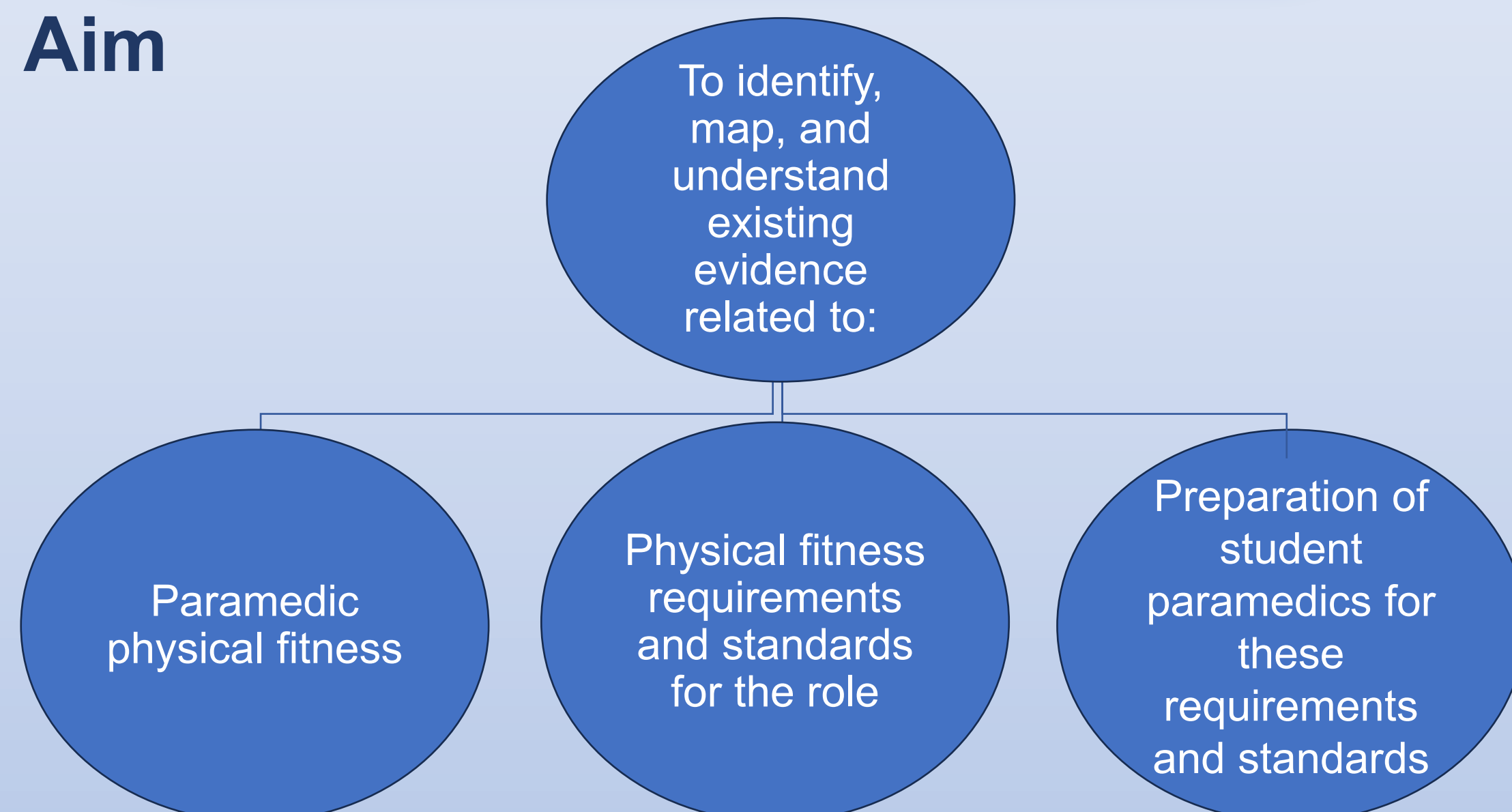
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## Introduction

- 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
- 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.

## Aim



## Methods

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



## Discussion

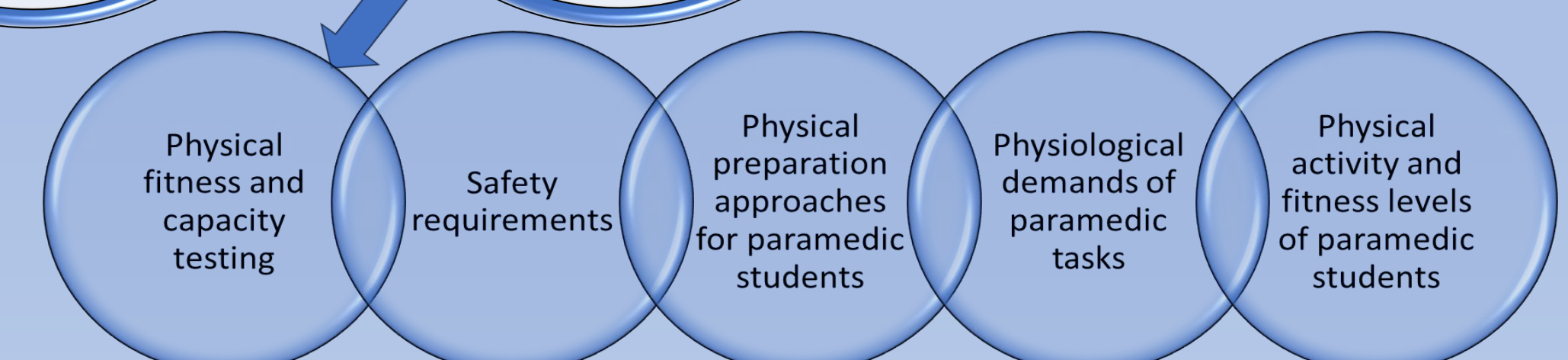
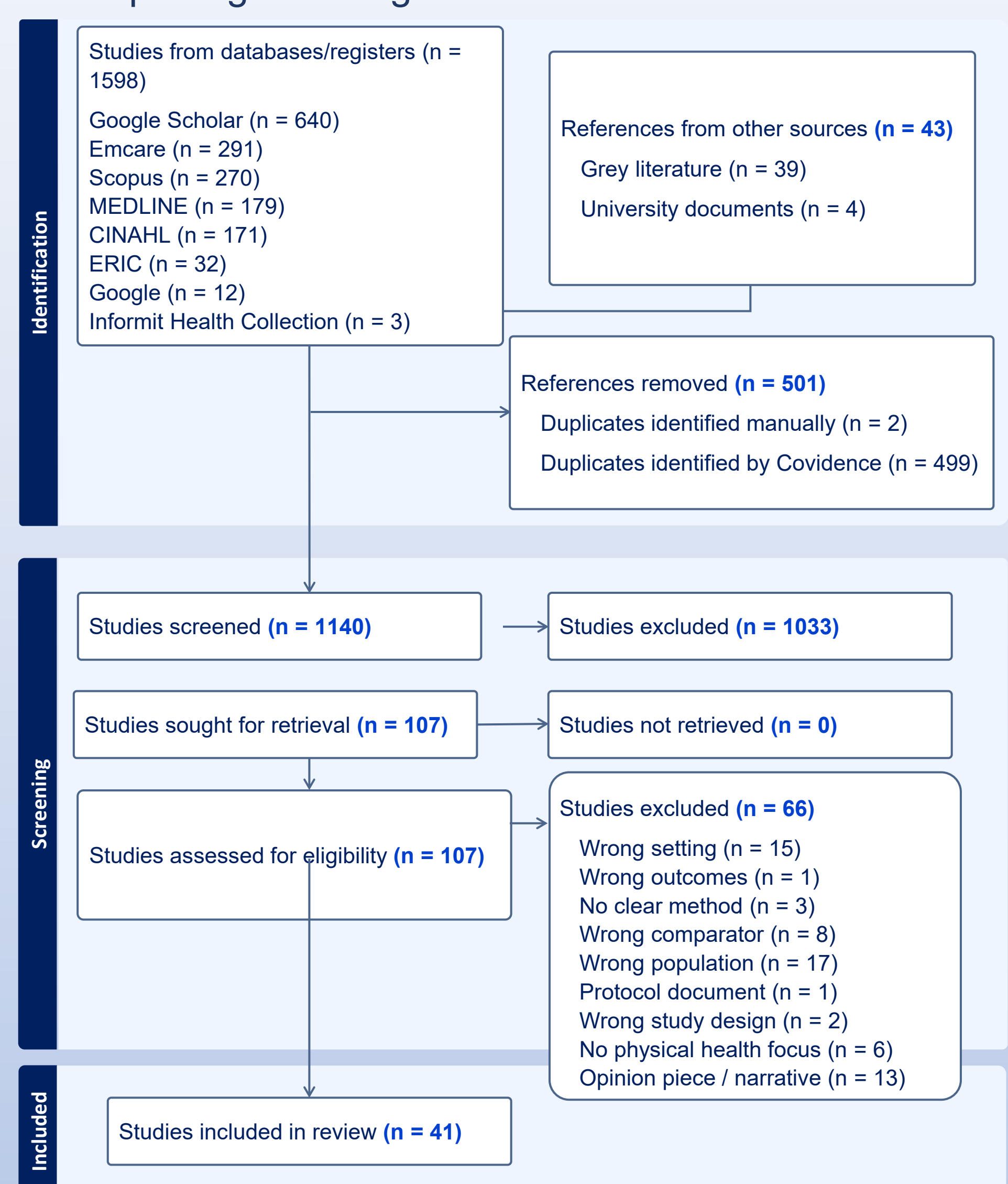
Data extraction is underway (**n=41**) using the Covidence systematic review software tool (Veritas Health Innovation, Melbourne, Australia. Available at [www.covidence.org](http://www.covidence.org)). A deductive basic qualitative analysis approach will then be taken to describe these categories through 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).

## Preliminary Results

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

Exclusions include specialised paramedic roles.

Further reporting following PRISMA-SCR checklist.



## References

1. Aromataris, E., Munn Z. JBI manual for evidence synthesis: JBI; 2020 [Available from: <https://doi.org/10.46658/JBIMES-20-01>.
2. Elo S, Kyngas H. The qualitative content analysis process. J Adv Nurs. 2008;62(1):107-15.

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