

Kellogg Community College  
Continuing Education Lesson Plan

Topic: Stress Management

Presenter: Accreditation Approved Kellogg Community College EMS Instructor

Date: Accreditation 2018 - 2021

Credit Category: Preparatory  
Specific Topic: Stress Management  
License Level: MFR, EMT - Basic, EMT – Specialist, Paramedic  
Time: One Hour, Two Hours, Three Hours, Four Hours  
Credits: 1                      2                      3                      4

Format: Lecture  
May use PowerPoint Presentation

Objectives: The participant of the CE session will:

1. Review the signs of stress
2. Review the symptoms of stress
3. Review the coping mechanisms of stress management
4. Review the steps of Critical Incident Stress Management

Outline for Lecture Presentation

- I. Introduction, Paperwork, Agenda
- II. Signs of Stress
- III. Symptoms of Stress
- IV. Coping mechanisms
- V. Latest information on Critical Incident Stress Management
- VI. Summary and Questions

Student Evaluation Method:  
No formal evaluation of participants will occur

Evaluation of Presentation:  
Standard Kellogg Community College Evaluation form will be filled out by participants

Rationale for Presentation:  
To educate the pre-hospital care provider and reduce provider burnout with coping and education mechanisms.