



## Colorado EMS Primary Instructor Training Lesson Guide

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**Session Title:** Death & Dying

**Session Reference:**

**Time Required:** 10 minutes

**Materials:**

**References:** National D.O.T. E.M.T. Curriculum

**Prepared By:**

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## **Preparation / Set:**

### **Attention / Motivation:**

EMT-Basics encounter many stressful situations providing emergency medical care to patients. One of the most stressful is dealing with the dying patient. Understanding the stages a dying person goes through while dealing with the knowledge of their death may help the EMT-Basic in communicating with the patient.

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**Objectives:**

At the completion of this session, the student will be able to:

1. Discuss the possible reactions that a patient may exhibit when confronted with death and dying.
2. State the steps in the EMT-Basic's approach to the family confronted with death & dying.

**Session Overview:**

- C Explanation of the stages of death & dying
  - C Suggestions for communicating with the dying patient and the patient's family
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Instructor Notes	Outline
	<p>I. Death and dying</p> <p>A. Stages</p> <ol style="list-style-type: none"> <li>1. Denial (“Not me”)-defense mechanism creating a buffer between shock of dying and dealing with the illness/injury.</li> <li>2. Anger (“Why me”.)               <ol style="list-style-type: none"> <li>a. EMT-Basics may be the target of the anger</li> <li>b. Don’t take anger or insults personally.                   <ol style="list-style-type: none"> <li>i. Be tolerant</li> <li>ii. Do not become defensive</li> </ol> </li> <li>c. Employ good listening and communication skills</li> <li>d. Be empathetic</li> </ol> </li> <li>3. Bargaining (“OK, but first let me....”)-agreement that, in the patient’s mind, will postpone the death for a short time.</li> <li>4. Depression (OK, but I haven’t....”) -               <ol style="list-style-type: none"> <li>a. Characterized by sadness and despair</li> <li>b. Patient is usually silent and retreats into his/her own world</li> </ol> </li> <li>5. Acceptance “(OK, I am not afraid.”)               <ol style="list-style-type: none"> <li>a. Does not mean the patient will be happy about dying.</li> <li>b. The family will usually require more support during this stage than the patient.</li> </ol> </li> </ol> <p>II. Dealing with the dying patient and family members.</p> <p>A. Patient needs include dignity, respect, sharing,</p>

**Summary:**

**Review:**

- C Explanation of the stages of death & dying
- C Suggestions for communicating with the dying patient and the patient's family

**Re-motivation:**

**Evaluation**

Written test and/or quizzes