

The P.T.O. Concept

Fortifying First Responders' Mental Resilience

eBook edition

by: Kyle Goodknight, RRT, EMT-P



The PTO Concept

as taught in

Carry the Weight, Find the Balance
Packing the Mental Load for First
Responders



Police - Fire - EMS - Dispatch

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More police officers die from suicide than in the line of duty deaths



*"the Problem I solve is
to equip first
responders with
resources to foster
resilience, ensuring
they manage work-life
balance and emotional
stress without
compromising their
mental well-being or
family"*

ABOUT

KYLE GOODKNIGHT RRT, EMT-P

Kyle is a highly experienced medical professional with over 26 years of expertise in various multidisciplinary aspects of the healthcare field.

He has notable accomplishments as a respiratory therapist, paramedic, and medical equipment developer. As an ACLS/BLS and NAEMSE-certified instructor, Kyle has dedicated himself to educating his peers, demonstrating his commitment to fostering personal and professional growth.

Kyle's career journey is defined by his relentless pursuit of education and progression. He successfully increased the utilization of the EZIO interosseous device in hospitals and EMS settings. Most recently, he has been an integral part of a team focusing on the future of EMS training with augmented and virtual reality. His expertise in implementing medical solutions highlights his exceptional proficiency in advancing the training of innovative thought and technologies.

Education holds a special place in Kyle's heart, evident through his role as a Clinical Educator in Ohio. He constantly seeks to enhance the knowledge and capabilities of healthcare professionals through conducting cadaver labs for interns and resident programs, as well as providing in-depth education for EMS, fire, and hospital staff.

Kyle's certifications and educational achievements exemplify his passion for personal and professional development with a profound dedication to all those in healthcare. His unwavering commitment is to leave a lasting legacy through his devotion to furthering the knowledge and mental resilience of the first responder.

INTRODUCTION

Are you a first responder looking to strengthen your mental resilience and prioritize your well-being? If you're seeking tools to unpack the mental load that comes with serving in high-stress environments, look no further. We present to you EMS Timeout and PTO just a tiny snippet of what you will get in the full "Carry the Weight, Find the Balance: Packing the Mental Load for First Responders" course that will guide you on a transformative journey of self-discovery, self-care, and professional growth.

"Being in control of your life and having realistic expectations about your day-to-day challenges are the keys to stress management, which is perhaps the most important ingredient to living a happy, healthy and rewarding life."

- Marilu Henner

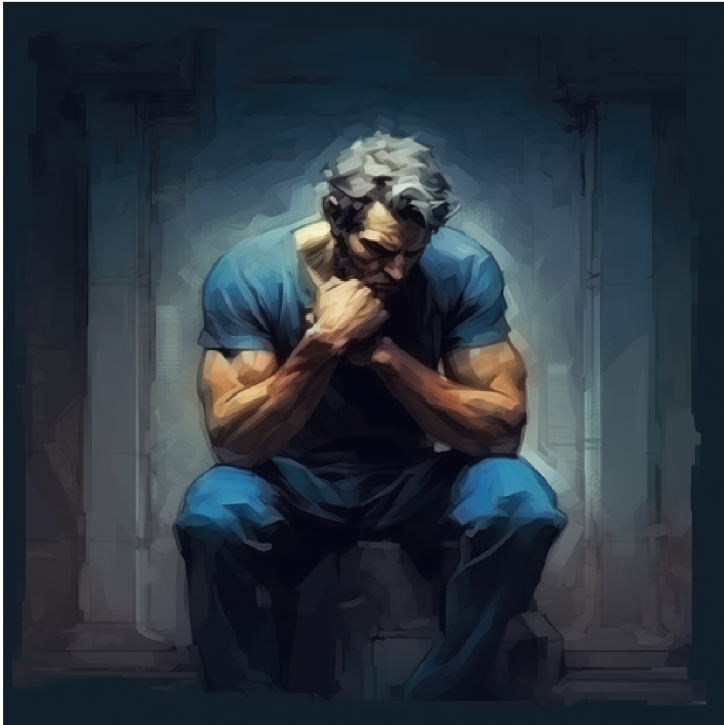
By downloading this eBook, you gain access to a valuable resource found in the full course. As a special bonus, we offer you the PTO concept. The PTO concept is a powerful tool that enhances mental well-being and self-reflection. By downloading this eBook today, you receive the full PTO module at no cost. This transformative concept empowers first responders to take a step back, pause, think, and observe, creating a safe space to address their mental challenges. It promotes self-awareness, healthy coping mechanisms, and navigation of the unique demands of your role, and it's just one of the tools taught in "Carry the Weight, Find the Balance"

Imagine having the ability to hit the pause button when you find yourself in a rough mental situation or need to regain focus. With the knowledge shared inside the course, PTO can become your new go-to when you feel the strains of the job. In this eBook, you will learn how our full course fortifies and complements the PTO concept, providing a comprehensive toolkit for self-care and emotional well-being. It equips you with strategies to mitigate the impact of stress and trauma on your mental state.

Incorporating PTO into your daily routine

empowers you to regain control over your mental well-being, create a safe space for yourself, and develop effective strategies to manage stress and trauma. Our course offers in-depth guidance on implementing PTO effectively and maximizing its benefits in your personal and professional life. As a special treat, we want to provide you with a glimpse of the invaluable insights and strategies contained in "Carry the Weight, Find the Balance: Packing the Mental Load for First Responders" We understand the importance of spreading awareness about mental well-being among first responders. Therefore, we offer you a FREE preview of the PTO concept, one of the transformative tools from our full course. These resources will give you a taste of the comprehensive knowledge and guidance available in the complete course, empowering you to begin your journey toward mental resilience and well-being for yourself, your fellow first responders, and your family.

Now, without further ado, let us introduce you to the transformative concept of PTO and share this invaluable insight from our full course. Embrace this opportunity to take charge of your mental well-being and become an advocate for positive change within your profession. Together, we will navigate the challenges, unpack the mental load, and fortify our collective resilience.



The true mental load on a first responder can take years, if not decades, to manifest into a dark place. Fortify yourself with the tools to prepare yourself.



Chapter 1

EMS Time-out

Enhancing Patient Care Outcomes

In the fast-paced world of emergency medicine, every second counts. When a patient arrives at the emergency department, it is crucial for the healthcare team to understand their condition to provide timely and effective care clearly. To address this need, a valuable practice known as EMS time-out has emerged as a key process for improving patient care and outcomes.

EMS time-outs are formalized pauses when emergency medical services (EMS) providers bring patients to the hospital. During these moments, a remarkable transformation takes place within the patient room. The environment becomes free from distractions and commotion as nurses, physicians, and other attendees silence themselves. In this hushed atmosphere, the EMS provider is granted uninterrupted time to deliver a concise yet detailed report about the patient's illness or injury.

The significance of this short time cannot be overstated. In collaboration with local hospitals, EMS crews have developed an effective acronym, MIST, to facilitate the rapid relay of critical information within those precious first moments.

MIST stands for:

M: Mechanism of injury or medical complaint,

I: Injuries or inspections,

S: Vital signs,

T: Treatment and transfer of care

By employing this mnemonic, EMS providers can efficiently communicate the key aspects of the patient's condition, ensuring that vital information reaches the hospital staff promptly.

The process of an EMS time-out begins when anyone in the room announces loudly, "EMS time-out," marking the arrival of the ambulance with the patient. The nurse then documents the report, and the lead paramedic provides the necessary information while the patient is swiftly moved to a gurney. This collaborative effort between EMS providers and healthcare professionals plays a vital role in improving patient experiences and outcomes. EMS time-outs streamline the delivery of consistent care for each patient, ensuring no critical

details are overlooked. By establishing an open line of communication, hospitals can leverage the detailed assessments provided by EMS teams from the field, tailoring their treatment plans accordingly.

Moreover, EMS time-outs foster stronger relationships between receiving facilities and EMS partners. Through enhanced communication, hospitals and EMS providers can share vital insights, exchange knowledge, and better understand each other's roles and capabilities. This collaborative approach nurtures trust and synergy, allowing for seamless transitions and a higher level of care when patients are transferred from the field to the hospital.

EMS time-outs represent a pivotal step toward enhancing patient care and outcomes. By creating a designated period for clear and concise communication, healthcare professionals harness the power of information to deliver timely, effective, and tailored care. The collaborative nature of EMS time-outs strengthens relationships, benefiting patients and the entire healthcare system. With each pause, we bring healthcare providers closer to achieving their shared goal: providing optimal care when it matters most.



Chapter 2

The PTO Concept

As taught in Module 6 of "Carry the Weight, Find the Balance:
Packing the Mental Load for First Responders."

Similar to the EMS time-out described in Chapter 1, the PTO concept serves as a hard stop, allowing first responders to take a moment to regain composure, reflect on their actions, and create a safe space for themselves. This chapter explores the essence of PTO and its potential to fortify the mental resilience of first responders.

Being a first responder is demanding and can take a toll on mental well-being. Constant exposure to high-stress situations and traumatic events can accumulate and impact the psychological state. Recognizing the need for self-care and mental respite, the concept of PTO (Personal Time Out) has emerged as a valuable tool to support the mental well-being of first responders.

Taken directly from the groundbreaking course for first responders, "Unpacking the Mental Load: Fortifying the First Responder," PTO embodies a simple yet powerful three-step process: Pause, Think, and Observe. These steps provide a structured approach for first responders to navigate their thoughts and emotions, leading to a better understanding of their mental state and promoting overall well-being.

1. Pause:

In the fast-paced and intense world of first responders, it is crucial to recognize the need for a pause. Taking a moment to step back from the chaos allows individuals to disconnect momentarily, creating a space for self-reflection and regaining emotional balance. By consciously hitting the pause button, first responders can acknowledge their mental situation and its impact on their overall well-being.

2. Think:

The next step in the PTO process is thoughtful consideration and introspection. First responders can utilize this time to examine their thoughts, emotions, and responses to their challenges. By actively thinking about their experiences and the tools acquired in the full course, they can gain insights into their mental state, identify potential triggers, and evaluate their coping mechanisms. This self-awareness forms the foundation for addressing and managing their mental well-being effectively.

3. Observe:

The final step of PTO involves paying attention to the surroundings and one's inner state. First responders are encouraged to observe their immediate environment, seeking cues and triggers that may influence their mental well-being. Additionally, they are urged to turn inward and reflect on their emotional and physical responses. By keenly observing their thoughts, feelings, and bodily sensations, they can better understand their needs and make informed decisions to prioritize self-care.

PTO represents a novel concept emphasizing the importance of personal time-outs for reflection and self-care. It is one of the essential tools taught in the comprehensive course "Unpacking the Mental Load: Fortifying the First Responder." This course aims to equip first responders with the knowledge and strategies to manage their mental burdens, fostering mental resilience and well-being.

By embracing the PTO concept, first responders can proactively address their mental health needs. Taking the time to pause, think, and observe enables them to cultivate self-awareness, identify areas of concern, and seek support. PTO can be implemented individually, as first responders recognize their need for a personal

time-out or by caring colleagues who notice signs of distress in a fellow team member. Just as the EMS time-out in patient care strengthens relationships, implementing PTO within the first responder community fosters a culture of support, empathy, and well-being.



Over 60% of first responders **do not** have access to proper mental health support. We can change that!



In conclusion, PTO is a powerful tool to fortify the mental well-being of first responders. By incorporating structured personal time-outs into their routines, first responders can effectively manage the pressures of their roles, promote self-care, and mitigate the potential long-term impact of the job on their mental health. PTO is a testament to the importance of recognizing and valuing the mental well-being of those who dedicate their lives to serving others, ensuring they have the necessary resources to thrive professionally and personally.

If you found the information in this eBook valuable and want to learn more helpful tips and applications of the concepts within the course, we invite you to enroll in our comprehensive online course: *Carry the Weight, Find the Balance: Packing the Mental Load for First Responders.*”

This course provides in-depth knowledge, practical strategies, and personalized guidance to help first responders effectively manage their mental well-being and build long-term resilience in demanding roles.

By enrolling in our “Carry the Weight, Find the Balance: Packing the Mental Load for First Responders” course, you will:

- **Dive** deeper into the principles and techniques discussed in this eBook, gaining a thorough understanding of the triggers, tools, and support for first responders.
- **Learn** advanced strategies like PTO to guide you through your career.
- **Explore** in-depth modules on self-reflection, self-care, and mental health management tailored specifically for first responders.
- **Engage** in interactive exercises and practical activities to enhance self-awareness, emotional intelligence, and resilience.
- **Receive** personalized support and guidance from experienced instructors who understand the unique challenges first responders face.

Investing in your mental well-being is not only beneficial for you but also for the individuals you serve and the overall effectiveness of your emergency response efforts. By enrolling in our “Carry the Weight, Find the Balance: Packing the Mental Load for First Responders” course, you will gain the knowledge and tools to prioritize your mental health, thrive in your role, and provide the best care to those in need.

To learn more about the course and secure your spot when it goes live, visit our website at **www.kylegoodknight.com**

Take the first step towards a healthier and more resilient you today!

Thank you for reading our eBook, "The Power of EMS Time-out and The PTO Concept." We hope it has provided you with valuable insights and practical guidance, and we look forward to supporting you further in your journey toward mastering mental well-being as a first responder.

If you need more time to prepare for the entire course or want to receive more information weekly, we invite you to join our "Fortifying The First Responder" private monthly group. Here, you can connect directly with other first responders in a supportive and embracing community. Coach Kyle will bring you weekly insights from the course and special guests. I also invite you to subscribe to the **E11evate Podcast** on YouTube and all major podcast platforms. Together, we will navigate the challenges, unpack the mental load, and fortify our collective resilience.

Please don't hesitate to reach out if you have further questions or need assistance. **www.KyleGoodknight.com**

The PTO Concept : Fortifying First Responders' Mental Resilience



"Stress is nothing more than a socially acceptable form of mental illness."

-Richard Carlson



 **YouTube**
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