

Tips for EMS Practitioners Deploying for Combat

As an EMS professional serving in the military, your patriotism and valor are evident. Deployment can add more responsibilities to your already busy schedule and a multitude of tasks must be completed before deployment, during your tour, and when you come home.

To help you through these processes, the National Association of Emergency Medical Technicians (NAEMT) is offering some tips. We hope you find these tips useful and assist you in your preparation for deployment, while deployed and upon your safe return. If you have a tip you would like to suggest be added to the list, please feel free to contact us at info@naemt.org or 1-800-34-NAEMT.

Before Deployment

- Understand your rights to reemployment by viewing the Uniformed Services Employment and Reemployment Rights Act of 1994 (USERRA) - www.esgr.mil.
- Know your department's veteran policy.
- Inform your department of your deployment timeline.
- Understand changes in your benefits and compensation.
- Discuss the promotion process within your organization.
- Update your emergency contact list for you and your family with work.
- Find out your department's expectations for return to work and reintegration before you leave.
- Establish support to make sure your family and pets are taken care of while you are deployed.
- Get help with leases, rent, and credit card interest reduction through www.military.com/benefits/legal-matters/scra/overview.
- Arrange for mail delivery, bill payment, and storage of vital documents.
- Arrange for home security and vehicle storage.
- Inform your licensing agencies and applicable registries that you are deploying and ask any questions about staying licensed and registered so you can work when you get back (See checklist on page 3).

During Deployment

- Stay in touch with family.
- Stay in touch with work; have someone send newsletters, policy changes, and new Standard Operating Procedures (SOPs)/Standard Operating Guidelines (SOGs).
- Find ways to stay mentally and physically fit; your battle buddies, shipmates, and wingmen depend on you as well as those at home.
- Seek out continuing medical education opportunities, refresher courses, and other education while deployed.
- Stay in touch with your licensing agency and the National Registry of Emergency Medical Technicians (NREMT) if you encounter difficulties.

Continued

Tips for EMS Practitioners

Deploying for Combat, *continued*

After Deployment

- Take to heart the information you receive for reintegration with your family; they've been functioning without you during your deployment and you may have to "ease in" to their schedule to prevent disruption, hurt feelings, and other difficulties.
- Update predeployment changes such as mail, bills, rent, bank statements, and other payments.
- Take some time off before you return to work; you earned it and need it.
- Schedule a meeting with your supervisor at work to acknowledge new skills, status of license, and timeline for returning to work.
- Check with your first line leader, licensing agency and NREMT as applicable to make sure your paperwork is ready for work.
- Take time to ensure treatment and healing for any injuries you sustained during your deployment; this includes Traumatic Brain Injury(TBI) Post Traumatic Stress Disorder (PTSD), and wounds that can't be seen by others.

Remember that most people at home – your family, your fellow employees, and most citizens – cannot imagine what you've experienced and been through. Find a veteran, find a member of your unit, or call one of the resources listed on www.naemt.org to talk if you're having trouble dealing with post-deployment life. There are many of us just like you.

Welcome home and THANK YOU for your service.

View helpful resource links at www.naemt.org.

Tips for EMS Practitioners

Deploying for Combat, *continued*

Certification Checklist for Deploying EMTs and Paramedics

NAEMT wants to help you stay certified, licensed, and registered as an EMT or Paramedic while you are deployed. In most instances, all branches of the armed services provide continuing medical education, skills validation, refresher courses, full courses, and testing on the larger bases and operating bases overseas. Many branches are providing refresher courses as part of the mobilization process to help with updates, and this will help you with your renewals, too. If you need any of these classes or training sessions, notify your first line leader in your chain of command as soon as possible.

Here is a quick checklist to help you stay up to date on all of your certifications and registrations.

- Meet with your supervisor and education coordinator to see what courses you need to take to recertify during your current period. Talk with them about the length of your deployment. If they are able to assist you with your recertification, arrange all paperwork issues before taking leave from work.
- If you are not currently working, try to get two copies of your recertification paperwork. Pack one copy in a waterproof bag and leave one copy with a responsible party at home. Complete as much of the paperwork as you can before you leave. This includes certificates and continuing education you already have completed for the current recertification period.
- Contact NREMT or your certifying agency, letting them know that you will be recertifying from your deployment location. The papers left with your responsible party back home are a backup in case you are unable to get to a mail stop while serving. Leave a pre-addressed envelope with each set of copies.
- As you complete continuing education and refresher courses or skills while deployed, make copies of your paperwork and send a copy to your responsible party back home while keeping one or more for yourself.
- When it is time to recertify or send in your renewal for registration, send it registered or certified mail from your deployed location's post office. If not located on a FOB with a post office, have the responsible party send in your paperwork. Please ensure you have included the necessary fees and postage.
- Have your registration or license mailed to your responsible party at a home location if you can; mail may be delayed or lost overseas.

Should you have any problems, delays, or issues, contact NREMT or your certifying agency immediately! If you wait until you get redeployed, it may be too late. NREMT or the certifying agency are much more flexible if you let them know right away of any issues rather than waiting months to do so.

Please remember that your license and registration have your name on them. They are your responsibility and you are the one accountable to yourself for your certifications. **Good luck, and stay safe!**