

## A Community Paramedic...

- ✓ Comes to my home for regularly scheduled visits
- ✓ Helps me to stay connected with my family doctor or nurse practitioner
- ✓ Supports me in managing my health so I can continue to live at home safely
- ✓ Checks in with me about my medications
- ✓ Looks for fall hazards in my home, and suggests ways of correcting them
- ✓ Connects me to healthcare resources when I need additional help
- ✓ Listens to me when I have concerns about my health and works to get me the assistance I need

“Since she comes in, I started checking my blood sugar and haven't had high blood sugar once. If I didn't have CP, I wouldn't be here today”.

## Land Acknowledgment

We recognize with gratitude that this document was authored on the traditional, ancestral and unceded territory of the Coast Salish Peoples - the xʷməθkʷəyəm (Musqueam), Sk̓w̓x̓wú7mesh (Squamish), and səlilwətał (Tseil-Waututh) Nations.

Further, we are grateful to live, work and be in relationship with all Indigenous Peoples and Communities from across many ancestral and unceded territories, covering all regions of what is colonially known as British Columbia.

### How to get referred:

Speak with your healthcare practitioner regarding referral to the program

### For more Information:

Visit : [www.bcehs.ca/our-services](http://www.bcehs.ca/our-services)

Email: [CommunityParamedicine@bcehs.ca](mailto:CommunityParamedicine@bcehs.ca)

**BCEHS** | BC Emergency Health Services  
Provincial Health Services Authority

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Bringing care to you

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Community Paramedicine

## Community Paramedicine

### What is a Community Paramedic?

Community Paramedics in BC are licensed Paramedics who use their skills in non-urgent settings - in patients' homes or community settings. They focus on community outreach and awareness, health promotion that includes providing CPR and AED training sessions, and the provision of primary as well as palliative care.

If you feel you or a family member would benefit from the services of a community paramedic, please consult with: your physician, community health nurse or nurse practitioner about a referral.



## Community Paramedicine Services

Community Paramedics provide the following services in their communities:

### Community Outreach & Awareness



- Council meetings
- Patient or grand rounds
- Community fairs and parades
- Traditional indigenous gatherings and events
- Group exercise sessions

### Wellness Checks



- Chronic obstructive pulmonary disease (COPD)
- Heart failure
- Diabetes
- Palliative conditions
- Frailty

### Wellness Clinics



- Vitals clinics (Blood pressure, blood glucose, and oxygen saturation monitoring)
- Immunization clinics (COVID and influenza)

### Health Promotion



- Chronic disease education – heart failure, COPD, diabetes
- General health promotion – healthy lifestyles, healthy weights, dietary nutrition
- Life-saving education – CPR/AED, first aid, Naloxone training, car seat safety
- Presentations at schools & community groups– Drug and alcohol awareness, how and when to call 911, hand washing/infection control

### Community Paramedicine Home Health Monitoring



- Chronic obstructive pulmonary disease (COPD)
- Heart failure
- Diabetes
- Hypertension
- Palliative conditions

\*These services are inclusive but not an exhaustive list of examples