

2013 EMS Education Activity Ideas

Below is a collection of classroom teaching ideas. They are NOT all mine. only a few of them. They have been collected from EMS educators and providers from around the Commonwealth of Virginia. Thank you all for sharing such imaginative ideas! I love them all!

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1. Activity: Barbie Doll Anatomy

Have students each purchase a Barbie sized doll and a fine point sharpie. As we discuss anatomy and physiology, they draw on the dolls, labeling body parts, etc. The dolls become a requirement for class so when a lecture is taking place if we mention 'prone' everyone in the room has to place the doll in the prone position, if we mention 'supine' they are place in that position, etc. The doll then becomes a reference for them in addition to my being able to know they are paying attention and have an understanding of A&P.

2. Activity: Glo-Germ Handwashing Activity

Purchase Glo-germ gel or powder and a black light.

\$16.50 per 8 oz gel on Amazon.com or go to Glo-germ.com

Black light (18 " fluorescent bulb and fixture can be bought at Wal-Mart, Lowes, etc)

Teach proper handwashing. Students apply the glo-germ lotion (simulated germs) to hands. A little goes a long way! They may view their simulated germs under the black light. They will wash their hands using proper technique and then can view their hands again under black light to see how they did!

I also teach Infection Control/Disinfection of apparatus and equipment by applying the Glo-germ powder to equipment or the interior of the ambulance and have teams thoroughly disinfect everything. Use the black light to see how they did!

3. Activity: Body Parts Candy

End of semester activity. I found Gummy Body parts candy at Halloween. The bag had eyes, ears, noses, feet, fingers, brains, and teeth. Students chose 3 pieces each. They had to choose 3 different body parts. We went around the room and they had to state 3 things they remember about that body part. It was very gratifying to see that they actually remembered some pretty detailed stuff! ☺

4. Activity: Anatomy Food Day

Students must bring in a human anatomy themed food. Pinterest is a GREAT resource to find all kinds of foods and recipes to make that look like human body parts! Students must research a common injury or condition related to their assigned body part. As the class enjoys the food creations, students present the information to the class.

5. Activity: Classroom Duty Crews

A cheap set of walkie talkies are used in class and a group of students are on call every night. Sometime during the week, that call team gets dispatched to a call and are evaluated on their ability to perform a patient assessment. It starts early in the class just to see how well they interact with the patient and builds until the end of the program to see that they are reaching terminal competency with assessment and management of the patient. The 'call team' is evaluated by the rest of the class who follows them on the call. We've been known to go for a 'hike into the woods' as we find our programmed patient. It is great fun.

6. Activity: Play Dough Body Systems

Use play dough to create body parts. Assign each group of students a body system and have them make the body parts for that system. Groups then present their body system to the class and explain how that system functions. It's amazing how talented some of your students are.

7. Activity: Project – Text message injuries/illnesses

Students are each assigned an injury or illness to research. They must compile their research into a text message conversation (forces them to stick to short phrases and key points rather than to simply copy and paste an entire dissertation from a website). On a posterboard (full, half, or quarter sheet size), they will create a cell phone screen and put their info into a text message format. I require at least 7 pieces of info: i.e. description, signs/symptoms, assessment, treatment, etc.

8. Activity: Classroom Baseball

Used as a review activity. Split the class into 2 teams. Have them assign a batting order. Decide how many strikes/outs depending on how quickly you want innings to proceed. Correct answers allow batter to move on base. Keep score as runs are scored. You may choose to use runs as extra credit points.

9. Activity: Supersize Floor Heart

Using masking tape, create a great big heart to tape to the floor with the chambers, aorta, vena cava, pulmonary arteries, and valves. Use blue and red tape for arteries and veins. Have students trace the flow of blood through the heart by walking through the sequence and naming each part as they do.

10. Activity: Bones In a Box

I purchased a life-size disarticulated skeleton. Place individual bones in an enclosed cardboard box with holes cut on the sides just large enough for their hands to fit through. They must identify the bones by feeling them.

11. Activity: Construction Paper organs

Using construction paper and scissors and have students cut out thoracic and abdominal organs and tape them to a model from the group.....Heart, lungs, diaphragm, stomach, GB, liver, pancreas, kidneys, large/sm int., bladder, spleen. This is a "crew" effort so a team of 4 works together.

12. Activity: Self Moulage

Lecture 1/2 of bleeding shock class, then moulage yourself when they take a break...begin the 2nd half of class pale, moist, slightly "altered"...gives them picture to put with lecture. This will work with other lectures as well.... "gray" for cardiac, rash/hives/flushed for anaphylaxis.

13. Activity: Medical Emergency Role Play

Pull a student aside before class and tell them how and when to role play what you are covering in class (works well for all medical emergencies). On your cue, have the student begin role playing that patient.

14. Activity: Behavioral Emergencies Role Play

Choose a student ahead of class to role play a behavioral emergency (have them be defiant, belligerent, loud, argumentative, etc). On your cue, the student begins acting out.

15. Activity: Crews and Crew leaders

Assign crews and crew leader. Crews do skills together, take quizzes together, do in-class assignments together,. Leader gets "AIC" experience. Positions are rotated throughout the semester.

16. Activity: Flashcards Matching Game

Using student created flashcards, play the matching game. Turn 1 set of flashcards face down, 1 set face up and upon your signal have groups match cards. First group to finish with all matches correct wins.

17. Activity: MCI Tabletop

I am sure many of us use a variation of many different MCI tabletop exercises. This one is based on a model accident scene built using matchbox vehicles, etc. Students will "work" the incident from the beginning showing staging and on- scene parking, etc. Patients are listed in flashcard format. Students must sort through and triage them placing them in the correct treatment area.

18. Activity: Blind-fold Skills

Blind fold students and have them complete various skills. KED, backboard, and O2 therapy. Helps lock in those skills through the kinesthetic sense!

19. Activity: News Article Extra Credit

Students research and bring in articles/photos reporting actual injuries or accidents. They highlight or report the MOI, specific injury or condition. You can take this one step further and have them research about the injury..i.e. description, common MOI, S/Sx, assessment, treatment, etc.

20. Activity: Build Your Patient Worksheet

This helps student learn the patient assessment process by writing their own "scenario". Students write a trauma or medical patient scenario using a template. (See handout)

21. Activity: Teaching Brain Anatomy

Take a square piece of white fabric the size of a bandana. Borrow a bowling ball and cover it with the fabric. Draw in and label each of the regions of the brain and explain what each part controls.

22. Activity: Body Outline

Outline a student's body on a piece of white bulletin board paper. Draw in whichever body system you are studying and have students label the parts.

23. Activity: Hearts, Brains, and Lungs

Have a local hunter or meat processor donate hearts, lungs, etc. from pigs or deer to teach anatomy.

24. Activity: Triage Practice

When teaching basic first aid to boy scout groups...mouflage a group of victims and have the scouts triage them.

25. Activity: MCI using a Painter's Tarp

Use a painter's tarp to draw roads, buildings, etc. (an accident scene). Matchbox cars can be used for vehicles. Have students write scenarios and work through them.

26. Activity: Improve Attention Span with Exercise (Pilates) balls

Have students sit on exercise balls (available from Wal-Mart or any Sports store) rather than chairs. Keeps muscles engaged. Allows them to move around when they get antsy. Fill with sand to keep them from becoming projectiles. 😊

27. Activity: Scenarios to keep all Students Engaged

During assessment practice, place students in groups of 3 – 1 plays the EMT, EMR, 1 is the patient, 1 writes an abbreviated call sheet.

28. Activity: Palpation practice

Secure various items to a manikin (paper clips, foam boodles, wet sponge, etc. Have students palpate.

29. Activity: Digestive Function using Blue cupcakes

Bake cupcakes with a large amount of blue food coloring (2-3 tsp per batch). Students get to enjoy the blue goodness. Have them document the time of consumption. Unveil a chart titled "Who sees Blue Poo?" Students graph the time it takes to see the blue show up in their own Poo! List students on either the X or Y axis and then hours on the opposite axis. 😊

30. Activity: Pin the Bones on Mr. Skeleton

Use either a projected image of a skeleton (unlabeled) or one drawn on a posterboard. Blindfold one student. Use a sticky note with the name of a bone on it. Class, group, or single student guides the blindfolded student verbally to place the sticky note in the right location on the skeleton.

31. Activity: Anatomy T-shirts

Each student provides a plain white t-shirt. Using sharpie markers, students draw in and label anatomical structures.

32. Activity: Classroom Jeopardy

Google "Classroom Jeopardy". You can purchase the electronic version of Jeopardy or use a Jeopardy powerpoint template to create review games for a variety of topics.

33. Activity: Classroom Prizes

Beg, borrow, but preferably don't steal giveaways from Symposium vendors, local businesses, etc. Use these as prizes for answering a "sudden death" question in class.

34. Activity: Understanding Perfusion

You will need 6 students to demonstrate each wearing one of the following labels:

1. Heart
2. Lungs
3. Big Toe "Thirsty"

4, 5, & 6 are each Red Blood Cells (RBC)

Also need 6 or more small paper cups with a small amount of water in them (water represents O₂)

Big Toe stands on opposite side of room from Heart and Lungs. Have one of the RBC's carry a cup of water (O₂) to the big toe. (one step = 1 heartbeat) Big Toe drinks water (O₂) and hands empty "waste" cup back to RBC who carries it back to the heart. Heart spins the the RBC, pushes that person towards the Lungs and the Lungs take the empty cup and tosses it aside. Lungs take another RBC, gives them a cup of water (O₂) and sends them back to the Heart to begin their journey to the Big Toe again. You can have multiple RBC's perfusing at one time to make it interesting.

Uh Oh....the Heart suddenly goes into arrest. All perfusion STOPS in it's place. (Have a manikins on the floor). As soon as someone starts compressions RBC's begin to move again. Whenever compressions stop, RBC's stop!

35. Activity: Learning EMS Equipment

Using a stocked ambulance, take a checklist and have students match items on list to items in truck.

36. Activity: Campfire Stories

Make artificial campfires....use a box, fan, light, and orange tissue paper. Students sit around the campfire, turn out the classroom lights and tell campfire stories of "psychiatric patients"

37. Activity: Vocabulary Retention

Using vocab that students SHOULD already know...place a word on the board. Do not move on to the next word until the correct answer is given and discussed. Used to determine how well students are retaining info and to help identify who needs remediation.

38. Activity: EVOC – Driving in Reverse classroom practice

Give students a small mirror. They must walk backwards around the room using only the mirror, avoiding other students (other vehicles) and obstacles (trees, buildings, etc)

39. Activity: Identifying Equipment while Blindfolded

Students enter the room blindfolded and must feel various items and pieces of equipment (10-15 items). They then exit the room, remove their blindfolds and write down the items in the order they found them. Helps with tactile identification of items but also with report writing begin able to document the order of events.

40. Activity: Electrical Impulses through the Heart

Instructor stands at the front of the classroom as the "SA Node". Pass a ball to a student identified as the "AV Node". Remaining students are standing around sounding out the atrium's "beat". The "AV Node" pushes the ball to the "Bundle Branch" then to "Purkinge" system, then the sound of the ventricle's "beat" is heard.

41. Activity: The Kinematics of Crashes

Instructor sits in a rolling chair. Have another student "hit" the chair from behind (gently of course!) to demonstrate the kinematics. Repeat using side and frontal impacts.

42. Activity: EMS Quiz Game – Based on Family Feud

Split the class into 2 groups. Run the game just as they do on the show. You can purchase buzzers on Amazon.com for relatively cheap! Winning teams get prizes, points, etc.

43. Activity: MCI Mock Drill

After teaching MCI, take class to a football field that has a tower or pressbox that the instructor can observe from with a bull horn or speaker system. Have students work a mock MCI incident on the field using paper cut-out victims that have injuries, s/sx, vitals, etc. written on them. After triaging victims, students actually move "victims" to appropriate treatment areas, etc. Instructor gives feedback throughout through speaker or bullhorn.