

The Paramedic Candidate – Physical Abilities Test (PC-PAT)

Information Package

Administered for Medavie HealthEd by:



The Paramedic Candidate – Physical Abilities Test (PC-PAT)

A partnership between Lifemark and Medavie HealthEd

INTRODUCTION

Paramedics have a unique occupation, with many physically demanding job duties. Physical fitness underlies each paramedic's ability to perform these critical tasks safely and effectively. Consequently, applicants to Medavie HealthEd must demonstrate that they have the physical capabilities necessary to perform the bona fide occupational requirements of a paramedic by successfully completing the **Paramedic Candidate – Physical Abilities Test or PC-PAT**.

As part of an ongoing effort to optimize the health and safety of its paramedic workforce, Medavie HealthEd has partnered with Lifemark to administer the PC-PAT to ensure that all paramedic candidates are capable of safely performing the essential physical demands required in the learning environment.

Lifemark has worked closely with Medavie HealthEd to identify the essential physical demands of a paramedic and determined the physical capacities required for safe, efficient and reliable performance of the essential job demands. The PC-PAT was developed by Lifemark to determine whether each candidate has the appropriate capacities necessary for safe, efficient and reliable performance of a paramedic's duties.

This information package includes:

- Test Preparation Instructions
- Waiver of Liability and Indemnity Agreement - **IMPORTANT**
- Consent to Assessment and Release of Information Form - **IMPORTANT**
- Pre-Test Clearance Evaluation Requirements
- Description of Test Protocol
- PC-PAT Result Form - **IMPORTANT**
- PAR-Q
- PARmed-X and PARmed-X for Pregnancy
- Mask Fit Protocol – **IMPORTANT** – please read for appointment preparations

Testing will only be administered by Lifemark professionals or professionals approved by Lifemark. Test administrators must hold at least one of the following university degrees: Bachelor of Science in Kinesiology, Master of Science in Kinesiology, Bachelor of Human Kinetics, and/or Bachelor of Science in Physiotherapy.

Best of Luck!

TEST PREPARATION

Please keep this sheet for your reference and contact Lifemark if you have any questions.

The PC-PAT is booked through and administered by Lifemark. Please identify yourself as a Paramedic Candidate to Lifemark's Administration Desk Staff.

LOCATION:

Lifemark Health Centre
7071 Bayers Road, Suite 217
Halifax, NS B3L 2C2
P. 902.425.8484

Please arrive at least 15 minutes in advance of your appointment time to give yourself ample time to make payment, change into appropriate attire and complete any outstanding pre-clearance forms.

You must bring your driver's license or government issued photo ID with you to verify your identity.

WHAT TO WEAR:

We recommend that all candidates complete the test in comfortable long pants, t-shirt, and running shoes.

EXERCISE & NUTRITION INFORMATION:

We recommend that you do not exercise intensely or drink alcoholic beverages at least twelve hours prior to your test. In addition, please do not eat a lot, smoke, or drink caffeinated beverages at least 2 hours prior to your test.

You should bring your own water bottle. There is a water cooler near the testing area.

Booking Appointments:

Candidates will be notified by the school of their "Conditional Acceptance" to the program. At that time the candidate will be instructed to book an appointment for the PC-PAT testing. In order to book a PC-PAT appointment please contact the clinic and identify yourself as a **Paramedic Candidate (Student Applicant)**. Please allow a total of 45 minutes for your appointment (30 minutes for the PC-PAT and 15 minutes for the N-95 Mask Fitting).

NOTE: If a test needs to be cancelled and/or rescheduled, you must notify the clinic directly at least 24 hours in advance to avoid a cancellation fee. In the event of illness, a suitable alternate date will be selected. If you do not provide adequate cancellation notice or if you do not show for your appointment there will be a \$25 cancellation fee which has to be paid prior to taking your next scheduled test.

Pricing

\$95 +HST – PC-PAT Test

\$40 +HST – N-95 Mask Fitting

Payment is due UPON ARRIVAL at Lifemark and can be made by cash, debit, Visa, or MasterCard.

WAIVER OF LIABILITY & INDEMNITY AGREEMENT

Waiver of Liability

In consideration of my participation in the Paramedic Candidate – Physical Abilities Test (PC-PAT), I _____ understand that the test represents strenuous physical activities and includes inherent risks.

I understand that my participation in the PC-PAT is entirely voluntary and I hereby assume all risks and responsibilities associated with my participation. I furthermore do release, waive, and discharge Lifemark and its entire staff from any and all claims arising out of ordinary negligence or any other factors that arise during my participation in the test.

The above waiver applies to myself, my heirs, personal representatives and assigns and it applies to any personal injuries, accidents, illnesses, and/or death, arising directly or indirectly from my participation in the PC-PAT and/or activities directed or suggested by Lifemark staff during administration of the PC-PAT.

Initial _____

Indemnity Agreement

I hereby agree to indemnify and hold harmless Lifemark, its owners, officers, employees, agents, volunteers, students and insurance carriers from any and all claims, whether initiated by me or a third party. I further agree to pay all expenses, including court and attorney fees, incurred by Lifemark or any of the aforementioned parties, through investigating and defending a claim resulting from my participation in PC-PAT under all applicable laws and regulation in the Province of New Brunswick / Nova Scotia.

Initial _____

Informed Consent

I have read the Waiver of Liability and Indemnification Agreement and fully understand their terms, including the fact that I am giving up substantial rights to pursue damages in case of illness, injury or death. I acknowledge that I am signing these documents voluntarily and intend my signature to be a complete and unconditional release of the liabilities described above.

Candidate Name
(Please Print): _____

Witness Name
(Please Print): _____

Candidate Name
(Please Sign): _____

Witness Name
(Please Sign): _____

Date
(DD/MM/YY): _____

Date
(DD/MM/YY): _____

CONSENT TO ASSESSMENT & RELEASE OF INFORMATION

I, _____ consent to participation in the Paramedic Candidate – Physical Abilities Test (PC-PAT) administered by a Lifemark Staff Member. I have been informed about the following:

- who will be performing the PC-PAT;
- the reasons why I am participating in the PC-PAT;
- what might happen if I do not participate in the PC-PAT; and
- what potential risks and/or side effects exist in participating in the PC-PAT

I understand the explanations and have no further questions. My consent is voluntary and I intend this consent form to cover the entire administration of the PC-PAT being conducted on the following date: _____ . I understand that I may ask questions at any time and that this consent may be withdrawn, in writing, at any time, except for actions already taken.

Initial _____

Furthermore, I authorize Lifemark to release my results of the PC-PAT to Medavie HealthEd. I understand that my ability to perform the physical demands of a paramedic is being evaluated and that the testing protocol has been developed based on an assessment of the essential physical demands of a paramedic. I also understand that no confidential medical information will be communicated to Medavie HealthEd. However, if an injury or medical condition affects my functional capabilities, I understand that the functional results of said injury or medical condition may be reflected in a verbal and/or written summary to Medavie HealthEd.

Candidate Name
(Please Print): _____

Witness Name
(Please Print): _____

Candidate Name
(Please Sign): _____

Witness Name
(Please Sign): _____

Date
(DD/MM/YY): _____

Date
(DD/MM/YY): _____

PRE-TEST CLEARANCE EVALUATION

1. The candidate should arrive at the pre-test screening ready to participate in the PC-PAT.
2. The PAR-Q, Waiver of Liability and Indemnity, Consent to Assessment and Release of Information and PC Result Form must all be completed and presented at the pre-test clearance evaluation.
3. If there are any “YES” responses on the PAR-Q, then the PARmed-X (or PARmed-X for Pregnancy) must also be completed and signed by a physician and presented at the pre-clearance evaluation along with the PAR-Q. If there are any medical contraindications, the test will not be administered.
4. The candidate must have a pre-test heart rate of less than 100 beats/min.
5. The candidate must have a pre-test blood pressure of less than 144/94 mmHg.
6. As per the Canadian Physical Activity, Fitness and Lifestyle Approach Guidelines, the candidate will be provided a five-minute rest period if their heart rate and/or blood pressure exceed the above readings. Should either value exceed the above guidelines when the measurements are re-taken, the candidate will be excluded from participating in the test and referred to their physician.
7. Upon satisfaction of the above pre-test clearance criteria, the candidate will be asked directly if they know of any reason why they should not participate in the PC-PAT. Should they answer “NO”, the test will proceed. Should they answer “YES”, an alternate date may be considered, depending on the unique circumstances described by the candidate.

The Par-Q, PARmed-X and PARmed-X for Pregnancy should be attached. If they are not contact Human Resources at MEDAVIE HEALTHED

Reminder: The necessary forms must be completed in full and taken with you to the test area.

THE FOLLOWING IS IMPORTANT!

1. YOU MUST COMPLETE THE PAR-Q
2. DO NOT COMPLETE THE PARmed-X UNLESS YOU ANSWER ‘YES’ TO ANY QUESTION ON THE PAR-Q. If you do answer YES, the PARmed-X needs to be completed and signed by your doctor.
3. DO NOT COMPLETE THE PARmed-X for Pregnancy UNLESS YOU ARE PREGNANT

TEST PROTOCOL

The PC-PAT is used to ensure that paramedic school candidates have the physical capabilities necessary to perform the essential physical duties in the pre-hospital learning environment. A set of physical screening tests has been developed for candidates applying as a Paramedic student.

This is a physically demanding test designed to test muscular strength and proper body mechanics. Candidates who practice a healthy lifestyle and who follow a proper conditioning program should be adequately prepared to take this test. However, sedentary candidates will likely find this test difficult given the heavy objects that have to be manipulated during the protocol. Candidates may be required to consult with their physician to determine if it is safe for them to participate (see Pre-Test Clearance Evaluation).

The test protocol includes a simulation of tasks encountered by paramedics in the field. ***No pre-hospital equipment is used during the test.***

Purpose of Evaluation

The test is designed to evaluate the candidates level of strength as well as the candidate's ability to utilize proper body mechanics. Both are essential in the Paramedic learning environment as it is expected that students have the ability to lift heavy objects including patients and pre-hospital equipment.

Testing

The purpose of the test is to evaluate the candidate's ability to demonstrate simulated tasks that a Paramedic would be required to perform on an emergency or routine call in the field.

All tasks are in stations and are "progressive" starting at empty weights (easy) and progressing to heavy weights (hard) with the exception of the push pull station in which there is no weight progression.

Simulated functional tasks are:

Above Shoulder Lift (Lifting weighted crate to shoulder height and placing on a shelf)

- *Simulates placing equipment into an ambulance equipment storage compartment*
 - *Weight progression – Empty, 10lbs, 20lbs, 30lbs (5 reps each)*

Floor to Waist Lift (Lifting weighted crate from floor to a shelf at waist height)

- *Simulates lifting of a patient from floor to stretcher or wheelchair/stair chair*
 - *Weight progression – Empty, 25lbs, 50lbs, 75lbs, 100lbs (5 reps each)*

Bilateral carry (Carrying weights bilaterally) 25 feet in each direction (Total 50 feet per rep)

Simulates carrying equipment including Bags

- *Weight progression – Empty, 10lbs, 20lbs, 30lbs, 40lbs (1 rep each)*

Horizontal Lift (Lifting weighted crate from a chair to another chair or shelf at waist height)

- *Simulates lifting a patient from a chair to a stretcher or wheelchair/stair chair*
 - *Weight progression – Empty, 25lbs, 50lbs, 75lbs, 100lbs (5 reps each)*

TEST PROTOCOL (Ctnd)

Unilateral Carry (Carrying weights unilaterally) 25 feet in each direction (Total 50 feet per rep)

- *Simulates carrying equipment*
- *Simulates assistance with extrication via backboard or other patient extrication devices*
 - *Weight progression – Empty, 10lbs, 20lbs, 30lbs (1 rep each)*

Push/Pull Station

- *Simulates placement and retrieval of stretcher in an ambulance*
 - *Static push and pull station at 85lbs each (held for 5 seconds each)*

To Meet PC-PAT Requirement

There is no time limit on the testing, however to meet requirements the candidate must complete **all** tasks.

The Lifemark tester has the right to stop the test at any time if she/he feels that the candidate is unable to complete the required task or is at risk of personal injury or potential property damage due to strength inability, improper body mechanics or unsafe technique. It is important that candidates follow instructions closely to avoid personal injury or potential property damage.