

**HUDSON VALLEY PARAMEDIC ASSOCIATION
WALTER DUSSELDORP PRESIDENT**

**ROCKLAND COMMUNITY COLLEGE
PARAMEDIC PROGRAM GRADUATION**

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MIND, BODY, SPIRIT, ACTION

**It is a great honor that I was asked to provide some words at the RCC
Paramedic Graduating Class of 2012.**

**I'm finishing my 24th year in EMS, of which I have served nearly 20 years
as a Paramedic. I have learned many lessons, taught by peers and by
experience, and as I grappled with the theme of tonight's address, I have
thought about many of them.**

**I decided to talk about "YOU" as a Person, a Paramedic, a Partner, a
Teacher, a Friend, and frequently a Confidant and not just to your patients.**

**I have witnessed and experienced broken friendships, marriages, and
bodies, all too often due to the harsh environment you are so committed
too. I'm convinced that EMS is frequently incompatible with a healthy
lifestyle. We work long hours over days and nights -- eating, drinking,
smoking and sleeping too little or too much.**

**We take care of others but don't take care of ourselves. Why? We want to
be that "Knight in Shining Armor" when our patients are in despair. We
want to make a difference in life, influence outcomes, lift spirits and bring
smiles to the faces of patients and their families.**

**I would argue that to be able to do that for others, we have to start by
taking care of ourselves. We need a clear, rested and responsive Mind,
Body, and Spirit in order to be capable of the Action that comes from the
harmony of those parts. So I would further argue that to take care of
ourselves, we need to pay attention to all the parts, to the totality of the
parts, to the whole. Without taking care of the whole, you will limit your
effectiveness and increase your potential for error.**

Here are some of the requirements of our jobs:

"50 Key Paramedic Attributes"

critical thinking	intellectual
analytical	collaboration
body	experience
hands-on	cooperation
spirit	attitude
emotion	response
collective	holistic
action	harmony
balance	group learning
service	consciousness
commitment	learning
teaching	knowledge
skill	reflection
social	interaction
development	recognize
adapt	react
self-concept	critical
advocate	experiential
multifaceted	cultural values
meaning	student-centered
outcomes	justice
challenge	worldly
tools	natural
information	environment
memory	mind

Knowledge, Skill, Attitude, Learning are pivotal attributes to becoming a great Paramedic. To grow as a Paramedic, it to change but this can only be possible if we take ACTION otherwise the outcome will always be the same.

A Texan Proverb puts it best:

If you always do what you've always done, you will always get what you've always gotten.

Take ACTION and be CHANGE!

So what is the significance of these parts? What does the mind do? The body? The spirit? What is action?

Mind, Body, Spirit, Action

MIND

I am the mind
The keeper of knowledge
Use me for **critical thinking**
The intellectual and analytical tool which
Requires the collaboration of the...

BODY

I am the body
The composer of skills
Turn to me for all senses
I experience the hands-on learning but
It works best with the cooperation of the...

SPIRIT

I am the spirit
The reflector of attitude
Come to me for an **emotional response**
A collective form of the worldview and
I can't be completely holistic without...

ACTION

I am the action
The harmony of the mind, body, spirit
You need me for **group learning and service learning**
The balance of consciousness and commitment that
Ignites **learning by doing.**
Mind, Body, Spirit, Action
Knowledge, Skill, Attitude, Learning

A poem by Kyle Low, Diana Ngo-Vuong, Heather Lee, and Sinny Thai

It is through action that we develop the ability to listen to, hear, and appreciate the people we are treating, not just their symptoms. It is action that allows us to see the person underneath the laceration, fracture or chest pain.

In closing I will read you a poem that you need to take to heart and know that someday this will be YOU!

An Old Lady's Poem

What do you see, **Medics**, When you come to **my house**?
What are you **thinking** when you're looking at **me**?
A crabby old woman, **not very wise**,
Uncertain of habit, with faraway eyes?
Who dribbles her food and makes no reply
When you say in a loud voice, "I do wish you'd try!"
Who seems not to notice the things that you do,
And forever is losing her dentures or shoe.....
Who, resisting or not, lets you do as you will,
Is that what you're thinking? Is that what you see?
Then open your eyes, **Medic**; you're not looking at **me**.

I'll tell you who I am as I sit here so still,
I'm a small child of ten ...with a father and mother,
Brothers and sisters, who love one another.
A young girl of sixteen, with wings on her feet,
Dreaming that soon now a lover she'll meet.
A bride soon at twenty -- my heart gives a leap,
Remembering the vows that I promised to keep.
At twenty-five now, I have young of my own,
Who need me to guide and a secure happy home.
A woman of thirty, my young now grown fast,
Bound to each other with ties that should last.
At forty, my young sons have grown and are gone,
But my man's beside me to see I don't mourn.

At fifty once more, babies play round my knee,
Again we know children, my loved one and me.
Dark days are upon me, my husband is dead;
I look at the future, I shudder with dread.
For my young are all rearing young of their own,
And I think of the years and the love that I've known.

I'm now an old woman ...and nature is cruel;
The body, it crumbles, grace and vigor depart,
There is now a stone where I once had a heart.
But inside this old carcass a young girl still dwells,
And now and again my battered heart swells.
I remember the joys, I remember the pain,
And I'm loving and living life over again.
I think of the yearsall too few, gone too fast,
And accept the stark fact that nothing can last.

So open your eyes, Medics, open and see,
...Not a crabby old woman; look closer ...see ME!!

Author Unknown

YOU are in charge of your Mind, Body, Spirit and Actions. YOU need to make it a priority to rest it, feed it, appreciate it and share it and only then can you take care of your patients to the fullest of your abilities.

Now go-on and be the "Best You Can BE"