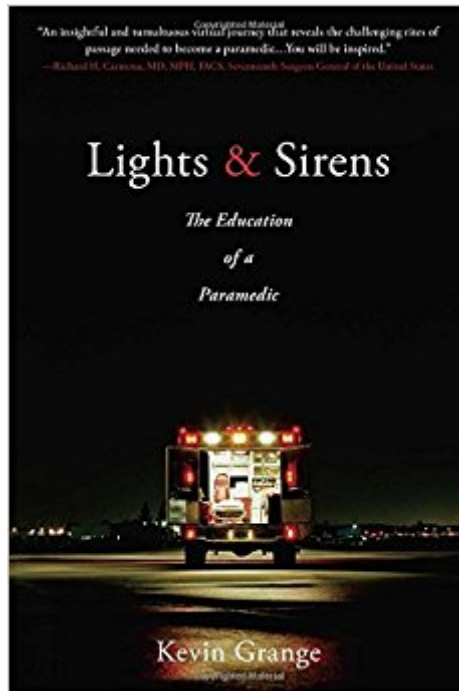


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# Lights And Sirens: The Education Of A Paramedic



## Synopsis

A true account of going through UCLA's famed Daniel Freeman Paramedic Program and practicing emergency medicine on the streets of Los Angeles. Nine months of tying tourniquets and pushing new medications, of IVs, chest compressions, and defibrillator shocks—that was Kevin Grange's initiation into emergency medicine when, at age thirty-six, he enrolled in the "Harvard of paramedic schools": UCLA's Daniel Freeman Paramedic Program, long considered one of the best and most intense paramedic training programs in the world. Few jobs can match the stress, trauma, and drama that a paramedic calls a typical day at the office, and few educational settings can match the pressure and competitiveness of paramedic school. Blending months of classroom instruction with ER rotations and a grueling field internship with the Los Angeles Fire Department, UCLA's paramedic program is like a mix of boot camp and med school. It would turn out to be the hardest thing Grange had ever done—but also the most transformational and inspiring. An in-depth look at the trials and tragedies that paramedic students experience daily, *Lights and Sirens* is ultimately about the best part of humanity—people working together to help save a human life.

## Book Information

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## Customer Reviews

Having both the honor and privilege to attend UCLA-DF with Kevin Grange, I'm here to tell you his description of the path to becoming a paramedic is spot on! The picture he paints of the daily routine throughout the 9 months of education truly encompasses the physical, mental and most importantly

emotional commitment required to successfully complete the curriculum, and more importantly apply that knowledge to the mean streets of paramedicine. I can't tell you how many times I got cold chills not only because I shared the same experience, but because the way Kevin describes how he felt during this process especially during the field internship phase. Anyone who wants a streamlined and concise understanding of what it takes to be the person showing up when 911 is called this is the book to read! Well Done!

2 am call....Stabbing with all the trimmings, meaning a 2nd floor apt, in a housing area called....Ghost Town. So, you want to be a Paramedic do you? Lights and Sirens, takes you on that journey, starting at Paramedic school, and if you are good enough to pass, onto ER rotations, and finally Paramedic Internship. BTW, what do you call a Med student that passes Med school with an 80% average? A Doctor. What do you call a EMT/Paramedic student with an 80% average? About to be dropped, if they go down another point. For those of us that have been there, this book will be a flashback. For others it will be something to look forward to, or not. Worrying about tests, have to be 80 or above, and skills evals, then onto those clinical's, taking "lead" on REAL calls. Hoping that you don't forget your BSI and Scene Safety, let alone DCAP-BTLS, and go into "EMS Spinning".....look it up. Yes, Paramedic school, goes from...Hard To Harder To Hardest. If you make it through all of that, many don't, and pass your state and/or National Boards, you start out as a "newbie" Paramedic. And they wonder why, EMT's and Paramedic's have attitudes. Is it worth it.....Hell Yes It Is. Now, get back to your stabbing patient, and move it, because you just got another call, for severe chest pains.

OUTSTANDING! This is an absolute MUST READ for every EMT thinking about going to paramedic school. The descriptions of the trials and tribulations are right on the money; what lay ahead for paramedic students is painted in vivid and real color. For veteran paramedics, this book will, no doubt, bring you back to your roots; remind you where you came from and why you do what you do. For me, this book brought back memories and stirred emotions I have long since tucked away. Both as a paramedic intern and as a paramedic preceptor, I can relate to the terror and triumph Kevin describes in agonizing detail. Best of all, this book offers a great behind-the-scenes look for anyone and everyone who has ever marveled as an ambulance blazed by with lights and sirens.

I recently got the wild hare to go to paramedic school. Thus, I've started reading everything I can about it. This book scared the hell out of me enough that I have some real fears about being

successful in paramedic school. Between his graphic descriptions of the medical scenes, the gut wrenching emotional effect the situations impart, and the incredible self-doubt I felt about my own ability to finish paramedic school as I read it, I was riveted. I read the book in a single sitting of about 6 hours. I could not stop. One of the things I've searched for most are stories about paramedic school, ways to succeed, how to memorize everything that there is to memorize. It's an incredible amount of material. After reading this you will have a crystal clear idea of what it takes to succeed in school, and how much dedication, maturity, and confidence it will require. I do not give gushy, positive reviews - but this book really blew me away. If you're into EMS, you'll love it.

This book put me through paramedic school for a second time. All the emotions, trials, tribulations and triumphs I experienced are in this book. I just wish I had read this book before graduation and working in the field. Well done!

Ok. It's readable. Gripping it is not. If you want to be a paramedic I suppose is it a good book to have around to remind yourself of what you are getting into. Being readable is a step in the right direction.

Having just earned my state certification as an EMT, Kevin's story is insightful and motivational. His candid description of all aspects of his experience was a truly good read. I look forward to the day when I am ready to take on the challenge of paramedic school and serving my community and country. Thank you Kevin for sharing your story.

Kevin Grange can really write. He tells a good, inspiring story of training to be a paramedic. I heartily recommend the Grange gives the reader an idea of the rigor of the training program for EMT-Paramedics and the lengths they are prepared to go -- at the risk of their own lives -- to serve people in medical emergencies at home and in accidents anywhere. You sometimes feel like you're in the ambulance as its sirens scream and lights flash, wondering if a heart attack victim will get to the emergency room on time. Sometimes it reads like a novel, but you realize that Grange is telling real stories about real people. These men and women are the frontline of the medical care system. One can only wish that the rest of the system was as efficient as the paramedics are. We get more value per dollar spent from them than anyone else.

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