

I've Got No Defense: Looking into the World of Autoimmune Disorders

Rebecca Valentine
EMS Education Specialist
Baystate EMS Educator

Becky Valentine has been in EMS since 1992 working transfer, 911, Search & Rescue, teaching in the classroom (primary, continuing education, educator courses), in Boston, MA & nationally. Prior to EMS, she ran a group home for mentally ill, intellectually delayed and dually diagnosed adults for many years. Becky graduated from Springfield College with a baccalaureate in Psychology. She currently serves on the National Association of EMS Educators (NAEMSE) Board of Directors.

This presentation provides insight into the world of autoimmune disorders. We will explore different conditions and discuss some the triggers. Are these conditions predetermines as part of a person's DNA? We will discuss how the body creates these conditions to make us more susceptible to a host of illnesses that form the pieces of this complex puzzle.

Presentation Outline:

- Intro - immune system 101
- Demographics of autoimmune diseases in society
- Types of autoimmune diseases
- How these diseases complicate the patient's health
- Connective tissue disorders
- Best communication practices
- Resources
- Summarize the key points

Objective 1: Better recognize illnesses considered to be part of an autoimmune disorder.

Objective 2: Better illustrate possible triggers of these conditions

Objective 3: Help patients during exacerbation of these conditions.