

Jonathan Durinda

When I was younger I always wanted to help people. I either wanted to be a police officer, lawyer, a soldier or a medical care professional and as I grew older I began to realize that the best way to support the community is by joining Mamaroneck EMS. I have considered many volunteer activities to help my community in some way. But EMS stuck out the most to me. This is because I was always interested in the inner workings of medicine and how it can save people. I thought that the best way to introduce myself into this field is Mamaroneck EMS. The 433 hours that I put into EMS really benefitted me as a person and helped me develop skills that can also help other people in general.

When I first joined the program I was hesitant about the choice that I made because I was worried I might make a mistake or not be able to keep up with the paramedics. However I overcame this sense of worry and became a better person overall because of this experience. On my first couple shifts at EMS I encountered a situation that challenged this idea that I had in my head because during this particular situation the paramedic looked to me to show him what I knew about the situation and helped guide me through the entire process so I knew how things worked and how to use them which made me more comfortable with the things I was doing and it made me more comfortable with the paramedic in general. During this situation the paramedic guided me through the entire process and taught me how to communicate with the patient and how to take vital signs. He even taught me how to do a glucose reading device that detects the glucose level in the blood. After this point the paramedic began to trust me more and allowed me to demonstrate what he taught me on the patient such as taking blood pressure and communicating to the patient. Because of the training that I underwent with the paramedic I learned to step up to any situation because I learned that I shouldn't be nervous in situations like this because in cases like these there will be people who will help guide me throughout the way. Even when there is no one to help me I will be more confident so I don't make mistakes.

Even though it seems that I sacrificed my time to EMS I enjoyed the time that I put into it because I am learning more about the field and how to truly help someone and I see the time I put into EMS is more of an investment into the future because I hope to be doing something like this in the future.