FIT2SIT

The Fit2Sit program, implemented by County of Simcoe Paramedic Services, aims to streamline the care of low-acuity hospital transfer patients. These are patients who, through Paramedic examination, have less urgent medical needs, who can self-register/triage at hospitals, and who can sit or stand independently while they wait for examination.

This program is already implemented in communities throughout the province and is endorsed by the Ontario Ministry of Health. It will be implemented at all Simcoe County hospitals, excluding Southlake. Its purpose is to help County of Simcoe Paramedic crews get back on the road as quickly as possible, and to assist offload teams at area hospitals in prioritizing high priority patients.

How it works:

- Paramedics will assess patients en route to the hospital to see if they meet the criteria of the Fit2Sit program
- Eligible patients will have a Fit2Sit patient card filled out by the Paramedic, are placed in the waiting room, and the triage nurse is informed with the card directly provided by the Paramedic before they leave
- *NOTE:* All higher acuity patients, or those unable to self register or sit/stand, will continue to follow our standard hospital offload procedures. Eligibility is listed below.

Who is eligible:

- For a patient to be eligible, every item on the form must be a 'Yes' when being completed by the responding Paramedic(s):
    - Patient is CTAS 3, 4 or 5
    - Patient is GCS 15 or usual LOA
    - Patient has appropriate vital signs
    - Patient is ambulatory and can safely sit in a chair or can operate a wheelchair
    - Patient has no on-going treatments by Paramedics or has been treated with a controlled act within 60 minutes
    - Patient is safe from risk of active self-harm
    - Patient is not showing signs of intoxication
    - If applicable, is a caregiver accompanying the patient with dementia

County of Simcoe Paramedic Services anticipate that the above criteria represents approximately 2% of Paramedic Services' patients annually.

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