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## Cardiovascular Failure in On Duty First Responders

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Kiel Galvin  
2/19/2015  
HLTH SCI Capstone

### Senior Capstone

My base investigation delved into information involving cardiovascular failure as an entire disease giving a deep background in to the development, risk factors and common treatments for said disease. I then specified my review to cover cardiovascular failures in first responders; how it is developed and then amplified while on duty. To conclude my paper I discussed a program, I believe will work, for how first responders can maintain high levels of health. The program covers nutrition, exercise, fundamental health, annual health exams and fitness tests, as well as incentive programs for every level of command. In summation the report covered detailed information of cardiovascular disease and disease in first responders, and concluded with the discussion how these departments can influence and maintain better health standards.

For the implementation of my project I intend to continue my research of cardiovascular failure, said failure in first responders specifically firefighters, and developing a more in depth program for the maintenance of health within the department. Within my research I am going to interview firefighters from three different departments in an effort to attain information from multiple sources as well as information from differing departments. I will be interviewing from the following departments, Los Angeles County, Marin County, and Leander County (Texas). The reason for these locations is I want information from a large metropolis, a suburb location as well as a rural location, to determine the consistency, if any, and the differing standards and how it pertains to location. Upon completion of the research and interviews I will then review and adjust my designed program for the newfound information in an attempt to create an implementable program.