



Emergency First Responder

The Well Being of the Emergency First Responder



Objectives

By the end of this session you should be able to:

- Outline the importance of maintaining a balance in personal lifestyle and work related stressors.

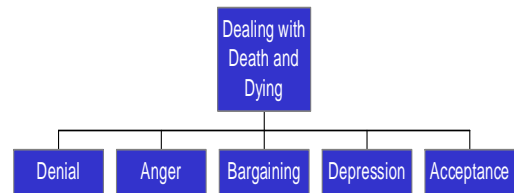


Stress and the First Responder

The First Responder may experience personal stress as well as encounter patients and bystanders in severe stress



Possible Reactions



Understanding these reactions will help you develop more comforting skills when approaching such situations



Dealing with Death & Dying

- Recognise the needs of the patient
- Be tolerant of angry reactions
- Listen with empathy
- Do not give false hope
- Offer comfort
- Don't leave alone



Critical Incident Stress

- Traumatic events, may lead someone to experience strong emotional or physical reactions
- It is very common for people to experience emotional "aftershocks" (stress reactions)

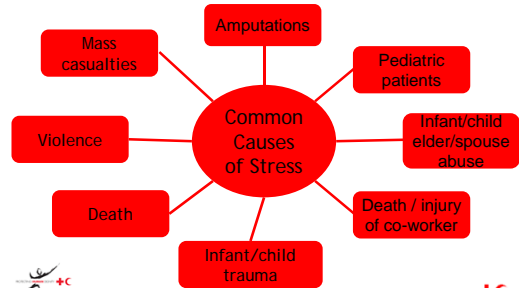


Critical Incident Stress

- These stress reactions may appear immediately after the event, or weeks later
- These are normal reactions which may occur in people exposed to highly abnormal events



Causes of Critical Incident Stress



Recognising Stress

- Emotional
 - Guilt, anxiety, depression, fear, grief, loss of emotional control
- Behavioural
 - Withdrawal, increased alcohol consumption, change in social behaviour, loss of appetite, restlessness



Recognising Stress

- Physical
 - Fatigue, nausea, headaches, muscle tremor, dizziness, raised blood pressure
- Cognitive
 - Confusion, nightmares, blaming someone, poor concentration, intense intrusive imagery (flashbacks)



Coping with Stress

- Stress awareness
- Avail of Critical Incident Stress Management (C.I.S.M.)
- Talk with peers
- Discuss with close family
- Discuss with your GP
- Healthy diet and lifestyle
- Dedicate time to relaxing



Summary

- Well being of the EFR
- Dealing with death and dying
- Critical incident stress

