



## 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.

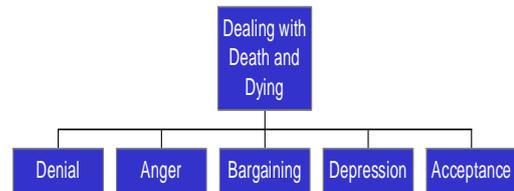


## Stress and the First Responder

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

