

The well being of the 1st responder

Chapter 2

The Well-Being of the First Responder

- To maintain well-being:

Emotional Aspects of Emergency Care

- You may have to deal with situations that produce a high level of stress:
 - Injury or illness to infants and children
 - Elderly patients
 - Death and violence

Five Stages of Dealing with Death and Dying

- Denial: Refusing to believe that situation is happening
- Anger: Becoming upset at grief-causing event
- Bargaining: Trying to make a deal to postpone death and dying
- Depression:
- Acceptance:

Recognizing Stress

- Irritability
- Inability to focus
- Abnormal disposition
- Difficulty sleeping
- Anxiety
- Indecisiveness
- Guilt
- Loss of appetite

Preventing Stress

- Eat a healthy, well-balanced diet.
- Drink adequate amounts of liquids.
- Avoid consuming excessive caffeine and alcohol.
- Be cheerful; spend time with family and friends.
- Create a stress-reducing lifestyle.



Reducing Stress

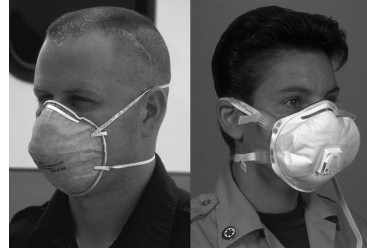
- Pre-incident stress education
- On-scene peer support
- Critical incident stress debriefing (CISD)
 - Meetings b/t emergency responders and specially trained leaders
 - Open discussion of feelings, fear, and reactions to the situations
- Seek help from professional mental health providers.

- Protect yourself; assume that all pt are infected with a potentially harmful pathogen
 - (CDC)

Key Terms

- Pathogen: Disease-causing microorganism
- Body substance isolation (BSI): Concept that treats all bodily fluids as potentially infectious
- Universal precautions:

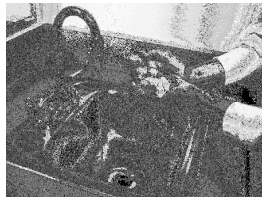
Transmission of Pathogens



- Respirators can reduce the transmission of airborne diseases.

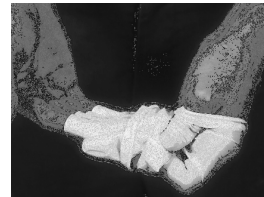
Universal Precautions

- Always wear gloves.
- Change gloves b/t pt
- Always wear protective eye wear.
- Change contaminated clothing
- Do not recap needles
- Use face shield when doing RB or CPR



Removal of Gloves

Proper removal of gloves is important to minimize the spread of pathogens.



Responding to the Scene

- Think of your safety 1st
- Dispatch: Use dispatch information to anticipate hazards.
- Response: Remember safety when responding.
- Parking your vehicle: Park the vehicle so that it protects scene from traffic hazards.

Assessing the Scene

- Traffic
- Crime or violence
- Crowds
- Electrical hazards
- Fire
- Hazardous materials
- Unstable objects
- Sharp objects
- Animals
- Environmental conditions
- Special rescues
- Airborne and bloodborne pathogens

Hazardous Materials Placards

- Federal regulations require vehicles carrying hazardous materials to be marked with specific placards.
- If you see a HazMat placard at an emergency scene, call for assistance.

Special Rescue Situations

- Include water, ice, and confined space or below-grade rescues, terrorism, and mass-casualty incidents

