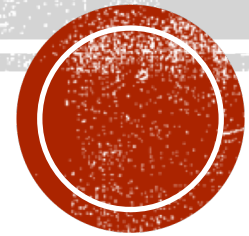


SUPPORTING NEAR MISS AND EXPEDITION TRAUMA

THE HOW OF IT

Laura McGladrey

Brendan Madden



STRESS INJURIES

Objectives of Wilderness First Aid and Emergency Medicine:

- Assess LIFE THREATS and preserve life
- Do no harm
- **Stabilize and treat to mitigate future complications**
- Disposition/referral to higher care



Stress Injuries are physical injures

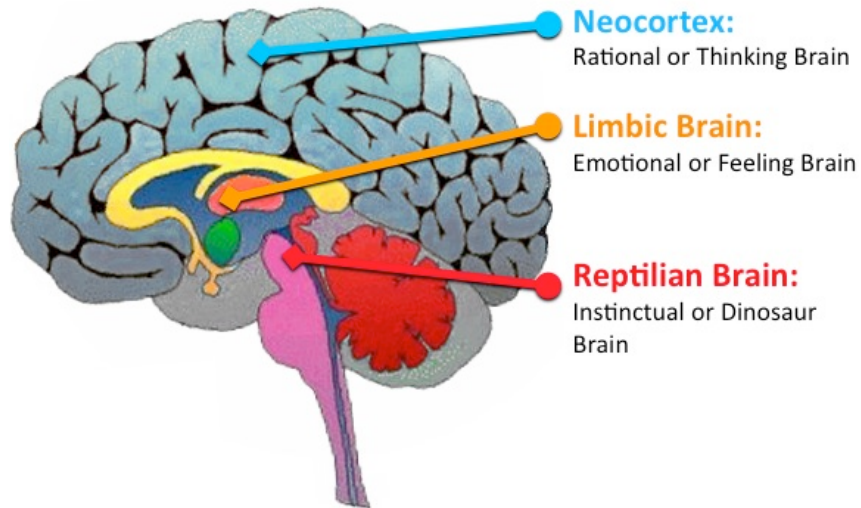


STRESS INJURIES

1. Occur on a continuum, with PTSD as one of many presentations
2. Have early and late changing vital signs
3. Are physical injuries
4. Can be supported when they are recognized
5. Are dynamic
6. **Are more likely to occur in a state of stress**



STRESS INJURY FORMATION

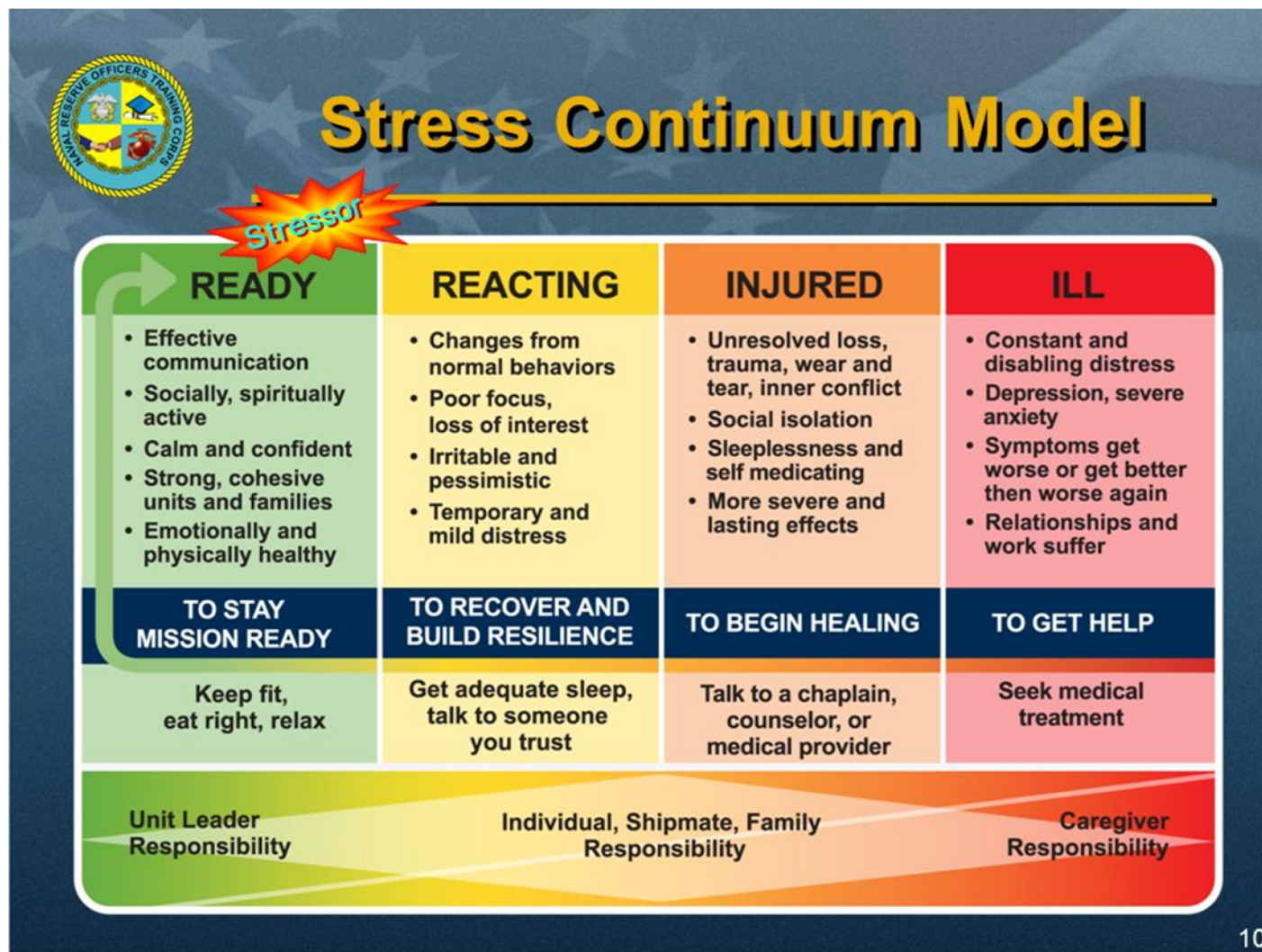


Response system
overwhelmed

Emotional **Connection**
Or Isolation

Helplessness

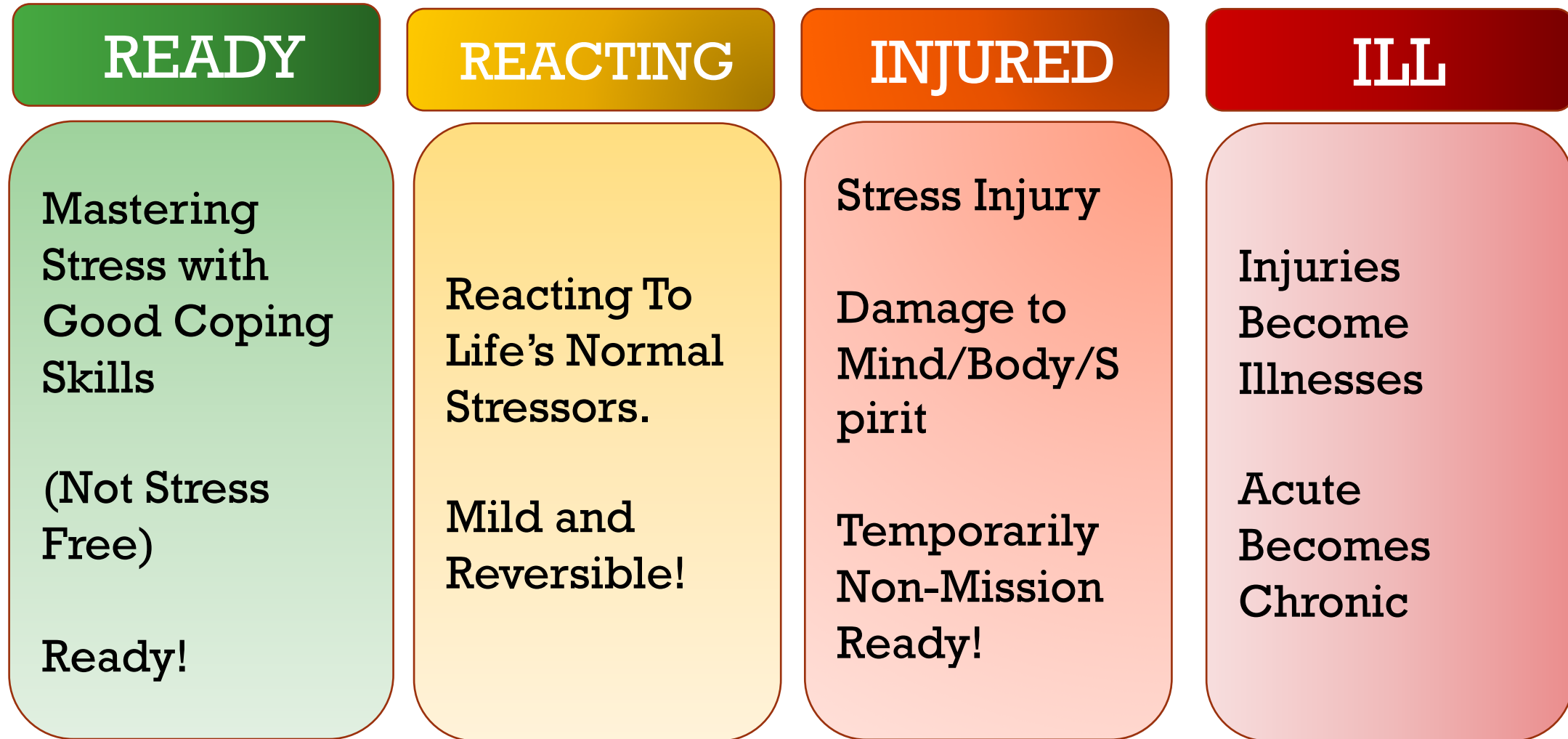




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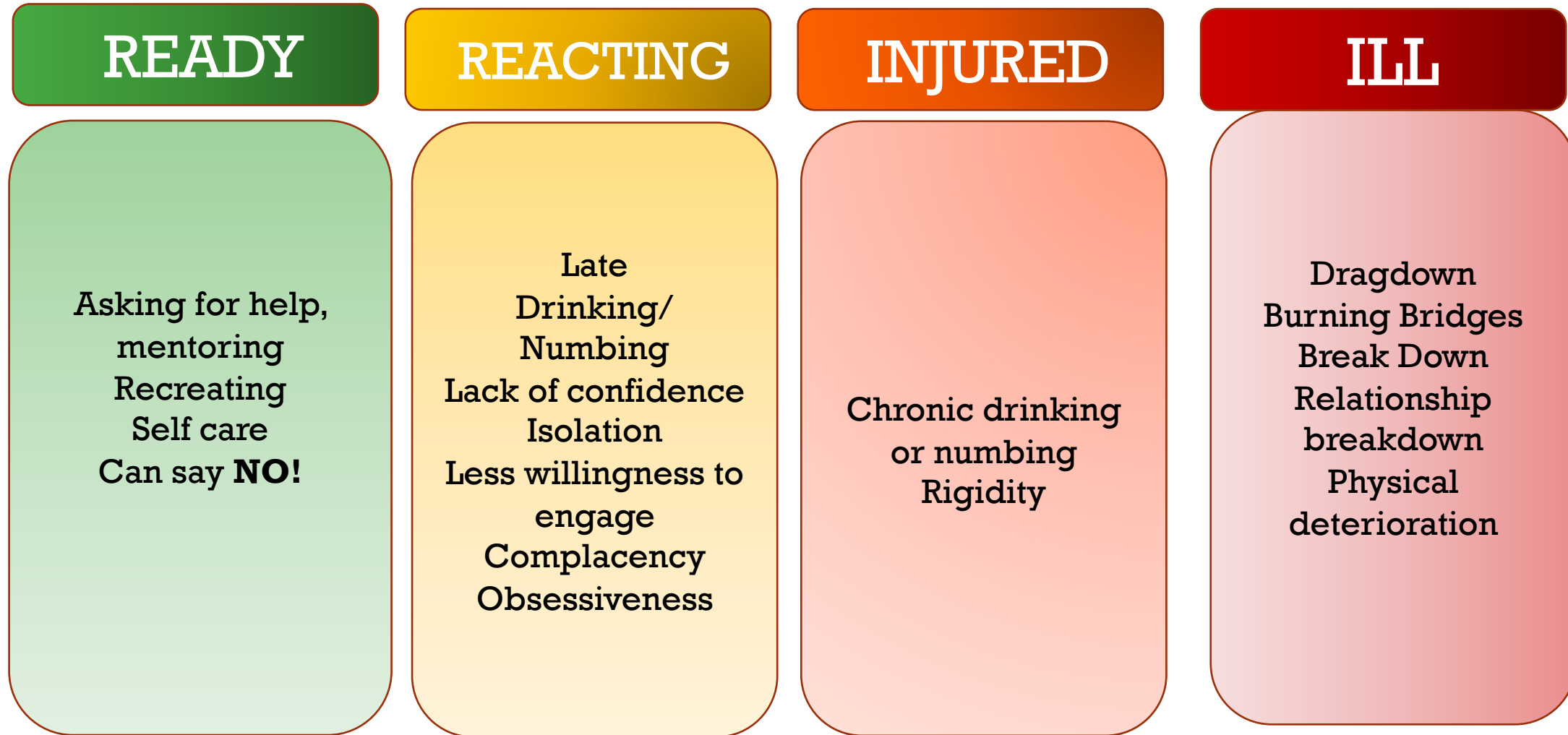
INDIVIDUAL STRESS CONTINUUM



Mission satisfaction/ Mission Drift



INDIVIDUAL STRESS CONTINUUM



Mission satisfaction/ Mission Drift



TOOLS FOR SUPPORT

Elements of Psych First Aid

The Art and Science of the Excellent Debrief

Incident Review

Organizational support of the individual
access to counselling, EAP

The Be and the Do:

If I want to be in the green, what do green people do?



PSYCHOLOGICAL FIRST AID

CALM
ESTABLISH SAFETY
CONNECTION
SELF-EFFICACY
HOPE

GOALS:

- Decrease arousal and re-establish safety.



SAFETY

CREATE A SAFE ENVIRONMENT BY:

Mitigating the scene as much as possible by reducing chaos and removing patients from perceived threats.

Reflecting evidence of safety.

GOAL:

Decrease arousal and re-establish safety



CALM

CREATE CALM BY:



- Calming yourself first - being the dominant nervous system.
- Emphasizing the present, the practical, and the possible.

GOAL:

Decrease arousal and re-establish safety



Self-Efficacy (Effective Action)

CREATE SELF AND COLLECTIVE EFFICACY BY :

- Involving the person in problem-solving, self-care, and rescue - Asking people what else they can do and what they should not do.
- Recognizing and reminding people of existing strengths and past experiences .

GOAL:
Combat helplessness



CONNECTION

CREATE CONNECTION BY:

- Building an on-scene relationship.
- Prioritizing and helping people. contact friends, family, loved ones (including pets) as soon as possible.

GOAL:

Decrease arousal and re-establish safety



HOPE

CREATE HOPE BY:

- Reflecting specific, accurate, positive facts and predictable, realistic steps.
- Personally maintaining and communicating hope.

GOAL:

Decrease arousal and re-establish safety





STRESS CONTINUUM FOR THE ORGANIZATION

READY

Innovation
Time to train
Ability to say NO!
Playing together
Connected

REACTING

INJURED

ILL

Losing staff
Tribalism
Isolation
What am I doing
here?
Unable to fix
ourselves
Finger pointing
Scarcity
Rigidity
Illegal/Immoral
Lack of clear lead

Mission satisfaction/ Mission Drift



STRESS CONTINUUM FOR THE ORGANIZATION

READY

Resources
adequate if not
ample

Open to
Opportunity &
Innovation

Meeting
emergencies with a
well-oiled, capable
team

Mission Alignment

REACTING

Resources
stretched
Open to
opportunity in
theory, “but not
now, we’re busy”

Coping with
emergencies –
barely

Some Mission
Questions

INJURED

Resources scarce

Rigid perspectives

Closed to
opportunity
Emergencies
strain the system
and are survived
rather than dealt
with capably
Major Mission
Questions

ILL

Resources absent

Calcified
perspectives

Communication
channels closed
Sense of doom

Mission Drift: “why
are we doing
this?”

Mission satisfaction/ Mission Drift



TOOLS FOR ORGANIZATIONAL VITALITY

PSYCHOLOGICAL FIRST AID FOR ORGANIZATIONS?

- Safety:
- Calm
- Connection
- Effective action
- Hope



ACTION ITEMS: BITE SIZED GREEN CHOICES

What is one choice you can personally make that would move you towards/keep you in the green zone?

What is one reasonably attainable change that could be made at your organization that would move it towards/keep it in the green zone?



CONCLUSION

Resilience, Healing and Health

Identifying the Practices of the Green Educator and the Green Organization

The world breaks everyone, and afterward, some are strong at the broken places

-Ernest Hemingway

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