



First Aid Response

The Well-Being of the First Aid Responder





Learning Outcomes

Knowledge Objectives (by the end of this Unit, you will be able to...)

1. List the role and responsibilities of the First Aid Responder
2. List the emotional reactions that a First Aid Responder may experience when faced with trauma, illness, death and dying.
3. List the signs and symptoms of critical incident stress
4. State the possible steps that the First Aid Responder may take to reduce/alleviate critical incident stress
5. Discuss the relevant legislation relating to the provision of first aid (such as the Good Samaritan reference within the Civil Law Miscellaneous Provisions Act 2011).

Attitudinal Objectives (by the end of this Unit, you will be able to...)

1. Understand the normal responses to trauma, illness, death and dying



Topics

1. Role & responsibilities of a First Aid Responder
2. Emotional reactions
3. Critical incident stress
4. Alleviating critical incident stress
5. Good Samaritan



Roles & Responsibilities

- Keep Calm
- Personal Safety, scene safety and safety of others
- 3 P's – **P**reserve, **P**revent, **P**romote
- Check & Maintain Airway, Breathing & Circulation
- Administer CPR if required
- Call 112 (or 999) – or instruct someone else to do so
- Access the patients injury/illness
- Prioritise injuries/illness
- Offer reassurance and care until EMS arrives
- Administer care within your training and CPG's
- Gain consent if required



Critical Incident Stress

- You may have to deal with situations that produce a high level of stress
 - Injury or illness to infants and children
 - Elderly patients
 - Witnessing severe injury
 - Death and violence
 - Mass-casualty incidents



Critical Incident Stress

- It is caused by exposure to a traumatic event, which extends beyond ordinary experiences
- It is a normal, but painful, response of normal healthy people to an abnormal event
- Symptoms can be physical, emotional, intellectual and or behavioural
- Most people recover from Critical Incident Stress and remain healthy and productive



Emotional Reactions to trauma, illness, death & dying

- Denial
 - Refusing to believe that situation is happening
- Anger
 - Becoming upset/angry due to grief-causing event
- Bargaining
 - “if only” often accompanied by guilt
- Depression
 - Expressing despair and hopelessness
- Acceptance
 - Recognising that death and dying cannot be changed



Signs & Symptoms of Stress

- Irritability
- Inability to focus
- Difficulty sleeping
- Anxiety
- Change in personality
- Stomach cramps
- Indecisiveness
- Guilt
- Loss of appetite
- Loss of interest in work
- Isolation
- Anger



Reducing stress...before duty

What can we do BEFORE duty?

- Prepare – by training and practicing skills
- Prepare equipment – good working order
- Prepare yourself – be fit and healthy
- Gather relevant information about the event
- Follow directions of leaders
- Take breaks
- Do not take personal blame for tragedies
- Maintain a positive mental attitude



Reducing stress...after duty

What can we do AFTER duty?

- Take care of yourself
- Avoid alcohol – it worsens the stress reactions
- Eat good food and drink plenty of fluids
- Physical exercise helps to lower stress reactions
- Participate in operations review – debrief
- Learn what you can from the experience
- Talk about the incident with people you trust



Good Samaritan

Civil Law (Miscellaneous Provisions) Act 2011;

- ‘A volunteer shall not be personally liable in negligence for any act done when carrying out voluntary work’

Does not apply if;

- the act was done by the volunteer in bad faith or with gross negligence
- the volunteer knew or ought reasonably to have known that the act was outside of their scope of practice or was contrary to the instructions of the volunteer organisation concerned

Ref: <http://www.irishstatutebook.ie/eli/2011/act/23/section/4/enacted/en/html>



Assessment

- List the role and responsibilities of a First Aid Responder
- List 4 signs of stress
- List 4 symptoms of stress
- Describe the 5 emotional reactions to trauma/illness/dying/death
- State 3 ways in which we can we help to alleviate stress before duty
- State 3 ways in which we can we help to alleviate stress after duty



Summary

- Roles & Responsibilities of First Aid Responder
- Possible emotional reactions a Responder may experience when faced with trauma, illness, death and dying
- The signs and symptoms of critical incident stress
- Reducing stress before and after a duty
- Good Samaritan