

# First Responder – On Line

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# Chapter 2

## The Well-Being of the First Responder



# 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
  - Mass casualty incidents

# 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:** Expressing despair.
- **Acceptance:** Recognizing that death and dying cannot be changed.

# Stress Management

- Includes:
  - **Recognition of stress**
  - **Prevention of stress**
  - **Reduction of stress**

# Recognition of Stress

- Irritability
- Inability to focus
- Abnormal disposition
- Difficulty sleeping
- Anxiety
- Indecisiveness
- Guilt
- Loss of appetite
- Loss of sex drive
- Loss of interest in work
- Isolation

# Prevention of Stress

- Eat a healthy well-balanced diet.
- Drink adequate amounts of liquids.
- Be merry.



# Reducing Stress

- Pre-incident stress education
- On-scene peer support
- Critical incident stress debriefing (CISD)



# Scene Safety

- **Infectious diseases**
- **Body substance isolation (BSI)**
- **Universal precautions**
- **Immunizations**
- **Hazards of the scene**

# Key Terms

- **Pathogen:** Disease-causing microorganism.
- **Body Substance Isolation (BSI):** Concept that treats all bodily fluids as potentially infectious.
- **Universal precautions:** Procedures for infection control that assume blood is potentially infectious.

# Common Infectious Diseases

- Human immunodeficiency virus (HIV)
- Hepatitis B
- Tuberculosis

# Universal Precautions

- Always wear gloves.
- Always wear protective eye wear.
- Wash your hands.
- Do not recap, cut, or bend used needles.
- Dispose of sharps in a sharps container.
- Use a face shield, pocket mask, or other airway adjunct for resuscitation.



# Removal of Gloves

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

# Immunizations

- Tetanus prophylaxis
- Hepatitis B vaccine
- Tuberculin testing

# Responding to the Scene

- **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 (HazMats) to be marked with specific placards.
- If you see a HazMat placard at an emergency scene, call for assistance.