


Segment 1

What is Stress?



012


Segment 1 Objectives:

- Describe psychological stress
- Explain the common causes of stress
- Describe the physical health effects of excessive stress

013

The Stress Response

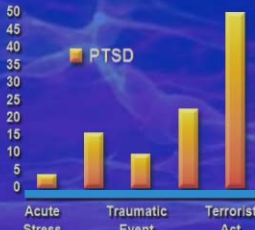
- Increased heart rate
- Rapid breathing
- Increased energy
- Decreased immunity
- Sharper senses



014

Short-Term Stress

- Everyday threats
- Field deployment
- Traumatic events
- Natural disaster
- Terrorism



Event Type	PTSD Level (0-50)
Acute Stress	~5
Traumatic Event	~15
Terrorist Act	~48

015


Long-Term Stress

- Everyday hassles
- Adversity
- Response to environmental contamination
- Response to threats of terrorism

016

Physical Signs of Acute Stress


- Nausea
- Tics and tremors
- Sweating
- Dizziness
- Heart palpitations



017

Emotional Signs of Acute Stress

- Anxiety
- Anger
- Apprehension
- Irritability
- Sorrow



018

Behavioral Signs of Acute Stress

- Pacing
- Impulsiveness
- Arguing
- Hyperventilation
- Freeze reaction



019

Mental Signs of Acute Stress

- Forgetfulness
- Poor concentration
- Slow thinking
- Confusion
- Indecisiveness



020e

Effects of Stress on Physical Health

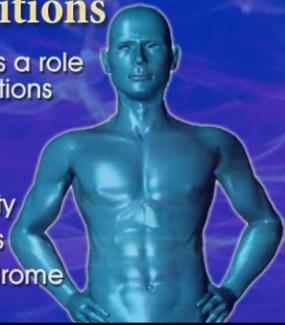
- A normal load of daily stress does not affect health.
- A heavy burden of chronic stress or an intense burst of traumatic stress increases risk of certain diseases in susceptible people.

021

Stress-Related Health Conditions

Long-term stress plays a role in these health conditions

- Heart disease
- Hypertension
- Decreased immunity
- Rheumatoid arthritis
- Irritable bowel syndrome



022

Stress Prevention Factors

- Coping skills
- Psychological resilience
- Social support
- Exercise, good diet and adequate sleep

023

Segment 2 Stressors Affecting Disaster Responders



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024

Segment 2 Objective:

Describe the causes of stress
in first responders during a
disaster response.

025

Effects of Heat

- Heatstroke
- Heat exhaustion
- Heat syncope



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026

Effects of Cold



EPA

027

Prevent Dehydration

- Keep drinking enough fluids, both in cold and hot climates.
- Avoid caffeinated and alcoholic beverages.
- Proper electrolyte balance is important.

028

Sleep

- After 17 hours without sleep, you have the reaction time of someone with a blood alcohol level of 0.05%.
- After 24 hours without sleep, you have the reaction times of someone with a blood alcohol level of 0.1%.

029

Lessons Learned

- Bypass of pre-existing triage in transport of casualties
- Massive in-pouring of unnecessary relief supplies
- Communication snarls
- Overwhelming numbers of volunteers and amateur responders
- Inter-agency and intra-agency coordination difficulties

030

Working with the Injured and Dying

Being unable to help may be the worst stress of all.




031

Grieving Families of Victims

- Grief is a very powerful emotion.
- All responders need to be trained in death notification.
- Culture affects how grief is expressed.

032

**Segment 3
Managing First
Responder Stress**



EPA

033

Segment 3 Objective:

Identify methods to cope with field-related stress.

034

**Mental Signs and Symptoms
of On Scene Distress**

- As distress increases, you lose your ability to think clearly. You will have trouble retaining new information, less ability to concentrate, and a decreased mental agility.
- As distress increases, rationality decreases. You lose your sense of humor, and your ability to trust others.

035

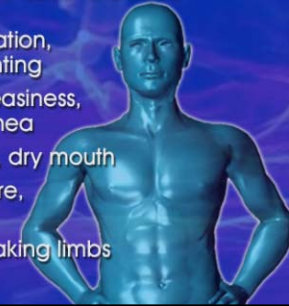
Common Experiences of On Scene Distress

- Initial feelings of disbelief and denial
- Feeling that the situation is not real
- Fear
- Sorrow, grief at witnessing casualties or deaths
- Numbness, feeling overwhelmed
- Anguish

036

Common Physical Reactions to Being on the Scene

- Increased rate of respiration, shortness of breath, panting
- Impaired digestion, queasiness, nausea, vomiting, diarrhea
- Pale skin, goose bumps, dry mouth
- Increased blood pressure, increased heart rate
- Muscle twitches and shaking limbs



037

Coping during the Response

- Have experienced personnel supervise the inexperienced.
- Provide on scene briefings for incoming personnel.
- Limit caffeine and sugar intake.
- Maintain time orientation.
- Ensure adequate rest and rotation of personnel.
- Establish system for handling responders facing extraordinary stress.

038f

Coping After the Response

- Eat and sleep
- Within 24–48 hours, if rested, exercise
- No alcohol for a few days after incident
- Talk with trusted friend or family member about how you feel
- Participate in after action briefings to go over lessons learned

039

Common Aftereffects of a Response

- Emotional responses such as anger and sorrow
- Dreams and nightmares about the incident
- Distractibility
- Frequent thoughts about what happened
- Strains in family and work relationships
- Difficulty in falling asleep or staying asleep

040f

Psychological Disorders Linked to Response Stress

- Depression
- Anxiety disorders
- Post-traumatic stress disorder

041

Social Support

Social support is one of the most important and powerful stress reducers

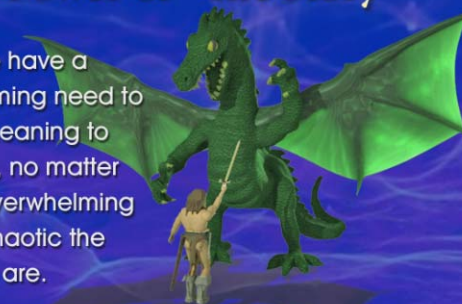


FEMA news photo

042

The Power of “The Story”

People have a consuming need to give meaning to events, no matter how overwhelming and chaotic the events are.



043

Rituals and Memorials



044

Creating a Supportive Organization



ATSDR

045

Individual Stress Management

- Exercise
- Relaxation training
- Journal writing
- Meditation



046

Segment 4 Helping the Public During a Disaster



047

Segment 4 Objective:

Identify strategies for assisting members of the public with their disaster related stress.

048

Principles of On Scene Psychological First Aid

- Protect
- Direct
- Connect

- Diane Myers, RN

049

Protect



ATSDR

050

Direct



Army Corps of Engineers

051

Connect




FEMA News Photo

052

On Scene Help for Children With Disaster-Related Stress

- Protect
- Direct
- Connect



FEMA News Photo

053

Helping Families and Friends With Disaster-Related Stress

- Be there for them. Listen. Be aware you don't have to have the perfect answer. Listening is a powerful way to help.
- Provide practical assistance during times of strain.

054

Helping Children Recover After a Disaster

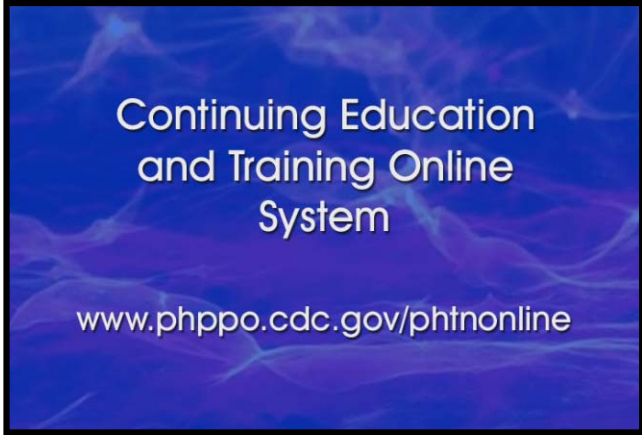
- Maintain children's routine and order.
- Be sure to talk with children about what has happened when they are ready.
- Be sure to talk with the children about their feelings.

055c



www.phppo.cdc.gov/
phtn/webcast/stress-05

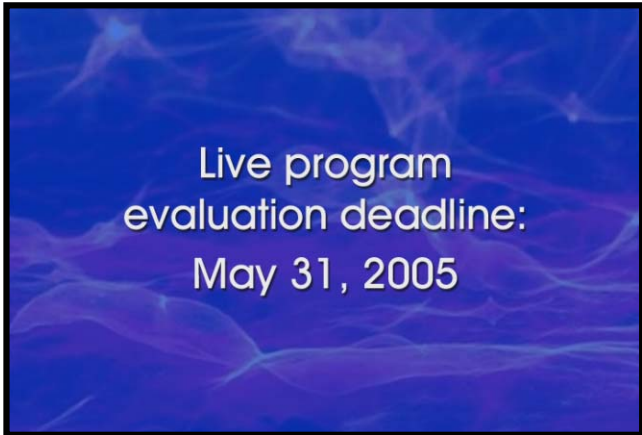
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Continuing Education
and Training Online
System

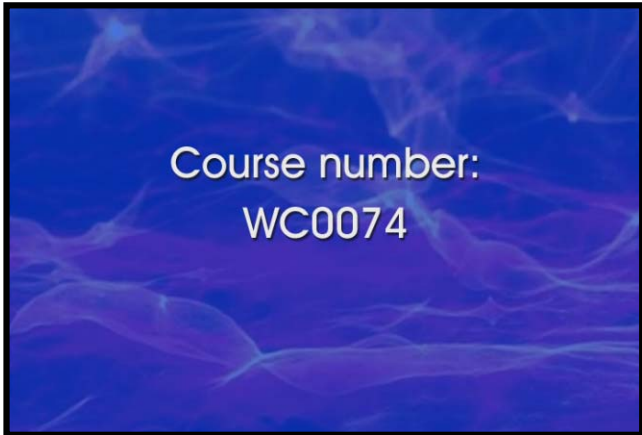
www.phppo.cdc.gov/phtnonline

057



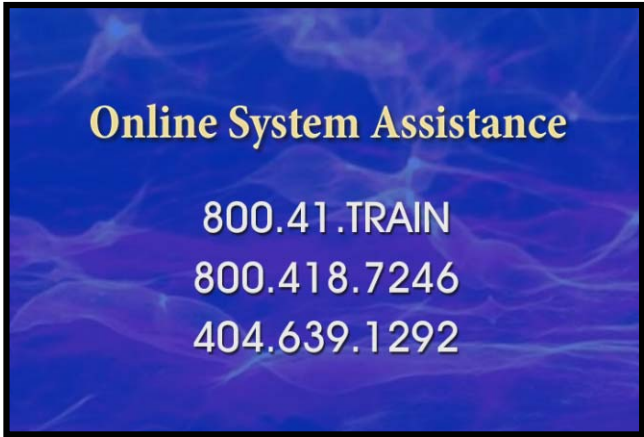
Live program
evaluation deadline:
May 31, 2005

058



Course number:
WC0074

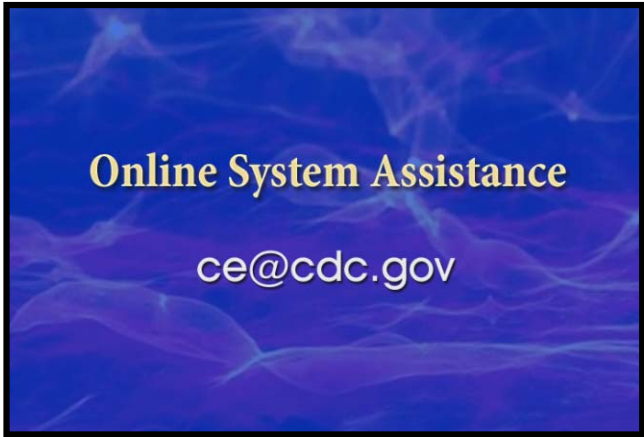
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Online System Assistance

800.41.TRAIN
800.418.7246
404.639.1292

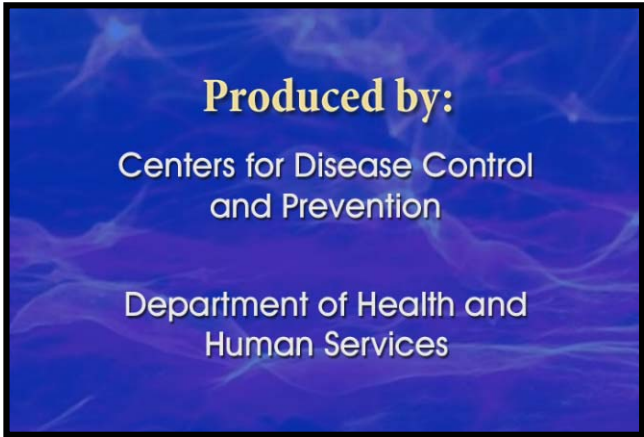
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Online System Assistance

ce@cdc.gov

061

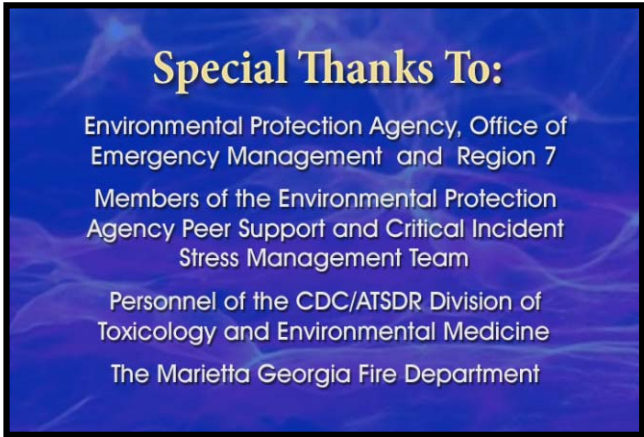


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062



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