



What are the Resilience Training needs of emergency health workers?

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Aims of this project:

1. Measure the psychological resilience skills (strengths & gaps) of Paramedics & Dispatchers
2. Recommend a resilience training approach for this group

method



1. Interview EMS Paramedics & Dispatchers
2. Identify measures of resilient coping



Create a Resilient Coping Survey & administer to BCEHS Paramedics/ Dispatchers (702 responded)

findings

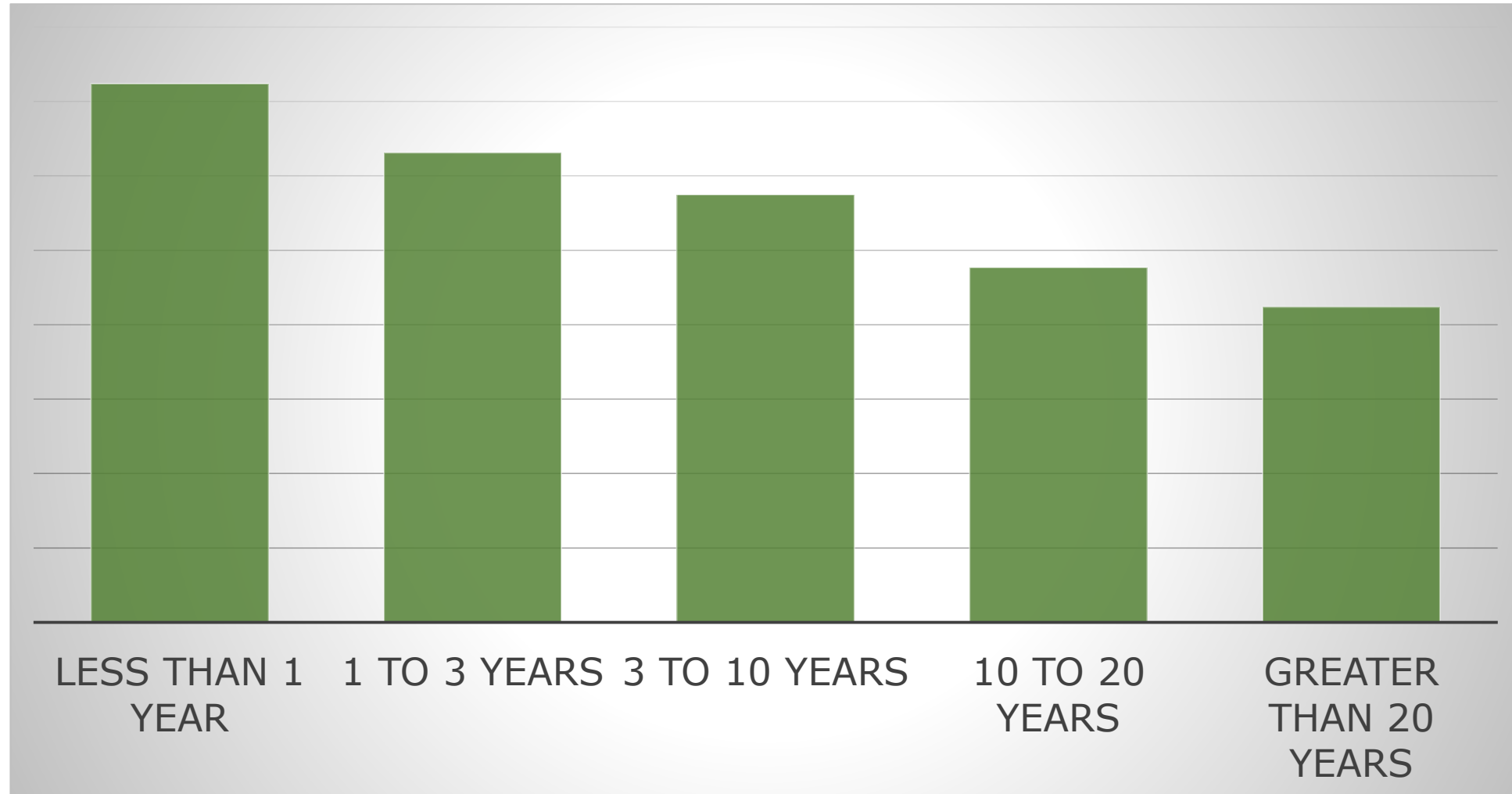


1. There are five key Resilience Factors.

Balance	Self-Acceptance	Meaningful Work	Trusted Social Support	Physical Self-Care
<ul style="list-style-type: none">• I make time for my personal and family life, even when the job is very demanding	<ul style="list-style-type: none">• I'm [not] disapproving and judgmental about my own flaws	<ul style="list-style-type: none">• The work that I do fits well with my personal values and beliefs	<ul style="list-style-type: none">• I have friends at work I can rely on to support me when I need it	<ul style="list-style-type: none">• I am careful to maintain a good level of physical fitness

Ways of Coping (from free-text)	Rate
Maintain your physical health	12.6%
Practice relaxation	11.9%
Talk about difficult work experiences with people you trust	9.7%
Maintain a balance between work and personal life	9.7%
Recognize the limits of what you can accomplish	9.4%
Engage in recreational activities	7.9%
Don't over-identify with the job	7.2%

2. Self-Rated Resilience decreases over years of service.



recommendations





Resilience Training should be developed to address the 5 factors

Balance

- Work-Personal Life Balance

Self-Acceptance

- Self-Compassion
- Imaginal Exposure

Trusted Social Support

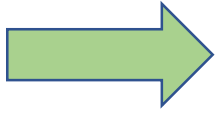
- Peer Support

Meaningful Work

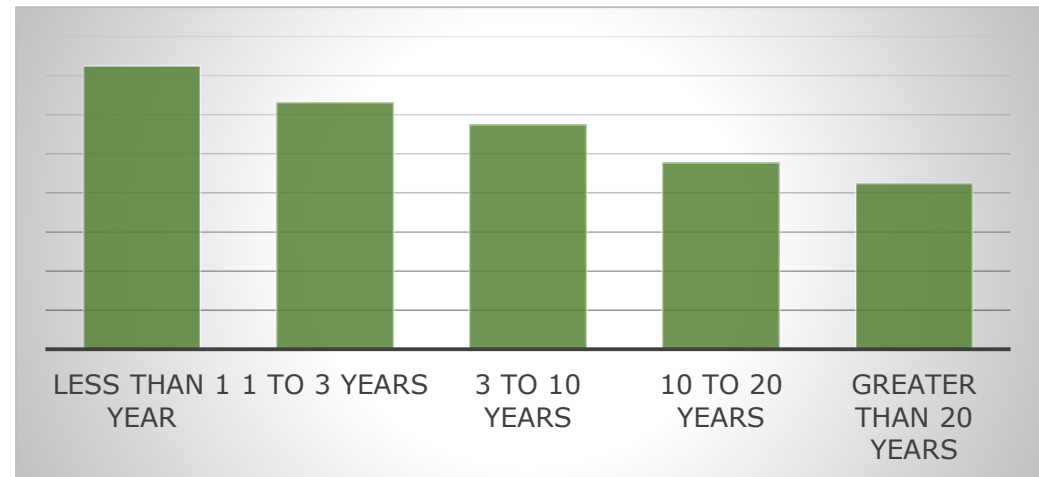
- Values Clarification

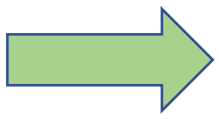
Physical Self-Care

- Exercise Planning



Psych Resilience Training should be directed at workers across the age-span.





Psych Resilience needs of other sectors should be determined.

