



Lesson Plan: Stress First Aid

Topic: Stress First Aid

Presenter: West Michigan Regional Medical Consortium CE Sponsor Program

Location: West Michigan Regional Medical Consortium CE Sponsor Locations

Credit Category: Preparatory **Specific Topic:** Stress Management
Preparatory Therapeutic Communication

License Level: MFR, EMT, AEMT, MEDIC

Credits: 4

Format: 4 hour lecture

Objectives: The participant of the CE session will:

Cognitive

1. Describe the foundation of Stress First
2. Differentiate between stress reactions and stress injuries
3. Recognize Orange Zone indicators
4. Describe different types of situations in which it would be appropriate to use each SFA action
5. Explain Why Check must be performed continuously and often for every member of the organization
6. Describe the steps that make up the Check function, and why the analogous to surveys used in trauma triage and emergency care situations
7. Explain the goals of the Coordinate function
8. Describe the spectrum of both verbal and nonverbal Cover and Calm techniques.
9. Describe the methods of performing Cover, Calm, Connect, Competence, and Confidence, and the different ways of mobilizing resources for each.
10. Develop the skill set to train personnel and implement the SFA model for individuals in crisis

Psychomotor

None

Affective

None

Outline for Lecture Presentation:

1. Introductions
2. Describe the foundation of Stress First Aid
3. Differentiate between stress reactions and stress injuries
4. Recognize Orange Zone indicators
5. Describe different types of situations in which it would be appropriate to use each SFA action
6. Explain Why Check must be performed continuously and often for every member of the organization



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7. Describe the steps that make up the Check function, and why the analogous to surveys used in trauma triage and emergency care situations
8. Explain the goals of the Coordinate function
9. Describe the spectrum of both verbal and nonverbal Cover and Calm techniques.
10. Describe the methods of performing Cover, Calm, Connect, Competence, and Confidence, and the different ways of mobilizing resources for each.
11. Develop the skill set to train personnel and implement the SFA model for individuals in crisis
12. Summary and Questions

Student Evaluation Method: No formal evaluation of participants will occur.

Evaluation of Presentation: Continuing Education Program Sponsor Evaluation Form will be filled out by all participants.

Rationale for Presentation: Stress First Aid for Emergency Services Personnel was developed to assist providers in taking care of each other. It is intended to help members and leaders offer assistance to Emergency Services Personnel, to prevent the progression of stress reactions, and to bridge affected individuals to more formal treatment when that is required.