



Lesson Plan: Psychological First Aid for the First Responder

Topic: Psychological First Aid for the First Responder (PFA)

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
Patient Assessment Therapeutic Communication
Operations EMS Systems Ops – Coordination

License Level: MFR, EMT, SPEC, MEDIC

Credits: 6

Format: 2 hour lecture Stress Management
2 hour lecture Therapeutic Communications
2 hour lecture EMS Systems Ops – Program Coordination

Objectives: At the conclusion of this CE session, the participants will be able to:

Cognitive

- Understand what PFA is. (Operations)
- Understand PFA can be an acute intervention of choice for stress management. (Preparatory)
- Apply where PFA should be used. (Operations)
- Identify signs of acute stress. (Preparatory)
- Understand behaviors to avoid. (Preparatory, Operations)
- Understand how to properly make contact with the stressed. (Pt Assessment)
- Understand how to properly enter the setting. (Pt. Assessment)
- Understand the need for sensitivity regarding culture and diversity (Preparatory, Operations)
- Understand how to properly apply PFA in group settings. (Operations)
- Understand how to properly maintain confidentiality. (Operations, Pt. Assessment)
- Understand how to properly identify safety and comfort issues. (Pt. Assessment)
- Understand this groups focus and organizational attributes. (Operations)
- Identify needs for your own stress relief needs. (Preparatory)

Psychomotor

None

Affective

None



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Outline for Session

1. Introductions
2. Overview of PFA
 - A. What is it?
 - B. Evidence-based intervention
 - C. Evidence-informed principals
 - D. Who delivers PFA
 - E. Where PFA is used
 - F. Basic objectives of PFA
 - G. Professional Behavior and PFA
3. PFA Guidelines
 - A. Preparing to deliver/general guidelines
 - B. Engaging those that need PFA
 - C. Settings
 - i. Individual/group usage
 - ii. Behaviors to avoid
 - D. Sensitivity
 - i. Cultural
 - ii. Diversity
4. PFA in practice
5. Core Actions
 - A. Contact and engagement
 - B. Safety and comfort
 - C. Stabilization
 - D. Info gathering
 - E. Practical assistance
 - F. Social support resources
 - i. Links to coping
 - ii. Links to Services
6. Stress Reactions
 - A. Adults
 - B. Adolescents
 - C. School-age
 - D. Preschool
 - E. Infants and Toddlers
7. Team Organization
 - A. Team make-up
 - B. Needs form
 - C. Contact process
 - D. Provider self-care
 - E. Confidentiality
 - F. Additional local resources
8. Summary and Conclusion

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Student Evaluation Method: Simple evaluation will be done through classroom discussion and participation.

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