

## **RISE** — Peer Review Program

# R.I.S.E. "Resilience In Stressful Events" Peer Review Program

## 2024

#### **Objectives:**

At the conclusion of this education the learner will be able to:

- Describe the purpose of the RISE program
- List the common symptoms and reactions to stressful events.
- Identify how to cope with stress after adverse events
- List additional resources for practitioners with stress after events



## **RISE** — Peer Review Program

#### **R.I.S.E.** — Resilience In Stressful Events

The purpose of this program is to provide support to health care professionals and team members involved in stressful patient related events by assisting with the moral distress of caregiving.

Outreach can be for individuals or teams.

#### **RISE — Peer Support Program**

Health Care Professionals and team members can be emotionally impacted when involved in unanticipated patient events such as a CANDOR event, preventable loss of life, or other traumatic patient situations.

These events can lead to negative emotional consequences including a sense of isolation, self-doubt, depression, rumination, and anxiety.

#### **AWARENESS of Events and Responses**

Health Care Professionals and Team members should be alert to signs and symptoms of emotional distress in order to assist one another.

Psychological & Emotional	Psychological & Emotional	Cognitive	Physical	Behavioral
Depressed mood	Loss of interest	Inability to concentrate	Poor appetite or upset stomach	Hyperactivity, or less activity
Sense of hopelessness	Diminished sense of enjoyment	Excessive worrying	Insomnia	Increased use of alcohol or drugs
Feelings of inadequacy and loneliness	Anger, guilt, frustration	Irritability	Exhaustion	Social isolation
Loss of trust		Racing or intrusive thoughts	Headaches	Absenteeism
Recurrent images or thoughts of the events			Persistent cold like symptoms	

#### **Common Symptoms / Reactions to Traumatic Events**



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#### **Caring for Yourself**

It is important to be attentive to your own needs so you can heal and keep doing your important work with care, energy, and compassion.

1. Get enough sleep	6. Focus on what you did well
2. Get enough to eat	7. Learn from your journey
3. Do some light exercise	8. Avoid escaping your feelings by using unhealthy habits or substances
4. Vary the work that you do when possible	9. Set aside time for reflection or prayer
5. Do something you enjoy	10. Talk to a peer by calling the peer support line and/or seek counseling

#### **Coping with Stress After an Adverse Event**

#### Peer Support

Healthcare workers are more likely to talk to another person in Healthcare about a difficult event because of shared understanding of their work and the challenges involved.

We are committed to a peer support program for the well being of our team and have invested in training designated Peer Responders for team members and practitioners.



## **RISE** — Peer Review Program

**Additional Resources** 

#### ESCAMBIA COUNTY MEDICAL SOCIETY FOUNDATION –PHYSICIAN WELLNESS PROGRAM



Escambia County Medical Society Foundation - Physician Wellness Program

Helping Healers Heal

The Physician Wellness Program (PWP) provides a safe harbor for physicians to receive wellness coaching to address normal life difficulties in a confidential and professional environment.

Why was the program created?

A physician's life can be difficult. Problems with the current health care delivery system, maintaining a healthy work/life/family balance, and dealing with the normal stresses of everyday life do take their toil on physicians. Often our patients turn to us for counseling and guidance, but who can we turn to when we need to tak through an issue or get some coaching on how to handle the stresses in our lives? Too often the answer is 'no one,' and that is regrettable, because it is important that we be as healthy as possible in our roles as physicians. It is important that we function at our best in all areas of our lives. By addressing areas of difficulty, we can decrease our stress levels and increase our level of resilience and effectiveness.

Email:Patrick@psyassociates.com or call (850) 434-5033 x 8

### **RESOURCES FOR PHYSICIANS**



https://www.physicians upportline.com/

https://www.esca mbiacms.org/Phy sician-Wellness