

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.

Common Symptoms / Reactions to Traumatic Events

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	

RISE — Peer Review Program

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.

Coping with Stress After an Adverse Event

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

Peer Support

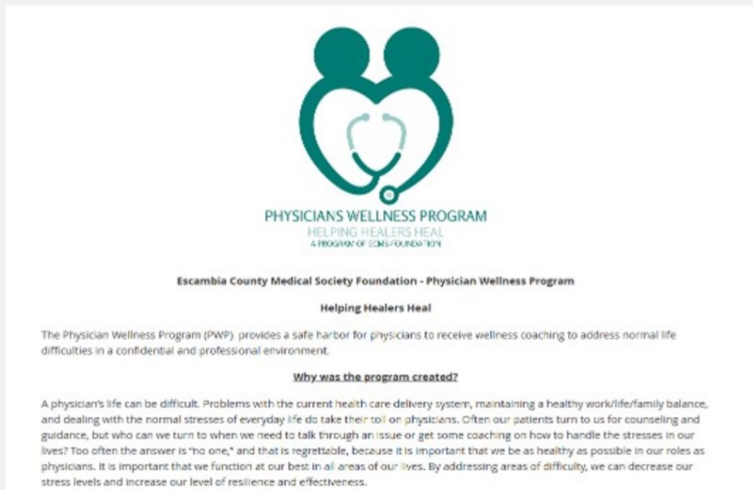
Healthcare workers are more likely to talk to another person in Healthcare about a difficult event because of shared understanding of their work and the challenges involved.

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

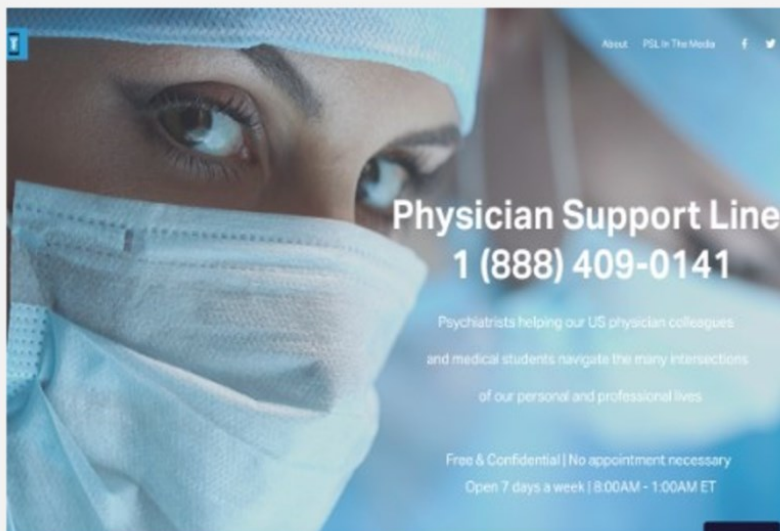
ESCAMBIA COUNTY MEDICAL SOCIETY FOUNDATION –PHYSICIAN WELLNESS PROGRAM



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

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

RESOURCES FOR PHYSICIANS



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