

Answers of interview questions

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Bader What is your immediate reaction to a death or serious injury encountered in missions, especially that of a child? I immediately feel shock and pain. Its like seeing my own child in that condition. Sometimes I have to fight back tears because I feel helpless.

2. What are the major categories of stress symptoms and how essential are they in identification and management of stress?

Nightmares, body pain, and lack of focus are for me important signs of stress and it is urgent to identify them immediately because it could lead to more serious matters if left undiagnosed and untreated.

3. What are some of the common techniques used in evaluation and management of stress in your scope of work?

Usually it is diagnosed by the length of time that the person is experiencing the symptoms. Sometimes one experiences it for weeks up to several months.

4. Which method has been the most effective for you in stress management?

Preparation is always the best for me - psychological preparation. And then after the mission, demobilization is good especially for large-scale missions. Its like a good rest and recharge.

5. Which other techniques would you recommend for stress management among paramedics?

I would recommend defusing as a good stress management technique. It is comfortable, private, and a bit personal. It can also be done a bit immediately after a mission so its like a quick stress-relief after all the emotional imbalance during the mission.

Fares

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1. What is your immediate reaction to a death or serious injury encountered in missions, especially that of a child?

Guilt. I feel immense guilt especially if the child dies. Its like Im partly to blame because I wasnt there by the time the child rally needs me.

2. What are the major categories of stress symptoms and how essential are they in identification and management of stress?

A combination of emotional and behavioural stress symptoms. Its like I forget how to have fun and always remember how the victim looked like... and I feel guilty again... and sometimes I get angry for no reason.

3. What are some of the common techniques used in evaluation and management of stress in your scope of work?

A common technique Im familiar with is checking how much a person is affected by the stress symptoms... like, does it really affect him much? Does it affect the family already?

4. Which method has been the most effective for you in stress management?

Defusing is good, and also demobilization... its like debriefing... and you do it in large groups. You get to share what youre going through with other people who might be going through the same thing. Its good.

5. Which other techniques would you recommend for stress management among paramedics?

Maybe defusing... because not all missions are large-scale... and at least when you do defusing, you get emotional social support from people around you, and it is very important.

Shabab

1. What is your immediate reaction to a death or serious injury encountered

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in missions, especially that of a child?

I feel guilty and I blame myself for not being that fast to help. Sometimes it comes to the point when you question your work and what its value is if you cant really save even a small child.

2. What are the major categories of stress symptoms and how essential are they in identification and management of stress?

Sometimes it is emotional. It could also be cognitive. It really affects the person and sometimes even the immediate family members and co-workers, so it is essential to diagnose it immediately to know the best intervention.

3. What are some of the common techniques used in evaluation and management of stress in your scope of work?

The degree and number of stress symptoms that a person feels is the most common technique used to determine the stress level of a person.

4. Which method has been the most effective for you in stress management?

Defusing is the most common I have experienced and it really helps a lot because it lets me immediately vent out the emotional turmoil at the moment I feel it.

5. Which other techniques would you recommend for stress management among paramedics?

Stress management is really best prevented at first. Any form of prevention like psychological preparation is best. One really needs to be ready for whatever motional and mental shock he can feel on a mission because it is dangerous to be in shock especially during the rescue.

Ali

1. What is your immediate reaction to a death or serious injury encountered

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in missions, especially that of a child of a child?

Anger is always common for me. I feel angry at whatever the cause sometimes, and it could be lack of security or anything.

2. What are the major categories of stress symptoms and how essential are they in identification and management of stress?

For me, especially if I encounter child accidents during a mission, I feel paranoid for my family - paranoid and helpless. It is disturbing. I always try to prevent possible causes although I know it is almost impossible. It is crucial to diagnose it because it can affect life.

3. What are some of the common techniques used in evaluation and management of stress in your scope of work?

Questions like how long have I felt it, or how many times have I felt it. It is also good to determine if it affects the personal and professional life of the person. For me, it does.

4. Which method has been the most effective for you in stress management?

Defusing is most effective for me. Also prevention thought preparation. If I am prepared for what I will see and experience, the effect is not so bad and easy to resolve even through talks or such.

5. Which other techniques would you recommend for stress management among paramedics?

I would recommend preparation, because it works best for me. Talking to other people is also good, like defusing. It gives me emotional support and strength to see it is not only me who is affected.