

STRESS NETWORK ANNUAL CONFERENCE

POST TRAUMATIC STRESS DISORDER
CAUSE AND EFFECT
EMPLOYER RESPONSE

28TH NOVEMBER 2010
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BRAVERY AWARDS

ABERFAN



ABERFAN 1966

144 PEOPLE DIED, 116 Children between 7 and 10



HILLSBOROUGH STADIUM 1989

LIVERPOOL v NOTTINGHAM FOREST



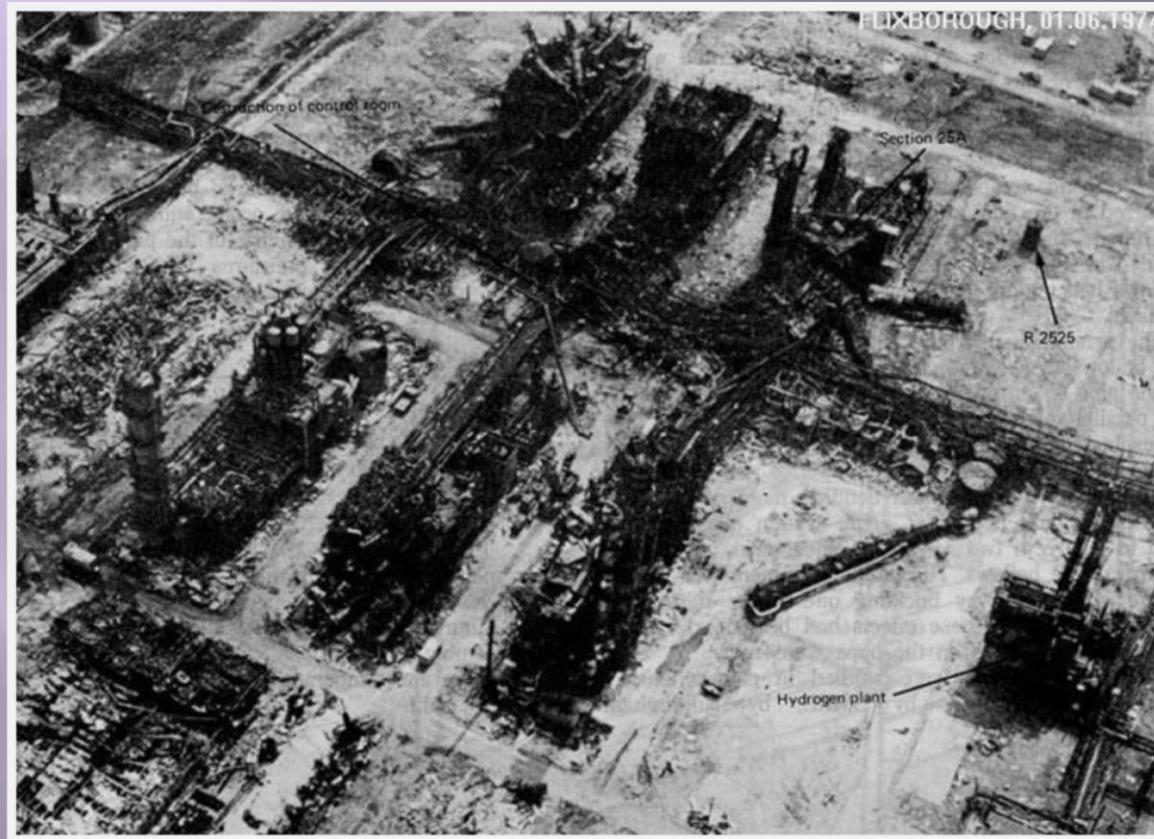
PIPER ALPHA PLATFORM 1988

168 PERISHED



FLIXBOROUGH – 1st JUNE 1974

28 DIE



**BRADFORD VALLEY PARADE STADIUM FIRE –
11th MAY 1985**

56 DIED



**CLAPHAM JUNCTION TRAIN CRASH – 12th
DECEMBER 1988**

35 DIED – 500 INJURED





DEPARTMENT OF TRANSPORT

Investigation into the Clapham Junction Railway Accident

Anthony Hidden QC



HER MAJESTY'S STATISTICAL OFFICE

KEGWORTH AIRCRASH EAST MIDLANDS

8th JANUARY 1989

47 DIED



POTTERS BAR TRAIN CRASH – 10th MAY 2002

7 DIED - 76 INJURED



BROADWATER FARM RIOTS - 1985

PC KIETH BLAKELOCK KILLED - 6TH OCTOBER 1985



Wapping news international - 1986

1986: Printers and police clash in Wapping

Eight police officers have been injured and 58 people arrested in the worst outbreak of violence yet outside the News International printing plant in Wapping, east London.



7/7 BOMBING 2005

Fifty-two civilians were killed in the attacks and around 700 were injured



September 21ST 2005

Lewis died as a result of an
accident on a recreation
ground



Six people dead in two-car crash

Nottinghamshire - Mother campaigns for bereavement support



TRAUMA IS DESCRIBED AS

- ▣ “Trauma is an emotional experience of shock and fear that one encounters after having met a traumatic event or stressor”

CAUSES

- ▣ INCIDENT ATTENDANCE
- ▣ PHYSICAL ATTACK
- ▣ FEAR OF PHYSICAL ATTACK
- ▣ CRIMINAL/MISCONDUCT ALLEGATIONS
- ▣ ROAD TRAFFIC COLLISION
- ▣ FIREARMS INCIDENTS
- ▣ DEATHS IN POLICE CONTACT

POST INCIDENT

- ▣ Overall most will recover without long term problems

HOW YOU MIGHT BE AFFECTED

- ▣ It is quite normal to experience a number of stress reactions that may continue for several weeks
 - Such as – Grief
 - ▣ These are shocking and emotionally overwhelming situations
 - It may affect
 - Family members
 - Friends
 - Witnesses
 - Not necessary those who were at the scene

HOW YOU MIGHT FEEL

▣ SHOCK

■ Feeling

Stunned

Dazed

Numb

Cut off from your emotions and

What is going on around you

HOW YOU MIGHT FEEL

▣ DENIAL

- Finding it difficult to accept that this has happened
- Behaving as if it hasn't happened
- ▣ Over a period of days the feeling of shock gradually fades
- ▣ At this stage other reactions may take place
 - Triggers

REACTIONS

- ▣ Tearfulness & Sadness
- ▣ Fear & Anxiety
- ▣ Feeling Numb or Dreamlike
- ▣ Unpleasant thoughts & images about the event
- ▣ Nightmares
- ▣ Reluctance to discuss the event or wanting to talk about it all the time
- ▣ Sleep difficulties & tiredness

REACTIONS cont...

- ▣ Feeling helpless
- ▣ Feeling angry or irritable
- ▣ Avoidance
- ▣ Guilt or blame
- ▣ Concentration and memory problems
- ▣ Headaches & bodily pain
- ▣ Young people become unsettled in their behaviour, becoming clingy and demanding

REACTIONS

- ▣ These reactions are:-
 - Normal
 - Understandable, and
 - Usually reduce over time

REALITY

- ▣ Police Officers all over the world respond to their occupational traumas in various ways and use different coping strategies :-
 - When conventional coping strategies fail one must find alternatives or one cannot go on living Myers (1983)
 - ▣ Common choices are:-
 - Alcohol
 - (Myers 1983:37)

EFFECTS

- ▣ In addition
 - Trauma related psychological difficulties can manifest in marital problems and divorce.
 - Suicide among police officers frequently mentioned as a consequence of the stresses and strains of police work (Terry III, 1983: 441).
 - The link between alcohol and suicide within the police in Chicago indicated that alcohol abuse was involved in 12 in 20 suicides with 9 in 12 having a substantial quantity of alcohol in their bodies at the time (Wagner & Brzeczek, 1983 cited in Arrigo & Garsky, pp620)

Employment of avoidance strategies for coping with traumatic conditions

- Avoidance of
 - Distressing material
 - by refusing to acknowledge
 - emotional effect
 - pushing it away from awareness(
(Reiser & Geiger, 1984:p142)
 - If this occurs more to develop
 - Psychological or
 - Psychiatric stressors
 - Unlike those who accept and acknowledge the effects of stressors
 - (Aaron ,2000: 58)

EMPLOYER RESPONSE

- ▣ Occupational Health
 - TRiM
- ▣ Literature
 - NICE guidance
- ▣ Helplines
 - NHS Trauma Response

EMPLOYER RESPONSE

- ▣ Staff Associations
- ▣ Support Networks
 - Internal
 - External
 - ▣ The Samaritans
 - ▣ Cruse
 - ▣ Disaster Action
 - ▣ Assist Trauma Care

TO CONCLUDE - TRiM

- ▣ Trauma Risk Management
 - The facts
 - ▣ Morally justified
 - ▣ Legally necessary
 - ▣ Makes economic sense to avoid the loss of valuable staff