

Psychobiological responding and recovery during high-fidelity training in pre-hospital emergency medicine

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Background



- ψ Highly demanding roles
- ψ Sustained levels of physical & cognitive demand
- ψ Typically acute, but frequent traumatic events

ψ High risk of burnout

Methods

High-fidelity Training

Day 1 Refresher & Human Factors	Day 2 Surgical Skills	Day 3 Obstetrics & Paediatrics	Day 4 Transfers	Day 5 Swift Water Rescue
Day 8 Extraction	Day 9 Height & Heat	Day 10 Large scale day-night RTC	Day 11 Firearms	Day 12 Final Moulage



Mood & Distress Anticipations

Mood & Distress Experiences