

# Postgraduate Certificate

## Prevention and Management of Stress in Emergency Situations





## Postgraduate Certificate Prevention and Management of Stress in Emergency Situations

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/pk/nursing/postgraduate-certificate/prevention-management-stress-emergency-situations](http://www.techtute.com/pk/nursing/postgraduate-certificate/prevention-management-stress-emergency-situations)

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# 01

# Introduction

In crisis situations, stress can lead to a neurological lack of control in individuals, making it difficult for them to manage their emotions effectively. The work stress and frequent tension due to exposure to catastrophes, aggressive patients and cases of autolysis that occur daily can lead to neurological deterioration for experts working in the healthcare field. In this regard, nurses themselves can provide support to their fellow professionals by implementing stress management techniques during emergency situations. TECH has developed a program that centers on the most effective and innovative protocols for handling traumatic situations. All of this is made possible through a 100% online format, enabling students to tailor their study schedule according to their personal and professional requirements.





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*In a span of just 6 weeks, this course will equip you with the most effective therapeutic strategies to combat stress in emergency situations”*

Healthcare personnel are also among the individuals who suffer from the continuous stress resulting from the situations they encounter on a daily basis during the course of their work. In such cases, specialists need professional colleagues who are well-versed in the best care techniques and protocols for managing critical stress or panic effectively. In this manner, other experts can safeguard their colleagues from developing progressive mental disorders, primarily stemming from behavioral issues that may impede their work skills and impact various aspects of their lives.

To address this demand, TECH has crafted a comprehensive and rigorous qualification tailored for healthcare professionals. Moreover, this program has been collaboratively designed with a team of experts working in clinical centers who have firsthand experience of the work stress faced by Nursing specialists and other related disciplines. The Diploma in Prevention and Stress Management in Emergency Situations is a comprehensive program that delves into the various characteristics of emergency situations, mediational factors, and critical situations with psychological impacts.

The main objective of this program is to expand the knowledge of nurses, empowering them to effectively intervene in situations of stress caused by burnout, coping challenges, or pathologies derived from the work environment. Among other conditions, students will gain the skills to provide care for patients with Burnout syndrome and post-traumatic stress disorder. This program offers a dynamic and multidisciplinary academic experience, providing healthcare personnel with theoretical and practical tools for 150 hours. Throughout the course, they will focus on honing their therapeutic competencies. To achieve this goal, you will have access to the best syllabus, enriched with clinical cases based on real situations, and a plethora of high-quality additional materials. All of this is made possible through a 100% online format, providing you with the flexibility to adapt the course to your schedule and allowing for a seamless and convenient learning experience.

This **Postgraduate Certificate in Prevention and Management of Stress in Emergency Situations** contains the most complete and up-to-date scientific program on the market.

The most important features include:

- ♦ The development of practical cases presented by experts in Emergency Psychology
- ♦ The program incorporates graphic, schematic, and practical contents that offer both scientific and practical information on the disciplines crucial for professional practice
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection work
- ♦ Content that is accessible from any fixed or portable device with an internet connection



*Enroll now in this degree program to gain a deeper understanding of the origin of stress in emergency personnel and the pathologies that arise from it. By doing so, you can update your health competencies"*

“ *This program is tailored for professionals like you, who seek to enhance their skills in the health field, enabling them to confidently respond to any emergency situation* ”

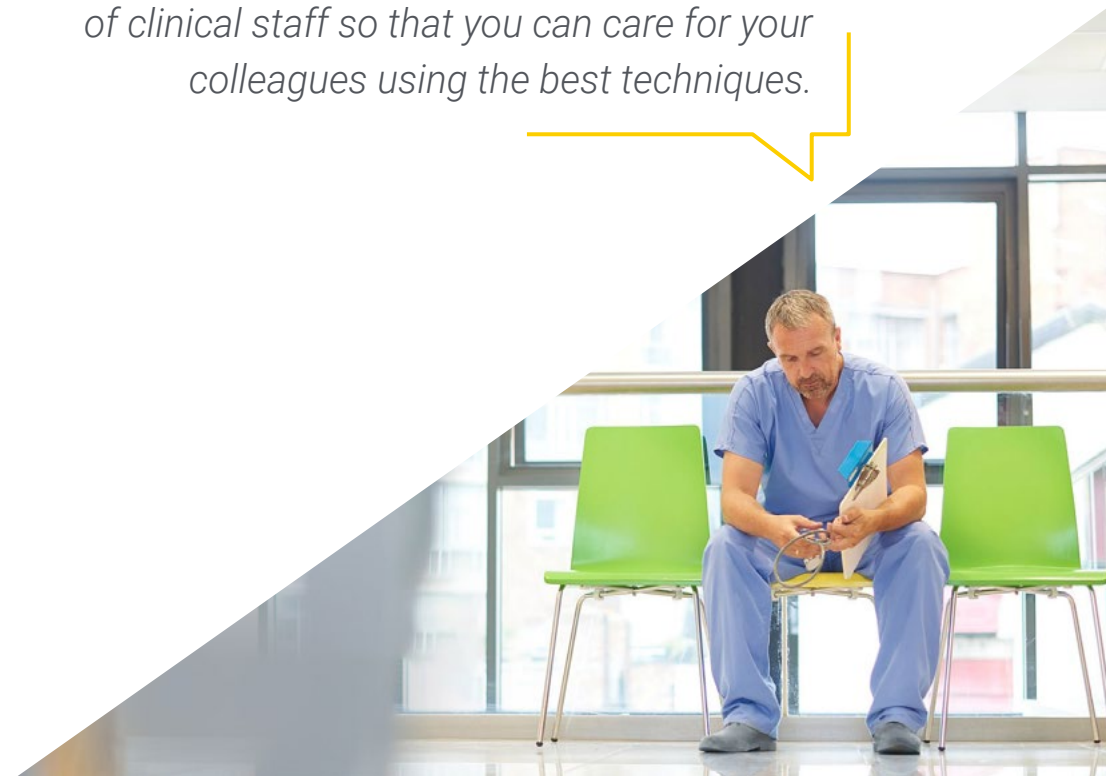
The teaching staff of this program comprises professionals from the sector who bring their valuable work experience to the training, alongside recognized specialists from reference societies and prestigious universities.

The program utilizes multimedia content developed with the latest educational technology to provide professionals with a situated and contextual learning experience. By leveraging a simulated environment, participants can engage in immersive education that closely replicates real-life situations.

The program is designed with a strong emphasis on Problem-Based Learning (PBL), where professionals are challenged to solve various real-life professional practice situations that arise throughout the academic course. To support this approach, the program incorporates an innovative interactive video system developed by renowned experts.

*TECH has assembled an experienced teaching team in the area of emergency medicine to effectively convey all the theoretical and practical knowledge to the professionals who enroll in the program.*

*The program delves into the psychological consequences rooted in the continuous stress of clinical staff so that you can care for your colleagues using the best techniques.*



# 02 Objectives

The main objective of certificate in Prevention and Management of Stress in Emergency Situations is to update the knowledge of health professionals in Psychology, with a specific focus on the prevention of stress in such environments, among other pertinent topics. In this manner, students will not only gain insights into protective and risk factors in trauma but also delve into post-traumatic stress and secondary post-traumatic stress. All of this is offered within a dynamic study structure that facilitates the understanding and assimilation of general techniques for the prevention and management of stress.







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*Are you interested in enhancing your performance in the emergency department? Achieve your professional goals now with a degree that is tailored to you and your specific needs”*



## General Objectives

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- ♦ Delve into stress as a consequence of exposure to a traumatic situation in the professional's work environment
- ♦ Understand the strategies and guidelines for working with emergency service first responders when a psychological impact occurs



*Don't hesitate any longer, delve into the study of the most frequent psychological pathologies experienced by emergency personnel as a result of their exposure to catastrophes"*





## Specific Objectives

- ◆ Understand the impact of stress and emergency situations on emergency personnel
- ◆ Study the psychological impact of exposure to emergency situations on emergency professionals
- ◆ Learn the main stress management and psychological impact prevention techniques for emergency personnel

03

# Structure and Content

TECH has assembled a team of experts who have contributed reliable knowledge reflected in the syllabus, and they will also share their real-life experiences with the students in this program. Furthermore, thanks to the diverse materials provided by TECH, students will have access to activities, video summaries, and downloadable content that can be saved on their devices. This allows them to refer back to the materials even after completing the program, facilitating continued learning and reference. Additionally, it is important to mention the prestigious Relearning pedagogical methodology applied by TECH, which enables students to avoid extensive memorization and instead, facilitates a gradual and steady assimilation of all the course contents.





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*A program tailored for in-depth study of Burnout Syndrome, encompassing its characteristics and equipping you with psychological therapeutic strategies to effectively address it”*

## Module 1. Prevention and Management of Stress in Emergency Situations

- 1.1. Characteristics of Emergency Situations, Influencing Factors and Critical Psychological Impact Situations.
  - 1.1.1. Introduction to Psychological Impact
  - 1.1.2. Characteristics of Emergency Situations Influencing Psychological Impact
- 1.2. Psychological Impact on the Professional
  - 1.2.1. Trauma
  - 1.2.2. Vicarious Traumatization
  - 1.2.3. Disaster
  - 1.2.4. Relationship between Trauma and Disaster
- 1.3. Protective and Risk Factors in Trauma
  - 1.3.1. Protective Factors in Trauma
  - 1.3.2. Risk Factors in Trauma
- 1.4. Coping
  - 1.4.1. Empathy Fatigue
  - 1.4.2. Prevention
  - 1.4.3. Adaptation Mechanisms
- 1.5. Consequences of Psychological Impact
  - 1.5.1. Main Consequences of Psychological Impact
  - 1.5.2. Psychological Impact as a Factor in Post-traumatic Stress Disorder
  - 1.5.3. Treatment
- 1.6. Occupational Stress
  - 1.6.1. Conceptualization of Stress
  - 1.6.2. Risk Factors in Stress
  - 1.6.3. Consequences of Occupational Stress





- 1.7. Effects of Stress on Emergency Personnel
  - 1.7.1. Sources of Stress in Emergency Personnel
  - 1.7.2. Factor Affecting of Stress in Emergency Personnel
  - 1.7.3. Effects of Stress on Emergency Personnel
- 1.8. Pathologies that may Arise
  - 1.8.1. Post-Traumatic Stress and Secondary Post-Traumatic Stress
  - 1.8.2. *Burnout Syndrome*
  - 1.8.3. Countertransference
- 1.9. Pathologies in Emergency Personnel
  - 1.9.1. Post-Traumatic Stress and Secondary Post-Traumatic Stress
  - 1.9.2. *Burnout Syndrome*
  - 1.9.3. Countertransference
  - 1.9.4. Differences
- 1.10. General Techniques and Healthy Habits
  - 1.10.1. General Techniques for Stress Prevention and Management
  - 1.10.2. Healthy Habits as an Influential Factor
  - 1.10.3. Sleep

“ Enhance and update your knowledge in treatments to combat stress in patients who are exposed daily to extreme situations, including your own colleagues”

# 04

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.







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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization”*

## At TECH Nursing School we use the Case Method

In a given situation, what should a professional do? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Nurses learn better, faster, and more sustainably over time.

*With TECH, nurses can experience a learning methodology that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, in an attempt to recreate the real conditions in professional nursing practice.

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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.



*The nurse will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*

At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is really specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch them as many times as you want.



### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.  
Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



# 06 Certificate

The Postgraduate Certificate in Prevention and Management of Stress in Emergency Situations guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





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*Upon successfully completing this program, students will receive their university qualification without the need to travel or go through cumbersome paperwork”*

This **Postgraduate Certificate in Prevention and Management of Stress in Emergency Situations** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Prevention and Management of Stress in Emergency Situations**

Official N° of hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.



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