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A New Digital Training Helps EMS Clinicians Find Meaning in Daily Work Stressors

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CONTEXT

Stressful calls are part of the job for emergency medical service (EMS) clinicians, putting them at higher risk for conditions like anxiety, depression, and posttraumatic stress disorder (PTSD). A new daily digital training helped clinicians find meaning in those stressors, a first step toward protecting their mental health. This early-stage pilot study tested the training with 83 clinicians.

17%

higher meaning-making scores for clinicians who received the training than for those who did not

6 of 8

daily surveys completed by clinicians, on average

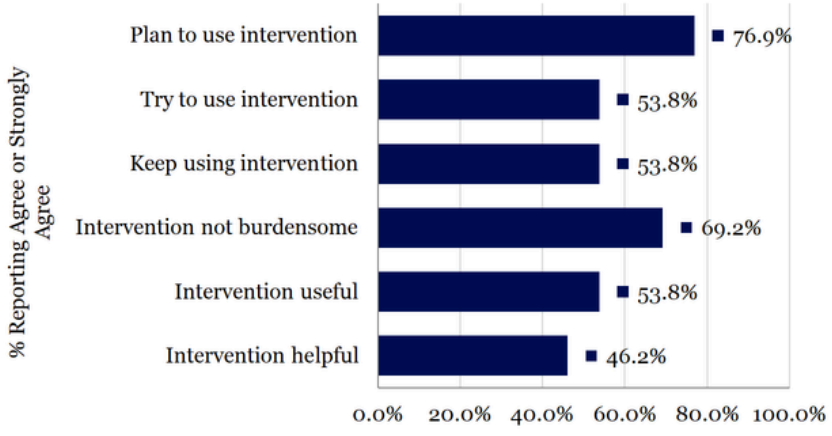
84%

of EMS clinicians completed at least one full daily survey

KEY FINDINGS

- Clinicians who used the training found more meaning in their daily work stressors than those who did not, and this benefit grew the longer they used it.
- Most clinicians who rated the training planned to keep using it and did not find it burdensome.
- The training did not yet lead to clear improvements in other coping behaviors or in PTSD, anxiety, or depression symptoms, which points to where the next version can be strengthened.

EMS Clinicians Generally Found the Training Useful and Planned to Keep Using It



WHAT IT MEANS FOR POLICY

- Fund low-cost digital trainings that do not require a clinical team to deliver
- Offer mental health support to all clinicians, not just those who already have symptoms

WHAT COMMUNITIES CAN DO

- Advocate for better mental health support for first responders
- Help clinicians make short breaks between calls more restorative

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