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## Development of a novel method to conduct defusing sessions via remote connections

**Background** Police, firemen and health care personnel regularly face death, acute crisis, and accident situations at work. Therefore, methods like debriefing and defusing have been developed to reduce the risk of post-traumatic stress. However, it is difficult to bring together all the personnel and the authorities involved, as the units usually return to their bases and stations after the joint mission. Better handling of stressful situations can improve well-being at work, commitment to work and coping at work.



**Aim** The project aimed to create a national eDefusing training model, that provides police, firemen and health care personnel with preparedness to conduct multi-professional defusing via remote connections.

**Methods** The project developed a national eDefusing training model, to conduct defusing sessions via remote connections. The model consists of two modules:

- eDefusing module 1: Reverse learning, peer learning, online workbook, online lectures

- eDefusing module 2: Case-based learning, peer learning, video scenarios with the different camera views, themes: death of a child, accidental death, violence against an employee

eDefusing exercises

### References:

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**Results** As the result the eDefusing training material contains video lessons (principles of defusing procedure, meeting in crisis, dealing with burdensome situations, resolving critical situations, and coping at work) and eDefusing exercises, and 2) a novel method to provide defusing using remote connections. The eDefusing training model will be evaluated by professionals in practical online exercises with conducting defusing sessions.

**Conclusions** The risk of post-traumatic stress reduces, as mentally stressful situations can be resolved immediately after an incident via remote connections, no matter how far apart the stations and participants are.