

My learning from ICPAN 2023 International Opvågningspsygepleje Konference i Amsterdam. "The would starts outside your comfort Zone".

How to perform under pressure with Erik Hein and Ruben Verlangen.

Erik Hein is a former police firearms instructor and simulation trainer. He designs and supervises stress exposure training for police, acute care, and other high-pressure professions. Erik wrote the standard work "frontline training" for trainers of first respondents. Together with Ruben Verlangen he developed the 2-day performing under pressure training for ambulance personal and for acute care personnel in hospitals. Erik studied exercise science and psychology at university of Groningen.

Ruben Verlangen : Educator and ambulance nurse at the METS Center in Bilthoven. Board member Dutch Resuscitation Council. Together with Erik Hein he developed the 2-day performing under pressure training for ambulance personnel and for acute care personal in hospitals.

The environment for the paranesthesia nurse could be demanding, with kind of pressure. Pressure effects not only the ventilation of the patient, but also yourself and the team. In this meeting we challenge you to look, listen and feel your own pulse and breathing rate. What do you register under pressure and how can you perform without performance loss.

Erik and Ruben invite too this workshop if you want to be challenged out of your comfort zone.

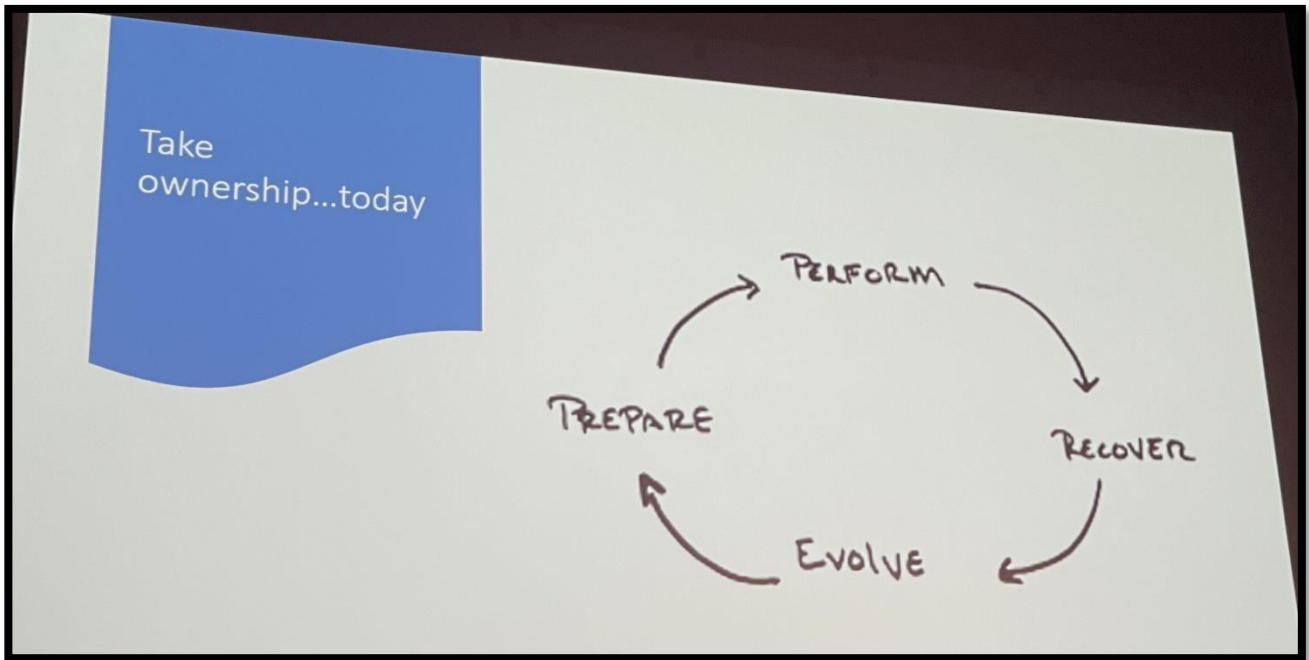
Performance under pressure → Excellence doesn't happen by accident.

Take ownership today → Prepare → Perform → Recover → Evolve → in your work.

Prepare → Perform:

Erik Hein Prepare his shooting test, so he can Perform, and then → Recover → Evolve.

The professionals sport people prepare, perform, recover, evolve their sport, fx. a runner, a football player.



See the Film: Just A Routine OPERATION.

THE BROMILEY CASE → Human Factors in the CLINICAL Environment.

The first law → Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

SOP-2: Scan en Breathe

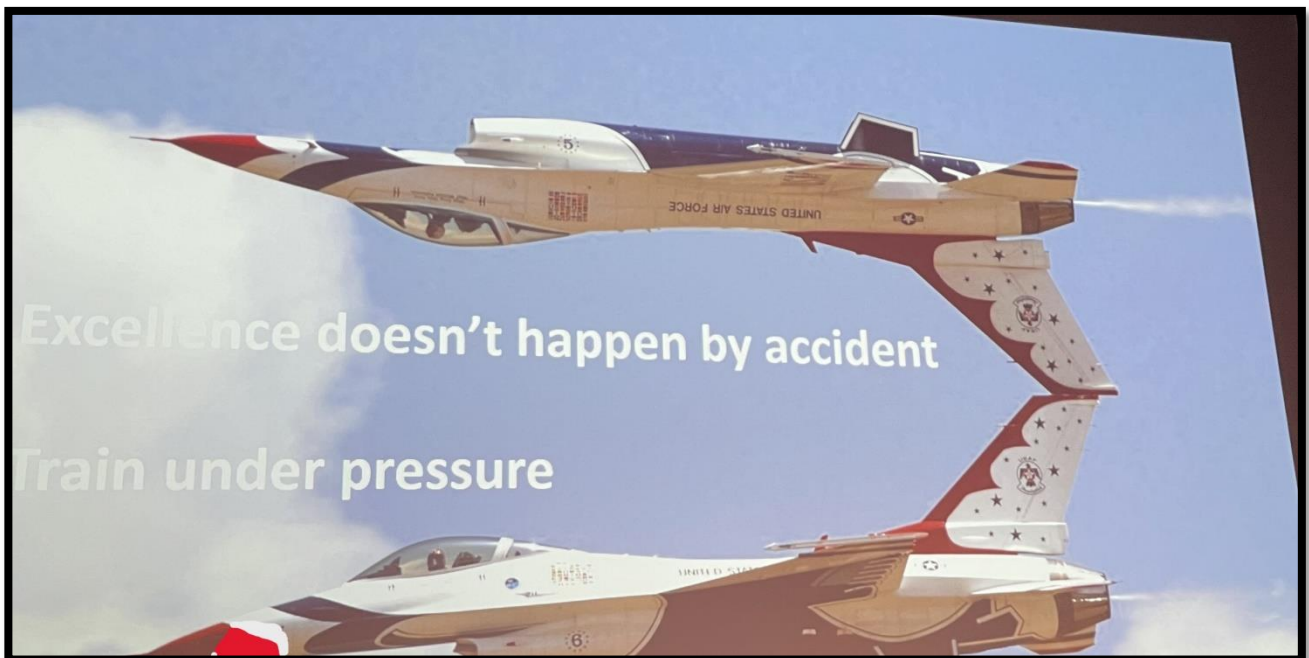
STOP!

STAND STRONG
STEP BACK
BREATH OUT
ZOOM OUT

THE TOOLS TO NOW STRESS.

- The Tools → Standard Operating Procedure (SOP)
- SOP-1 → Recognize
- SOP-2 → If you feel the need to speed up → Scan and Breathe → STOP!
- STAND STRONG
 - STEP BACK
 - BREATH OUT
 - ZOOM OUT

Excellence doesn't happen by accident. Train under pressure.



For at prøve vores stress af, var nogle af konferencedeltagerne oppe at prøve et par stress øvelser.

Øvelse 1: Kaste en sandsæk og ramme en dåse, som et offer stod med på hovedet.

Øvelse 2: Samle en bue på tid, og derefter skyde på en skydeskive som et offer stod med på maven.

Undgå STRESS på traumestuen.

→Lad kun det nødvendige personale være på traumestuen, alt andet personale skal blive udenfor og kigge ind ad et vindue.

→Plant fødderne godt og fast på jorden, så du har grund fornemmelse.

→Tæl til 3 i en dyb indånding.

→Tæl til 6 i en dyb udånding.

→Få øjenkontakt til dine samarbejdspartnere.

→Tag en ting ad gangen.

MVH

Angelika Marie Grelck Væggemose