

Royal Newfoundland Constabulary

Investigational Findings/Record Book



CRITICAL INCIDENT STRESS INFORMATION SHEETS

You have experienced a traumatic event or a critical incident (any event that causes unusually strong emotional reaction, that have the potential to interfere with the ability to function normally). Even though the event may be over, you may now be experiencing or may experience later, some strong emotional or physical reactions. It is very common, in fact quite*normal*, for people to experience emotional aftershocks when they have passed through a horrible event.

Sometimes the emotional aftershocks (or stress reactions) appear immediately after the traumatic event. Sometimes they may appear a few hours or a few days later. And, in some cases, weeks or months may pass before the stress reactions appear.

The signs and symptoms of a stress reaction may last a few days, a few weeks, a few months, or longer, depending on the severity of the traumatic event. The understanding and the support of loved ones usually cause the stress reactions to pass more quickly. Occasionally, the traumatic event is so painful that professional assistance may be necessary. This does not imply craziness or weakness. It simply indicates that the particular event was just too powerful for the nerson to manage by himself.

Here are some common signs and signals of a stress reaction:

Physical 4	Cognitive		Emotional		Rehavioral
clais	confusion	5.5	<u>ਵਿਚਾ</u>		with drawal
thirst fatigae	nightmares uncertainty		guilt grief		antisocial acts inability to cest
អស់ទេ៩១ នៃដៃសេច្ច	nypervigilance suspiciousness		panie denial		intensified pacing arratic movements
twitches vomiting	intrusive images blaming someone	-	anxiety agitation		change in social
dizziness weakness	poor problem solving poor abstract thinking	1	irritability depression	Th.	change in speech
chest pain headaches	poor attention/ decisions poor concentration/memory	. 10	intense anger apprehension		loss or increase of appetite
elevated BP rapid heart rate	discrientation of time, place or person	- 7	emotional snock emotional outbursts		hyperalert to environment
muscle tremors shock symptoms	difficulty identifying objects or people	1	feeling overwhelmed loss of emotional		eonsumption
grinding of teeth vis tol difficulties profuse sweating	heightened or lowered atertness increased or decreased	- 2	control inappropriate emotional response		dange in usual communications etc
difficulty breathing etc	awareness of surroundings		215		CARALLY.

* Any of these symtoms may indicate the need for medical evaluation.

When in doubt, contact a physician.

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Here are some common signs and signals of a stress reaction:

Physical*	Cognitive	Emotional	Behavioral
chills	confusion	fear	withdrawal
thirst	nightmares	guilt	antisocial acts
fatigue	uncertainty	grief	inability to rest
nausea	hyper-vigilance	panic	intensified pacing
fainting	suspiciousness	denial	erratic movements
twitches	intrusive images	anxiety	change in social
vomiting	blaming someone	agitation	activity
dizziness	poor problem solving	irritability	change in speech
weakness	poor abstract thinking	depression	patterns
chest pain	poor attention/decisions	intense anger	loss or increase of
headaches	poor concentration/memory	apprehension	appetite
elevated bp	disorientation of time, place	emotional shock	hyper-alert to
rapid heart rate	or person	emotional outbursts	environment
muscle tremors	difficulity identifying	feeling overwhelmed	increased alcohol
shock symptoms	objects or people	loss of emotional	consumption
grinding of teeth	heightened or lowered	control	change in usual
visual difficulties	alertness	inappropriate emotional	communications
profuse sweating	increased or decreased	response	etc
difficulity breathing	awareness of	etc	
etc	surroundings		
	etc		

*Any of these symptoms may indicate the need for medical evaluation. When in doubt, contact a physician.

Critical Incident Stress Management (CISM): Group Crisis Intervention, $4^{\rm th}$ Edition, June 2006, International Critical Incident Stress Foundation, Inc.

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