



# EMT and Emergency Responder Self-care App (20140245, Dr. Debra Olson)

## EMT Health Risks

Emergency event responders have some of the world's most important jobs, but also some of the most personally taxing. Occupations, such as EMT, deal with injury, death, risk, trauma of fellow human beings which increases the risk of psychological and physical detriment to the occupation holder. To ensure that responders maintain personal care in areas of nutrition, hygiene, and psyche is critical to their job performance and personal well-being. Because responders are constantly mobile, there exists a need for a mobile application reminding responders of their own needs.

## Emergency Responder Self-care App

This mobile app aids those deployed to emergency response events in maintaining their own physical, emotional, and social well-being. It provides checklists for before, during, and after deployment that help responders pack for deployment, take care of daily needs, maintain important relationships, reflect on experiences, and more. Customizable reminders ensure that critical tasks are not forgotten and tips explain why certain aspects of self care are vital. A variety of responders will find this app useful to help manage their self care while working in demanding situations, when caring for oneself is essential in order to help and care for others.

The Emergency Responder Self Care App is available [here](#).

## BENEFITS AND FEATURES OF EMERGENCY RESPONDER SELF CARE APP

- Checklists for before, during, and after emergency response deployment
- Encourages physical, emotional, and social well-being to maximize performance
- Customizable reminders are tailored to situation and responder

**Phase of Development** Product Available [here](#).

## Researchers

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