# 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 <u>here</u>.

## 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

Debra K. Olson, DNP, MPH

Professor, School of Public Health, Division of Environmental Health Sciences

External Link (sph.umn.edu)

Tai Mendenhall, PhD

Associate Professor, College of Education and Human Development External Link (www.cehd.umn.edu)

## **Technology ID**

20140245

## Category

Life Sciences/Health IT
Software & IT/Education &
Training
Software & IT/Health IT
Software & IT/Mobile Apps

## View online

