

State of Israel Ministry of Health
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FACTORS THAT INFLUENCE THE NURSES ABILITY TO PLAY A SUPPORTING ROLE IN A STRESS CENTRE

PROJECT RATIONALE

The continuous necessity of Israeli society to cope with difficult traumatic events such as war, terror attacks and disasters has resulted in, and will further result in many physical and emotional casualties.

We are constantly under threat and enduring stress of new traumatic events.

Since 2001 the State of Israel has endured 158 terror attacks against its citizens in which 555 were killed and more than 3,500 injured.

WHY WAS THE IDEA BORN IN THE JERUSALEM CENTRE?

Almost one third of the mentioned terror attacks occurred in Jerusalem and in addition to every physical injury, 5-9 victims suffer emotional trauma, a fact which demands professional intervention.

A fifth of the terror attacks took place in the metropolitan area between Herzliha & Rishon Lezion.

We at the Jerusalem Mental Health Center strongly believe in the professionalism and experience of psychiatric nurses, and thus regarded it necessary to enlist these nurses to contribute in Stress Centers.

RESEARCH RESULTS

85% of psychiatric nurses are interested to volunteer in a Stress Centre for one or more of the following reasons:

ALTRUISM - "It is important for me to help someone in distress."

"Humanitarian reasons."

"Interested in helping people who have suffered emotional trauma."

PERSONAL STRENGTH - "Another tool in my toolbox."

"A new and interesting tool."

"To try something new."

PATRIOTISM - "To be part of the national and public effort."

"Unfortunately in our country it is a common occurrence

and every citizen should do his part."

"My obligation as a citizen/"

15% of psychiatric nurses reported that they were not interested to work/volunteer in a stress centre, the reasons being:

Family, Lack of knowledge, Emotional reasons.

POST-COURSE DATA

24 nurses completed the course.

Workshop participants expressed their interest to work/volunteer in the Stress Centre.

The majority of people spoke of national effort.

All course participants were able to define emotional trauma and the principles of treatment.

All participants expressed their satisfaction with the course, describing it as a learning experience, and many were grateful for the opportunity to process personal experiences. They became an integral part of the course.

SUMMARY AND CONCLUSIONS

Course instructors must be educated in Traumatic Psychotherapy and experts in the field.

Psychiatric nurses desire to play a role in Stress and Emotional Trauma Centers.

The course was a great success, and it is our wish to continue to provide additional courses to all