

Trauma Prevention and Management for First Responders and Health Care Workers

1 BACKGROUND

Sentinel is a digital solution designed to prevent and manage traumatic psychological stress, while also fostering post-traumatic growth and mental resilience.

It is provided to organisations where employees experience trauma as part of their daily work activities, and has been developed in collaboration with the University of Strathclyde.

2 THE PROBLEM

Frontline workers are dealing with undiagnosed and unrecognised trauma symptoms on a daily basis; directly affecting their mental and physical health.

The highest diagnosed psychological disorders among emergency staff were anxiety (19.3%) and mood disorders (10.2%).

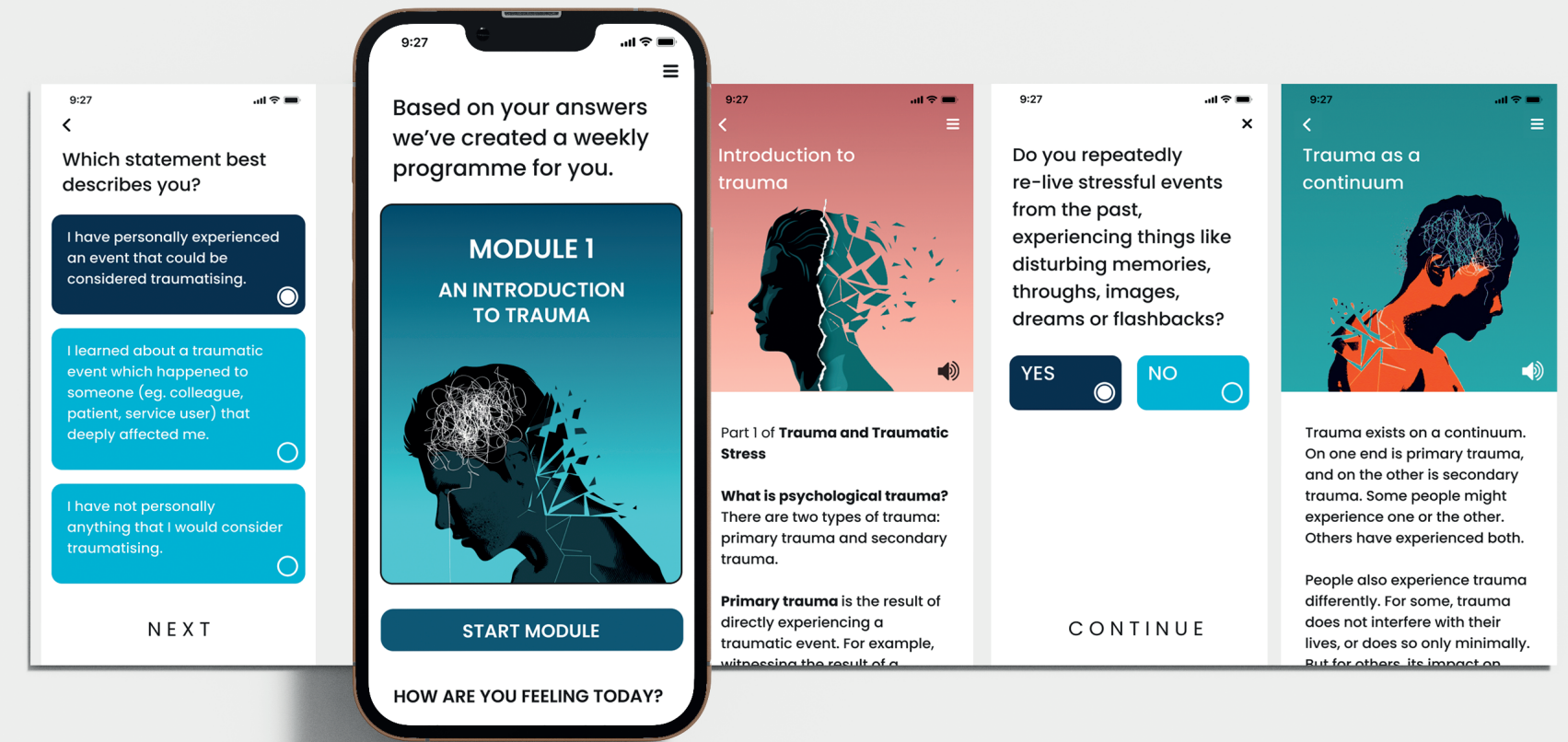
The prevalence of PTSD among health care workers in the UK alone was 13.52%.

3 OUR SOLUTION

Sentinel is being developed as an AI-powered mobile application with accessible online resources for first responders and healthcare workers, and is designed to work in tandem with clinicians (complementary) or stand alone (prevention and management).

Sentinel adopts an inclusive, destigmatising and proactive approach to the prevention and management of workplace trauma and aims to facilitate post-traumatic growth.

Our innovative digital intervention is being co-created with and designed for front line workers. Upon its debut, it will be unique in the market, as a specialist digital intervention solution for the prevention and management of traumatic stress.



The "Personas" allow Sentinel to decide what intervention modules to give to users, and when, depending on their experience of traumatic stress and other core presenting problems (comorbid anxiety and/or depressive symptoms).

4 A PERSONALISED INTERVENTION

Trauma Prevention and Management

Sentinel is an evidence-based, trauma management application that utilises Dynamic Profiling to create a tailored and supportive experience for the end user. Using a combination of cognitive behavioural techniques and exercises mixed with various modes of engagement (daily, weekly, triggered and discrete) the user is provided with visual, auditory and kinaesthetic content.

Depending on the specific needs of the user, the app features Psychoeducation (Understanding Trauma), Grounding Techniques, Sleep Therapy, Physical Relaxation, Psychological Safety Anchors and Coping Strategies, Journaling, Mood Reporting & Tracking, Progress Tracking, Mindfulness and Yoga Exercises, CBT Exercises and Awareness and Spiritual Healing practices.

Sector Specific

The Sentinel solution is fully customisable per organisation and we have created sector specific product variants which are designed to specifically meet the needs of various groups of workers who identify through common, shared, traumatic events and experiences in their workplace.



Sentinel variants are tailored to the organisation, sector and the employee experience.

5 CARE STRATEGIES

Recognise.

Educates users about trauma and their specific conditions. Evidence-based, psychoeducation modules provide knowledge on trauma, while dynamic profiling is utilised to ascertain an individual's condition, including the identification of their triggers.

Remedy.

Enhances the user's wellbeing through persona-based remedial care programs and techniques such as journaling, mood tracking and CBT exercises.

Respond.

Equip users with innovative tools to manage specific experiences, such as panic attacks or sleep disorders.

Resilience.

Fortify the user, encouraging post-traumatic growth through long-term engagement with the solution.

"I've got no PPE to protect my mind"

(John, Paramedic)



CATEGORY	Modules	CATEGORY	Modules
Increasing Knowledge of Trauma and Traumatic Stress	3	Improving Social Connectedness	1
Increasing Knowledge of Post-Traumatic Growth	2	Increasing Levels of Physical Activity	4
Increasing Mind-Body and Emotional State Awareness	12	Reducing Levels of Sedentary Behaviour	5
Learning Strategies to Cope with Present Distress	15	Increasing Resilience	1
Improving General Mood and Affect	10	Spirituality and Religious Healing	1
Improving Sleep	5		

Table 1

