




Belgian
Red Cross
Flanders

- 
1. What is the current evidence base for PFA?
 2. What are the challenges of conducting research on PFA?
 3. Is it possible to conduct high-quality research on PFA? How would they look?

What is the current evidence base for PFA ?

What is the current evidence base for PFA ?

- + What is evidence based practice?
- + What is PFA?
- + What is the aim of PFA ?

What is the current evidence base for PFA ?

Centre for Evidence Based Practise CEBaP

<http://www.cebap.org/>



Example: Tents Guidelines



- 1. systematically reviewing the current research evidence** regarding psychosocial care following disasters and major incidents, and
- 2. a Delphi process involving 106 professionals** and experts from 25 different countries.



THE TENTS GUIDELINES
FOR PSYCHOSOCIAL CARE
FOLLOWING DISASTERS AND MAJOR INCIDENTS



Tents Guidelines

2. General components of the response

- 2.1 The response should promote a sense of safety, self and community efficacy/empowerment, connectedness, calm and hope.

this components refer to the Hobfoll elements

Five Essential Elements of Immediate and Mid–Term Mass Trauma Intervention: Empirical Evidence

Stevan E. Hobfoll, Patricia Watson, Carl C. Bell, Richard A. Bryant, Melissa J. Brymer, Matthew J. Friedman, Merle Friedman, Berthold P.R. Gersons, Joop T.V.M de Jong, Christopher M. Layne, Shira Maguen, Yuval Neria, Ann E. Norwood, Robert S. Pynoos, Dori Reissman, Josef I. Ruzek, Arieh Y. Shalev, Zahava Solomon, Alan M. Steinberg, and Robert J. Ursano

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- + Extremely important article: consensus
- + Sets the scene
- + « Do no harm »
- + Challenges us to translate this elements to a certain situation, condition and need

What is the current evidence base for PFA ?

+ What is PFA?

“any psychosocial intervention that aims to install a sense of safety, calm, self/community efficacy, connectedness and hope.”

+ PFA =

a set of “good practices” for lay people.
((WHO: Look Listen Link – British red Cross: CALMER, Belgian Red Cross: stock Hobfoll)

+ PFA =

a set of multi layer interventions long/ mid term aiming to assure the PFA elements on a larger.
(security in a refugee center, education for children,)

PFA?

+ Install sense of safety:

avoid new triggers that activate the fear system

+ Install calm

lower the arousal/stress by eg offering information (more mental resources become accessible)

+ Promote self-community (give back control)

only possible if the above two are sufficiently addressed

+ Promote connectedness

+ Install Hope

reinstall time perspective



RESEARCH ARTICLE

A Systematic Literature Search on Psychological First Aid: Lack of Evidence to Develop Guidelines

Tessa Dieltjens , Inge Moonens, Koen Van Praet, Emmy De Buck, Philippe Vandekerckhove

Published: December 12, 2014 • <https://doi.org/10.1371/journal.pone.0114714>

A Systematic Literature Search on Psychological First Aid: Lack of Evidence to Develop Guidelines

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- + (1) population: victims of a disaster or traumatic event; not diagnosed or referred by a health professional;
- + (2) intervention: community-based interventions; by laypeople, first responders, health care professionals, the victim himself; taking place the first few hours/days of a disaster, single interventions; feasible for laypersons
- + (3) measuring mental health parameters (resilience, efficacy, empowerment, stress, coping, functioning, engagement, etc.) or physiological parameters (blood pressure or heart rate).
Studies must have a controlled experimental or observational study design in order to be included.

What is the current evidence base for PFA ?

- + 1. scientific evidence in the field of prehospital care is scarce in general, evidence of a very low quality
- + 2. Secondly, studies during the aftermath of a disaster or adversity are considered **difficult to perform.** (unpredictability of timing and context)
- + 3. **PFA is a multifactorial intervention** based on five key principles as outlined by Hobfoll et al. PFA interventions therefore can take on many different forms (...) Each of these interventions should be evaluated separately in experimental studies to gain knowledge on their effectiveness.

What are the challenges of conducting research on PFA?

What are the challenges of conducting research on PFA?

- + Consensus on definition
 - Is PFA the WHO LLL adaptation?

- + Consensus on the baseline
 - Offering safety
 - Installing calm
 - Promoting self/community efficacy
 - ...

- + Consensus on outcome
 - Short term, mid term

Challenges as to PICO

+ **Population**

«Affected by disaster»(too broad, to vague)

+ **Intervention:**

A well defined 'PFA proofed' intervention.

+ **Control**

Depends on what you want to compare. (PFA, no PFA, or trained PFA lay persons vs not trained PFA)

+ **Outcome:**

eg. Short term: perceived sense of safety (?)

**Is it possible to conduct high-quality research on PFA?
How would they look?**

Is it possible to conduct high-quality research on PFA? How would they look?

+ Population:

- Evacues in reception centre

+ Intervention:

- A well defined PFA intervention

+ Control:

- Control group with control intervention

+ Outcome:

- Short term: « arousal »
- Mid term: « sleeping problems »

References:

Five Essential Elements of Immediate and Mid–Term Mass Trauma Intervention: Empirical Evidence

<https://pdfs.semanticscholar.org/679d/eb3ea4aa502aa3980e5ef5e5a94725d2e337.pdf>

Tents Project: <http://www.tentsproject.eu/index.jsp?USMID=128>

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<http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0114714>

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