

Common Symptoms

- Insomnia
- Nightmares
- Reliving incident repeatedly
- Decreased self-confidence and
- Fear of making an error
- Self-doubt, decreased confidence in your standards of care
 - Drugs
 - Protocols

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The natural history of recovery for the healthcare provider "second victim" after adverse patient events

S D Scott, L E Hirschinger, K R Cox, M McCoig, J Brandt, L W Hall

Table 4 Most commonly reported physical and psychosocial symptoms

Physical symptoms	n (%)	Psychosocial symptoms	n (%)
Extreme fatigue	16 (52)	Frustration	24 (77)
Sleep disturbances	14 (45)	Decreased job satisfaction	22 (71)
Rapid heart rate	12 (42)	Anger	21 (68)
Increased blood pressure	12 (42)	Extreme sadness	21 (68)
Muscle tension	12 (39)	Difficulty concentrating	20 (65)
Rapid breathing	11 (35)	Flashbacks	20 (65)
		Loss of confidence	20 (65)
		Grief	20 (65)
		Remorse	19 (61)
		Depression	17 (55)
		Repetitive/intrusive memories	16 (52)
		Self-doubt	16 (52)
		Return to work anxiety	15 (48)
		Second guessing career	12 (39)
		Fear of reputation damage	12 (39)
		Excessive excitability	11 (35)
		Avoidance of patient care area	10 (32)

Qual Saf Health Care 2009;18:205-209. doi:10.1186/qhsc.2009.020207

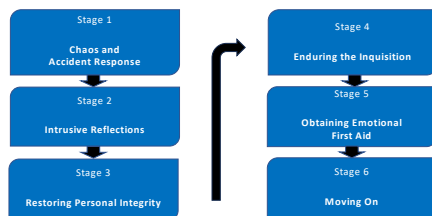
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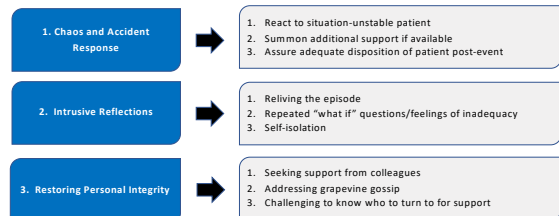


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Natural History of Recovery

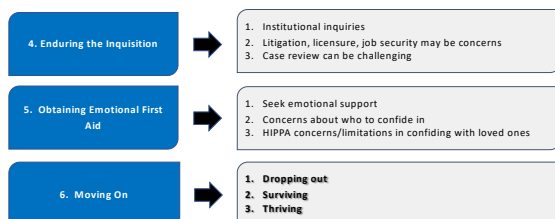


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Natural History of Recovery (cont.)



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Support for Healthcare Providers

- Offer teams that preserve, restore and enhance the health and well-being of all trainees, staff, and employees involved in patient adverse events
- Avoid a culture of blame and implement a "just culture"- system of shared accountability in which organizations are accountable for the systems they have designed and for responding to the behaviors of their employees in a fair and just manner



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