

Psychological first aid during Ebola virus disease outbreaks

PROVISIONAL VERSION

As knowledge on Ebola-related safety measures accumulates, this guidance is provisional. Do not upload this document on the internet but rather create a link to <http://tinyurl.com/PFA-Eb>, which links to the latest version of this document on the WHO website.

WHO Library Cataloguing-in-Publication Data

Psychological first aid during Ebola virus disease outbreaks.

1.Crisis Intervention - methods. 2.Disease Outbreaks. 3.Haemorrhagic Fever, Ebola - psychology.
4.Adaptation, Psychological. 5.First Aid - psychology. 6.Stress Disorders, Traumatic - psychology.
I.World Health Organization.

ISBN 978 92 4 154884 7

(NLM classification: WM 401)

© World Health Organization 2014

All rights reserved. Publications of the World Health Organization are available on the WHO website (www.who.int) or can be purchased from WHO Press, World Health Organization, 20 Avenue Appia, 1211 Geneva 27, Switzerland (tel.: +41 22 791 3264; fax: +41 22 791 4857; e-mail: bookorders@who.int).

Requests for permission to reproduce or translate WHO publications –whether for sale or for non-commercial distribution– should be addressed to WHO Press through the WHO website (www.who.int/about/licensing/copyright_form/en/index.html). All reasonable precautions have been taken by the World Health Organization to verify the information contained in this publication. However, the published material is being distributed without warranty of any kind, either expressed or implied. The responsibility for the interpretation and use of the material lies with the reader. In no event shall the World Health Organization be liable for damages arising from its use.

This document is an adaptation of the *Psychological first aid: Guide for field workers* (World Health Organization, War Trauma Foundation, World Vision International, 2011) to include relevant information to respond to Ebola virus disease outbreaks.

The adaptation was developed by Carmen Valle (CBM) with technical support from Leslie Snider (consultant) and Sarah Watts (WHO).

Review and finalization of the document was coordinated by Mark van Ommeren (WHO) under guidance from Sylvie Briand (WHO) and Shekhar Saxena (WHO).

This document was reviewed by Yolanda Bayugo (WHO), Margriet Blaauw (IASC Reference Group on Mental Health and Psychosocial Support), Georgina Campbell (University of Makeni), Eliza Cheung (IFRC), Julian Eaton (CBM), Margaux Mathis (WHO), Thomas Moran (WHO), Carol Nader (WHO), Rafael Obregon (UNICEF), Alison Schafer (WVI), Nahoko Shindo (WHO), Saudamini Siegrist (UNICEF), Pat Omidian (WHO), Meg Riggs (WHO), Emmanuel Streel (consultant), and Saji Thomas (UNICEF).

Suggested citation: World Health Organization, CBM, World Vision International & UNICEF. *Psychological first aid during Ebola virus disease outbreaks* (provisional version). WHO, Geneva, September 2014.

For communication and feedback, please email vanommerenm@who.int, enablingaccessmhs@gmail.com, alison.schafer@worldvision.com.au or sthomas@unicef.org

Photo Credits

Cover page, pages 20 and 46: Tamsin Evans, CBM. Reprinted with permission.

Photos on pages 4, 12 and 24: World Vision International. Reprinted with permission.

Psychological first aid
during Ebola virus disease outbreaks

FOREWORD

Ebola virus disease outbreaks have a significant impact on the wellbeing of those affected, their family, community members and the health workers treating people with Ebola.

This guide focuses on **psychological first aid**, which involves humane, supportive and practical help to fellow human beings suffering serious crisis events. It is written for people who can help others experiencing an extremely distressing event.

This guide is an adaptation of the *Psychological first aid: Guide for field workers* (World Health Organization, War Trauma Foundation, World Vision International, 2011). It has been adapted to better respond to the challenges of Ebola virus disease outbreaks. Ebola poses specific problems for affected people (e.g., stigmatization, isolation, fear, and possible abandonment), their caregivers and responders (e.g., safety, access to updated information).

Psychological first aid has been recommended by many expert groups, including the Inter-Agency Standing Committee (IASC) and the Sphere Project. In 2009, the World Health Organization's (WHO) mental health Gap Action Programme (mhGAP) Guideline Development Group evaluated the evidence for psychological first aid and psychological debriefing. It concluded that psychological first aid, rather than psychological debriefing, should be offered to people in severe distress following recent exposure to a traumatic event.

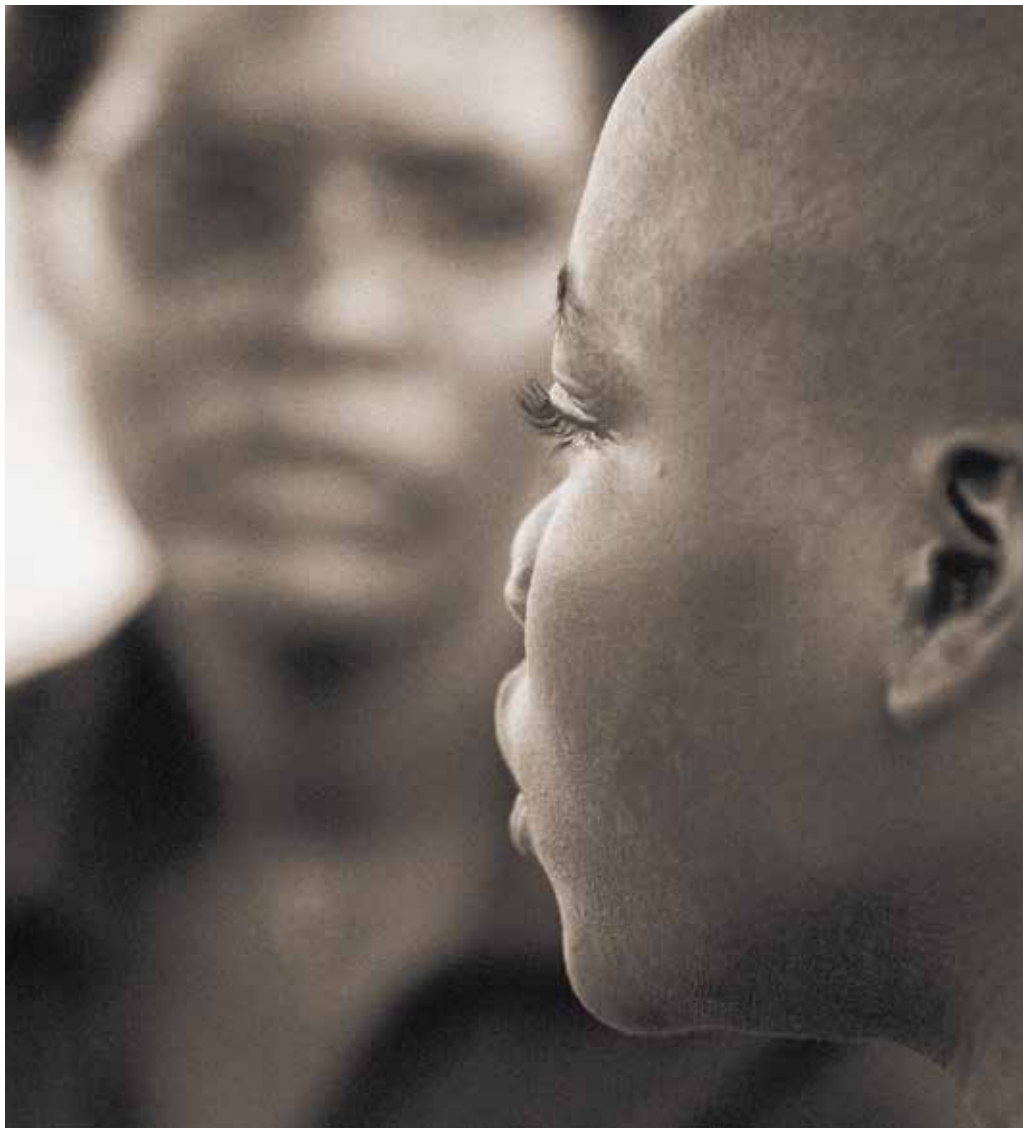
Endorsed by many international agencies, the original Psychological First Aid Guide reflects the emerging science and international consensus on how to support people in the immediate aftermath of extremely stressful events.

CONTENTS

INTRODUCTION UNDERSTANDING EBOLA VIRUS DISEASE	4
CHAPTER 1 UNDERSTANDING PSYCHOLOGICAL FIRST AID	12
1.1 How do crisis events affect people?	13
1.2 What is Psychological First Aid?	14
1.3 Psychological First Aid: who, when and where?	15
CHAPTER 2 HOW TO HELP RESPONSIBLY	20
2.1 Respect safety, dignity and rights	21
2.2 Be aware of other available emergency response measures	23
2.3 Look after yourself	23
CHAPTER 3 PROVIDING PSYCHOLOGICAL FIRST AID	24
3.1 Good communication with people in distress	25
3.2 Preparing to help	27
3.3 The Action Principles of PFA: Look, Listen and Link!	28
3.4 People who likely need special attention	40
CHAPTER 4 CARING FOR YOURSELF AND YOUR COLLEAGUES	46
4.1 Getting ready to help	47
4.2 Managing stress: Healthy work and life habits	48
4.3 Rest and reflection	49
OFFERING PSYCHOLOGICAL FIRST AID TO GRIEVING PEOPLE	50
RELAXATION AND BREATHING EXERCISES	52
CONTACT LIST OF MENTAL HEALTH AND PSYCHOSOCIAL RESOURCES IN YOUR AREA	54
LOCAL ALTERNATIVE RITUALS FOR SAFE MOURNING AFTER THE DEATH OF A PERSON WITH EBOLA	55
PSYCHOLOGICAL FIRST AID: POCKET GUIDE	56
CONTACT LIST OF EBOLA DISEASE OUTBREAK SERVICES IN YOUR AREA	BACK COVER

INTRODUCTION

UNDERSTANDING EBOLA VIRUS DISEASE



IN THIS CHAPTER WE DISCUSS:

- A WHAT IS EBOLA VIRUS DISEASE?
- B HOW DOES IT SPREAD?
- C HOW CAN IT BE PREVENTED?

A WHAT IS EBOLA VIRUS DISEASE?

Ebola virus disease is a severe, infectious disease that can be fatal (the case fatality rate of the 2014 outbreak in West Africa is about 50%). However, health care substantially increases a person's chance of survival.

Appropriate infection prevention and control measures in treatment centres and hospitals, at community gatherings, during burial ceremonies and at home can help reduce the spread of the disease. You can protect yourself, your family and your community by following the advice on these measures below.

WHO IS AT RISK OF EBOLA VIRUS DISEASE?

A person is at risk if they have:

- » spent time with someone sick with Ebola or;
- » attended a funeral of someone who has recently died with symptoms of Ebola.

SIGNS, SYMPTOMS AND COURSE OF ILLNESS

Ebola starts suddenly with a high fever. A person with Ebola feels very tired, has a headache and aches in the body, and does not want to eat. The time from infection with the virus to the onset of symptoms is 2 to 21 days.

The person with the Ebola virus can infect others as soon as they begin to have symptoms.

Early-stage Ebola disease may be confused with other infectious diseases (e.g., malaria) because the initial symptoms are nonspecific. These symptoms include a high fever and extreme tiredness, often accompanied by appetite loss, headache, and body pain.

As the disease progresses, people begin to experience vomiting and diarrhoea.

Blood in vomit or stool is seen among severely ill patients, mostly in **later stages**, and is often followed by death within days.

In non-fatal cases, the person may improve around days 6-11 and will no longer be infectious.

预览已结束，完整报告链接和二维码如下：

https://www.yunbaogao.cn/report/index/report?reportId=5_27764

