

Preparing Me: Support the mental health and well-being of Chinese healthcare workers during emergencies

Working in a variety of stressful situations, one-third of healthcare workers (HCW) are at a high risk of mental health problems and may develop a lack of resilience. For a long, the use of Psychological First Aid (PFA) has been recognized as a promising innovation in the realm of a prevention strategy, helping them to support patients in acute stress and improve self-efficacy, yet limited understanding of PFA use by healthcare workers challenge proactive uptake.

INTRODUCTION

Despite the consensus that Psychological First Aid (PFA) training can effectively support public mental health during emergencies by reducing acute distress and improving self-efficacy, it is concerning that previous flexible delivery and neglect for evaluating PFA training has resulted in unintended potential harms which may prevent further proactive uptake of this mental health prevention strategies. Establishing the feasibility of the PFA training through adapting to the local culture, tailoring it to the frontline healthcare context, and evaluating systematically may be helpful to inform a large trial, or ensure effective and sustained training delivery.

OBJECTIVE

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This study aims to evaluate the feasibility and acceptability of a well-adapted PFA training intervention (Preparing Me) to address the implementation gap in this mental health promotion approach.

RELATED LITERATURE

Wang, L., Norman, I., Xiao, T., Li, Y., Li, X., & Leamy, M. (2021). Evaluating a Psychological First Aid training intervention (Preparing Me) to support the mental health and well-being of Chinese healthcare workers during healthcare emergencies: protocol for a randomized controlled feasibility trial. *Frontiers in Psychiatry*, 2591.

METHODOLOGY

This is a two-armed feasibility randomized controlled trial (RCT) with a nested process evaluation to be conducted among 93 Chinese frontline healthcare workers without prior related mental health training in preparation for RCT to explore uncertainties and enable us to optimize the intervention or the conduct of the trial.

(A) Feasibility Randomized Controlled Trial

(B) Process Evaluation

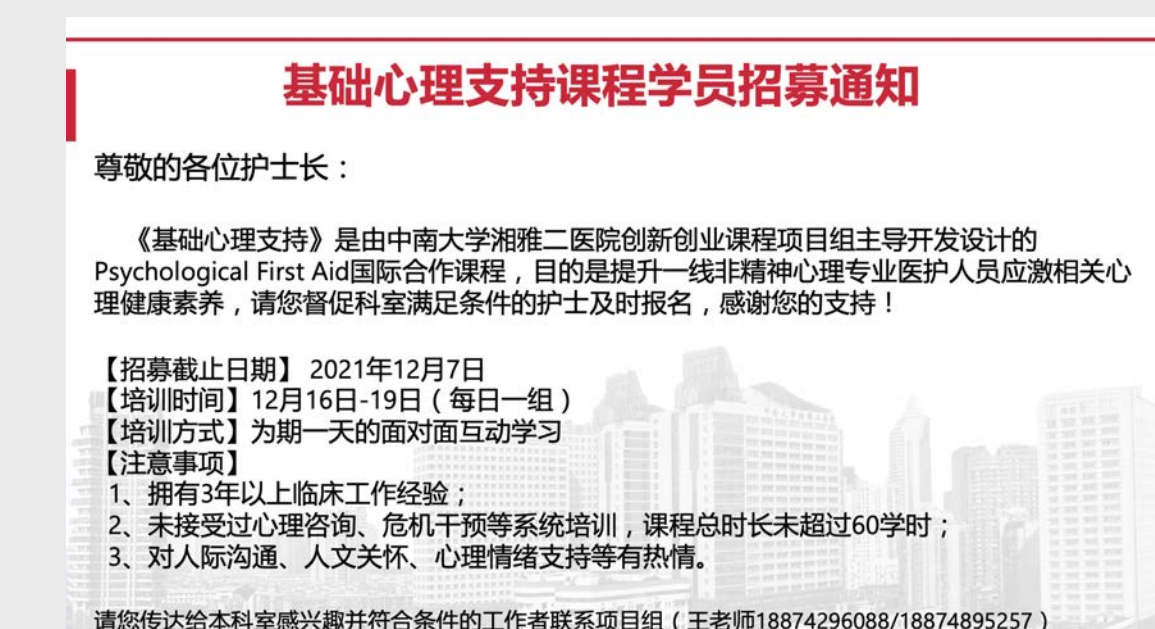
FEASIBILITY RANDOMIZED CONTROLLED TRIAL

SETTING



The Second XiangYa Hospital of Central South University, China

ENROLMENT



(A) DIRECT METHODS: ADMINISTRATIVE NOTIFICATION

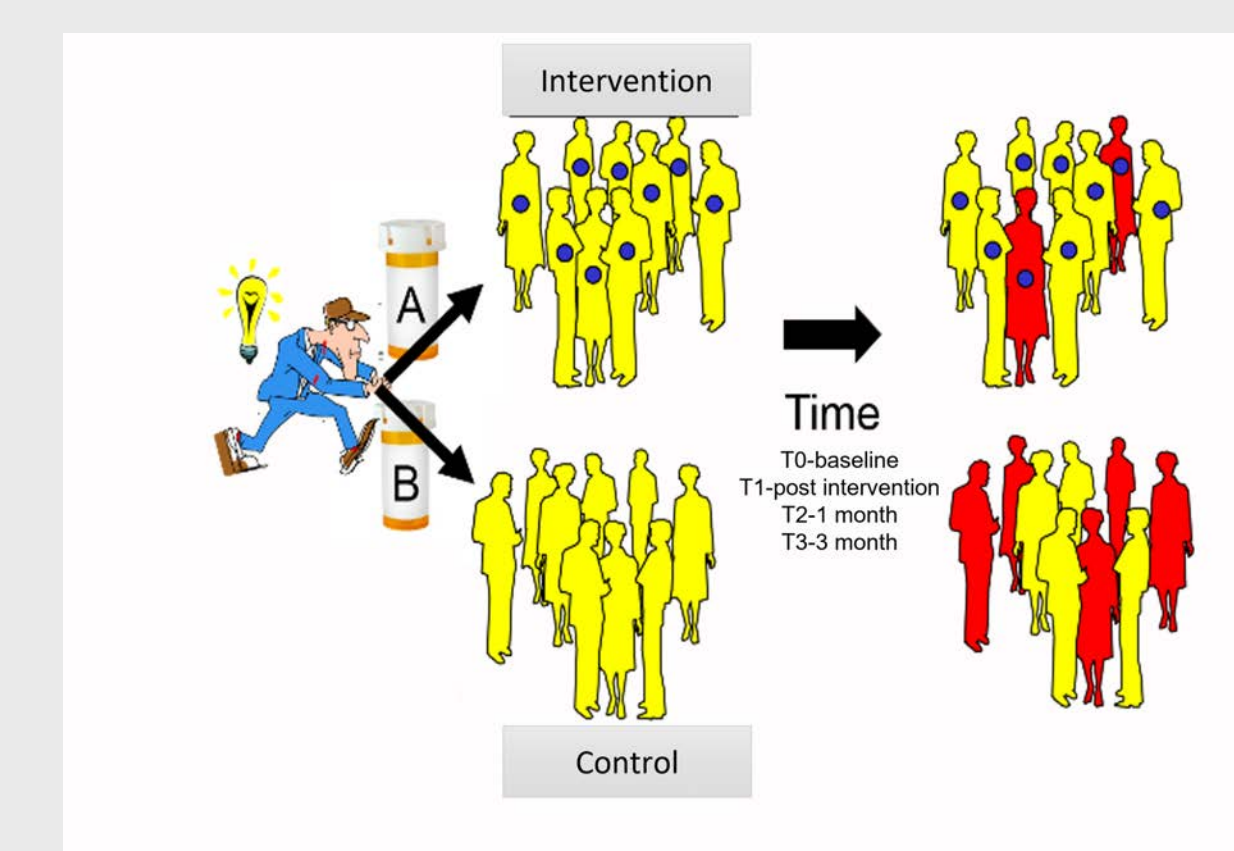


(B) INDIRECT METHODS: POSTERS/FLYERS

RANDOMIZATION

Independent researcher using 1:1 ratio as per a computer-generated randomization schedule

INTERVENTION: THE CHINESE 'PREPARING ME' PFA TRAINING PROGRAM CONTROL: PSYCHOEDUCATION



OUTCOMES

Primary

- Recruitment and Retention
- Training attendance
- Feasibility of measurement tools

Secondary

- Preparedness: Knowledge, Skill, Attitude; Follow-up survey
- Related psychological measures: GHQ, GSE, etc.

PROJECT INVESTIGATOR

Ling Wang, PhD student, King's College London, U.K.; RN, MSc, Central South University, China

SUPERVISED BY

Dr Mary Leamy, Senior Lecturer, King's College London, U.K.
Professor Ian Norman, Emeritus Professor, King's College London, U.K.

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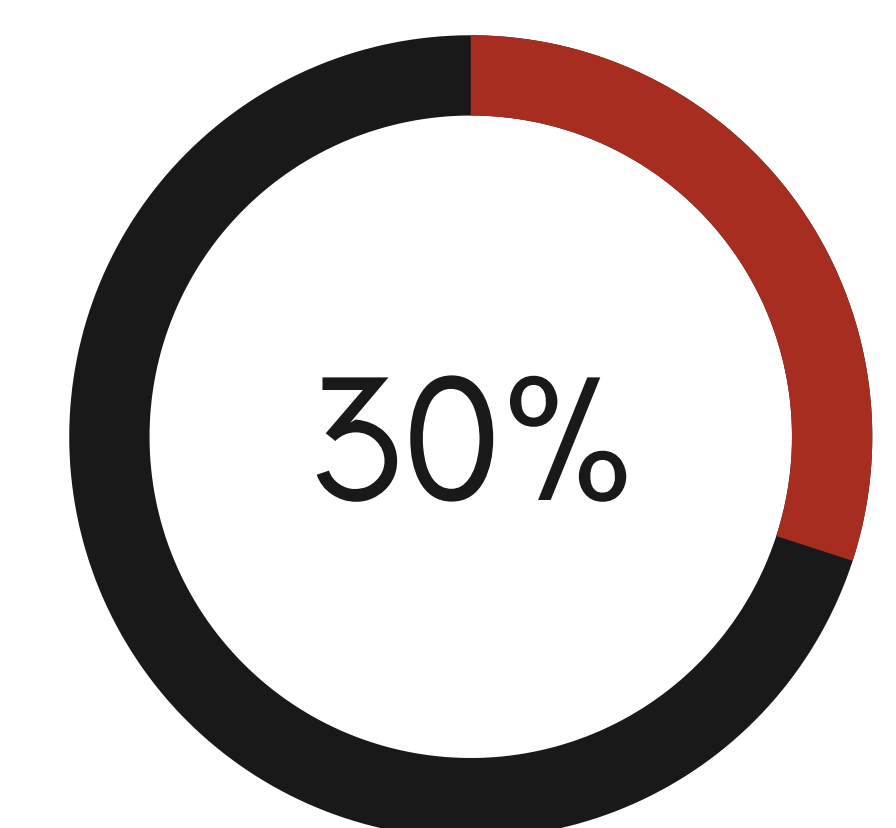
SUPPORTED BY



PROCESS EVALUATION

A nested process evaluation consisting of (A) **qualitative interviews** and (B) **observations of the training sessions**, with the aim to extend a more in-depth understanding of the acceptability and feasibility of PFA training intervention for this feasibility trial has been conducted.

QUALITATIVE INTERVIEWS



- TRAINEES** ($n = 12$) are those attending all the training sessions
- TRAINERS** ($n = 4$) who have been involved in this training
- CLINICAL WARD MANAGERS** ($n = 5$) from PFA trainees' clinical ward

OBSERVATION OF TRAINING SESSIONS



(A) Standard training manual
(B) Rating of facilitation, presentation, simulation, supervision

FIDELITY CHECK OF PFA TRAINING



基础心理支持

- Adhere to the RAPID PFA model manual
- The intended aim is based on the domains provided by the Health Behavior Change Competency Framework (HBCC)