Lesson Plan

Program: Emergency Preparedness Inservice For CNAs

Class Title: Psychological First Aid

Instructor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Location: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Length of Time: 50 minutes

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| Performance Standard/Objectives | Course Content | Teaching Methods | Evaluation |
| Participant will be able to:  MODULE 1  1. Understand the psychological impact of disasters and recognize the common reactions in self and others.  MODULE 2  2. Define the goal and core actions of PFA  MODULE 3  3. Prepare to provide immediate support to residents and co-workers experiencing disaster-related stress  Course out line attached | Overview of the psychological impacts of disasters on individuals including common reactions, who is likely to be most affected, and how long these effects usually last.  Describe the techniques, core actions, and importance of psychological first aid  Practice the techniques of psychological first aid including the importance of body language and appropriate communication | Lecture with power point slides and a handout  Lecture with power point slides and a handout  Lecture with power point and a learning activity | Quiz  Quiz  Return demonstration through role play |