Personal Impact of Adverse Events

Adverse medical events can be devastating! Be aware of the impact on you or a colleague’s well-being, to identify and understand the emotional and physical responses, and to know that:

✓ It’s typical (common reactions list on reverse)
✓ There are resources for coping and recovering
✓ You are not alone

Support Resources
www.aana.com/adverseevents
Professional Practice (847) 655-8870

Comments, concerns, or recommendations can be emailed to wellness@aana.com
Common Reactions to Traumatic Events

From ©MITSS (Medically Induced Trauma Support Services) www.mitss.org

Everyone experiences or witnesses a traumatic event differently; typically reactions include:

**Psychological and Emotional**
- Depressed mood
- Irritability
- Loss of interest or pleasure
- Drug or alcohol abuse
- Feelings of inadequacy and loneliness
- Loss of trust
- Perceived indifference from colleagues
- Anger, guilt, frustration
- Inability to think or concentrate
- Recurrent images or thoughts of the event triggered by non-specific events
- Distress when you are exposed to events that remind you of the trauma
- Hyper vigilance with everything you do
- Desire to connect with others experiencing similar trauma

**Cognitive**
- Inability to think or concentrate
- Feeling distracted

**Physical**
- Trouble eating
- Sleeping
- Fatigue
- Headaches

**Behavioral**
- Hyperactivity, or less activity
- Drug or alcohol abuse
- Social isolation
- Insomnia or sleeping excessively
- Strong need to talk about or read information surrounding the traumatic event