

What Factors Affect Resilience in UK Paramedics?

A Structured Literature Review

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Background

- ◆ Ambulance staff have the highest number of sick days due to stress in the NHS¹
- ◆ 91% of ambulance staff have experienced stress and poor mental health at work²
- ◆ Compared to the general population, ambulance staff are twice as likely to cite occupational stress as the main cause of mental health problems²

Method

- ◆ Search of relevant databases using search terms (figure 1)
- ◆ Results limited to peer-reviewed articles written in English, 2005—2018
- ◆ Inclusion and exclusion criteria applied (figure 2)
- ◆ Relevant papers quality appraised using relevant critical appraisal tool
- ◆ 8 papers included in final review: 4 quantitative and 4 qualitative³⁻¹⁰

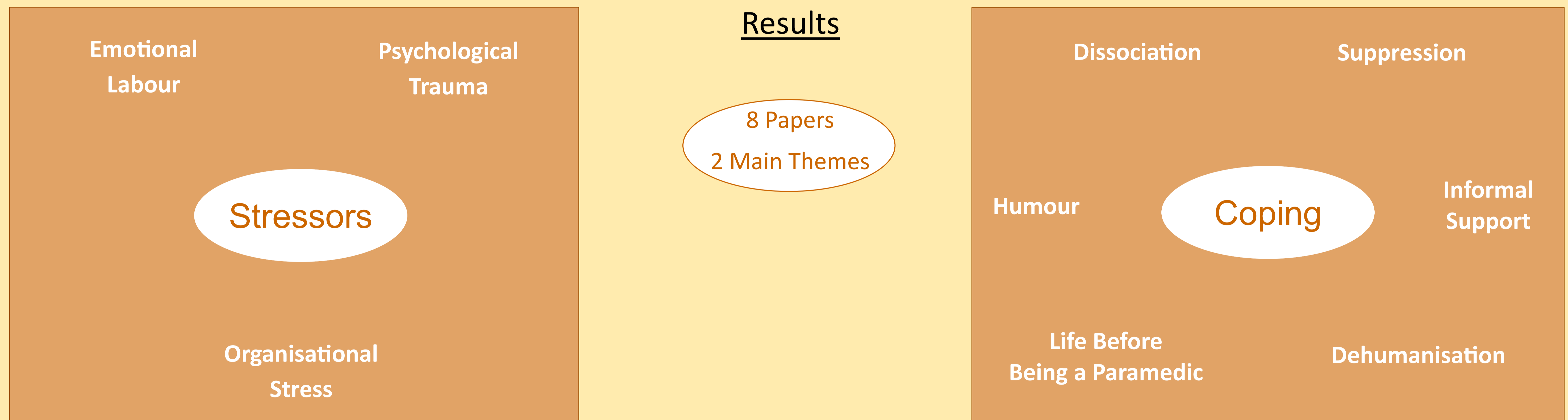
Figure 1

Question Term	UK	Paramedics	Resilience
Synonyms	Britain England, Scotland Wales, Northern Ireland	Ambulance Service, Emergency Medical Service, EMS	Coping Cope Bounce-back Adapt Wellbeing Anxiety

Figure 2

Inclusion Criteria	Exclusion Criteria
Focus on UK Paramedics	Focus not on UK practice
Gives insight into resilience	Secondary research
Academic Journal	Opinion pieces, dissertation, reports and conference abstracts
Original Research	

Results



Conclusion

- ◆ Resilience of paramedics appears to be affected by the types of stressors encountered and coping factors employed
- ◆ There is no agreed definition or conceptualisation of resilience
- ◆ Research tends to focus on outcomes rather than on the process of resilience
- ◆ Not all coping factors increase resilience. Some mediators cause negative outcomes and decrease resilience
- ◆ Some coping factors are modifiable, which supports the evidence that resilience can change over time
- ◆ The literature tends to focus on issues related to work, rather than considering other influences on resilience such as the personal life of individuals

Further Research

- ◆ Should focus on the personalised experience of resilience in Paramedics
- ◆ Should advance and unify the conceptual understanding of resilience
- ◆ Should consider the range of effects on wellbeing
- ◆ Should acknowledge that resilience can change over time
- ◆ The author is undertaking a PhD entitled 'What Factors Affect Resilience in Newly Qualified Paramedics in the UK NHS Ambulance Service?'

(scan QR code to find out more)



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