

EL ESTRES DEL DESASTRE. EFECTOS DE LA SENSIBILIZACION PSICOSENSORIAL EN TRABAJADORES DE RESCATE

ENGELS GERMÁN CORTÉS¹ *

Grupo de Apoyo y Rescate, Universidad Nacional de Colombia (GARUN)

ABSTRACT

During a rescue task most of the patients involved suffer, in addition to their frequently critical physiological situation, the charge of an inadequate and stress-generating attention. This is due in part to the rescue workers uncontrolled self-precipitation; together with the physical and psychological damages, it generally leads to serious and even lethal complications. An experiment was carried out in order to evaluate the Psychosensorial Sensitization Program. This was developed to sensitize the rescue workers about the problem, and to make them identify the dangerous behaviors, in order to substitute them with adaptative ones. Subjects (rescue workers) were divided in two groups: The experimental one was submitted to the sensitization program, in which they had to play the patient's role. After that, they had to describe the stress-generating handling they suffered, and were invited to propose alternatives. The control group did not have this experience with the Psychosensorial Sensitization Program. After that, both groups took part in an emergency simulation. It was found that the subjects from the experimental group presented more careful behaviors with the patients, increased the quality of their attention, in comparison with the control group. Results were statistically significant at the .05 level.

Key words Stress-generating behaviors, rescue worker, sensitization, patient care, disasters.

¹ En coordinación con el grupo de instructores de GARUN.

* Dirección: Engels Germán Cortés, Apartado 75249, Bogotá, Colombia