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Promoting Wellbeing Before, During and After an Animal Health Emergency



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Disclosure

Edward is employed by the Government of Canada, however the views provided are from his own experiences as an animal health responder.

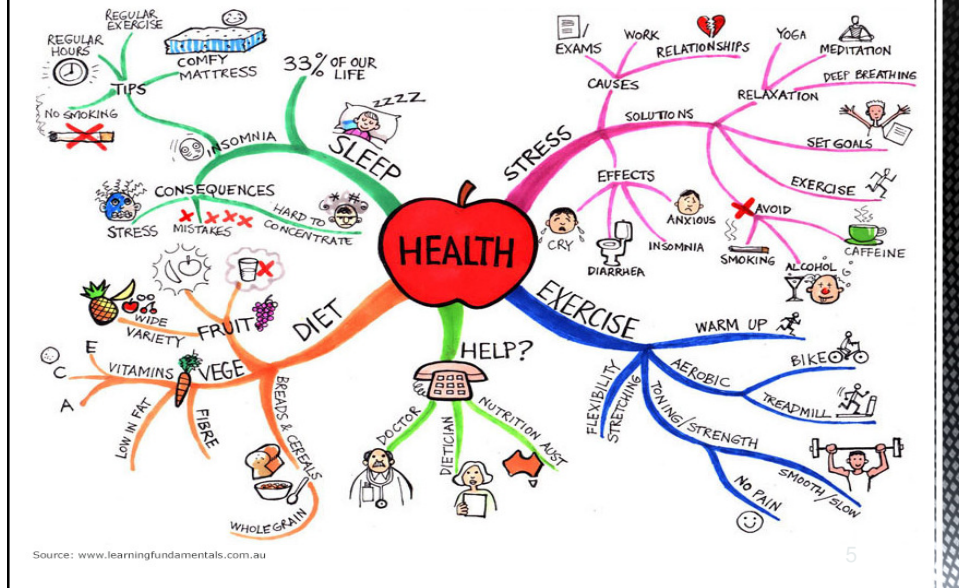


Promoting Wellbeing Before, During and After an Animal Health Emergency

- Principals
- Wellbeing
- Structure
- Be Aware
- The human toll
- Things you can do!
- When should I get help?



Well being: Feeling good, and functioning well.



Structure



Be Aware!

SUPPORT



The Human Toll

Responders & Euthanasia:

■ "caring and killing paradox" the emotional toll of being called on to perform euthanasia and disposal, but not always for humane or medical reasons.

Producers & Grief

- Denial
- Anger
- Bargaining
- Depression
- Acceptance



Things you can do:

Focus on what needs to happen today and what can wait until tomorrow.

Try to:

- Follow a normal routine as much as possible
- Eat healthy meals. Be careful not to skip meals or to overeat.
- Exercise and stay active
- Help other people in your community.
- Accept help from family, friends, co-workers. Talk about your feelings with them.
- Limit your time around the sights and sounds of what happened. Don't dwell on media reports on the tragedy.



9

Stress-relieving Activities

- Go for a 15-minute walk during a lunch or coffee break. Take other opportunities to stay physically active.
- Eat sensibly. Drink plenty of water and juices. Avoid excessive use of caffeine and alcohol.
- Know and respect your limits. If you feel exhausted and need time off, take it.
- Spend time with family and friends.
- Be on the lookout for any changes in your habits, attitudes and moods.
- Contact your EAP for personal support.
- Take care of yourself.



10

When should I get help?

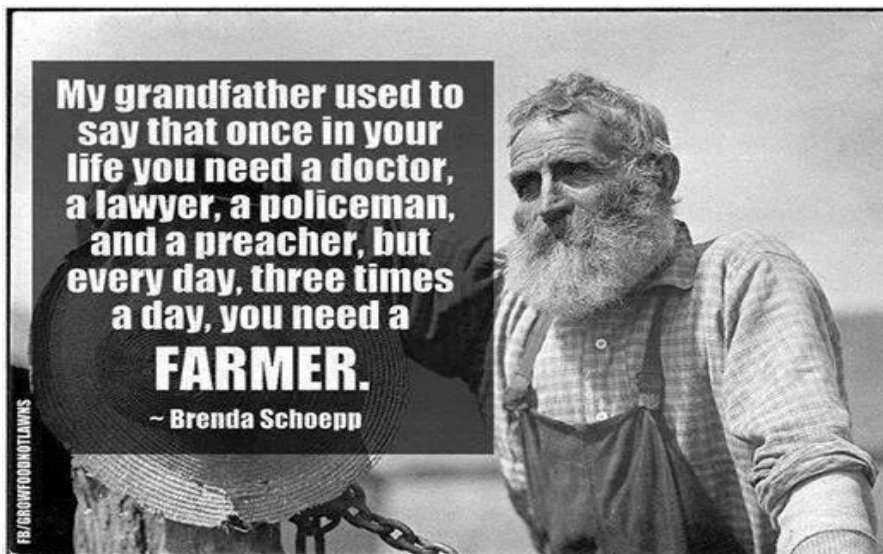
Sometimes we need to get help from a health professional such as a psychologist, family doctor, psychiatrist, social worker or nurse.

Ask for help if you:

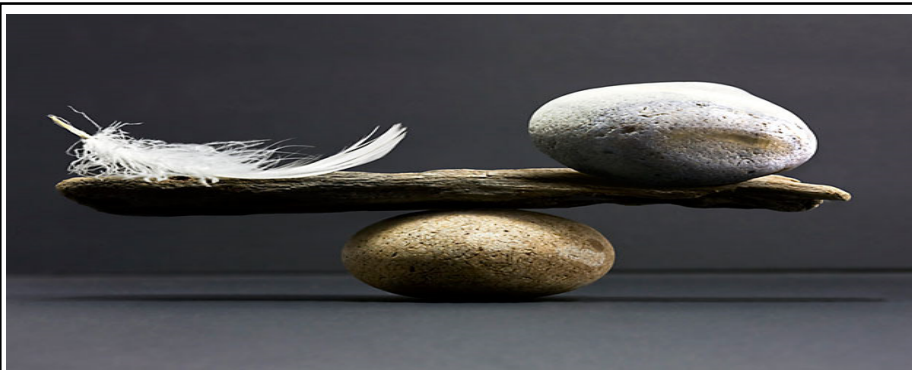
- Can't return to a normal routine
- Are not able to take care of yourself or your children.
- Are not able to do your job.
- Use alcohol or drugs to get away from your feelings.
- Feel extremely helpless.
- Feel sad or depressed for more than two weeks.
- Think about suicide.
- Having thoughts of hurting self or others

11

Questions?



12



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13