



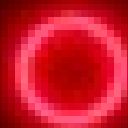
NORTHERN
RESCUE



Aeromedical conference 2024

Dr Louise Park

Emergency Specialist and Pre-hospital and Retrieval Physician



STEP UP

Patient

Environment

Team

Self



Self

Physical and Psychological preparedness

Physical preparedness

- Illness
- Medications
- Stress
- Alcohol/drugs
- Fatigue
- Eating

Physical preparedness

- Illness
- Medications
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Psychological
preparedness

Stress (emotion)

Cognitive (bandwidth)

Perceptual

Psychological preparedness

- Recognition
- Psychological tools
 - Breathing
 - Body language
 - Visual cues
 - Self talk
 - Trigger words
 - Visualisation





Team



Team





He aha te mea nui te ao?

He tāngata, he tāngata, he tāngata.



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Thank you!