You Are Not Alone

Personal Impact of Adverse Events

Adverse events can be devastating! Most clinicians will experience at least one during their career.

- Be aware of the potential effect on personal well-being and ability to provide care.
- Learn to identify and understand common reactions, listed on reverse side of this card.
- Know that support is available:
  - AANA.com/AdverseEvents
  - AANA Peer Assistance Helpline: (800) 654-5167

Comments, concerns, or recommendations can be emailed to wellness@aana.com
Everyone experiences or witnesses a traumatic event differently; typically reactions include:

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

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

### Physical
- Changes in sleep patterns
- Changes in appetite
- Fatigue
- Headaches

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

AANA.com/AdverseEvents

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