

Effectiveness of “Finnish Sisu Training”, a pre-emptive resilience coaching program to enhance work performance of prehospital personnel: a prospective randomized controlled pilot study

Informed consent to participate in the study

Background

“Finnish Sisu Training” pre-emptive resilience coaching program is based on iPREP (International Performance, Resilience and Efficiency Program). Core components of the training included: (a) education about the physiology of the stress response system, energy management, and fuelling for peak performance; (b) group instructions on how to use mental focus and visualization to enhance sensory perception and situational awareness in performance and non-performance settings; (c) instruction and use of biofeedback to practice engaging in controlled breathing exercises that have been shown to enhance central nervous system control during stress. Finnish Sisu Training is designed to improve work performance by improving situational awareness and decision-making skills.

What will be asked of you to participate in this study?

In this study half of the study participants will be randomly selected to receive 16 hours of a pre-emptive resilience coaching program called “Finnish Sisu Training”. After this, all study participants will take part in three full scale simulation scenarios in subsequent days. These scenarios may be stressful, but nothing will happen that could not be encountered during normal daily work. During these simulation scenarios you are asked to fill out before and after each simulation scenario a self-observation form. Additionally, an designated observer will be making marks of your performance for study purpose. Camera recording is used for observational aid for these outside observers. You will be asked to wear a Firstbeat device, which will measure your maximum heart rate and heart rate variability (HRV).

After each simulation scenario, you will join a mandatory defusing session with a certified defusing counsellor.

Who can participate?

To be eligible for this study, you should be 18 years old or older, a paramedic with three years of working experience or a prehospital physician with at least 1 year of field experience, no alcohol consumption 24 hours before the study. Exclusion criterias are need of cortisone medication at least two weeks prior the study simulation scenarios, previous “Finnish Sisu Training” or iPREP training and pregnancy.

Ethical approval

This study has an ethical approval from HUS Medical Research Ethics Committee, Finland (HUS/3235/2023).

Approval of the Päijät-Häme Central Hospital Committee

This study has approval from Päijät-Häme wellbeing service county and Päijät-Häme Central Hospital Committee (HA/2657/13.00.00.00/2023).

You may at any time end your participation in this study if, you wish so. However, we will use the so far collected data for the study.

After the study, you will receive a certificate of attendance of “Finnish Sisu Training”.

I have been informed and I have read the information concerning the study “Effectiveness of “Finnish Sisu Training”, a pre-emptive resilience coaching program to enhance work performance of prehospital personnel: a prospective randomized controlled pilot study. I consent in participation in this study.

Date and time: _____

Study participant signature: _____

Lead researcher signature: _____

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