

Membership Services Webcast - PCC Research Committee presentation



Paramedic Chiefs
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The Preburn Project: Preventing Burnout by Predicting Compromised Wellness in EMS Workers.

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**February 6th, 2025, at
9:00 am PST (12:00 pm, EST)**

Join us for an in-depth exploration of the innovative Preburn Project: Preventing Burnout by Predicting Compromised Wellness in EMS Workers. This session is designed for EMS directors, EMS administrators, paramedics, dispatchers, mental health professionals and researchers who are committed to improving the well-being of frontline EMS workers.

Thérèse Choisi will address the critical mental health challenges faced by paramedics and emergency medical dispatchers (EMDs) due to high-stress environments and increased workloads. Drawing on extensive 9-1-1 call data and real-world insights, the webinar will highlight key risk factors associated with compromised mental wellness (CMW), such as trauma exposure, workload intensity, and demographic vulnerabilities.

Discover how the developed predictive models and state-of-the-art monitoring tools could enable EMS organizations to identify at-risk workers, enabling earlier intervention and fostering a healthier, more resilient workforce. This session will propose actionable strategies for building a supportive prehospital response system, ensuring our frontline heroes receive the care they need to continue saving lives.

Key Takeaways:

- Insights into the characteristics of EMS workers most vulnerable to compromised mental wellness.
- Evidence-based methods for using predictive technology to reduce burnout.
- Practical approaches to improving the mental health resilience of EMS teams.

Join the conversation that will help shape the future of EMS mental wellness and help protect those who protect us all.

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Thérésa J. Choisi is a research advisor at Urgences-santé, the largest ambulance service in the province of Quebec (Canada) and a fellow with the McNally Project for Paramedicine Research. She holds a bachelor's degree in health sciences (Paris V University) and a Master's in experimental health science (INRS -Centre Armand Frappier health Biotechnologie). She has more than 13 years of experience in the prehospital sector as a former emergency medical dispatcher, team leader, instructor and EMD-Q. In addition to co-coordinating the research program at Urgences-santé, she is currently the principal investigator of the Public Health Agency of Canada-funded project Preventing burnout by Predicting Compromised Wellness among EMS workers (The Preburn project). Her

research interests include 911 call taking and dispatch operations, mental wellness of health care workers, and quality of care.

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Session date: Thursday, February 6th, 2025
Start time: 9:00am Pacific / 12:00pm Eastern
Duration: 1 hour

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If you have any questions, please contact Sara
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For further information visit www.paramedicchiefs.ca