

Pay Attention to the Following :

- Trauma in life in general include several events or situations especially for children and teens. However, we are only going to discuss a few such as severe burns or natural disasters and fires.
- Reactions to a trauma differ from one child to another. Reactions might happen immediately after the accident or after several weeks.
- Traumatic events cause some physical symptoms which have no medical reasons such as stomach aches.
- Post-traumatic stress disorder: a type of psychological diseases that take place after having a terrible or shocking accident and can be suffered by people of any age.

Fire accidents are considered one of the motivating factors for a post traumatic stress disorder. Parents must do the following to help overcome shocks:

- A. Tell their child that it is normal to feel upset after something scary or bad happens.
- B. Encourage their child to express his/her concerns and thoughts.
- C. Protect their child from being exposed again to any of the trauma events as much as possible.
- D. Inform the school in case of any shocking disorder happening to the child.
- E. Also, Responsible adults of the child might have concerns about their child's reaction as a result of a strong trauma. They might need to ask for the support of a specialized and trained mental health expert to help children who suffer from post traumatic stress disorders.

Reference: International Commission for Sudden Shock Stress Studies 2005.



KFPA
Kuwait Fire
Protection Association

The effects of fire on children and its psychological impact

Prepared by: Dr. Fayez Abdulaziz Al Nassar
Lieutenant Colonel Ahmad Abdullah Kamshad

Sponsored By



شركة الهيدان لأدوات ومعدات الأمن والسلامة
Al-Habdan Safety & Security Equipment Co.

@KFPKW

@KFPKW

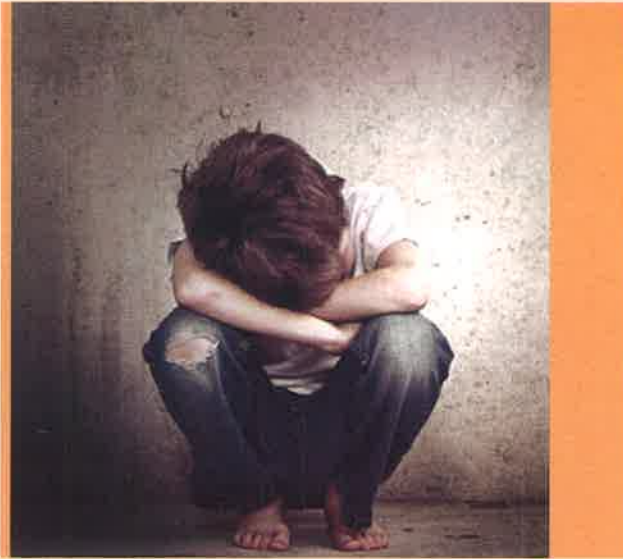
www.kfpkw.org

Post-Traumatic Stress Disorder

The need for safety

Children are the foundation of progress and construction. The importance of proper upbringing lies in creating a proper environment for a happy life. Children have several needs that affect their personalities. For instance, the need for safety might be one of the most important and fundamental needs that affect children. Feeling safe is considered a source of optimism and hope for future. The feeling of safety enhances good spirit and leads to establishing good social ties and relationships.

A child's need for safety is as important as his/her need for food, clothes, medication and protection. For instance, a child who feels safe would take shocks and deal with hardships



with flexibility turning such hardships into psychological supporting foundations for a successful start. Yet, a child who does not feel safe is like a wingless bird that lives in a state of dissatisfaction. Such a child would be less active, more emotional, bad tempered and unable to control negative reactions. A child with such a personality would not give a fruitful grownup.

Thus, many researches has been made on this subject until the American Psychiatric Association (APA) introduced in 1980 the term PTSD or Post Traumatic Stress Disorder to indicate a particular psychiatric disorder that follows a trauma to the third edition of

its Diagnostic and Statistical Manual of Mental Disorders (DSM III). Several amendments were introduced to this term in the amended DSM III and DSM IV. There are two important amendments that must be noted:

First revision:

this revision focuses on the avoidant symptom which is considered a basic indicator to the post traumatic stress disorder such as avoiding the thoughts and feelings related to the event and avoiding the situations that may be reminiscent of the event.

Second revision:

this revision focuses on the post traumatic disorder in children and recalling the painful event through playing related to the trauma in addition to the decreased desire to practice some activities.

Such post traumatic disorders may be suffered by firemen due to what they are exposed to and the risky situations and accidents they witness. Such events may cause firemen's psychological health which might in turn affect their behaviors and dealing with their families and others. The main reason behind such post traumatic disorders is exposure to an irresistible and overwhelming natural shock. What is this trauma like?

A child or adult suffering from these disorders must be in a state of disability and at the same time exposure to a significant risk. This means that a trauma involves a high intensity of horror which exceeds any human ability to endure or face. This is the case of direct burn which result in severe burns, the daily situations and events that a fireman witnesses, or a person telling about death, violence, physical or sexual assault, or receiving any painful or risky news concerning dear persons.

