

Caregivers Survey
Mental Performance Optimisation Strategy
for health care providers

Hello, my name is Fabien RAMON and I'm currently working with the Australian Tactical Medical Association (ATMA) in order to elaborate a Mental Performance Optimisation Course, for every caregiver. This course will be available online on the ATMA site. The goal is to provide a set of mental strategies and a complete toolbox for being able to manage stress (both in usual days and in case of emergency/crisis), to deal with errors more effectively, to better communicate, to increase your motivation and to gain in confidence, with some capabilities to virtually train your skills with visualisation techniques.

Just to quickly introduce myself, I'm a Physician in France, trained at emergency medicine and aeronautic. I'm also certified in Neuro-Linguistic Programming, Hypnosis, Neuroscience and Solution-Focused Coaching. I worked for almost ten years in a special forces group in France and I'm now in charge of the medical centre of an air base specialised in medical evacuations of the wounded in foreign military operations. I work with several departments of anaesthetics in order to improve the cognitive skills of the caregivers.

The purpose of this survey is to accurately identify the expectations of caregivers in the context of any such training. I really thank you to participate because your answers will help us to adapt the course exactly to what you really want. If you let your email address, we will inform you when this course will be available.

You can answer directly on your computer or print the document and handwrite your answers. You can send your responses back on my e-mail address : docteurfabienramon@gmail.com ; or on my whatsapp : 0033603991176.

Thank you again !

Dr. Fabien RAMON

You are :

<input type="checkbox"/>	An emergency physician A general practitioner An anaesthesiologist A gynaecologist A paediatric specialist A military physician A paramedic A military paramedic
--------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<input type="checkbox"/>	An hypnotherapist / mental coach A firefighter A nurse An orderly A medical secretary A medical student A nurse student A paramedic student
--------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Other (please specify) :

Your age and gender :

<input type="checkbox"/>	< 18 years old 18 – 19 yo 20 – 25 yo 26 – 30 yo 31 – 35 yo
--------------------------	--------------------------------------------------------------------------------------

<input type="checkbox"/>	36 – 40 yo 41 – 45 yo 46 – 50 yo 51 – 60 yo > 60 yo
--------------------------	-------------------------------------------------------------------------------

Gender :

You work in :

<input type="checkbox"/>	A city > 50000 people A city < 50000 people A rural area A military service
--------------------------	------------------------------------------------------------------------------------------------------

Other (please specify) :

If possible, could you precise the hospital and/or department you work in ?

Do you know the concept of mental performance or cognitive optimisation ?

	Not at all A little Medium A lot I master this concept
--	-------------------------------------------------------------------------------------------------------

Other (please specify) :

Mental Performance is the cognitive, emotional and psychological components of action performance. The optimisation of MP is a strategy to increase your emotional management, your communication skills, and some other cognitive processes, in order to perform better cares in a better controlled environment.

Do you think Mental Performance Optimisation could have a place in your workplace or in your training?

	Not at all Maybe Probably For sure
--	-------------------------------------------------------------------------

This is already the case (please specify) :

**Have you ever taken this type of training? If yes, how beneficial this was to you ?
What will you expect of an another course on this subject ?**

For you, what could be the the main educational objectives of this type of course ?

At the end of the course, what do you expect to learn ?

In terms of knowledge ?

In terms of mental skills ?

In terms of practical tools ?

**How would you know concretely that this training has achieved its objectives ?
What will you be able to set up professionally ? And in your others areas of life ?**

If you think that Mental Performance Optimisation could be interesting, when do you think the training should be done ?

<input type="checkbox"/>	At the beginning of my professional training
<input type="checkbox"/>	During my professional training
<input type="checkbox"/>	Just before beginning to work
<input type="checkbox"/>	On a regular basis throughout my professional training
<input type="checkbox"/>	On a regular basis throughout my professional activity

Other (please specify) :

Which modalities seem most interesting to you to study this concept ?

	Week classroom seminars Faculty / institute classes Online courses Books / Magazines Mobile application
--	--------------------------------------------------------------------------------------------------------------------------------------------------------

Other (please specify) :

What are for you the key components to develop in order to increase your mental performance?

	Energy Management Team skills / Communication How to increase Motivation Capacities of focus Emotions Management Understanding of emotions (how they formed, interact ...) Decision-making process		Empowerment Improve your technical skills Goal settings Work on your core values Self-concept and self-esteem (understand and improve them) Understand the error concept Error management
--	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Other (please specify) :

Are you already familiar with one of these techniques?

	Respiration techniques Relaxation techniques Energization techniques Visualisation Mental projection		Mindfulness Meditation Self-Hypnosis Neuro-Linguistic Programming Sophrology
--	-----------------------------------------------------------------------------------------------------------------------------------------------------	--	-----------------------------------------------------------------------------------------------------------------------------

Other (please specify) :

What are you already doing to improve your mental processes and performances? Do you have any suggestions on how to improve mental performances?

How would it be possible to evaluate your progress ? In terms of knowledge ? In practical terms ?

What could motivate you the most in this training ?