

## عنوان مقاله:

Analysis of the Elements of Self-Care Training Curriculum for Iranian Red Crescent Society (IRCS) Relief Workers  
Based on the Akker Model

## محل انتشار:

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## خلاصه مقاله:

**INTRODUCTION:** The present study aimed to investigate the elements of the self-care training curriculum for Iranian Red Crescent relief workers based on the Akker model. Exposure to accidents and disasters causes feelings of stress, anxiety, fatigue, weakness, and hopelessness. Due to the intense activities and the problems they encounter during traumatic episodes, they are endlessly anxious and stressed. However, they can control the pressures inflicted by the environment with the required training and effective scientific methods. **METHODS:** The present qualitative research study prevails based on the database theory. The statistical population comprises ۲۵ curriculum experts and Red Crescent relief workers selected through purposeful and criterion-based sampling. After clarifying the theoretical founding and expert perspectives regarding designing self-care training curriculum and quality of life (QoL) theory, the basic concepts, and components or the logic of curriculum design were specified. **FINDINGS:** The results showed that the characteristics of the elements of the self-care training curriculum considering the focus and the characteristics of the quality of life (QoL) theory based on the logic of the curriculum in the form of a model are as follows. Objectives (general and specific), content characteristics (principles of organizing and content selection), teaching-learning methods (priorities of selection and types of teaching methods), teaching-learning activities of relief workers, assessment (consecutive assessment and self-assessment), study materials and resources (physical and non-physical resources), space (virtual and online, real: emergency, accident), time and place (flexible), grouping characteristics (developing relief workers' sense of duty and belonging to the group in accidents and emergencies) and consequences: improving health literacy, correcting lifestyle, reducing the number of paramedics with contagious non-contagious diseases, diminishing the risky behaviors of paramedics, obtaining a set of skills and achieving individual, group and collective self-care competence. The model was validated and approved by experts and specialists through the Delphi method. **CONCLUSION:** Presenting and implementing a self-care training curriculum in the in-service programs of the Iranian Red Crescent Society can boost their quality of life (QoL) and contentment, while fully preparing them to withstand and deal with emergencies

## کلمات کلیدی:

Akker Model, Curriculum, Red Crescent Relief Workers, Self-care Training., Akker Model, Curriculum, Red Crescent Relief Workers, Self-care Training

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