



# Army PRT or The Briefest & Most Informative PRT Overview Ever

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That which is to give light must endure  
burning

*Viktor Frankl, Man's Search for Meaning, 1963*





# BRIEFING OUTLINE

**PURPOSE:** To present an overview of the Army's Provider Resiliency Training Program.

1. Background
2. Mission
3. Assumptions
4. Provider Resiliency Model
5. Plan
6. Conclusion
7. Questions



## BACKGROUND MHAT Findings

- **MHAT II (2005):**
  - 37% PC providers report High or Very High Burnout
  - 15% report job impaired by Compassion Fatigue
  - Recommended:
    - 1) Further Research
    - 2) Implementation of a program for burnout and compassion fatigue.
- **MHAT III (2006):**
  - 45% High or Very High Burnout; 9% impaired
- **MHAT IV (2007):**
  - 43% High or Very High Burnout; 16% impaired
- **MHAT V (2008):**
  - “Remained Unchanged compared to last year”



## MISSION

- Address AMAP Tasker “Assess Provider Fatigue (PF) and Burnout”
- Improve the resilience of MTF Care Providers by implementing the PRT program to alleviate or decrease PF and Burnout



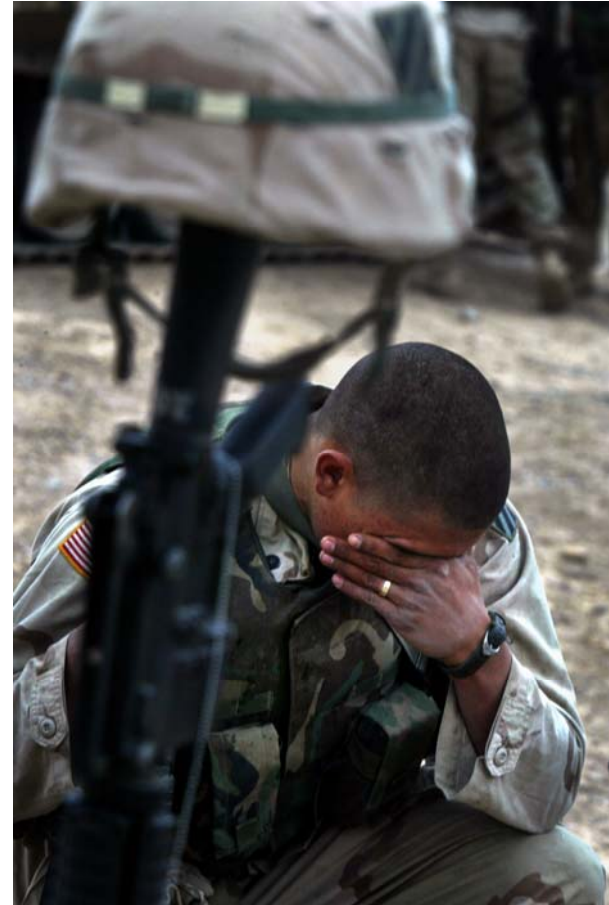
# ASSUMPTIONS

- Care Providers are our greatest resource.
- MTF/RMC Commanders care about their staff.
- The training is an investment in the provider's personal well-being and resiliency.



# Provider Resiliency Model

- Educate Yourself
- Assess Yourself
- Take Action





# Building Provider Resiliency through the PRT Phase Plan

<b>W H A T</b>	<b>INTRO TO PRT</b> * Take Pro-QOL & Review PRT Video * 30 min	<b>PRT-INITIAL (PRT-N)</b> * Review concepts & Create Self-Care Plan * 2 hrs	<b>PRT-ANNUAL (PRT-A)</b> * Re-take Pro-QOL & Update Self Care Plan * 1 hr
<b>W H O</b>	All Personnel	All Personnel	All Personnel
<b>W H E N</b>	1 Jul – 31 Sep	1 October – 30 June 09	Begins 1 Jul 09 Birth Month Training
<b>T R A C K</b>	Certificate	Certificate and Self Care Plan	Certificate and updated Self Care Plan



## PLAN: Phase I

- **PHASE ONE:**

- “The Gift”
- All Care Providers MEDCOM-wide complete the 30-minute online “Introduction to PRT” product
- 90 day window to complete
- Begin hiring actions for PRT Trainers and RMC Supervisors

- **Outcomes**

- Prevalence of Provider Fatigue and Burnout measured immediately after cutoff date
- Results/recommendations provided to Commanders
- Training effectiveness evaluated
- Providers: Self-Assessment of Provider Fatigue & Burnout



## PLAN: Phase II

- **PHASE TWO:**

- PRT Residency Course (5 Days)
- PRT-Initial (PRT-N)
  - Two-hour classroom training by PRT Trainers
  - All MEDCOM MTF personnel develop initial self-care plans
  - Stage set for annual maintenance of self-care plan (PRT-A)

- **Outcomes:**

- MTF Commanders track training completion in DTMS
- Training effectiveness evaluated
- Providers: Initiate a Self-Care Plan



## PLAN: Phase III

- **PHASE THREE:**
  - PRT-Annual
    - Birth month requirement
    - Re-administer Pro-QOL and review results
    - 1 hour classroom training by PRT Trainers
    - PRT-N trained quarterly for missed providers and newcomers
- **Outcomes:**
  - Annual trend analysis for Pro-QOL results
  - Results sent to Commanders
  - MTF Commanders track training completion in DTMS
  - Providers: Re-take Pro-QOL with Emphasis on Taking Action



# Questions



Email questions to: [prt@amedd.army.mil](mailto:prt@amedd.army.mil)