

STATE OF FL DOH PST 6th EDITION WORKBOOK SECTION 12 QUIZ

The below is intended to compliment or be used in conjunction with the FL DOH PST 6th Edition Workbook dated 2024. FL APCO Training Committee recommends the workbook be thoroughly read in preparation for the state examination. The below is meant to aid, not to substitute or supersede the information found in the workbook.

1. Being constantly exposed to trauma, the impact of shift work, along with having work-life balance challenges, are pressures felt by the PST.

True or False

2. An investment in the well-being of the PST equates to an investment in the safety and security of the PST.

True or False

3. The depletion of empathy and emotional resources is referred to as compassion fatigue.

True or False

4. Having training programs as well as health and wellness initiatives are ways in which an agency can invest in their PSTs.

True or False

5. Define EAP and give examples of the services they provide.

6. List three signs of chronic stress.

COMPREHEND HEALTH AND WELLNESS OF THE PST



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7. Define Peer Support.

8. Which of the following are signs of compassion fatigue.

- A. Reduced empathy
- B. Apathy
- C. Desensitization
- D. All of the above

9. Which of the following contributes to the physical and emotional balance of the PST.

- A. Healthy eating habits
- B. Adequate rest breaks
- C. Emotional exhaustion
- D. A & B

10. Stress management training, organizational strategies, training in emotional detachment and mental health resources affords the PST the opportunity to build _____.

- A. Resilience
- B. Apathy
- C. Crisis team
- D. Coping mechanism