## *SimCoach ProQoL Delivery Enhancement*

What is it?

The SimCoach for ProQOL project is a prototype web-based experience for care-providers in the military (ex. – combat medics, physicians, nurses, administrators, etc.), where users can:

- take the Professional Quality of Life (ProQOL) survey and receive immediate feedback on their results
- learn about provider fatigue, burnout, secondary traumatic stress as they may relate to the work they do
- learn about self-care and develop their own self-care plan to maintain their wellness
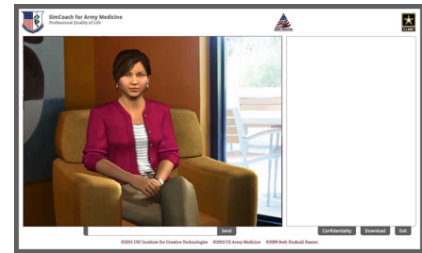
Who is it for?

Care providers in the military -- both active-duty and civilian -- all of whom face the potential of burnout, provider fatigue, and secondary traumatic stress in the course of the physically and psychologically challenging work they perform.

When?

Being a web-based system, users can visit the site and interact with the SimCoach any time they have access to a computer and network in a private and confidential manner.

How?

Users interact with the SimCoach via standard, major web browser at home or at work. Users can enter free text, answer multiple-choice questionnaires, view videos, and download a .pdf template for their own self-care plan.

Why?

The project aims to extend the reach of the US Army's Surgeon General mandate that all military care providers take the ProQOL by providing additional relevant resources, self-care techniques, and the opportunity to actively create a realistic self-care plan with the assistance of a SimCoach, a "Virtual Human" research technology developed at USC's Institute for Creative Technologies.

This project was funded by the U.S. Army Medical Department (AMEDD).

At the University of Southern California Institute for Creative Technologies leaders in artificial intelligence, graphics, virtual reality and narrative advance low-cost immersive techniques and technologies to solve problems facing service members, students and society.