

IMPACT OF AN OIS

You can expect to experience a number of normal reactions after being in a shooting. These reactions can last up to 30 days or longer and include, but are *not* limited to:

Cognitive Impact

- Tunnel vision
- Heightened visual detail
- Auditory exclusion and/or acuity
- Slow motion & fast motion
- Disturbance in memory

Psychological Impact

- Intrusive thoughts that play over and over
- Projection of the situation onto loved ones
- Anxiety of telling family
- Shock/anger/fear
- Sadness at taking a life
- Elation (that you are alive)
- Questioning of your mortality
- Increased hypervigilance-on and off duty
- Fear of legal /administrative recourse
- Helplessness
- Hate toward suspect(s)
- Blame/Guilt
- Second guessing tactics/decision making

Physical Impact

- Adrenaline dump- mental and physical exhaustion
- Muscle weakness
- Inability to sit still
- Frequent need to urinate
- Tremors/sweating/rashes
- Stomach and headaches
- Nausea/vomiting
- Sexual functioning

“Physically I was a mess and I couldn’t eat or sleep for a couple days. Although I knew logically it was the right thing to do to keep me and my partners alive, I wasn’t prepared to take another persons life and I felt intense guilt.”

Orange County Police Officer

Articles:

[http://www.policeone.com/
officer-shootings/
articles/1195859-Shots-Fired-
A-special-PoliceOne-series/](http://www.policeone.com/officer-shootings/articles/1195859-Shots-Fired-A-special-PoliceOne-series/)

[http://www.officer.com/
article/10249385/critical-
incident-stress](http://www.officer.com/article/10249385/critical-incident-stress)

