

Development of Specific Care Strategies to Maintain and Recover Survivors' Health after Disasters

Lead Research Institution: University of Hyogo

Principal Investigator (PI): Dr Aiko Yamamoto, Professor, Research Institute of Nursing Care for People and Community

Budget: US\$ 80,000

Recruitment of participants: April 2018; **Implementation:** May-December 2018; **Data integration and analysis, technical report drafting:** January-March 2019

Background

The increasing scale and frequency of disasters has placed a priority on the mitigation of disaster risk and impact. Of special interest is disaster risk management for health, with attention towards vulnerable populations. Older adults are more likely to have physical, cognitive and mental vulnerabilities, such as multiple chronic diseases that can worsen during and after disasters and be complicated by mental health issues such as post-traumatic stress disorder (PTSD) and depression. Healthcare and social service providers affected by disasters are also of concerns in terms of the prevention of PTSD and depression, as they are required to keep working under stressful environments.

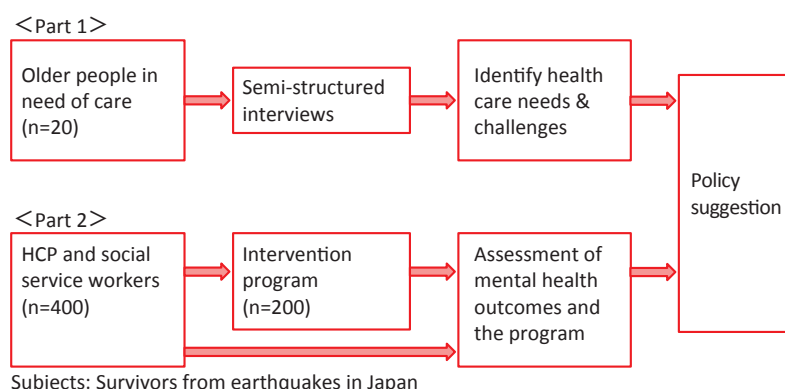
Research objectives

The objectives of this research are:

- 1) To identify the fundamental needs and challenges of older adults who receive long-term care (LTC) services.
- 2) To conduct a therapeutic intervention programme among healthcare and social service providers affected by disasters, and to describe the feasibility, relevance, and acceptability of the programme and draw a hypothesis about the programme's impact on the prevention of PTSD and depression.

Methods

- 1) Semi-structured interviews will be conducted with twenty disaster survivors over 65 who receive long-term care (LTC) services.
- 2) A therapeutic programme to prevent PTSD and depression will be evaluated among 200 healthcare and social service providers directly affected by the Kumamoto Earthquake 2016 with a comparison group of the same size.



Expected outcomes

Based on this research, we expect that the research will:

- 1) Provide fundamental information and data about the situation and needs of older adults who require health support after disasters.
- 2) Provide fundamental information on the feasibility, relevance and acceptability of a therapeutic programme to prevent PTSD and depression among healthcare and social service providers in disaster areas.
- 3) Contribute to policy suggestions for better disaster risk management for affected populations, and to strengthen scientific evidence in Disaster Risk Management for Health.
- 4) Contribute to the implementation of the Sendai Framework for Disaster Risk Reduction.

Team members

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