1) Situation of Disaster Area

- Local characteristics of the disaster area (urban or rural area, transportation, social infrastructures, etc.)
- Characteristics of residents of the disaster area (age distribution, networks among residents, inhabitants organization, residents' mentality, etc.)
- Type and scale of the disaster
- Extent of damage (human and property damage, damage to utility lifelines, etc.)
- Living environment (security of privacy, etc.)
- Hygienic conditions (cleaning, ventilation, availability of drinking water, toilets, etc.)
- Medical needs (first aid treatment, chronic illnesses, infectious diseases, mental care, etc.)
- Health and welfare services available (adult day-care centers, home helper stations, vocational aid centers, etc.)
- Contents and status of distribution (to what extent foods, water, and other daily necessities are supplied)
- A base / the location of public health practice to have jurisdiction over a disaster area

2) Condition of Disaster Victims

- Family members (check whether each disaster victim lives alone or with other family members and if they have any relatives)
- Living conditions (diet, sleep, job, mental support [purpose in life, hobbies, pets, etc., etc.])
- Living environment of disaster victims (home, evacuation center, changes from before the disaster)
- Health conditions (need for medical care, chronic disease management, etc.)
- Neighboring relationship
- Status of use of social infrastructures (nursing-care insurance, welfare services, etc.: day-care centers, functional training, rehabilitation for disabled children etc.)
- Feelings and sentiments (anxiety about the future, fear, things lost [home, family, etc.])
- Identify vulnerable populations
  - Vulnerability due to the target's attributes...Infants, pregnant women, elderly persons, disabled persons, elderly persons living alone, persons in need of nursing care, foreigners without Japanese ability
  - Vulnerability due to illness...Those heavily dependent on medical care such as those with intractable diseases, those bedridden, those with psychiatric disorders, chronic illnesses, tuberculosis, dementia, or persons on artificial respiration or oxygen therapy at home

Tips on Health Care Volunteer Activities by Nurses in the Event of Disaster
(Emergency and Medium-term: Support in phase of evacuation)
~To a month after a disaster~

1) Support of the evacuation center

- Support for evacuation
  - Coordinate an evacuation center for those who have special dietary requirements due to age, physical conditions or illnesses
  - Provide water, food, and shelter
  - Provide entertainment and livelihood support

- Support for evacuation from home
  - Provide assistance with transportation and shelter
  - Provide medical care

2) Support for Civilian and Secretions

- Provide health education
  - Promote health education for all residents

- Support for evacuation
  - Provide evacuation support

- Support for Civilian and Secretions

- Support for Medical and Psychiatric Patients
  - Provide medical and psychiatric care

3) Support for the Evacuation Center

- Provide medical care
  - Provide medical examinations
  - Provide medical advice

- Provide psychological support
  - Provide psychological counseling

- Provide community support
  - Provide community services

4) Support for Families

- Provide family support
  - Provide family counseling

- Provide family assistance
  - Provide family services

5) Support for Education and Work

- Provide education and work support
  - Provide education and work counseling

- Provide education and work assistance
  - Provide education and work services

6) Support for the Elderly

- Provide support for the elderly
  - Provide support for the elderly

- Provide support for the elderly

- Provide support for the elderly

7) Support for Children

- Provide support for children
  - Provide support for children

- Provide support for children

- Provide support for children

8) Support for the Environment

- Provide support for the environment
  - Provide support for the environment

- Provide support for the environment

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9) Support for the Economy

- Provide support for the economy
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10) Support for the Community

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11) Support for the Media

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12) Support for the Government

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Tips on Health Care Volunteer Activities by Nurses in the Event of Disaster
(Emergency and Medium-term: Support in phase of evacuation)
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① Support for Local Supporters (Local supporters are also disaster victims)
1) Do not criticize local supporters but discuss problems with them
2) Respect the pace in which local supporters work and support their decision-making
   - Give assurance to local supporters with respect to their judgments
   - Secure a system in which local supporters can take rests
3) Having conferences and making other opportunities to share experiences
4) Check local supporters' health (living conditions, sleep, diet, mental conditions, change of physical conditions, etc.)

② Essentials of Community Health Nursing Activities in the Disaster Area

1) Activity Principles
   - The major objective of activities is to keep survivors as healthy as they were before the disaster
   - Regard talking with each disaster victim as important
   - Define the specific activities to carry out and work in a systematic manner
   - Ensure cooperation not only with medical workers but also with health, welfare and educational stuffs

2) Activities after the Initial Operation Phase
   - Disaster victims tend to be isolated after leaving the evacuation center. Be sure to visit them door-to-door after they return their home
   - Promote activities to identify victims' health needs
   - A local support network will be necessary from the middle phase of activities and thereafter

3) How to Conduct and Develop Activities
   - In conducting activities, be sure to identify and integrate the needs of local residents and reflect those needs in future activities
   - Be sure to communicate information obtained from the disaster management office to all disaster victims. When disaster victims can't get information, tell to the disaster management office

③ Your Conduct in the Disaster Area

1) First thing to Do in the Disaster Area
   - When you reach the disaster area, register yourself to the volunteer center
   - Check or buy volunteer insurance
   - Wear a name tag or some other item that identifies you by name
   - Introduce yourself as a nurse
   - Express words of sympathy for the local people

2) How to Act and Behave
   - Work with local people (prefecture public health nurse, municipal public health nurse, local leaders, general local volunteers, etc.)
   - To ensure your own security, work with two or more members
   - To ensure a sense of security on the part of disaster victims, develop a system to send the same nurse to the same disaster victim, if possible
   - Discuss with a local contact person (e.g., leader of the residents' association) and build good relations with him/her
   - Provide care in cooperation with the first-aid station and the medical team
   - Team up with local organizations (residents' association, women's association, youth association) in conducting activities
   - Work with the local public health nurses
   - Hold and participate in conferences (participants: government officials, general volunteers, etc.)
   - Conferences provide opportunities to share information and to make sure the courses of activities should proceed to confirm how to work
   - Conferences also provide opportunities for local supporters and outside supporters to debrief each other
   - Record consciously and leave it to the disaster area for needs collection and continuation support of disaster victims
   - Hand over your work for continuous support

3) Attitude and Preparedness
   - Provide information about victim support service after having confirmed accuracy
   - In conducting activities, understand the characteristics of the disaster victim's psychological recovery process
   - Positive actions, go out and provide support to those in need
   - Focus on immediate needs of disaster victims when you listen to what they have to say and support them
   - Modify your role flexibly to cope with changing situations and needs
   - Remember that what you want to do for disaster victims is not always what they need
   - Supporters should not criticize local supporters

4) Care of Yourself
   - Secure your own personal safety
   - Mind to control yourself. Volunteer nurses tend to overwork themselves due to the emotional uplift.
   - A limit of activity is around 1 week because there are your fatigue and relations with local peoples

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