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MODULE 4

Emergency Preparedness: Prevention, Response and Recovery

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Public Health
Learning Modules

Using **Healthy People 2020**
to Improve Population Health



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Part 4: Recovery



Objective

- Assess the emergency recovery process and the challenges therein for different types of emergencies.

Outline

- Recovery Challenges
- Learning Lessons
 - Governmental Response
 - Individual/Community Response

Recovery Challenges

- Housing
- Insurance
- Ethical Issues
- Mental Health
- Vulnerable Populations
- Rebuilding



Housing

- To rebuild or not
- Influx of emergency contractors from outside the community
- Displaced populations
- Emotional ties to place/community



Insurance Challenges

- National Flood Insurance Program
- Home Owner's Insurance
- Business Property Insurance
- Claims Process
- Documentation



Ethical Issues

- Research ethics
- Altered standards of care
- Access to resources



Mental Health

- Community services may be suspended
- Red Cross capacity concerns



- Social stigma
- Physical displacement prioritized

Vulnerable Populations

- Housing
- Communication
- Social Services
- Displacement
- Mental Health



Outline

- Recovery Challenges
- Learning Lessons
 - Governmental Response
 - Individual/Community Response

Learning Lessons - Governmental Response

- Hot Washes
- Homeland Security Exercise and Evaluation Plan (HSEEP)
- After Action Reports (AAR)
- Volunteer Surveys
- Root cause analysis
- Facilitated lookbacks
- Context + Mechanism = Outcome (CMO)
- Critical event registries

Example: H1N1 What We Learned

- Successful public vaccination clinics:
 - Defined priority groups
 - Communicated with the public
 - Maintained adequate staffing
 - Established community partnerships, and
 - Maintained flexibility

Klaiman, T.; O'Connell, K. & Stoto, M. (2013). "Local Health Department Public Vaccination Clinic Success During 2009 pH1N1." *Journal of Public Health Management and Practice*. 19(4): E20-E26.

Outline

- Recovery Challenges
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Psychological Consequences of Disaster

- Any scale of disaster results in physical and psychological damage



Impact Phase Reactions

- Stressors in this phase that may have psychological consequences:
 - Threat to life and encounter with death
 - Feelings of helplessness and powerlessness
 - Loss
 - Dislocation
 - Feeling responsible
 - Inescapable horror
 - Human malevolence

Immediate Post-Disaster Reactions

- Numbness
- Denial or shock
- Flashbacks and nightmares
- Grief reactions to loss
- Anger
- Despair
- Sadness
- Hopelessness

Recovery Phase Reactions

- Significant longer term emotional needs become apparent
- Continued media exposure to trauma brings back feelings from initial exposure
- Hesitation to express feelings of distress, concern, dissatisfaction
- Physical health symptoms of emotional distress appear

Normal Psychological Reactions

- Upsetting memories
- Flash backs
- Bad dreams
- Anxiety and fear
- Depression
- Aggressive behavior
- Self-blame and guilt
- Restlessness/sleeplessness

Distress vs. Dysfunction

	Distress	Dysfunction
Emotional	<ul style="list-style-type: none"> ▪ Anxiety ▪ Irritability ▪ Anger ▪ Depression and/or Grief ▪ Fear, phobia, phobic avoidance ▪ Posttraumatic stress (PTS) 	<ul style="list-style-type: none"> ▪ Panic attacks ▪ Infantile emotions in adults ▪ Immobilizing depression ▪ Posttraumatic stress disorder (PTSD) - PTS taken to an extreme level
Behavioral	<ul style="list-style-type: none"> ▪ Impulsiveness ▪ Risk-taking ▪ Excessive eating ▪ Alcohol/drug use ▪ Compensatory sexuality ▪ Sleep disturbance ▪ Withdrawal ▪ Family discord ▪ 1000 yard stare ▪ Hyper startle ▪ Hypersensitivity to cues 	<ul style="list-style-type: none"> ▪ Violence ▪ Antisocial acts ▪ Abuse of others ▪ Immobility ▪ Self-medication
Physical	<ul style="list-style-type: none"> ▪ Tachycardia or bradycardia ▪ Headaches ▪ Hyperventilation ▪ Muscle spasms ▪ Psychogenic sweating ▪ Fatigue/exhaustion ▪ Indigestion, nausea, vomiting 	<ul style="list-style-type: none"> ▪ Chest pain ▪ Persistent irregular heartbeats ▪ Recurrent dizziness ▪ Seizure ▪ Recurrent headaches ▪ Blood in vomit, urine, stool, sputum ▪ Collapse/loss of consciousness ▪ Numbness/paralysis (especially of arm, leg, face) ▪ Inability to speak/understand speech

Need for Additional Intervention

- Disorientation - dazed, memory loss, inability to give date or time, location, recall events of the past 24 hours
- Inability to care for self - not eating, bathing, or changing clothes; inability to manage activities of daily living
- Suicidal or homicidal thoughts or plans
- Problematic use of alcohol or drugs
- Domestic violence, child abuse, or elder abuse
- Any common reaction may require intervention if it interferes with daily functioning

Learning Lessons - Community Resilience

Four Initial Intervention Goals:

- Identify those in need of immediate medical attention
- Provide supportive assistance and protection from harm
- Facilitate connecting survivors with family and friends
- Provide information about the status of the disaster site and immediate law enforcement efforts

Community Resilience

Once safety is established, the following four intervention goals should be targeted:

- Alleviate distress through supportive listening, providing comfort, and empathy
- Facilitate effective problem-solving of immediate concerns
- Recognize and address pre-existing psychiatric or other health conditions in the context of the demands of the current stressor
- Provide psycho-educational information regarding post-trauma reactions and coping strategies

Summary

- Recovery from disasters may be a long process with numerous challenges both physical and psychosocial.
- There are numerous evidence-based strategies that can be implemented to learn from the response as well as increase community resilience.