



OCEANIA NEWSLETTER

February 2015

WELCOME!!!

I am writing this on February 22, the 4-year anniversary of the Christchurch and Canterbury major earthquake. In yesterday's newspaper there were moving stories from those who survived the quake or were involved in some post-quake response. One was a newspaper reporter who interviewed victims some time ago and was so affected that she has moved to another country leaving family behind to start a new job and build a new life. Another was a New Zealand teacher based at a language school in Japan who was in Christchurch at the time with students on a study trip. Many of the students perished in a building collapse, the parents blamed him and the school for their deaths and he was dreading having to face them at a memorial service.

In summary, this event and the many others like it around the world are life changers, who cope and rebuild their lives in situ, others relocate to rebuild, and alas, others struggle without the means or support necessary to do either. These are the ones health services need to be aware of.

Also this weekend, Queensland and the Northern Territory are experiencing major cyclones along with flooding and property damage, thoughts are with those involved there.

On a positive note, a number of members are preparing to attend WCDEM19 in Cape Town, which is promising to be a successful, interesting and challenge creating conference. One key item for discussion there will be how to develop and further encourage student participation in WADEM. Today's students are the future of this organisation; already we have a mentoring programme which links students to those experienced in the fields they are seeking to study. WADEM sections are also seeking to encourage student involvement. Does the organisation need a student coordinator to link students with prospective contacts? Hopefully that question and others will be developed and answered in Cape Town.

Finally, congratulations to Frank Archer for his work in establishing the WADEM section on Disaster Metrics.

Cheers

Graeme

WADEM Oceania Chapter Newsletter Aims

The aims of the WADEM Oceania Chapter news letter are to:

- *provide communication for regional members*
- *encourage a collegiate relationship amongst regional members*
- *update members on news and events such as health issues in the region*

- *provide a forum for discussion on emergency medicine/health issues*
- *give encouragement and support for research papers*
- *allow publication of basic case studies*
- *support exchange of information and work programmes*
- *publicise coming events*
- *support the aims and activities of WADEM within the region*

WADEM Oceania Chapter Newsletter Editorial Committee

Graeme McColl	graeme.mccoll@ilsogno.info
Peter Aitken	Peter.aitken2@health.qld.gov.au ,
John Coleman	John.Coleman@siapo.health.nz
Paul Arbon	Paul.arbon@flinders.edu.au
Thompson Telepo	ttelepo@ymail.com
Joe Cuthbertson	joecuthbertson@hotmail.com
Caroline Spencer	caroline.spencer@monash.edu
Sarah Weber	sarahweber@iinet.net.au
Penny Burns	penny@sandyburns.com.au

OCEANIA NEWS

Oceania Chapter Committee Report.

Members of the Oceania Chapter attending WCDEM in Cape Town include:

Oceania Members presenting papers at WCDEM Cape Town are:

Paul Arbon, Malinda Steenkamp, Jamie Ranse, Alison Hutton, Karen Hammad, Sue Ann Bell, Wendy McKenzie, Tener Venema-Goodwin and Sheila Turriss from Flinders University.
 Frank Archer, Caroline Spencer and Diana Wong from Monash University
 Linda Winn from NSW Ambulance service
 Lev Zhurasky from Christchurch Hospital
 Bella Donna, Madelina Ariani and Oktomi Wijaya from Universitas Gajah Mada Yogyakarta in Indonesia.
 Joe Cuthbertson from Western Australia Ambulance service.

Others Attending

Hendro Wartatmo, Yogyakarta; Julie Zarifeh, Christchurch; Graeme McColl, Christchurch.

Oceania Bid for WCDEM 2019.

A committee has been formed to promote this bid and develop the conference should the bid be successful.

Gerry Fitzgerald. Chair
 Lidia Mayner
 Peter Aitken
 Rowena Christiansen
 Vivienne Tippett
 Graeme McColl
 Megan Dwyer (Queensland Brisbane Convention Centre)

Monash Resilient Australia Award: 21 January 2015



L-R: Claire Zara, Debra Parkinson, The Hon Michael Keenan MP, Minister for Justice, Susie Reid, Helen Riseborough at the Award presentation

Monash researchers have received a Resilient Australia Award for their groundbreaking work with communities affected by the Black Saturday bushfires in 2009.

PhD candidates Ms Debra Parkinson of the [School of Social Sciences](#) and Ms Claire Zara of the [Monash Injury Research Institute \(MIRI\)](#) were awarded under the category 'National Significance' for a joint project with Women's Health Goulburn North East and Women's Health in the North.

The collaboration examined and revealed what happens to women, men, and their relationships during and after a catastrophic disaster. It resulted in two reports: *The Way He Tells It: Relationships after Black Saturday* and *Men on Black Saturday: Risks and opportunities for change*.

Sponsored by the Attorney General's Department, the Resilient Australia Awards recognise and promote initiatives that support and strengthen communities across the nation.

Professor Lesley Day, the acting director of MIRI, said Ms Parkinson and Ms Zara's work demonstrates how research has the potential to engage the community and influence policy and practice.

"This work is truly translational, leading to major policy changes in how authorities and other support services respond to emergency situations," Professor Day said.

Women's Health Goulburn North East (WHGNE) initially funded and resourced the project, instigating a 2009 study examining women's experiences during and after Black Saturday. The work resulted in Women's Health in the North and the Australian Domestic and Family Violence Clearinghouse joining WHGNE to hold a national conference called "*Identifying the Hidden Disaster: The First Australian Conference on Natural Disasters and Family Violence*".

In partnership with MIRI, WHGNE then funded and resourced the research into men's experiences, with additional funding from the National Disaster Resilience Grants Scheme (NDRGS). A second national Conference "*Just Ask: A Conference on the Experiences of Men after Disaster*" was held in November 2013.

Emeritus Professor Frank Archer, MIRI, who chaired the steering group for the men's study, congratulated all those involved.

"This award acknowledges not only the quality and ethical conduct of the research, but also the care, compassion and insight demonstrated by the lead researchers in what was considered risky research," Professor Archer said.

The reports, which included recommendations for improved practice, led to the creation of Australia's first Gender and Disaster Taskforce. Co-chaired by the Victoria Emergency Management Commissioner Mr Craig Lapsley and WHGNE Executive Officer Ms Susie Reid; the taskforce brings together senior leaders of key emergency service organisations, government departments, academics, women's health sector, and community representatives.

The taskforce operates under the auspices of Emergency Management Victoria, which, in partnership with the Victoria Department of Human Services, has committed to substantially fund the work of the two women's health services, to ensure ongoing outcomes.

Further information on MIRI's disaster resilience programs is available from Dr Caroline Spencer, MUDRI academic co-ordinator, at caroline.spencer@monash.edu.

Disaster rebuild, the Japanese way.

Notes taken from a report by Paul Gorman in The Press Christchurch 13 February, 2015.

On March 11, 2011 a tsunami ravaged many parts of Japan, destroying homes and businesses and killing 15,900 people with 2,600 reported missing. The tsunami was generated by a 9.0 earthquake, the fourth largest ever recorded.

The tsunami overwhelmed the village of Onagawa, 400K north of Tokyo, as well as nearby towns and cities. Onagawa lost 827 people from a population of about 10,000, or 1 in 12 residents. At that rate Christchurch would have lost 30,000 people instead of the 185. 75% of the buildings were destroyed in Onagawa. Before the tsunami there were 12 inns in Onagawa, the disaster destroyed them all, meaning that when volunteers came to help there was nowhere for them to stay. Two hours travelling was required each day before any work could commence. One enterprising inn-keeper has opened a trailer hotel to accommodate workers.

Also covered in the report is the situation of Kobe, 20 years after destruction from the 7.3 Great Hanshin-Awaji Earthquake the city has been substantially rebuilt. Of interest is that scientists knew about and studied a fault near Kobe that was the cause of the damage but hardly anyone in Kobe was apparently aware of it or thought an earthquake was possible. Did these scientists not warn the city and people of the dangers this fault posed? The authorities in Kobe say the population is now much better prepared for an earthquake with advice about emergency kits and Shakeout drills.

EVENTS/PROJECTS / PROGRAMMES / RESEARCH / COURSES REPORTS

Canterbury Health Post-Earthquake.

Report by David Meates CEO Canterbury District Health Board on hospital situation January 2015.

It's coming up to four years since the February 22nd quake, and in one sense the time has flown by, yet in other ways the time has dragged on, as many are still battling to get resolution on insurance claims and quake repairs. Whole areas of the red zone are now empty and people have dispersed throughout Canterbury - many of you have moved to areas around Rolleston and Lincoln and in North Canterbury areas like Rangiora are seeing a boom in population growth.

We've also welcomed new people to Canterbury - there's the rebuild population - many of whom

have travelled from overseas live in Canterbury and work on the rebuild projects. There's also the FIFOs - they're the people who Fly In and Fly Out on a weekly or monthly basis - all of these additional people - estimated to be around 25,000 by mid 2015 - need health services; some more than others.

Stats indicate that the 25-29-year old population has increased by 9%, but emergency department use has grown by 46% post-quake; and the 20-24-year old population has increased by 4.2%, but ED use by this group has grown by 27% post-quake.

Canterbury DHB is closely monitoring demand for mental health services and we are experiencing unprecedented increases. A 30% increase in adults, more than 50% increase in child and youth, and a 37% in emergency mental health presentations. These increases are not being experienced by other DHBs and are unique to Canterbury.

Research: Quake claims result in health problems. The Press Christchurch 20/2/2015

Cantabrians with unsettled quake claims are more likely to argue with their partner, have health issues and experience financial problems, new research shows.

The research, commissioned by the All Right? well-being campaign, included interviews and surveys with nearly a thousand people in Christchurch, the Waimakariri and Selwyn.

All Right? manager Sue Turner said there were good signs of psychological recovery, but major concerns for homeowners who were yet to settle their insurance or Earthquake Commission claim.

There had been a drop in the number of Cantabrians worrying about another big earthquake, fewer said they struggled to cope with all that happened as a result of the earthquakes and more felt connected to greater Christchurch.

Canterbury District Health Board public health specialist, Dr Lucy D'Aeth said clearly progress has been made but the mental health and wellbeing of those with unsettled insurance and EQC claims was a major area of concern.

"Clearly the challenges go beyond living in a broken house. Unsettled claims are impacting on people's physical and mental health, relationships and finances."

In 2012, 69 per cent of Cantabrians All Right? surveyed had an unsettled insurance claim. The figure had dropped to 29 per cent at the end of 2014.

She said Cantabrians who were in a better situation should do "little things to help give them a boost. Things like going out for coffee, catching up for a walk, picking some flowers from our garden or a phone call to check they're all right".

"It's all about ensuring we don't permanently become a tale of two cities and that all our people recover from the devastating effects the earthquake has had too."

Survey findings

- 63 per cent said life was much worse than before the earthquakes
- 46 per cent report health issues
- 44 per cent said their current living situation was getting them down
- 19 per cent said they argued with their partner more than before the earthquakes

Quake ANNIVERSARY

Quakes double number of stressed, anxious kids

From The Press Christchurch 23 February

Asleigh Stewart

asleigh.stewart@press.co.nz

The number of stressed and anxious children admitted for specialised mental health treatment in Canterbury has almost doubled since the earthquakes.

Health officials say years of aftershocks, life disruptions and living in a highly strung environment have taken a toll on the region's children.

Demand has skyrocketed since 2013, when the Canterbury District Health Board (CDHB) recorded a 27.7 per cent increase in referrals to its Child and Adolescent Family Service since the quakes.

Now, figures show a 90 per cent increase, and a doubling of emergency child mental health cases in the same time frame. Mental health admissions for adults were up 30 per cent, and there was a 37 per cent increase in emergency cases.

Most of the difficulties are the indirect effects of the earthquakes, which are causing social and personal difficulties for families.

Dr Harith Swadi

At last week's CDHB meeting, chief executive David Meates said the board was struggling with how to deal with the influx of mental health patients and the mounting costs.

Dr Harith Swadi, CDHB mental health specialist and clinical director of the Child and Adolescent Family Service, said admissions were predominantly related to mood

problems, particularly anxiety and depression. Young people were unable to cope with the daily stress of relationships and education, and young children were presenting developmental problems.

"Most of the difficulties are the indirect effects of the earthquakes, which are causing social and personal difficulties for families," Swadi said.

An ongoing study of 5-year-olds starting primary school in east and south Christchurch found as many as one in three were exhibiting symptoms of post-traumatic stress disorder (PTSD).

University of Canterbury school of health sciences associate professor Dr Kathleen Liberty used a pool of 212 children at five primary schools, with roughly half starting school in 2013 and the other half in 2014. She found symptoms in 11.8 per cent of 5-year-olds who started school in 2013, and 29.1 per cent of

those who enrolled in 2014.

Liberty was able to use an earlier study she conducted in the same area of Christchurch to compare pre-quake PTSD levels.

Baseline data taken from this earlier study showed 8.8 per cent of children presenting with high PTSD. "These children have had neurological changes as a result of dealing with so much stress at such young ages."

Preliminary findings from this study suggested there was a high number of "rebound children" though - those who had exhibited PTSD symptoms and were "gradually recovering". "They're very young, they need a long time to recover and they are getting that in schools now," Liberty said.

Swadi said there was no sign in mental health demand for children decreasing. "Time is a natural healer and, with support, we expect many children to recover," he said.

I do have some concerns with the reports of PTSD in Children and do wonder if this is a Media angle on the report and research.

UN CONFERENCE ON DISASTER RISK REDUCTION

The Third UN World Conference on Disaster Risk Reduction will be held from 14 to 18 March 2015 in Sendai City, Miyagi Prefecture, Japan. Several thousand participants are expected, including at related events linked to the World Conference under the umbrella of building the resilience of nations and communities to disasters.

<http://www.wcdrr.org/conference/programme/publicforum>

WHO organises the Public Forum “Protecting people's health from disaster risks” at Tohoku University Kawauchi-kita Campus

Multimedia Hall on 17 March 9am to 5pm. Please keep eye on the website!

Call for Papers



Disaster Nursing
Global Leader
Degree Program

Health Emergency and Disaster Nursing

Editor-in-Chief
Barbra Mann Wall, PhD, RN, FAAN
University of Pennsylvania School of Nursing

We are pleased to announce the launch of a new journal devoted to the field of disaster nursing. Health Emergency and Disaster Nursing (HEDN) is the first dedicated, international, peer-reviewed academic journal that supports and contributes to disaster prevention and regeneration by bringing the wisdom of nursing science together. It is also the official English-language Journal of the Disaster Nursing Global Leader Program (DNGL).

The journal is an online free access journal along with a limited paper publication. There are no publication fees associated with this Journal.

The Journal provides publishing opportunities for established scholars inside and outside the field of nursing, and for students and young scholars who are in the early stages of their professional careers.

The HEDN Editors are currently seeking papers for publication in this new Journal. We welcome all submissions reporting scholarly work on the art and science of disaster nursing. The Journal will publish original manuscripts (empirical or qualitative studies, historical studies, review articles, brief reports), editorials, Letters to the Editor, reports on practice at disaster settings, case studies, position papers, commentaries, and book reviews.

Further information about HEDN: <http://hedn.jp>

Manuscripts submission: <http://mc.manuscriptcentral.com/hedn>

HEDN Editorial Office: hedn-editorial@primeassociates.jp



University of Kochi



UNIVERSITY OF HYOGO



TMDU



The Japanese Red Cross
College of Nursing



Chiba University

EDUCATION AND TRAINING OPPORTUNITIES & PROJECTS

Online Research Repository

WADeM has developed an online Research Repository for members to access information about current disaster health research projects. Members are able to provide information about projects they are presently working on, as well as connect with other researchers around the world who are conducting similar types of research.

The Research Repository can be access by clicking on the following link –
<http://research.wadem.org>

The Nursing Section of WADEM is currently undertaking a review in partnership with the International Council of Nurses of the use of the ICN Disaster Nursing Competencies. The competencies were released in 2009 and this work will consider how the listed competencies are being utilised across nursing associations and organisations internationally.

RESEARCH ASSISTANCE REQUIRED

Consider becoming part of the WADEM Mentoring Ship programme. You can provide mentoring guidance and advice from your training and experiences or for those studying or working to gain knowledge they can become a 'mentee' and seek help from a mentor.

Contact graeme.mccoll@ilsogno.info for initial advice.

Lev Zhuravsky a nurse manager at Christchurch Hospital is interested in collaboration partners for research on Crisis leadership in health. He has a paper published in latest PDM. Contact lev.zhuravsky@cdhb.health.nz

WISDOM

Taken from the email details of a nursing lecturer and PhD candidate, advice to live by:

Never try anything you wouldn't want to explain to an emergency nurse.

WADEM COMMUNITIES of INTEREST

The following WADEM Sections provide contacts and information for members interested in the specific area/skills. More such areas of interest are likely to be established in the future.

Nursing Section

Contact: alison.hutton@flinders.edu.au

Osteopathic Physician Section

Contact: William Bograkov irisbo@comcast.net

Psychosocial Section

Contact: Limor Aharonson-Daniel limorad@exchange.bgu.ac.il

Mass Gathering Section

Chair is Paul Arbon.

Contact paul.arbon@flinders.edu.au

Emergency Medical Response Section

Contact; joecuthbertson@hotmail.com

Disaster Metrics Section (Newly established)

Contact frank.archer@monash.edu

CALENDAR OF EVENTS

2015

19-20 March

Black Swans: Resilience and the Unthinkable. Flinders University
information@torrensresilience.org

21-24 April	Save the Date. WCDEM Cape Town, South Africa http://www.wcdem2015.org/
22 May	Australian Institute of Emergency Management Conference. Sydney Australia www.aiesconference.com
2016 24-26 February	People in Disasters, Response, Resilience and Recovery, Christchurch, New Zealand. For expressions of interest and further information. www.peopleindisasters.org.nz
18-21 April	16 th International Conference Emergency Medicine. (ICEM), Cape Town, South Africa. www.icem2016.org

A COFFEE WITH

In this section members are invited to introduce themselves to other members in an informal manner.

This issue: Gerry Fitzgerald

Q. Nickname?

A. Gerry

Q. Where are you working?

A. Queensland University of Technology, Brisbane Australia. I lead the health management programs here and am Director for the Centre for Emergency and Disaster Management

Q. What three words best describe you?

A. Quiet, strategic, egghead

Q. What is your best disaster experience?

A. Can you have "best" disaster experience? They are disasters. The response to the bus crashes at Mt Tamborine were handled reasonably well.

Q. What is your worst disaster experience?

A. Trying to organise a reasonable response from QLD to the South Asian Tsunami. Too many people wanted to interfere without understanding the principles of effective response.

Q. Which 3 people would you most like to share your ration pack, cold pizza and instant coffee with?

A. Barak Obama, the Pope and Melinda Gates

And **Dr Bella Donna**

Q. Nickname?

A. Donna

Q. Where are you working?

A. I'm working in Faculty of Medicine, University Gadjah Maga, Yogyakarta, Indonesia.

Q. What three words best describe you?

A. Happy , fighting , smiling

Q. What is your best disaster experience?

A. When earthquake in Padang, we helped the Hospital in Padang Pariaman with medical support and management support

Q. **What is your worst disaster experience?**

A. in Banjarnegara Landslide, when the Faculty asked our team to go Banjarnegara, even though many medical volunteers from other districts were there.

Q. **Which 3 people would you most like to share your ration pack, cold pizza and instant coffee with?**

A. My children, my friend and my sisters.

Volunteers wanted to introduce themselves in 'Coffee with'.

ASK AUNTIE

This section is an advice column where readers can submit their questions and 'Auntie' will draw on many years of experience to provide reasoned advice and counselling.

Dear Auntie

I live in an area that a few years ago was hit by a disastrous event, causing the deaths of many people and destroying houses, commercial buildings and infrastructure. So much so that we are still in a state of demolishing homes and other buildings and many are struggling to cope with life.

It was with dismay when visiting a lawyer in another area some distance away to be told that 'your area is booming and must be getting closer to normal'. This was a change from another frequent comment to 'get over it', and 'you should be moving on now'.

I have managed, just, to keep calm in these situations, in some cases explain what has happened and is still happening, in others simply walking away.

Can you please give some advice to those who haven't been affected by such events on how to talk to people who have.

Sincerely

John.

Dear John

That is so sad that people are so insensitive. My lovely nephew Graeme, he was in the Police you know, has strong opinions on many lawyers, he even makes me blush to listen. So just ignore them, they live in a sheltered world. It is a fact of life that many people who haven't been affected by disasters don't understand what others who have are going through.

When a disaster like this happens it is a shock to everyone, even if you think you are used to them. If you are okay but others have had a really bad time its often hard to know what to say. Maybe

just listen or stay quiet, and be respectful. If they want to talk, it can be helpful to say something like “this must have been hard for you, and your family, going through such a tough time... is there anything that I can do to help?” If you are a neighbour or a friend you can offer a hot meal or something that shows you care and are keeping in touch. Most people try to be independent, and while they may need help, they don't want to be seen as helpless. For some the effect can be felt for years. Community events where folk come together for bbqs or shows helps people share their experiences. It can help to recognise the strengths people have shown in getting through the disaster, their courage, compassion and concern for others.

Unfortunately we will always have disasters, even this last week my adopted, or is that adapted, grandson Peter was in Geneva at a WHO meeting, while others were coordinating a health response to those horrible cyclones in Queensland. (That is normally his job, he is so clever). People affected in the damaged areas of Queensland will also need sympathetic approaches to support them as they rebuild their homes and livelihoods.

Auntie is hoping that some of our health and emergency professionals will read this and seize the opportunity to spread the message on how to respond in such circumstances.

In Kindness

Auntie

CALL FOR MATERIAL

Material is required for any of the sections listed, or under a new category, if that is appropriate. Personal experiences, case and research reports are especially welcome and we ask that these are limited to no more than 1,000 words. The subject matter can be aspects of a disaster or response that is unusual because of its type, location or effects. Material is welcome from WADEM members and even non-members internationally.

Any suggestions regarding material for content, or suggestions to improve this Newsletter, are welcome.

Please forward contributions to Graeme McColl at graeme.mccoll@ilsogno.info

DISCLAIMER

The comments, opinions and material in this newsletter are those of the respective authors and not necessarily those of WADEM or the WADEM Oceania Chapter.