

preparedness and having children residing in the household were positively associated with community resilience in lower resilience quantiles (Q10, Q25). Age was negatively associated with community resilience in a low quantile (Q25). The results of the linear model failed to reveal the association between the preparedness measure and community resilience, and demonstrated only the association with age and having children in the household.

Conclusion: Encouragement to take actions to increase preparedness, could also help raise resilience in an earthquake scenario. Efforts to enhance community resilience should focus on specific population groups such as childless households (often the elderly).

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Anticipating the Psychosocial Impact of Disasters and Crises: The Need for an Interdisciplinary Social Science Framework

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Study/Objective: An interdisciplinary social science framework is presented to answer the question: how to anticipate the psychosocial impact of disasters and crises?

Background: The scientific knowledge on health effects, and the quality of aftercare in a disaster context is strongly rooted in epidemiology and mental health care research. Although this knowledge base is sufficient to understand the psychosocial impact, conceptualizing an adequate reaction requires a broader approach incorporating less traditional disciplines such as public administration, organization studies, implementation science, sociology and disaster risk reduction.

Methods: The starting point for the development of the framework was a model proposed by Alexander (2012), in which the combination of exposure, cultural and historical factors influences the vulnerability of human socio-economic systems. This “plexus of context and consequences” determines the human consequences of disaster. Recent research findings from different disciplines were combined into a framework focusing on the psychosocial dimension of disasters and crises.

Results: The framework contains three domains. Exposure has a direct impact on the well-being, functioning and health of affected people (“health”). Exposure, history and culture directly influence interrelated sets of capacities at the individual, community and society level (“capacity”). Capacity is linked to health, partly in a paradoxical way – as well as, a third domain: psychosocial support provided by professionals and comprehensive inter-organizational programs (“psychosocial support”). The relationship between psychosocial support and health is amply understood. Theoretically, psychosocial support is most effective when capacity is strengthened and utilized.

Conclusion: The framework emphasizes two complicated causal attribution issues, and encourages interdisciplinary research into mechanisms linking domains that generally have been studied as isolated topics.

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Mindfulness in Disaster Response

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Study/Objective: To review the literature of pre-deployment Mindfulness Based Stress Reduction (MBSR) interventions for disaster responders, to minimize acute stress response, depression and Post Traumatic Stress Disorder (PTSD).

Background: ‘Mindfulness’ is derived from Buddhist meditation practice. Mindfulness programs have been shown to improve clinicians’ perceived stress, anxiety and performance in medical practice. Mindfulness, specifically MBSR, an evidence based approach that uses mindfulness meditation, is successfully used for treatment of PTSD in populations such as veterans. Disaster responders, like the military, are a population potentially vulnerable to adverse psychological effects given the nature of disaster response: unexpected, sudden, devastating events. A quarter to one third of disaster responders report symptoms of anxiety, depression and PTSD, secondary to exposure to stressors of disaster response. Teaching MBSR practice to disaster responders, prior to deployment, has potential to decrease the psychological consequences of disaster response.

Methods: The authors performed a systematic review of peer reviewed literature indexed in PubMed, Web of Science and Google Scholar. Abstracts were limited to human studies, in English, and search terms MBSR, disaster responders, pre-deployment, acute stress response, depression and PTSD. Articles were also found by searching citations of retrieved articles.

Results: Literature exists showing that pre-deployment mindfulness training in military personnel improves perceived stress and stress response, but no similar research was found for disaster responders. A limitation encountered was that, few high quality Randomized Clinical Trials (RCTs) and studies exist, as conceptual mindfulness has limitations of its study within rigorous, scientific research methodology.

Conclusion: More research is needed to explore the potential of mindfulness training on disaster medicine clinicians, prior to deployment. It is a tool that may prevent the detrimental psychological consequences of disaster response work.

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Dialogue in Emergencies - Interpreters of Sign Language in Israel

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Study/Objective: To identify obstacles in the area of translating emergency information into sign language.

Background: Deaf people constitute a minority group; most deaf people use sign language, which is not universal. In emergencies and disasters, conditions are created that can affect their lives. The role of a sign language interpreter in emergencies can be vital. In Israel, there are no regulations concerning the work of the interpreters in emergency situations. Despite that there are about 250 registered interpreters of Israel Sign Language, only around 120 professional interpreters work.

Methods: A cross-sectional survey of 84 interpreters of sign language in Israel was carried out. A self-administered questionnaire was developed, inquiring into various aspects of willingness to work in emergency situations, including translator-client interactions and translators' work characteristics.

Results: The majority of respondents live in the central region of Israel (79%), 83% of them are women. Only 45% of interpreters work full-time. Thirty-seven percent of the respondents are hearing children of deaf parents. Half of them stated that in emergency situations, they need to help a relative before working as an interpreter.

Conclusion: Significance of the findings: In an emergency, there might not be enough sign language interpreters. Most interpreters are women who do not work full time, and are committed to care for their family first. Most emergency situations in Israel have occurred in periphery areas of the country, where a small number of interpreters live. These findings point to inequities in emergency situations, not only towards the deaf community, but also among different groups in the deaf community. Recommendations: Encourage interpreters of sign language to study and work in periphery areas, granting financial incentives to study professional interpretation, and to work during emergencies.

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Pandemic Preparedness in the Homeless Sector: Reports from Homeless People

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Study/Objective: To determine the extent to which homeless people were aware of, and able to prepare for, the possibility of a pandemic influenza outbreak.

Background: The health of homeless people is precarious, with rates of chronic illness reported at three and four times that of the general population. One overarching issue is how they can cope with related health, shelter, and food issues in the event of a pandemic outbreak. This presentation reports on a nationwide study of pandemic preparedness, from the viewpoint of homeless people. The time-frame in which the data were collected included an outbreak of H1N1 influenza. Thus, the respondents had real-time experiences in effective and non-helpful approaches to dealing with a possible pandemic.

Methods: In four Canadian cities, Toronto, Regina, Calgary, and Victoria, 351 homeless individuals participated in extensive

interviews that covered a range of housing, health, and coping behaviors. The content of the interviews specifically dealt with experiences during the threat of a pandemic outbreak of H1N1, experiences with health and shelter staff, and recommendations for further preparation in the event of an outbreak. Data were coded and analyzed using SPSS-22. Analysis examined both national and between-city differences in responses.

Results: Consistent across all sites were reports of lack of training and preparedness by staff in shelters and day programs. Homeless people also reported that they were most likely to get reliable information from health care workers, but their most frequent source of information was the media. A majority would also try to avoid shelters and day programs in the event of a pandemic, but many could not identify where they would go.

Conclusion: Shelters and day programs are ill-prepared to handle the consequences of a pandemic outbreak. Resources for recuperation from illness, especially in the event of a pandemic outbreak, is a significant concern for homeless people.

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Capability and Vulnerability: A Discourse Analysis of Multi-Jurisdictional Emergency Planning Documents

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Study/Objective: The purpose of this study is to explore dominant language in emergency planning, to understand how perceptions of capability and vulnerability are communicated. **Research Question:** What are the discourses across different levels of disaster and emergency management plans and planning frameworks, related to persons in the general population and those who live with functional limitations? **Objective:** To explain how discourse symbolizes perceptions of capability and vulnerability in multi-jurisdictional preparedness planning.

Background: Disaster management is an example of a complex system. Some individuals, such as persons living with functional limitations, tend to be more negatively affected by disasters than others. Different strategies such as policy development, communication and analysis of dominant discourses used in practice must be considered to facilitate empowerment among high risk populations (O'Sullivan, Kuziemsy, Corneil, Lemyre, & Franco, 2014). It is also important to facilitate empowerment and social participation by incorporating an all-of-society approach in emergency planning (UNISDR, 2015). The lives of persons living with functional limitations are represented through written, spoken, and social practices of government and politics. Discourse analysis provides insight into the social construction of society by interpreting the meanings and social implications of language.

Methods: A document analysis of Canadian government emergency planning documents and emergency management