

### (P2-49) Longitudinal Study of Health Conditions After the Sichuan Earthquake in China - The First and Second Year's Results

A. Yamamoto,<sup>1</sup> X.Y. Hu,<sup>2</sup> Y. Cheng,<sup>2</sup> J. Li,<sup>2</sup> Y. Luo<sup>2</sup>

1. Research Institute of Nursing Care for People & Community, Akashi, Japan
2. Sichuan, China

**Objective:** The objective of this study was to identify the daily lives and health conditions of survivors of the Sichuan Earthquake after two years.

**Methods:** The study was conducted for the survivors  $\geq 18$  years of age who experienced the earthquake. The questionnaire included the survivors' socio-demographics, impact of the disaster, and their health status after the disaster.

**Results:** Approximately 65% of respondents said that their conditions were healthy in the second year after the earthquake. The changes of daily lives among the survivors were increased from 1st year to 2nd year, as follows: diet (1st year; 24.5%–2nd year; 14.1%), sleep (29.4%–23.6%), entertainments (9.6%–15.1%). As health conditions, the following symptoms were increased; diabetes (2.8%–3.5%), cardiac disease (2.9%–5.0%), functional disturbances of body's joints and muscles (18%–21%). In contrast, the following symptoms were decreased; obesity/skinny (5%–3.5%), kidney disease (4.4%–1.6%), asthma and allergy (7.2%–5.6%). The current health conditions of the survivors included: headache, eyestrain, hand, foot, and/or joint's ache, sleep disorder. With regard to the psychological condition, the mean value of IES-R score was  $22.2 \pm 11.8$ . Compared with the 1st year results, the mean value IES-R score significantly decreased (1st year;  $30.8 \pm 16.8$ ,  $p < 0.001$ , by paired t-test).

**Conclusions:** The survivors' physical and psychological conditions have improved compared to 1st year results. However most of the survivors still had some health problems in their health.

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### (P2-50) Surviving a Severe Train Crash

R.M. Forsberg,<sup>1</sup> B. Saveman<sup>2</sup>

1. Division of Surgery, Umea, Sweden
2. Department of Nursing, Umea, Sweden

**Background:** Previous disaster studies mainly focused on analyzing the experience from a psychological or psychiatric perspective. The occurrence of post-traumatic stress disorder also has been the central issue when studying survivors of train crashes. Research concerning being involved in train crashes is scarce.

**Objective:** The aim of this study was to explore the experience of surviving a severe train crash.

**Methods:** In 2004, a severe train crash occurred in the south of Sweden. Approximately 78 passengers were on the train. All of them were injured, and two of the passengers died. Fourteen of the survivors agreed to be interviewed five years after the crash. The interviews were narrative, transcribed verbatim, and analyzed using a phenomenological-hermeneutical method. First, a naive reading of the text, later, a structural analysis, and finally a comprehensive understanding in which the other phases were considered and discussed with relevant literature.

**Results:** The preliminary results show a naive understanding of being in the pre-crash, crash and post-crash phases. Four themes were recognized: (1) life is going on like being on a railway track; (2) the train derailed, so do I; (3) back on track again; and (4) life goes on in a new track. The results will be elaborated and discussed together with the comprehensive understanding.

**Conclusions:** Surviving a severe train crash changes life immediately as well as five years later.

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### (P2-51) Being Injured in a Cold Environment

J. Aléx, B. Saveman

Department of Nursing, Umea, Sweden

**Background:** Prehospital patients, irrespective of diseases or trauma, might experience discomfort due to a cold environment and are at risk for decreasing body temperature which can increase morbidity and mortality. Research concerning experiences of being injured in a cold environment is scarce.

**Objective:** The aim of this study was to explore the patients' descriptions of being injured in a cold environment.

**Methods:** Twenty persons who have been injured in a cold environment during wintertime in the north of Sweden were interviewed; 14 of them were treated with active heat supply. They waited on snow or ice for an ambulance between 8 minutes and 4 hours and 10 minutes. The interviews were performed face-to-face and telephone interviews were used when the participants lived far away. The interviews had a storytelling run-up and the participants were asked to narrate the injury event, from just before the event until arrival at the emergency department. The interviews were transcribed verbatim and analyzed by content.

**Results:** In the preliminary results three themes were formulated: (1) waiting for an ambulance; (2) being cared for; and (3) reflecting on changes in life after the traumatic event. The cold environment influenced the experience of being injured in a negative way. More suffering from the cold than from pain of the injury was described. Those who were treated with active heat experienced it in a positive way.

**Conclusions:** Discomfort from cold became the largest problem independent of their injury classification. Active heat should be used in prehospital care to reduce the negative experiences from cold.

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### (P2-52) Nurse Educators' Experiences of Conducting Trauma Healing to Reduce Anxiety Among Victims of the MT. Merapi Eruption at Universitas Muhammadiyah Yogyakarta

S. Suhariyanto, E. Rochmarwati

School of Nursing, Bantul, Indonesia

**Background:** The number of victims in various refugee camps who experience anxiety after the Mount Merapi eruption. Various factors that cause this condition include a lack of concern for the early treatment of psychological casualties. Support from health professionals, particularly nurses, is needed to prevent the onset of mild anxiety.