

# Abstracts of Oral Presentations-WADEM Congress on Disaster and Emergency Medicine 2019

## CIVILIAN MILITARY COOPERATION

### Disaster First Responder Training: A Train-the-Trainer Veterans Program to Combat PTSD

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**Introduction:** There are many health challenges faced by those returning from military service. Posttraumatic stress disorder (PTSD) is a serious problem in veterans. PTSD is a risk factor for suicide in veterans. Standard treatments include medication and talk therapy. Non-traditional treatments include civil service and leadership training.

**Aim:** Assess the effectiveness of Veteran Focused Train-the-Trainer (TTT) Community Disaster Response and First Aid (DRAFA) Programs in promoting health, wellness, reintegration, and decreasing PTSD symptoms of veterans.

**Methods:** A longitudinal cohort study was conducted using a convenience sample of veterans living in Denver, Colorado or Reno, Nevada. The sample size was over 50 (N=50+), with 25+ case-matched veterans at each location. This is an ongoing project lasting through the end of 2020. Inclusion criteria selected veterans interested in DRAFA training and education. Exclusion criteria disqualified those who are not a veteran or those unable to perform physical tasks required by curriculum. The null hypothesis was that there is no relationship between the DRAFA TTT program and the health, well-being, and reintegration of veterans back into their communities. Statistical tools used were SPSS Statistics (Version 25) and NVivo 12-12.2.0.3262. Research activities were conducted under the auspices of the University of Colorado and guided by the principles of the Institutional Review Board (IRB).

**Results:** Results are being evaluated using a mixed methods impact model. The main outcomes measured health, wellness, and reintegration using Veterans RAND-12 Health Quality of Life Survey, the Military to Civilian Reintegration Survey, and a satisfaction survey. Preliminary analysis may indicate a correlation between participation in the DRAFA TTT program and improved health/wellness outcomes, better reintegration into society, and decreased PTSD.

**Discussion:** There is growing evidence that expedited structured reintegration programs in community preparedness and disaster leadership roles for veterans alleviate PTSD symptoms and improves quality of life.

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### Key Elements of Civil-Military Disaster Rescue Operation in China

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**Introduction:** In China, many disaster rescue operations need cooperation between civil forces and military forces. Understanding the key elements of civil-military disaster rescue operations is a basic problem faced by Chinese rescuers and scholars.

**Aim:** To summarize the key elements of civil-military disaster rescue operations in China.

**Methods:** On July 17, 2016, an expert round-table meeting was held on our campus to discuss some basic problems in disaster research. The participants arrived at a consensus that the key elements of civil-military disaster rescue operation under Chinese cultural context should be carefully analyzed using Six Sigma (Why, Who, What, When, Where, and How, 5W1H) **Methods:** The minutes of the meeting was summarized into a brief report.

**Results:** (1) Why to rescue - it is the responsibility of modern government to protect its people; (2) Who are the rescuers - individuals or groups with passion and ability to do such work, but they should be organized properly; (3) What to do - make vital systems of the community run normally as soon as possible; (4) When to rescue - different disasters have different laws, but it is better to render help in the golden hour; (5) Where to rescue - it depends on the input process (material, human resources, etc.) and output process (patients, waste material, etc.) of the rescue operation, not merely confined to the disaster site; (6) How to rescue - cooperation among all branches of social sectors is vital to succeed, especially civil-military cooperation. Military force is the backbone force in an austere environment.

**Discussion:** The discipline of disaster medicine is developing rapidly in China. The research and evaluation framework should be established carefully. Civil forces and military forces should have an identical understanding of the same question. This abstract is only part of the research framework.

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