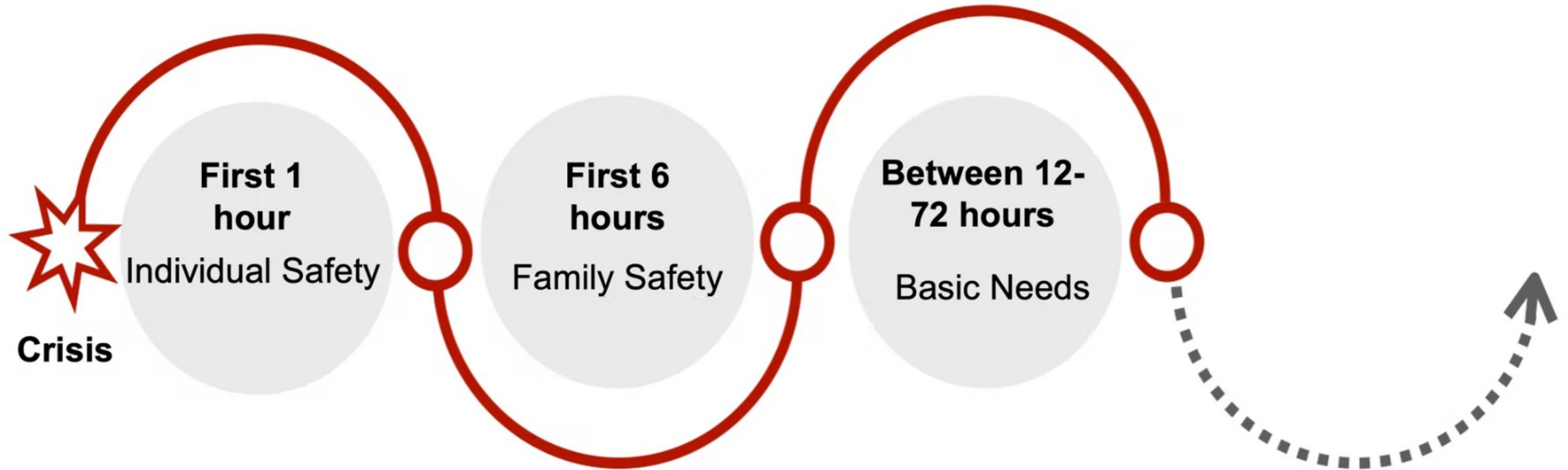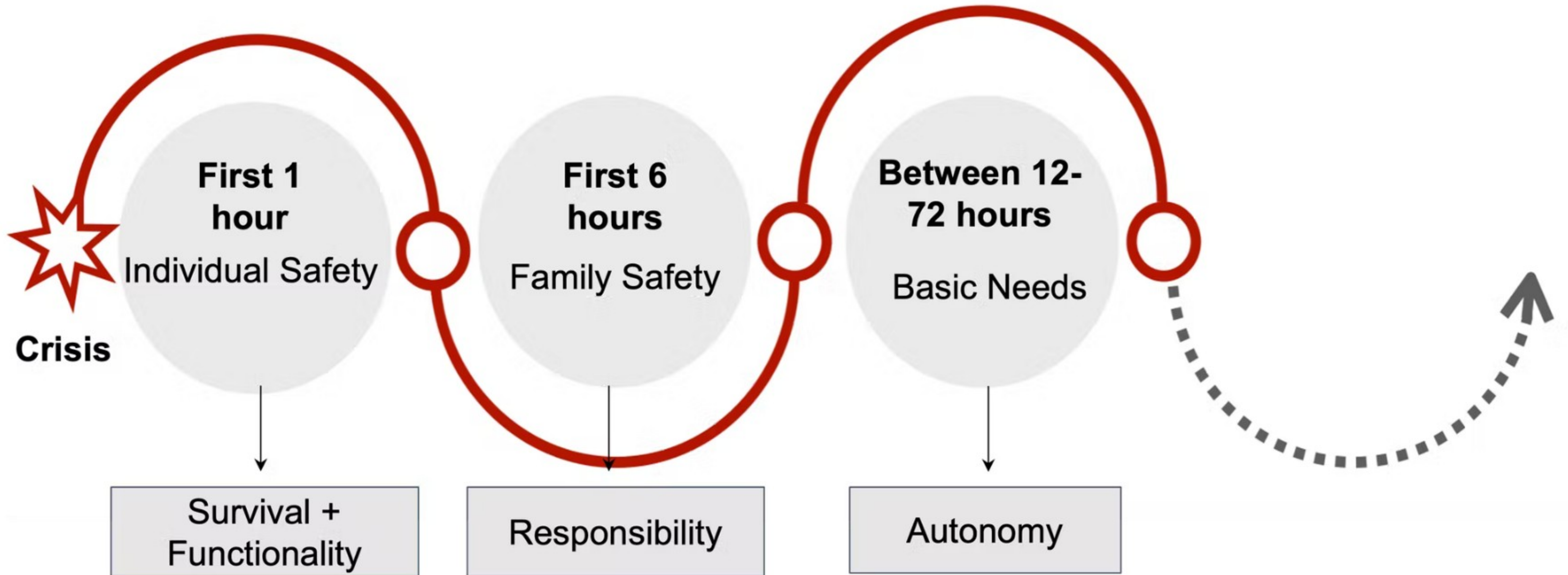# Disaster Risk Management

M5 - Simulation

62

Simulation

22

A strong earthquake just happened

→ You are at current location, current time

→ The building is intact, but no power, internet, phone

→ You are alive, unhurt

→ There is panic and traffic in the streets
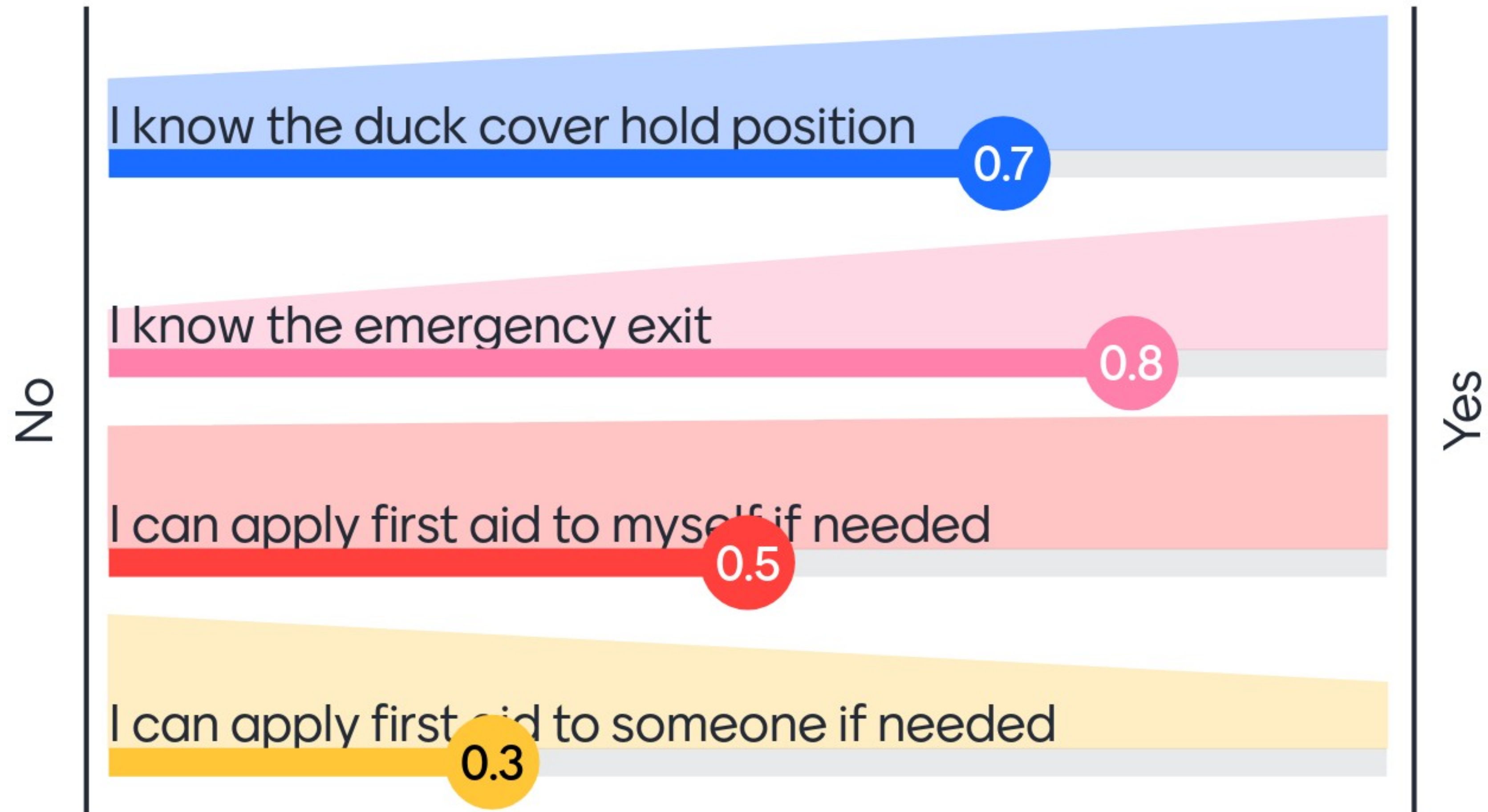
23

First Hour - Individual health

No

Yes

I know the duck cover hold position — 0.7

I know the emergency exit — 0.8

I can apply first aid to myself if needed — 0.5

I can apply first aid to someone if needed — 0.3

67

First 6 hours - Family reunion

No / Yes

- We have a family reunion plan — 0.1
- I know if my home will be ok or not after an EQ — 0.5
- I know where we will stay after an earthquake — 0.2
- I think we will leave the city after an earthquake — 0.2

63
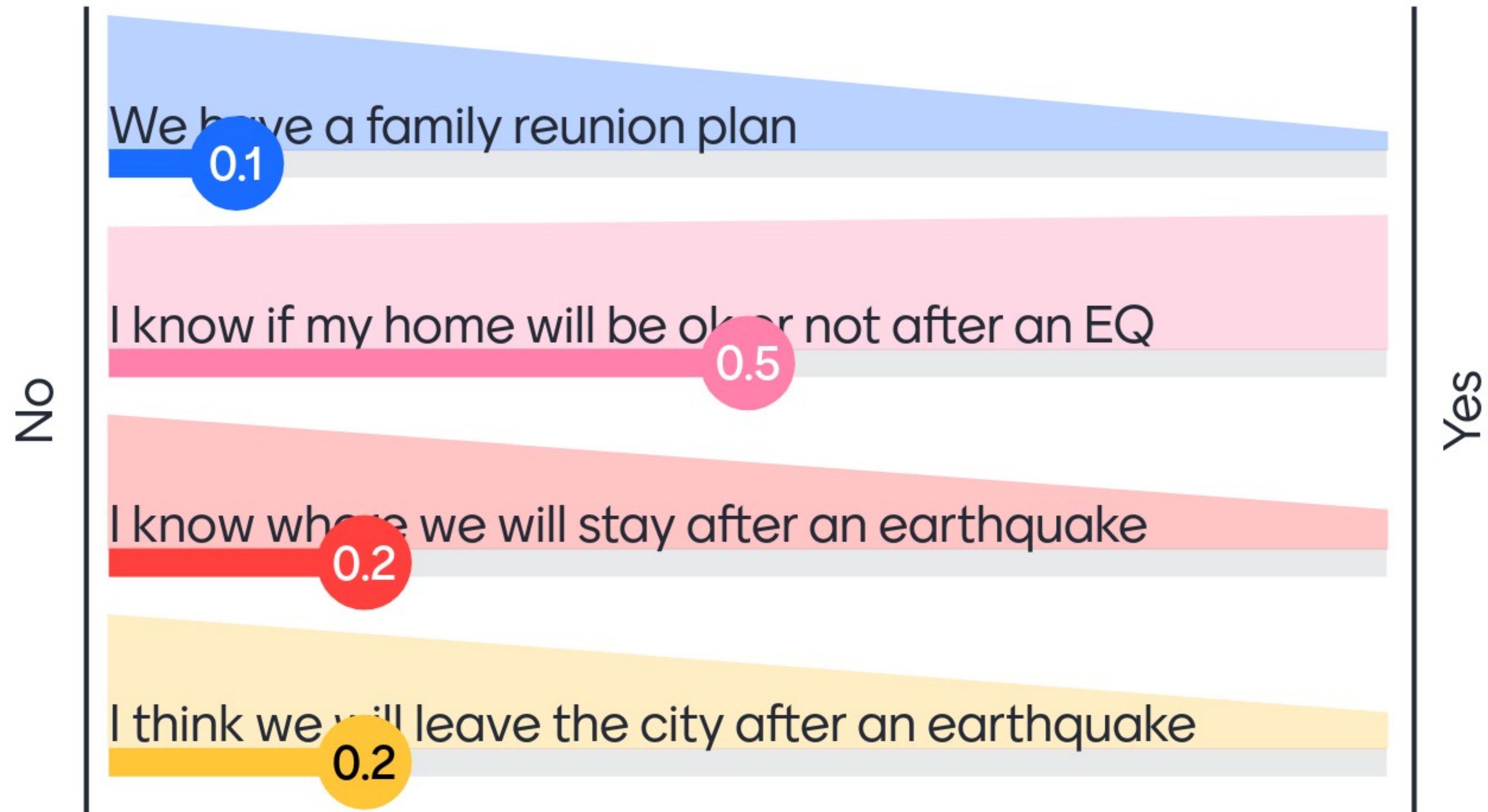
First 12 to 72 hours - Basic needs

No | Yes

Temporary shelter (tent, car, nearby house) **0.8**

Stock of Food & Water **0.7**

copy of your ID on your phone **0.9**

Cash **0.8**

Do you fear any security concern **0.6**

60

Mental Health

No

I know reliable sources of information — 0.5

The university has a communication plan — 0.2

I have a communication plan with my friends & family — 0.3

I will understand if I am stressed or not — 0.9

Yes
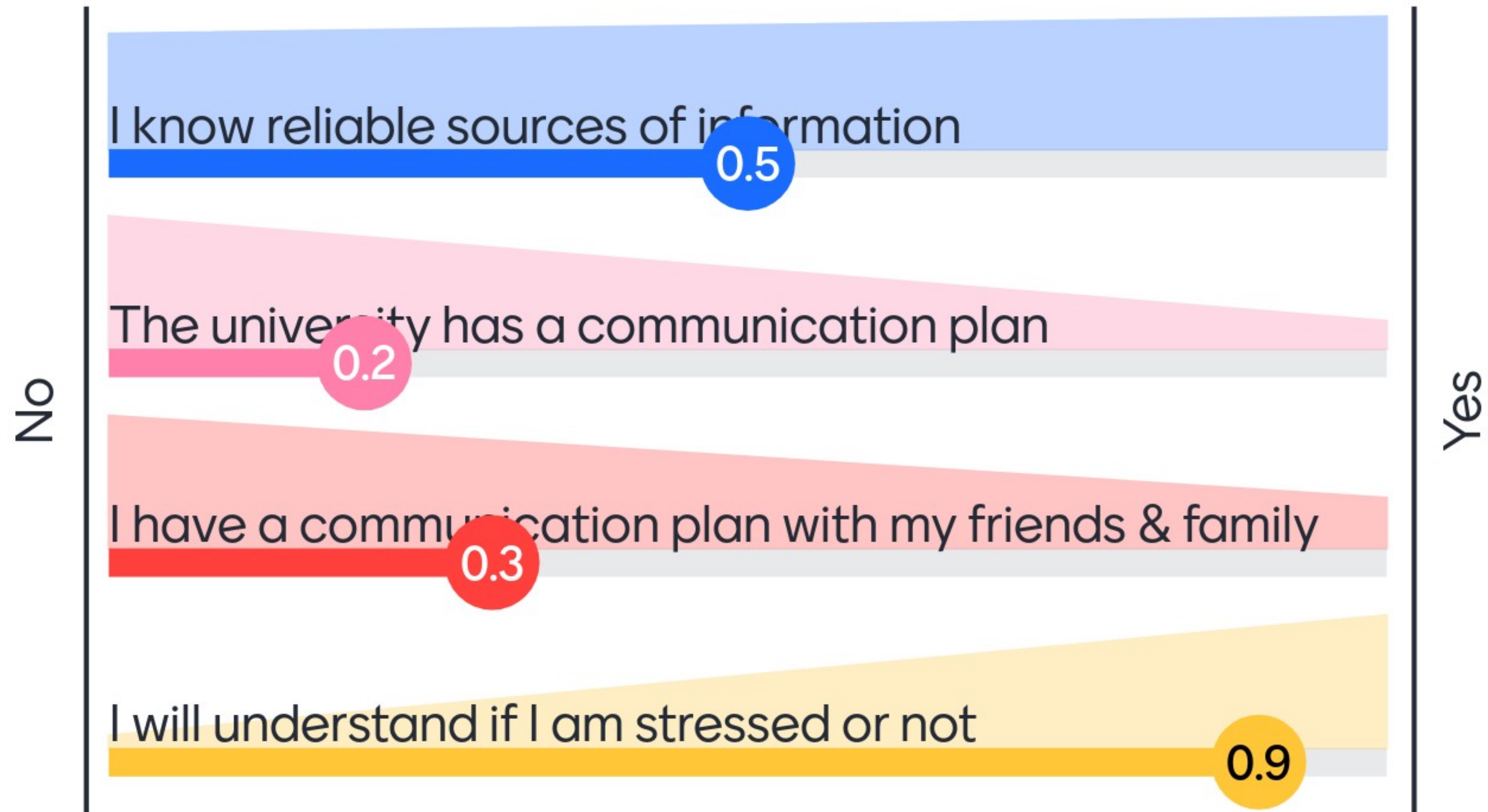
58
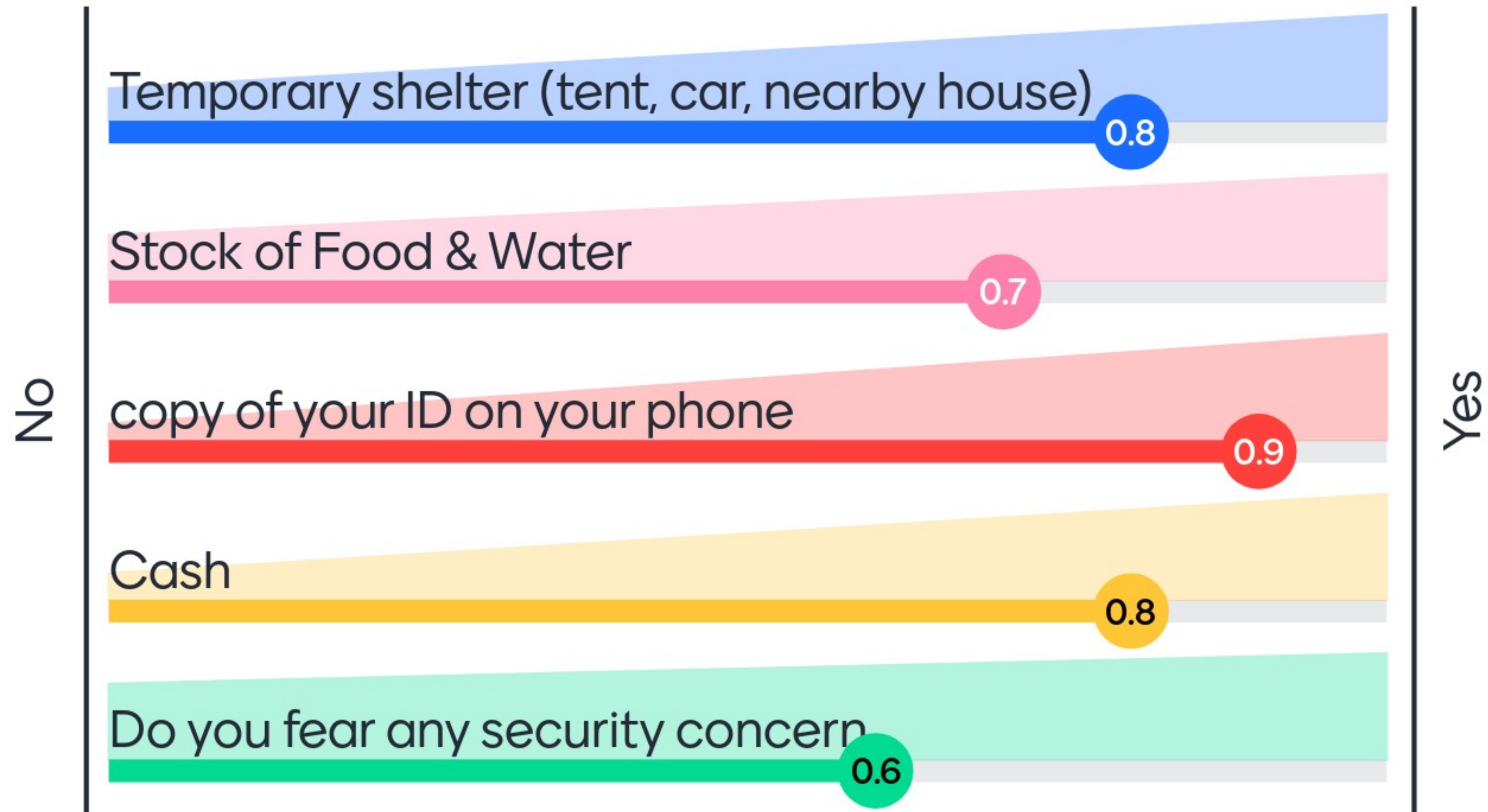
End of simulation

→ 1 hour - Individual safety

→ 6 hours - Family safety

→ 12-72 hours - Basic needs

What did you find most useful in this session?

family plan

The understanding how much we lack of an actual and effective preparation

realization of how many things are not considered even if they are

Communication is key with people around you

learning how to act and react in case of hazards, like planning and all

the importance of making a plan

simple questions but fundamental in these situations

self centered first hour

new informations

What did you find most useful in this session?

Communication

psychological part

it helps to get an idea of what to do in case it happens and make you more relaxed

To understand what are the best things to do suddenly aftern the earthquake

Thinking about the fact that I don't really know the emergency exits of tor vergata; that I don't have a communication plan with my familiy

learn how to act in such situation, something that I have never thought about

everything

Having a an evacuation planeven in your own home

the getting no stressful during an EQ

42

What did you find most useful in this session?

to have a clear plan which is divided in phases, because this helps to remember them more

Revision of necessary first actions during emergency

the possibility to create a family plan and the guidelines for this emergency

Simulation made me think about my plan in case of emergency. It was really interesting to see and assess my knowledge

lots of needed information

the emergency plans that i didn't know about and that from now i'm gonna do in order to be prepared

I learned new and usefull emergency procedures to also apply beforehand

i figured out that I don't have precise plans of what to do in case of an earthquake or hazard in general, and that I should start to develop a plans for emergency cases

risk planning during emergencies

42

What did you find most useful in this session?

Actually planning in case of emergency i.e family plan where to meet up

importance of having a plan

The importance of visualizing what it's needed in case of such event

the idea that we have to talk about these things in advance with family even if we tend to avoid such talks

I never thought about having safety plans with my family or roommates , so I think that's very important

applicable in our everyday lives

dividing the things we have to do in hours(prioritising)

think about emergency before it happens

the fact that we have to take time for ourselves after the emergency

42

What did you find most useful in this session?

figure out what to do in terms of time: in the 1st hour; in the 6th one , and in the long term (12-72 hours)

The reaction process and Individual response in the first hour. I had never thought about family,too being far from them

Understanding that I don't know much about actions during emergency

considering the situation of our earth today, this class will be very helpful in case of a worst case senario.

Knowing the perspective and traumas from the side of people that work in natural disasters prevention

confrontation with real life situations

42

Part 2 - Assess severity of crisis

We will do group discussions, please designate a writer

24

Assess the impact of Covid on your personal sphere

→ Physical health (weight, fitness, etc.)

→ Mental health (focus, motivation, anxiety, etc.)

→ Hobby (participation, performance, etc.)

Group discussion (15 minutes) - Identify YOUR indicators (Max 5 for each room)

→ Rooms 1 to 5 Physical health

→ Rooms 6 to 10 Mental health

→ Rooms 11 to 15 Hobbies

→ EACH room - please designate a rapporteur

Findings - Please write (Room number + indicators)

Ustable sleep schedulePsychological issues Bteakdown in routine

14= Mental stress, feel loneliness, need of motivations and lost of interest in things. Bored and sad

room 15(hobbies)netflix partysocializing apps such as discord and house partycooking, gardening

room 6: positive impact; 1. better relationship with body 2. better mental health overall and positive attitude negative impact; 1. continue sickness due to stress, 2. feeling of lack of control

Group 7 (Mental Health): Social Withdrawal, mood changes, Appetite (Losing or Gaining), Different Sleeping Pattern, Overthinking/Anxiety, Intensified Intrusive Thoughts, Lack of Motivation

group 3 (physical health) = workout at home, meditation

Number 6. Opposite indicators , some people improved their confidence and mental health since Covid, for others it got worse; physical symptoms of stress

16

How to quantify the impact (how bad is it)

→ Normal (74-78kg)

→ Crisis Level 1 - 79kg FIRST WARNING

→ Crisis Level 2 - 83 kg

→ Crisis Level 3 - 90 kg

→ Crisis Level 4 - 110 kg

→ Crisis Level 5 - 130 kg NO RETURN

Group discussion (15 minutes) - Same groups

→ Discuss what is normal - is it a single value or a range?

→ Discuss what would be crisis level 1 (first warning sign)

→ Discuss what would be crisis level 5 (point of no return)

12

Findings - Please write (room number + normal/ crisis level 1 / crisis level 5)

13 - We all agreed on crisis level 5

Group 7:1. Social withdrawalPretty good for short time. mean that you can get away from chaos. Take care of yourself. Up to one week: NORMAL. OVER NOT NORMAL

13 - We agreed on the fact that the pandemic heavily influenced our hobbis and as a consequence our whole personalities. Many of us still think we are not the same persons we were before the pandemic started. Losing you hobbies makes you lose yoursel

group 1: the discussion was difficult because analysing sleep properly would actually imply many variables beyond hours. We had to simplify 1) range: between 7 and a half hours and 8 and a half hours; 2) between 6 and 7 hours; 3) less than 3 hours

9. Control over our emotions. On a scale from 1-10(1 being the worst and 10 being perfect control)7-10 normal 4-6 Crisis level 11-2 Point of no return

Room 10Normal:rational view of self/surroundings & maintaining emotional intelligence to identify level 1:rational introspection is starting to be dominated by negative factors level 5:ability to use rationale/emotions is distorted& abusive

Room 8, people started to understand it was a crisis when you treat people in a different way, different behavior, most people understood it was a crisis after the crisis. Stress before covid was 5 and after was 9, anxiety too

Room 4. For us was difficult to find normal weight, crisis 1 and 5. We have very different prospective and we manage to do an average and to find a compromise.

Group 7:2. Mood changesTHRESHOLD: EXTREME POINTS, HOW DEEP AND HOW LONG THEY LAST. HOW THEY RELATE TO THEIR CAUSES, AND HOW THEY AFFECT OTHER.

18

Findings - Please write (room number + normal/ crisis level 1 / crisis level 5)

room 6Indicator: anxiety and stressnormal stage: the individual can handle the situation and his/her stress without any external aidlevel 1: little need of external instrumentslevel 6: the individual is not autosufficient at all.

room 15 normal for us is something comforting without anxiety and stress 55-65 kgcrisis level 1 would be noticing irregularity in our daily lives 70-80 kgcrisis level 5 would be admitting that our lives would never be the same again and adjustin

Group 7:3. Appetite disorderPEAKS AND FREQUENCY. MINDSET BEHIND IT, IF MIND IS INVOLVED

2- we had different opinions, so we used a range, but agreed totally on crisis level 5. We firstly asked ourselves, in case of weight, if we considered a crisis going under or over "normality".

Group 7:4. Different sleeping patternPEAKS FREQUENCY MINDSET5. Overthinking Intensified intrusive thoughts lack of concentrationCANNOT DISTINGUISH INTRUSIVE FROM YOUR OWN. CANNOT DISTINGUISH

group 3 = we had very different perspective so if was very difficult to agreed on a topic. At the end we agree on the fact that the stress level during covid but mostly after increase in a very dangerous way.

loved the confrontation, the introspection of this lesson

Room 6: Normality: a situation of mental well-being and equilibrium with oneselfLvl1: little changes for worse (sleep too little, continuously tired, stress and physical symptoms)Lvl5: complete lack of motivation, suility to make things bette

the importance of the threshold

18

What did you find most useful in this session?

Confrontation. Everybody can handle different level of crises

indentify crisis

Making me reflect

the last part, having to confront my point of view about "weight crises" with someone else

DIVISION IN SMALL GROUPS, confrontation

finding parameters to evaluate crisis is extremely useful but not as easy as I expected

I liked how this gave us an opportunity to introspect on our own mental/physical health!

The analysis of the factors to understand if we are in a crisis

as always, I find so useful interacting with everybody. But mostly, identify the type of crisis

21

What did you find most useful in this session?

Debate about evaluation of the crisis impact

Confrontation, learning how to identify crisis

being able to have an exchange and hear different perspectives in regards to mental health also in case of the pandemic

having different perspectives of the same problem

possibility to talk with the other about these topics and have a confrontation about that.

I think that this lesson has been linear with the idea of this course. We studied the concept of crisis and how we have to analyse it in the first session and now we tried to measure the level of crisis.

Being able to reflect and evaluate the intensity of the crisis, finding a common parameter in such a big and diverse spectrum

creating self-awareness, since it is not always so easy to do

Great to see mental health receiving a lot of attention from everyone.

21

What did you find most useful in this session?

It was very useful to see how important it is to have plans and to identify crisis. Earthquakes are evident crisis, but mental problems are not always so evident so it's important to have these discussions

No depression today, feeling the share of similar emotions

I find everything useful, thank you

21