



# SCENARIO EXERCISE WORKSHEET

SAFETY FUNCTION ACTION STRATEGIES, OBJECTIVES & TACTICS for **DISASTER RESPONDERS**

**SCENARIO NAME:**

Special Needs Hurricane Shelter

**YOUR ROLE:**

Health Department Nurse

## PREPARE SKILLS SET

- PLAN** Disaster Role
- PRACTICE** Disaster Role
- PRIORITIZE** Stress Management

IDENTIFY PREPARE SKILLS to use for this scenario:  
 Review family disaster plan – prepare family  
 Inform out-of-town relatives/review family communication  
 Check/pack/take Go-Kit  
 Bring items for healthy lifestyle – exercise stretch bands, ear plugs and eye-mask for sleeping  
 Review my role in the shelter  
 Review/bring SAFETY FUNCTION ACTION FLIPBOOK

### KEYS TO DISASTER HEALTH

#### STRATEGIES

#### OBJECTIVES

#### TACTICS

### SAFETY

#### SAFEGUARD

SAFEGUARD and protect disaster responders from harm.

- SECURE**
- SHELTER**
- SHIELD**
- SIGNAL**

**Select, adapt, apply SAFEGUARD RESPONDER Tactics:**  
 Building security, law enforcement, background checks for responders  
 Fortified, retrofitted building far from the coast  
 Sturdy boots, goggles, gloves, flashlight in Go-Kit  
 Medical protective equipment (masks, gloves) provided  
 Review hurricane warnings / have safety whistle with keys

#### SUSTAIN

SUSTAIN disaster responders with vital supplies and equipment.

- SUPPLY**
- SERVE**
- STOCKPILE**
- STRETCH**

**Select, adapt, apply SUSTAIN RESPONDER Tactics:**  
 Food and ample water provided / prepared by Red Cross  
 Bring power bars, trail mix, fresh fruit  
 Bringing personal hygiene supplies  
 Ready/willing to serve med needs of responders as needed  
 Extra basic needs in trunk, Go-Kit

### FUNCTION

#### COMFORT

COMFORT, support, manage stress, and diminish distress for disaster responders.

- RELAX**
- REASSURE**
- RESPECT**
- RESTATE**
- REFUEL**

**Select, adapt, apply COMFORT RESPONDER Tactics:**  
 Bring MP3 player, journal, novel to read  
 SFA handout on relaxation  
 Check and restate worry thoughts  
 Pack comfort items in Go-Kit  
 Remember to seek time to talk to buddies in the shelter  
 Talk to the DEEP Center folks

#### CONNECT

CONNECT disaster responders with team members and sources of interpersonal support. Maintain contact with home and family.

- UNITE**
- UNIFY**
- UTILIZE SUPPORT**

**Select, adapt, apply CONNECT RESPONDER Tactics:**  
 Reach out to teammates – especially first timers  
 Review my buddy role  
 “Be there” for teammates  
 Reach out to other responders  
 Thank teammates and other responders for their work

### ACTION

#### ADVISE

ADVISE disaster responders about the disaster situation. Educate about positive coping strategies.

- ADVISE ON DISASTER**
- ADVISE ON MISSION**
- ADVISE ON COPING**

**Select, adapt, apply ADVISE RESPONDER Tactics:**  
 Get regular storm updates on Blackberry (NHC website)  
 Info available at shelter when comms are down  
 Get regular team briefing regarding mission, staffing  
 Review SFA handouts on stress reactions, coping  
 Check out buddies, teammates re: using positive coping

#### ACTIVATE

ACTIVATE disaster responders to serve responsibly, capably, and resiliently.

- ACTIVATE RESPONSIBLY**
- ACTIVATE CAPABLY**
- ACTIVATE RESILIENTLY**

**Select, adapt, apply ACTIVATE RESPONDER Tactics:**  
 Self-check: I am ready, willing, able  
 Mentally review my role on way to site  
 Know/check/verify chain of command  
 Serve the clients – they have some major challenges  
 Provide excellent medical care and interpersonal support  
 Review SFA FLIPBOOK daily – maintain disaster health!!!



# SCENARIO EXERCISE WORKSHEET

SAFETY FUNCTION ACTION STRATEGIES, OBJECTIVES & TACTICS for **DISASTER SURVIVORS**

SCENARIO NAME:

Special Needs Hurricane Shelter

SURVIVORS YOU SERVE:

Health Department Nurse

## RESPOND SKILLS SET

- APPROACH** Survivors
- ATTEND** to Cultural Issues and Special Needs
- APPRAISE** Survivors

### IDENTIFY RESPOND SKILLS to use for this scenario:

Review SFA FLIPBOOK on RESPOND skills:  
Remember: Be there, empathize, respect, communicate  
Remember most patients are “special populations” – older, medical needs, many nationalities  
Check biases (like smokers who are now COPDs on vents)  
Review the SFA Checklist to make sure I remember how to track issues and identify the tactics I use

### KEYS TO DISASTER HEALTH

#### STRATEGIES

#### OBJECTIVES

#### TACTICS

### SAFETY

## SAFEGUARD

SAFEGUARD survivors from harm and offer protection.

- SAVE**
- SECURE**
- SHELTER**
- SHIELD**
- SIGNAL**

### Select, adapt, apply SAFEGUARD SURVIVOR Tactics:

County is evacuating clients to safety of shelter  
Security personnel, Sheriff's office deputies for security  
Fortified building far from the coast  
Help shield from rumors – provide accurate info  
Alert clients if there is any danger  
May need to move patients in mid-storm – be ready

## SUSTAIN

SUSTAIN survivors by providing basic survival needs.

- SUPPLY**
- SERVE**
- STOCKPILE**
- STRETCH**

### Select, adapt, apply SUSTAIN SURVIVOR Tactics:

POWER is the big item-2 auxiliary generators available  
Plenty of food and water with volunteers to serve patients  
SERVE: That's me – medical care along with team  
Stockpiles of medical supplies, pharmacy on site  
Sharing if necessary – may also rely on patients to share some supplies if necessary

### FUNCTION

## COMFORT

COMFORT, calm, stabilize, and orient distressed and emotionally-overwhelmed survivors.

- RELAX**
- REASSURE**
- RESPECT**

### Select, adapt, apply COMFORT SURVIVOR Tactics:

For patients, just arriving at the shelter is a big step!!!  
Good bedside care – comfort while doing my job  
Giving reassurance during patient encounters  
Treating patients with respect – even demanding ones!  
Review SFA materials on helping people who are distressed

## CONNECT

CONNECT survivors to family, friends, neighbors, pets, community support systems, and disaster responders.

- UNITE**
- UTILIZE**
- SUPPORT**

### Select, adapt, apply CONNECT SURVIVOR Tactics:

Most patients come with CAREGIVERS – lucky them!  
Help groups of patients band together – happens often  
Make patients aware of available personnel, services  
Connect patients with the DEEP Center team  
Help with calls home when service is available

### ACTION

## ADVISE

ADVISE and inform survivors about the disaster and teach coping strategies.

- ADVISE ON DISASTER**
- ADVISE ON COPING**

### Select, adapt, apply ADVISE SURVIVOR Tactics:

Give regular, factual updates on storm  
Give updates on the procedures in the shelter and plans for discharge when the storm is over  
As needed, talk to survivors about stress reactions and ways of coping with disaster stress

## ACTIVATE

ACTIVATE disaster responders to serve responsibly, capably, and resiliently.

- ASSIST**
- ACCESS**

### Select, adapt, apply ACTIVATE RESPONDER Tactics:

Help patients/caregivers help each other – most do this already  
Give referrals to disaster services that are available in their communities  
Discharge planning – help survivors maintain their care in their communities after the storm – problem-solve