



PRESENTED BY
DONNA M. HASTINGS, PSY.D.
NATICOOK COUNSELING RESOURCES, P.A.

PSYCHOLOGICAL ASPECTS OF QUARANTINE AND ISOLATION



TOPICS FOR TODAY

Overview of DBH – Definitions

Health care system – Definitions

Overview of Influenza current situation

Quarantine/Isolation – Definitions and experience

Psychological Reactions – SARS study as example

Treatment considerations

Self care and what to do next



OBJECTIVES

Participants will be able to:

- Describe the role of local public health services in consequence management following a public health emergency.
- Describe the roles of state and federal health agencies in consequence management.



OBJECTIVES - CONTINUED

- Identify factors determining the need for isolation or quarantine and describe the potential adverse consequences and possible interventions.
- Identify the potential psychological reactions following an event, threat, or other public health emergency.
- Demonstrate methods of delivering behavioral health services during isolation and quarantine.



WHY THIS INFORMATION IS IMPORTANT

- Rising concerns about bio-terrorism
- Probability of Avian Flu
- Self care and safety issues for all of us
- Need for alternative methods of both medical and behavioral health treatment



DEFINITIONS

- **DISASTER** - “an occurrence such as a hurricane, tornado, storm, high water, wind-driven water, tidal wave, earthquake, drought, blizzard, pestilence, famine, fire, explosion, volcanic eruption, building collapse, transportation accident, or other situation that cause human suffering, or creates human needs that victims can not alleviate without assistance.”

(ARC)

May be categorized by type, level of financial assistance needed or geographic scope.



DISASTERS

Wide spread disease can

- Be considered as a type of disaster.
- Can be reacted to in stages
- Have similar responses.



STAGES OF DISASTER

- Warning or Threat
- Impact
- Rescue or Heroic
- Community Solidarity or Honeymoon
- Disillusionment
- Reconstruction and Recovery



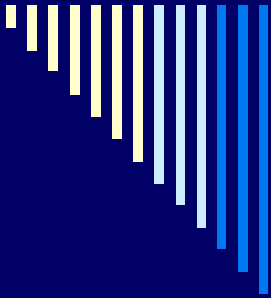
BEHAVIORAL HEALTH

- Behavioral health includes both mental health and substance abuse programs in most states.
- However, behavioral health has a broader scope which includes optimal, healthy functioning within family, community and occupational roles.



DISASTER BEHAVIORAL HEALTH

- Deals with optimal healthy human functioning within family, community, and occupational roles during extreme events – disasters, both natural and man made, and acts of terrorism.
- This includes the behavioral health of all of us, not only patients, but our families, community members, and co-workers.



TERRORISM

- A subset or type of disaster.
- A threat or action that creates terror or horror and is undertaken to achieve a political, ideological or theological goal.
Source: Ursano et al, 2003
- The threat or use of violence for political purposes by individuals or groups....when such actions are intended to shock, stun, or intimidate a target group wider than the immediate victim.
Source: CIA, 1990



GOAL OF TERRORISM

“The primary goal of terrorism is to create terror. The target of terrorism is not only those who are killed, injured, or directly affected. The target is the entire nation – in the United States nearly 300 million people.”

Source: Ursano, et al, 2003



MASS PANIC

- Group phenomenon in which intense, contagious fear cause individuals only to think of themselves, causing harm to others as they act to save themselves.

Source: Ursano et al, 2003 Shultz, 2004



MASS PANIC

- ❑ Rare following disasters.
- ❑ Did NOT occur during:
 - Israeli Scud attacks
 - Tokyo sarin gas attack
 - Oklahoma City bombing
 - Evacuation of World Trade Center
- ❑ Risk is reduced by providing accurate information even if it's not good news.
- ❑ Training and simulation/drills decrease risk

Source: Locke 2002



HEALTH CARE SYSTEM IS CENTRAL

- Medical providers and hospitals are where individuals go for help for both physical and behavioral health issues.
- Therefore, hospitals and other medical facilities need to be ready to respond to both physical and behavioral health issues.



HEALTH CARE SYSTEM IS CENTRAL

- In a disaster situation, medical professionals need to favorably influence optimal, healthy, and functional individual and collective behavior.
 - On an individual level we need to get people to do what is in their best interest
- AND**
- Prevent people from doing what is not in their best interest.



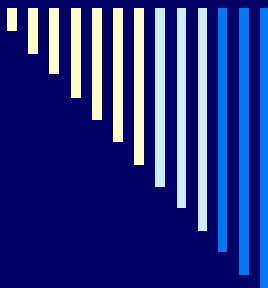
OVERALL THE HEALTHCARE SYSTEM

- Promotes community health
- Reduces exposure for illness and injury
- Reduces mortality
- Promotes pro-social behavior
- Reduces fear-driven behavior
- Safeguards the health care system itself.



IN A DISASTER SITUATION THE HEALTH CARE SYSTEM

- ❑ Provides for disaster victims
- ❑ Maintains care for current patients
- ❑ Safeguards staff
- ❑ Supports other responders
- ❑ Networks and communicates with other providers
- ❑ Leads effectively in a crisis



NEED FOR QUARANTINE AND ISOLATION

May arise from

Naturally occurring events

Examples: Flu, Head lice, chicken pox

Terrorist events

Examples: Water contamination, Anthrax



SURGE CAPACITY AND CAPABILITY

- **Surge Capacity** – facilitates increases in administrative, logistical, and operation capacity to enable evaluation and treatment of a much larger volume of cases than usual.
- **Surge Capability**-- provides specialty medical care that the hospital does not usually provide.
Source: Barbera & McIntyre, 2003 Jane's Mass Casualty Handbook: Hospital
- Surge Capability might include behavioral health care.



WHAT IS INFLUENZA?

- Influenza is a virus.
- The influenza or “flu” virus causes symptoms we think of as a cold.
- There are many other viruses capable of causing cold-like symptoms.



DIFFERENT TYPES OF FLU

- Influenza has a few subtypes
 - Influenza A and B are most common

- Influenza is further characterized by the structure of the virus:
 - Influenza A H1N1
 - Influenza A H3N2
 - Influenza A H5N1 – the “Avian Flu”



HOW IS THE VIRUS TRANSMITTED ?

- Airborne spread
- Direct contact
- May persist hours in the environment



REGULAR INFLUENZA SEASON

- Each year the virus circulates throughout the world
- Each year minor changes in the virus, triggering the next year's flu season
- In most healthy persons, immune system protects them from severe disease
- The result is in most cases a mild cold
- The result, however, is far more serious for some people:
 - Elderly
 - Young children
 - Persons with serious medical illnesses
- Each year ~30 to 40,000 persons in the US die of “routine” influenza



HOW CAN WE PREVENT IT?

- General hygiene and hand washing, hand washing and hand washing
- Stay home if ill
- Cover your mouth when coughing
- Cough etiquette protocol for health care facilities
- Vaccine (changes yearly - regular flu vaccine does not prevent pandemic)
- Antivirals (Amantadine, Flumantadine , Tamiflu^R ad Relenza^R)
- Proper diagnosis and surveillance