

Developing radiation teaching materials for Public Health Nurses of Fukushima, Japan.

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Backgrounds & Purpose

- * More than three years after the Fukushima nuclear accident, people in the accident-affected community appear to have regained their composure. However, residents' vague uneasiness about radiation has not subsided.
- * The PHNs had difficulty in responding to those people's attitudes.
- * PHNs have suggested that general educational materials about radiation do not meet residents' needs.

Our project

This study is part of an Action Research project

Research team member

PHNs practicing in the model community, radiation experts, and public health nursing researchers.

The project consists of three parts

- Part1 Teaching sessions about radiation for residents as part of the PHNs' routine health programs.
- Part2 Collaborative meetings with PHNs and researchers to evaluate the teaching sessions, explore residents' needs, and share PHNs' concerns.
- Part3 Activities to promote radiation protection culture in the community.

Method

- Step1 Researchers identified residents' needs related to radiation through part 1 & 2 of the project.
- Step2 Five major themes were extracted and contents of each theme constructed.
- Step3 Material format was designed for PHNs' practical use.
- Step4 A set of teaching leaflets was drafted.
- Step5 PHNs gave feedbacks about the leaflets regarding appropriateness of content and ease of use.
- Step6 Researchers refined the drafts based on the PHNs' feedbacks and discussions among researchers. This process was repeated several times until the materials were finalized.



Results

Findings through projects "Part1 & 2"

- The residents had a vague uneasiness, although radiation levels in their community was confirmed to be safe.
- Information so far available in general did not meet those residents' needs and lifestyle.
- Their concerns about daily life such as food, water, and out-door activities vividly reflected their way of life and culture.



We developed materials - Five themes

- Food:** market and wild products
- Drinking water:** tap, well, and bottled water
- Living environment:** gardens, mountains, fields, and hot-spots in the environment
- Children's out-door activities:** playing with the sand, swimming in the sea
- Health risks and total health.**

Conclusions

- ◆ The selected themes are related closely to residents' daily life.
- ◆ Residents who have their own lifestyle and culture cannot utilize the knowledge from those general materials. Therefore a vague uneasiness about radiation remains.
- ◆ Giving information and teaching sessions reflecting the residents' lifestyle and culture is the most important approach to reduce uneasiness and resolve doubts of residents.
- ◆ This is also an effective way to promote radiation protection culture.
- ◆ The effectiveness of the materials will be evaluated after PHNs have used the materials in their practice.

