

Prevention of heat stroke through community diagnosis



Presenter: Kaoru Ishibashi, Yodogawa Workers Welfare Association
(Public Interest Incorporated Foundation)

Motoya Maeda Ai Noguchi Yoshie Yuki

【Background/Objective】

Our entity conducts researches on heatstroke prevention every summer. Occasionally, we observe cases in which people could not use air conditioning properly due to failure of air conditioner, financial reasons or dementia. Many patients are brought into our hospital emergency department during summer period. Some people used to spend time at supermarkets or public library to escape the heat. However, the Covid-19 pandemic has made it difficult to do so, and not only heatstroke but also social isolation have become evident issues.

Concerned with the status, we decided to organize a community diagnosis event with the theme of “heatstroke prevention” in order to study community characteristics, issues, social resources and good use of public system, so that we can share the findings with various organizations and local government to collaborate for implementation of some social prevention measures against heatstroke.

【Methods】

We organized a multidisciplinary core team and collected necessary data including schedules of each member for the day of community diagnosis. Also, we called on many organizations such as municipality government, Fire Department, nearby medical institutions and welfare facilities for collaboration to send lecturers and participate in this practice.

On the day of diagnosis, a doctor from our entity gave a lecture on “What is Community Diagnosis” and “What is heatstroke” with some heatstroke statistics.

Then, the Nishiyodogawa Fire Department reported on the actual status of emergency medical transport in Nishiyodogawa Ward, followed by the Ward Office reporting on government efforts to prevent heatstroke in Nishiyodogawa Ward. Then, using the so-called World Cafe style, we discussed the current situation, challenges and concrete countermeasure ideas.

Elderly population, aging rate and the status of **living alone** in entire Nishiyodogawa district.

	Spring 2021	Spring, 2022	Spring, 2023
Population of the entire Ward	97,808 persons	97,056 persons	97,615 persons
Elderly Population	24,757 persons	24,722 persons	24,453 persons
percentage	25.3%	25.4%	25.1%
Elderly people living alone persons	9,528 persons	9,725 persons	9,830 persons
percentage	38.5%	39.9%	40.1%

May - September 2023: Number of patients with heat stroke and dehydration illnesses at Nishiyodo Hospital

	Recipients	Emergency transports	Non-emergency transports
May	52	32	20
June	51	20	31
July	57	33	24
August	45	22	23
September	51	32	19
Total	256	139	117

The 3rd Nishi-Yodogawa Community Diagnosis
Theme: "Prevention of Heat Stroke"

Please feel free to join us!

Day and time: July 1, 2023 (earth) 14:00-17:00
Location: Nozato Clinic 3rd floor conferenceroom
3-5-34, Nozato, Nishiyodogawa-ku

Heat Stroke Prevention in Nishiyodogawa Ward
Let's deepen each other's understanding at World Cafe!

Click here to apply!

Contact: Yodogawa Workers Welfare Association
3-6-5 Nozato, Nishiyodogawa-ku, Osaka City tel: 06-6471-0496 (Ishibashi)

【Results】

There were 20 participants from external organizations including the City Office, other medical institutions, welfare facilities and others, and 45 internal participants from member organizations of our entity.

The Fire Department made reports on specific cases: “When we were dispatched for emergency medical transport, we found a sauna-like room with smells and things scattered around. This suggests the kind of isolated life they are having, especially men over 65 years old who live alone as well as elderly people living alone.”

Regarding the actual status and challenges related to heatstroke in Nishiyodogawa Ward, a number of issues were pointed out: Lack of public places that people can go for cool air; not much communities for males to join; and more need for collaboration effort within the Ward to address these cases.

Specific counter-measures were proposed, including ideas to increase the number of cool spots that is available for public and can be used as an oasis, to show baseball matches of Major League Baseball player Shohei Otani on TV to make it more comfortable for males to use these places, and to open bar-style service with non-alcoholic beverage during the daytime.

【Intervention】

We continue to keep close and face-to-face contact with the Health and Welfare Division of Nishiyodogawa Ward (local government). Also, we signed up for the Osaka Cool Oasis Project and added 15 more cooling oasis spots.

【Consideration】

It is important to set up Cool Oasis Spots as place to stay and make good use of community resources for the group of people who are vulnerable to heatstroke and tend to be socially isolated, such as the elderlies and males over 65 years old who live alone.

By knowing and establishing close personal relationships with government officers, multiple institutions and community people, it becomes possible for us to provide intervention on the community people that we could not reach by a single medical institution.



Sample of a Cool Oasis Spot open to public at our clinic



【Relationship with HPH】

It is the mission of our entity as Health Promotion Hospital to take collaborative action with various organizations including community people, government, and medical and welfare institutions, so that every individual in the community can continue to live in good health with peace of mind.

COI Disclosure Information
Kaoru Ishibashi
I have no financial relationships to disclose

