Extraction of proposed items for post-traumatic growth index for municipal public health nurses experiencing natural disasters: A literature review

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Background
There is concern about physical and mental impact on municipal public health nurses (PHNs) who work as municipal employees during disasters. Yet the concept of post-traumatic growth (PTG), which states that difficult experiences can promote psychological growth by ascribing meaning is gaining attention.

Aim of the study
The study developed index items for PTG of municipal PHNs through a literature review of disaster health activities of those who have experienced natural disasters.

Methods
We used the PsycINFO, MEDLINE, CINAHL, and Ichushi-Web databases. The keywords were "post-traumatic growth," "disaster," and "public health nurse". The literature to be analyzed described disaster experiences. The content of the sub-concept of PTG of PHNs was extracted and categorized by similarity for each disaster cycle. Data were organized into expressions that encouraged reflection and meaning making by PHNs. They were then converted into index items.

Results
Of 262 documents retrieved, 16 documents were extracted, and 51 index items were found related to PTG of municipal PHNs. There were 9 items for the acute phase, 27 items for the subacute phase, 7 items for the chronic phase, and 8 items for the entire period. For example, through the experience of providing support in cooperation with local residents and organizations, PHNs reaffirmed the importance of building these face-to-face relationships during normal times.

Conclusions and implications
Future research to verify validity of the index items will be peformed. A retrospective support program using the post-traumatic growth index will be developed to promote post-traumatic growth of PHNs.