March 2011: Japan hit by tsunami after massive earthquake

A massive earthquake has hit the north-east of Japan triggering a tsunami that has caused extensive damage.

Japan's TV showed cars, ships and even buildings being swept away in the Fukushima prefecture, after the 8.9 magnitude earthquake.

Officials said a wave as high as 6m (20ft) could strike the coast.

The quake struck about 250 miles (400km) from Tokyo at a depth of 20 miles, shaking buildings in the
In pictures: Japan earthquake and tsunami

One of the largest earthquakes ever recorded has struck off the coast of north-east Japan, causing widespread destruction. Many casualties are feared.
The worst affected areas are thought to be Miyagi, Fukushima and Iwate prefectures. In Iwaki, Fukushima, water swept through the town.
The 8.9 magnitude quake triggered a huge tsunami which has swept across the sea threatening countries all around the Pacific Ocean.
In pictures: Japan earthquake and tsunami

Stunned and shaken evacuees gathered in the open spaces of Tokyo's Shinjuku Central Park until it was safe to attempt to travel home.
In Mito City vehicles were crushed in a car park. Geologists say the disaster was caused by a "megathrust" quake, when one tectonic plane is pushed beneath another.
The quake was felt in the capital Tokyo, where workers evacuated swaying buildings, trains and underground services were halted, plants closed and the international airport temporarily shut.
• Millions of people are affected by disasters every year, and billions of dollars are spent by people and organisations involved in disaster risk reduction, resilience, planning, response and recovery.

• They want to do things that will lead to:
  • Better protection
  • Less death, injury and damage
  • Quicker recovery
But, doing *something* is not enough.

It needs to do more good than harm.

Decision makers need to know what works (and by how much and for whom), what doesn’t work, what remains unproven and what, no matter how well meaning, might be harmful.

They need to make well informed choices and decisions.

They need access to reliable evidence.
• Improving access to reliable information on the effects of relevant interventions to support well-informed choices, helping survivors receive the best care available and recover as quickly as possible.
• Expanding beyond healthcare interventions and actions, to include areas such as shelter, communication, construction, education, protection, and support for displaced people.
Evidence-based decision making

• Is not just about randomised trials
• Randomised trials, and systematic reviews of them, provide one component for evidence-based decision making: an estimate of the effects of interventions, actions and strategies
• Reliable evidence on which interventions are beneficial, which are harmful and which have little or no effect is vital to well informed decision making
• Reliable evidence needs to minimise chance and bias
Effectiveness

**Systematic reviews**

- Avoid undue emphasis on single studies.
- Identify relevant research, and appraise its quality.
- Make best use of research already done.
- Maximise the power of the conclusions.
- Identify gaps and suggest how best to fill these.
- Improve access to existing research.
Evidence Aid will

• Identify existing systematic reviews.
• **Conduct new reviews and update existing ones, where necessary.**
• Advocate and facilitate the conduct of reviews by others.
• **Prepare contextual summaries.**
• Bring all this together in a readily accessible, easily searchable knowledge repository.
• **Help to resolve uncertainties.**
There is no evidence that using tap water to cleanse acute wounds in adults increases infection and some evidence that it reduces it. However there is not strong evidence that cleansing wounds per se increases healing or reduces infection. In the absence of potable tap water, boiled and cooled water as well as distilled water can be used as wound cleansing agents.
There is no evidence that single-session individual psychological debriefing is a useful treatment for the prevention of PTSD after traumatic incidents. Compulsory debriefing of victims of trauma should cease.

After the 2004 tsunami, this evidence was incorporated into the counsellor training for the Nagapattinam district in India; one of the worst hit areas of Tamil Nadu, the state with the largest number of casualties in India. “Brief debriefing” was not used.
An international project to improve access to knowledge in disaster risk reduction, planning, response and recovery.

Available, needed and effective interventions
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