

### Upcoming Events:

MARCH 10, 2016  
MARCH 19, 2016  
MARCH 24, 2016

### NEXT MEETINGS:

APRIL 12, 2016

6:00 pm- 8:30 pm

LOCATION TBD

Please Update your DHV account!

<http://disasterhealthcarevolunteers.ca.gov/>



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Contra Costa County Medical Reserve Corps

# MRC UPDATES

## MRC Promotes Heart Month through Events

Sudden Cardiac Arrest (SCA) is the leading cause of death for adults in the United States. More people die from an SCA than breast cancer, cervical cancer, colorectal cancer, prostate cancer, diabetes, house fires, HIV, vehicle accidents, suicides, Alzheimers and assaults with fire arms combined

([www.sca-aware.org](http://www.sca-aware.org)). In effort to teach americans about heart disease and healthy living, February is National American Heart Month.

Activities occur across the U.S. to raise awareness of the number one killer of Americans. Contra Costa MRC members participated in several activities this month to raise awareness of SCA. The main activities were teaching Hands Only CPR to various groups in Contra Costa County. Hands Only CPR is proven to save lives. This method of CPR training focuses on teaching people to recognize the signs of SCA and react by calling 911, and providing chest compressions. the benefit of this method of training, it can be taught to anyone, very quickly.



Members of the MRC provided Hands Only CPR training during events at Antioch High School, Diablo Valley College, Contra Costa College, Contra Costa library and Pittsburg High School. Together, more than 310 people where trained in the steps of CPR and how to use

AEDs. (pictured Sarah Kaplan)

## Another Successful Youth Heart Screening

Continuing the Heart Month theme, Contra Costa MRC participated in another Darius Jones Foundation Youth Heart Screening at Pittsburg High School. On February 27, The Darius Jones Foundation and Sutter Health partnered to provide free heart screenings to young athletes. The purpose of the screening is to identify athletes who may be at risk of suffering cardiac arrest during activity. The leading cause of death in young athletes is sudden cardiac arrest often caused by a genetic heart defect. The screening which includes recording height/weight, blood pressure, medical history, heart auscultation, EKG, and if needed an echocardiogram to view the heart. For the last three screenings, the Medical Reserve Corps



ensured all students also receive Hands Only CPR and AED training.

CCCMRC provided seven volunteers to conduct EKGs, heart auscultation, sonography, and CPR training. More than 155 students were screened at this even. (pictured Les Hata, Mary Frazier, Mary contributed to the article)

### Upcoming Events

The MRC will be participating in the following events, contact the MRC Coordinator for details and to sign up.

#### Vaccine Clinics

- None scheduled at this time. If you are aware of a location that would like to host a clinic, please contact the MRC coordinator

#### Community Outreach

- Dozier Libbey Medical High School, HOSA/MRC partnership portfolio presentation | March 10, 2016 3:00 p.m.
- Dozier Libbey Medical High School, practical interview | March 24, 2016 8:00 a.m.- 12:00 p.m.

#### Training

- Operation First On Scene | March 19, 2016 9:00 a.m.-3 p.m. | You must register for this event. Please contact Coordinator for link.

### Welcome New Members

David Seidner LMFT and Amanda Dold MFT are both in the application process.

**CCC MRC is actively recruiting behavioral and mental health professional to our unit. If you know someone, please tell them about the MRC and have them call the coordinator.**

If you know anyone who wants to join the MRC please have them contact the MRC Coordinator at 925-313-9548.

### Competency Corner

#### Responder Safety

Disaster response is not easy work. Many disasters involve the destruction of nature and property, creating a challenging work environment that can be unsafe. Contra Costa EMS and the MRC Coordinator do their best to assess the conditions of any MRC event and provide the information necessary to participate. There may be times, the conditions are unsafe to deploy the MRC. Its important as an MRC member to know your potential work environment and follow all directions related to safety. In this *Competency Corner*, we will detail work safety tips and resources.

*Commit to your  
Community*



Do you know someone who would be interested in joining the MRC?

Invite them to a meeting or connect them with the MRC coordinator

[lisa.vajgrt-smith@hsd.cccounty.us](mailto:lisa.vajgrt-smith@hsd.cccounty.us)

(925) 313-9548

**Immunizations:** As part of the MRC application process we recommend all volunteers be up to date on the recommended vaccinations. We do not collect your vaccine information, unless there is a possible exposure. Most employers require certain vaccinations to work in the healthcare settings. There are also other vaccinations that can protect you in the disaster environment. All volunteers should have a tetanus (DTAP), Hepatitis B series , and MMR series vaccines. We also strongly encourage the seasonal influenza vaccine. Other vaccines to consider: Hepatitis Meningococcal, and Typhoid.

**Scene Safety:** Prior to participating in any MRC event, a volunteer should conduct an assessment of the scene and environment. We often teach this in triage MCI training but should also be done for any work environment. A scene assessment only takes 30 seconds to scan for immediate threats such as down power lines, large objects that might fall, water/flooding hazards, chemical hazards, or biological hazards. The assessment should include fall, trip or slip hazards and the location of emergency exits, fire extinguishers, and AEDs.

You also want to consider what Personal Protective Equipment (PPE) is needed. This may include helmets, earplugs, glasses, gloves, and masks which is different than healthcare PPE which may include, gown, gloves, goggles, and masks as well. Always ensure your dressed for the elements. Always wear close toed shoes with a back (no clogs). Know if its going to be hot, or cold during your shift. Bring layers. Lastly know your limits. Do not volunteer for events if you feel they may be beyond your fitness level, shift times are too long, or identified work conditions are beyond what your use to. Tell your team lead, or the MRC coordinator when you need breaks or need to leave. **ALWAYS REPORT INJURIES IMMEDIATELY TO THE TEAM LEAD AND MRC COORDINATOR.**

**Tips:** Always ask the Coordinator or team lead deployment conditions. This should include if you will be working inside or outside, shift duration, uniform requirements and weather. Bring the items you need to be comfortable. This maybe a change of socks and shoes, jackets, gloves, hats, rain gear, your etc. This might not always be provided. Bring your personal medication if you might need it.

**Remember to not become part of the disaster.** Do not deploy if you have health concerns or recent medical needs, lifting restrictions or specific limitations that may become a problem later. Its ok to speak up!

**Additional Resources:** There are a wealth of resources on responder safety. Please review some of this information.

[www.emergency.cdc.gov/disaster/worker.asp](http://www.emergency.cdc.gov/disaster/worker.asp)

[www.osha.gov](http://www.osha.gov)

MRC-TRAIN

Disaster Healthcare Volunteers Volunteer Pocket Guide

### **CCCMRC file updates and training tiers**

MRC members will be receiving emails this month to indicate what documentation is missing from their files and what training tier they have reached. Many members will find they just need to submit copies of certificates and licenses to be up to date. When you receive this email please provided updated information ASAP.