



The Pulse

FEBRUARY 2014

Official Newsletter of the MD Responds Medical Reserve Corps

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The MD Responds MRC Newsletter is brought to you by the Maryland Department of Health and Mental Hygiene, Office of Preparedness and Response.



MD Responds MRC Receives NACCHO MRC Challenge Award

Nearly 200 MRC units from across the United States applied for a \$20,000 National Association of County and City Health Officials (NACCHO) MRC Challenge Award this year. The MD Responds MRC was one of 29 applicants to receive the award! Funds from this grant will be used for the "Creative Partnerships for a Prepared and Resilient Maryland" project, in which we will partner with Maryland Institute College of Art (MICA), Center for Design Practice to apply art, design, and health communication strategies to a public information and volunteer recruitment campaign. This project began implementation January 2014 and will continue through the year. As a part of the development process we will be forming an advisory board and conducting focus groups with volunteers to ensure our messages are

hitting the target. Stay tuned for more information on how to participate in this exciting project.



MICA Students in action. Photo courtesy of Maryland Institute College for Art, Center for Social Design.

Pharmacy Continuing Education Credits for 2013 SNS Exercise

We are happy to announce that the MD Board of Pharmacy has approved 12 continuing education credits/hours for participation in the 2013 MD SNS Exercise. MD Responds MRC pharmacy volunteers played a critical role in the success of the 2013 SNS distribution exercise. Volunteers helped test MD's emergency medical materiel request process, including security handoff procedures, receipt of SNS antibiotics and antiviral medications, and quality assurance of SNS assets before distribution throughout MD. Thank you all for your participation and for making the exercise a great success!

Volunteers of many professions have asked for continuing education credits. We at the State MRC office hear you and have been busy filling out applications. Stay tuned for more developments to come.

New Exercise Coordinator



The MDHMH OP&R is happy to announce that Lauren Terry joined in January as the Exercise Coordinator. Lauren received her Masters of Science in integrated homeland security management with a focus in security policy from Towson University, graduating with summa cum laude honors. Most recently, she was a Planner with the City of Annapolis Office of Emergency Preparedness & Risk Management through the University of Maryland Center for Health & Homeland Security. In her role with MDHMH OP&R, Lauren will coordinate exercise opportunities — many that may involve MD Responds MRC volunteer participation.

Welcome, Lauren!

Occupational Therapy in Disaster Response

Contributed by Andrew Myers, M.S., Montgomery County MD Responds MRC Volunteer



Occupational therapists (OTs) play a valuable role during disaster preparedness, response, and recovery. Our education spans from anatomy and physiology, mental health, to community development. We work with a range of specialties: gerontology, psychiatry, pediatrics, and orthopedics – to name a few. Given this variety of settings, our scope of practice is often mysterious to others.

Regardless of the setting, OTs primarily evaluate mental, physical, and environmental barriers and facilitate independence and function. This is no different during emergencies. An OT's role in disasters differs widely based on context and needs.

For example, OTs provide psychological first aid. We assist disaster response teams in screening and addressing psychological issues associated with disaster.

Further, OTs help with shelter operations. We identify barriers to activities of daily living. We then help with caregiver education and in developing and acquiring functional space and

supplies that meet patient needs; including help with discharge planning.

Additionally, OTs facilitate groups geared towards processing loss, identifying meaningful roles, and utilizing coping skills. We identify meaningful leisure activities to maximize engagement and mental health.

Because of our adaptability, OTs respond to disasters by addressing the functional needs and the mental health of populations and team members. It's this flexibility and focus on function and mental health that makes OTs a dynamic and valuable contribution to health care in times of disaster.

To learn more about OTs in emergency response, consider reading these articles:

- “The role of occupational therapy in disaster preparedness, response, and recovery” (American Occupational Therapy Association, 2011)
- “Occupational therapists role on U.S. Army and U.S. Public Health Service Commissioned Corps disaster mental health response teams” (Oakley, Caswell, & Parks, 2008)
- “Disaster response after-action report: Occupational therapy in the wake of hurricane Isaac” (Speicher, 2013)



How Can I Contribute Newsletter Content?

Would you like to showcase the work of your field or community in disaster preparedness and response? Or, would you like to contribute a piece on another subject to the next newsletter? We want to publish articles written by you.

In addition, we are looking for volunteers interested in telling their story. If you would like to help, we would ask you a handful of questions about why you decided to volunteer. Your story may be showcased in one of our newsletters or other outreach materials!

For more about how you can help with any of the above, email us at: mdresponds.dhmf@maryland.gov.

2013 In-Class Orientation a Success

Throughout November 2013, close to 250 MD Responds MRC volunteers registered for our annual in-class orientation trainings. Orientations took place in 5 locations around Maryland. Volunteers learned about MD Responds MRC background, operations during deployment, and the National Incident Management System and Incident Command System. Dorothy Sheu, M.P.H., Stephanie Parsons, M.S.P.H., and Daniel Barnett, M.D., M.P.H., of the Johns Hopkins Center for Public Health Preparedness, spoke to each topic, respectively.

All participants received a MD Responds MRC backpack, flashlight pen, emergency response flipbooks, course materials, and a MD Responds MRC ID badge and shirt. Additionally, 5 participants won an emergency go-kit! Participants were also encouraged to update their training profile (<http://bit.ly/MDRupdtr>).

If you attended this orientation, but did not receive your ID badge and shirt, check if you have: 1) missed correspondence in your email junk mail, and 2) completed 100% of your profile. It was a pleasure to meet many of you for the first time in person. Thank you for your participation and we look forward to working with you in the future!

Volunteers Attend Training on Radiological-Nuclear Incidents

Contributed by Giselle Bonilla, M.P.H., C.H.E.P., Howard County MD Responds MRC Unit Administrator

On January 13, 2014, the Howard County Health Department hosted the conference “Radiological-Nuclear Incidents Health and Medical Response.” Dr. Coleman enlightened volunteers and staff with a stimulating presentation on what to do during a radiological-nuclear event. Dr. Coleman is the Senior Medical Advisor at the Office of the Assistant Secretary for Preparedness and Response of the U.S. Department of Health and Human Services as well as the Associate Director at the Radiation Research Program in the National Cancer Institute.



Photo courtesy of the Howard County Health Department.



Follow MD Responds MRC on Facebook



221 people have “Liked” the MD Responds facebook page – Have you? There are many reasons to “like” our facebook page and here are just a few:

- Connect with other MD Responds MRC volunteers
- Receive reminders about training or exercise opportunities
- Read emergency preparedness articles linked to our page
- Learn about online resources and preparedness tips
- Win giveaways by engaging with our page (begins February 2014!)

Visit our facebook page to see for yourself: www.facebook.com/MDResponds. While you’re there, “Like” us and share our page with your friends!



Thank you Howard County MD Responds MRC Volunteers!

Contributed by Giselle Bonilla, MPH, CHEP, Howard County MD Responds MRC Local Administrator

The Howard County MD Responds MRC has been very busy in the past few months. On January 22-23, 2014, volunteers attended the Howard County Health Department (HCHD) hosted training, "Medical Management of CBRNE Events." This workshop was a two-day, interactive training offered through the Texas Engineering Extension Service (TEEX), National Emergency Response and Rescue Training Center. Trainers sought to increase the volunteers' capabilities to respond to a Chemical, Biological, Radiological, Nuclear and Explosive (CBRNE) events. Volunteers walked away from the training equipped to perform patient triage, decontamination, treatment, and transportation in the event of exposure to CBRNE weapons. Thank you MD Responds MRC volunteers for attending! It is with your contribution that Howard County continues to build a model public health community.

In a separate instance, MD Responds MRC volunteers further helped with the Cancer Control, Adult Evaluation and Review Services (AERS) and Child Health programs. Program supervisors gave remarkably positive feedback about the work of volunteers. Volunteers assisted with patient intakes, chart review, data entry, and filing.

Additionally, volunteers participated in the HCHD's 2013-2014 Vaccination Campaign. With the assistance of MD Responds MRC Howard County volunteers, HCHD provided flu vaccines to over 22,000 citizens. Thank you for the generous donation of your time and effort during the vaccination campaign.



Volunteers learn how to perform patient triage, decontamination, treatment, and transportation in the event of exposure to CBRNE weapons. Photos courtesy of the Howard County Health Department.



A line of people waiting to receive medicine at a POD.

High Volunteer Turnout for POD Webinar

Over 130 volunteers registered for the Points of Dispensing (PODs) webinar which took place on January 17, 2014. Hosted by the MDHMH OP&R, Kim Eshleman led this highly attended volunteer-specific talk on non medical PODs. In this webinar, volunteers learned about types of PODs, stations, command structure, and flow.

In part, a higher-than-expected number of registrations had to do with multiple training announcements. After a reminder the week of the webinar, over 90 volunteers signed up. In fact, so many volunteers registered that OP&R had to switch webinar providers to accommodate all callers! Of equal if not greater importance, an impressive percentage of registrants tuned into the full duration of the webinar. Volunteer engagement had to do partly because of the relevance of information -- Kim tailored the presentation for MD Responds MRC volunteers. This was bolstered by her clear and engaging presentation of the information.

Almost without saying, our volunteers also supported the success of this webinar through their commitment to learning and for preparing to serve Maryland.

If you took January's POD webinar and have yet to update your training profile, please follow these instructions: <http://bit.ly/MDRupdtr>.

Due to overwhelmingly positive feedback, a second POD webinar has been scheduled for March 6, 2014, at 6 p.m. We hope to provide this same learning opportunity to volunteers who did not attend January's POD webinar.

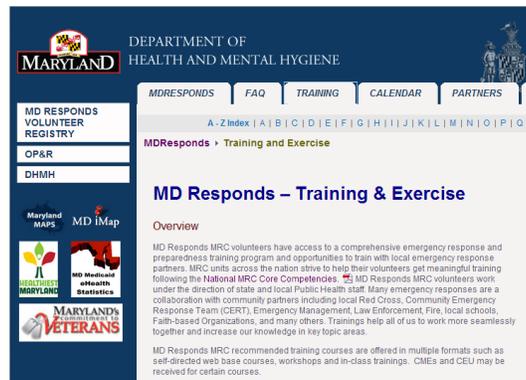
1. To learn more, go to <http://1.usa.gov/1fRRSck>.
2. To register go to <http://1.usa.gov/1ejqlvo>, click "Event Registration Form."
3. Select "3/6/2014 MD Responds Volunteers POD Webinar."

We Want More Trainings!

What are PODs? Points of Dispensing? Points of Distribution? And what do you **do** at them?

Over the past few months, the MD Responds MRC received substantial volunteer input about training topics. The top suggested training topics include: biological/chemical disaster preparedness, shelter training, CPR/AED and general first aid, and psychological first aid. Steadfastly, we've begun coordinating these learning opportunities — in class, online, during the work day, and even after work hours!

For an updated list of available trainings, visit our training website: <http://bit.ly/MDRtrex>.



Community Outreach in Worcester County

Contributed by Brenda Caldwell, Public Information Coordinator, Allegany County Health Department

What is community resiliency? In a collaborative effort, the Worcester County Department of Emergency Services, Department of Volunteer Services, Health Department, and the Maryland Emergency Management Agency will educate the local community about community resiliency.

This county outreach event will take place on February 25, 2014, at two local libraries. Representatives from area churches and service organizations are invited to hear about our community readiness program, "Resolve to be Ready." Speakers will discuss strategies and opportunities for local citizens to become involved in preparedness and recovery in the event of a disaster. Anybody interested in attending or for more information about this event, please contact tkane@co.worcester.md.us or kbrinkley@co.worcester.md.us.



Be a pioneer of our LinkedIn group!

<http://bit.ly/LinkedInMDResponds>

Basic Disaster Life Support Training

This training prepares health care providers to recognize and manage "all-hazards" threats including nuclear, biological, chemical, explosive and natural disasters. Speakers discuss disaster paradigm, natural and man-made disasters, traumatic and explosive events, nuclear and radiological weapon attacks, biological and chemical events, the public health system and the psychosocial aspects of disasters.



Prerequisites: Health care/ clinical background
 Time: 9:00-17:00
 Date/ Location: 3/25/14
 16232 Elliott Parkway, Williamsport
-Or-
 4/22/14
 6655 Sykesville Road, Springfield

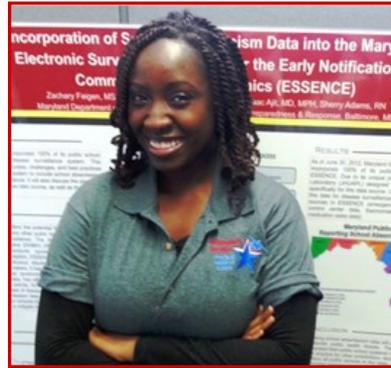
For full details and registration: mdresponds.dhmh@maryland.gov

Take the MD Responds Orientation Course, Receive a Polo!

All volunteers must complete orientation to be eligible for deployment. If you haven't taken the MD Responds Orientation Course (either in-class or on-line), take the online version and we will send you your free MD Responds MRC polo. This web-based course is available for you to take 24/7 and at your own pace.

1. To take the MD Responds online Orientation, visit <http://bit.ly/MDRtrex> and click "New User" in the upper right corner. Download step-by-step instructions on how to take the course here: <http://bit.ly/OnlineMDR>.
2. Update your training profile: <http://bit.ly/MDRupdtr>
3. Notify us: mdresponds.dhmf@maryland.gov

As this is a new promotion, let us know if you've already completed orientation but not yet received a shirt. We would be happy to send you one!



Baltimore City volunteer and epidemiologist, Anikah Salim, showing off her MD Responds MRC Polo. Thanks, Anikah!

NIMS ICS 200 Single Resources and Initial Action



The Johns Hopkins Center for Public Health Preparedness and MDHMH OPR provide you this in-class training opportunity. ICS-200 provides training on and resources for personnel who are likely to assume a supervisory position within the ICS. This course will help volunteers to operate efficiently during an incident or event within the Incident Command System (ICS).

Prerequisites: ICS-100 and 700
 Time: 8:30-15:00
 Date/Location: 3/11/14; 200 Kent Avenue, La Plata
-Or-
 3/16/14; 403 S. 7th Street, Denton
 3/4/14; Western MD, location TBD

For full details and registration: <http://1.usa.gov/LQAmef>



Unable to make the NIMS ICS 200 date? NIMS ICS 200 is also offered online, available for you to take at your leisure 24/7: <http://1.usa.gov/1nNEOZO>. In fact, many NIMS ICS courses can be found online at: <http://www.fema.gov/training-0>.

NIMS ICS 400 Advanced ICS for Command and General Staff

The Maryland Emergency Management Agency and MDHMH OPR host this course to provide overall incident management skills for those hoping to take leadership positions in emergency response. At the end of the course, participants should be able to: Explain how major incidents pose special management challenges; describe the circumstances in which an Area Command is established; and describe the circumstances in which multiagency coordination systems are established.

Prerequisites: ICS100, 200, 300 & those expected to perform in management capacity
 Time: (2/19/14 to 2/20/14) 8:30—16:30, Attendance both days required
 Location: 3500 W. Northern Parkway, Baltimore
 For full details and registration: <http://1.usa.gov/1bvma3G>
 ***Registration closes February 12, 2014.



EMERGENCY MANAGEMENT AGENCY

Do you have your MD Responds ID Badge?

If not, we're giving out flashlight pens to volunteers who complete the steps to obtain their ID badge. MD Responds volunteers must have their ID badge for deployment eligibility. Here's what you need to do to get your ID badge:



1. Complete 100% of your volunteer profile.
2. Email a recent headshot of yourself to mdresponds.dhmh@maryland.gov.
3. Receive your ID badge & flashlight pen!



The granddaughters of MD Responds MRC volunteer Anne Witter love their flashlight pens. Photo courtesy of Anne Witter.

More Effective, Healthier Volunteers

Contributed by Cynthia Mankamy, R.N., Garrett County MD Responds MRC Unit Administrator

Volunteers make positive contributions through their altruism – however, what personal attributes make volunteers especially effective? It almost goes without saying that you would need a working knowledge and at least some experience in the arena to which you are assigned. What are additional factors that may enhance your volunteer value even more? See how many you recognize in yourself and your volunteering colleagues:

- Diplomacy
- Flexibility
- Reliability
- Creativity
- Communicative
- Teamwork
- Cultural sensitivity
- Problem-solving skills
- Resiliency
- Sense of humor

We can all commit to become more effective volunteers. Not only will you be helping others, but you may be pleasantly surprised by some unexpected benefits for yourself. Volunteering can give you a sense of purpose, keep you active, and help you maintain a strong social network. A growing body of research suggests that vol-

unteers have lower depression rates, lower incidence of heart disease, higher self-esteem, and report feeling more happiness. Researchers further found that volunteers may live longer than people who do not volunteer, and that volunteers report greater life satisfaction.

Start on your path toward becoming a more effective volunteer with the following resources:

- Volunteering and Its Surprising Benefits: <http://bit.ly/1bKprh0>
- The Idealist.org Handbook to Building a Better World by Stephanie Land
- Mind Tools: <http://bit.ly/1gy6iCl>
- Eight Essential People Skills: <http://bit.ly/Lik7WVG>
- People Skills Handbook: Action Tips for Improving Your Emotional Intelligence by Pamela Corbett
- Skill Path Seminars: <http://bit.ly/1iUFbRW>
- Cultural Sensitivity Resources: <http://1.usa.gov/1frYVw5>
- Countries and Their Cultures www.everyculture.com

YOU COUNT! Volunteers by top professions, as of 1/31/14

TOTAL
3036!

Nurses (RN, NPs, LPNs, APNs,	1168	Mental Health (therapists, coun-	77
Physicians & Assistants	323	EMT (Basic & Paramedic)	57
Pharmacists, Techs, & Aides	194	Veterinarians & Vet Techs	42
Social Workers	132	Teachers & Education	40
Government	76	Dentists, Hygienists, Assists.	39
Other (e.g. law enforcement, morticians, occupational therapy, etc.)			888

Note: After database cleaning, counts for professions may be lower than previously reported.

Feedback

What can we do better?
Do you have any suggestions?
E-mail us at:
MDResponds.dhmh@Maryland.gov