



What's Happening

Northwest Region Emergency Medical Services
and Trauma Care Council

September 2009

Preparedness...In 10 Easy Steps

September is National Preparedness month. While many people know they need to be prepared for disaster, they don't know exactly how to do this. Here's ten easy steps to put you on the road to being prepared for any disaster that may happen.

1. Develop a cash emergency fund. You need at least \$1000 in cash on hand. Ideally you would want cash to cover six to twelve month's worth of living expenses in savings, however if you are just starting to get prepared, having \$1000 cash on hand will cover many smaller emergencies. You want to do this as quickly as possible, either by putting the money aside out of your paycheck and/or having a garage sale, or selling stuff on EBay or Craigslist.
2. Get a communications plan. Communications is one of the first things to go during a disaster. Create a family communications plan by choosing a couple of relatives or friends, one near and one far away, that can be your central communications hub during a disaster. Make sure each family member has the contact info for these people and will check in with these people if they can't get a hold of their immediate family during or after a disaster.
3. Plan for disasters that are most likely to occur in your area. While planning for hurricanes most often makes the national news, it makes more sense if you live in our area to plan for things such as fires, job loss, and earthquakes—disasters most likely to happen here. Simply Google 'earthquake preparedness' or 'fire prevention' to find checklists of ways to get prepared for these potential disasters.
4. Stock food and water. Every family should have at least a week's worth of food and water stored in the garage, in a cupboard, or under a bed for use during an emergency. This food and water will pull you through disasters ranging from job loss and snow storms which close down the roads to earthquakes that level local grocery stores and random food shortages. Make sure the food is non-perishable (canned, packaged or boxed) and easy to prepare.
5. Get all of your documents in order. Make sure you have your legal and financial documents scanned into your computer and keep the originals stored in a secure, accessible place. After a disaster, you will need things like your house insurance papers, your birth certificate, banking information, and other paperwork that can be easily lost in a disaster without proper pre-planning.
6. Have your Go Bag ready to go. Sometimes last minute evacuations happen so it pays to have an overnight bag with a change of clothes, toiletries, some food, and other important items ready to grab at a moment's notice.
7. Be healthy. During a disaster, you want to be as healthy and fit as possible in order to respond to the crisis at hand. Start now to improve your fitness and health so that if you need to respond to a disaster, you are physically ready to do so.
8. Make plans for those you care for. Babies, the elderly, pets, and the medically frail all require extra care during and after a disaster. Make sure that things such as extra diapers and medications are available and that there is a plan in place to evacuate these people if needed.
9. Find out what community resources are available. Your local Red Cross or DEM will have information about shelters, community disaster plans, and disaster resources in your area.
10. Take a class. CPR, HAM radio, and Community Emergency Response Team training are all skills that come in handy during a disaster and can be easily learned in your local area.

A Safe Baby is a Happy Baby

Did you know that the leading cause of death for children one year and under in Washington state is suffocations (61 deaths between 2003 and 2007), followed by homicide (29 deaths for the same time period), motor vehicle accidents (15 deaths), and drowning (3 deaths)? Leading non-fatal injuries for this age group between 2003 and 2007 include falls (325 injuries), assaults (212 injuries), burns (124 injuries), and poisoning (100 injuries).

Sadly, many of these deaths and injuries could have been prevented with just a little bit forethought and planning. Here's how to keep your infant safe:

- Infants should always sleep in their own bed, on their back, with nothing else in their crib or bassinet but them. Babies do just fine in a warm sleeper and don't need things like blankets, pillows, bumpers, or stuffed toys in the bed with them. Things like co-sleeping with parents, sleeping with other family members, and getting stuck in a position that asphyxiates them because they are unable to move away from hazards such as pillows or the back of the couch are a common causes of baby suffocation death. Babies need a safe place to sleep in order to avoid the possibility of suffocation.
- Infants must ALWAYS ride in an approved, properly installed, car seat. The car seat needs to be appropriate for their size and weight, and for infants, placed facing the back of the vehicle's seat. Sadly, a baby recently died in a car accident in Western Washington because the mom was holding the baby on her lap when the car they were riding in hit a tree. There is no way that during the impact of an accident someone can hold onto a baby or a child and keep them from being injured; the force of even a low speed crash makes this impossible. The only way to keep anyone in a car safe during the impact of an accident is to have them literally tied down to the car and that is done with a child safety seat.
- Assault and homicide is, unfortunately, one of the leading causes of injury and death for infants. According to the CDC, infants are at the greatest risk for homicide on the day they are born, during their first week of life, and during their eighth week of life when infant crying peaks. Education about why babies cry and how to comfort them is needed, especially for new or young parents. A community safety net is also needed. Often times parents are isolated with their babies and after days of listening to them cry, the parent or other care giver can become so frustrated they shake the baby to make them stop crying which often leads to severe injury or death for the baby. Having family, friends or other caretakers around new babies can relieve the stress of a crying baby and let the primary care taker take a break and regroup. Many clinics and health departments have new baby programs in which visiting nurses actually come to new parent's homes to both check on the baby, as well as provide reassurance and education to parents about a baby's development and ways to cope with the pressure of being a new parent.
- Falls can happen to babies of any age but particularly when they are learning to roll over and when they begin to pull themselves up and start to walk. Obviously babies need to be watched carefully to prevent falls but other tactics can be used to prevent falls as well. Always strap them into high chairs, grocery carts, baby swings, and other places where they can slide out of the device or tip over. Never leave a baby unattended on a changing table, sofa, bed, or other flat surface that is raised off of the floor. They can be pretty quick to roll over and fall onto the floor this way.
- Drowning, burns, and poisonings can happen in an instant, even if you don't see any obvious hazards. Babies don't need a pool in order to drown. They can roll into the dogs water dish or fall into a bucket used to water plants and easily drown because they don't have the motor skills to pull themselves away from these types of hazards. Poisonings are preventable by locking up or putting up anything the baby can get into—the list is huge but includes toxic plants, cleaning products, medicines that grandma leaves on the night table, etc.

With a bit of forethought, creating a safe environment for your baby can be easily accomplished.

News, Info, and Other Interesting Things

- A PSA from the UK gives a pretty graphic example of what can happen to teens if they are texting when the drive. Check it out at <http://tiny.cc/BEYh4>.
- The Clallam County Public Health office has an excellent monthly newsletter entitled 'Public Health Press'. Find current and back issues of the newsletter at www.clallam.net/hhs/publichealth/phpress.html
- Walmart and Sam's Club have a multi-faceted corporate giving program. Find out about their funding opportunities for health and wellness programs at www.walmartstores.com/CommunityGiving/8916.aspx.
- On September 17th, the State of Washington will celebrate Falls Prevention Awareness Day. For information on falls prevention activities and resources in the state of Washington and in your specific area, go to <http://fallsfreewashington.org/>.
- Did you know that the Washington State Department of Health has a new Patient Safety Quarterly newsletter available online? This newsletter focuses on state-wide issues such as trauma data, legislation, and other valuable information for providers. Find it at www.doh.wa.gov/hsqa/Professions/Publications/PSQ.htm.
- Save the date! The Healthier Aging in Washington State Conference will take place on October 15th at the SeaTac Holiday Inn. Conference topics include cultural competencies, falls prevention, depression, and online chronic disease management. Go to www.peopleware.net/2697 and click on the conference to register.

8 Ways to Jazz Up Your Fall Fitness Routine

1. Try some new indoor sports such as rock wall climbing or skating.
2. Get outside with a group. The Volksmarchers schedule weekly and monthly walks at many locations around our state.
3. Take a class. Colleges and local parks departments will soon be starting their fall classes. Everything from mountaineering to yoga to pickleball are available for group and individual classes.
4. Try a new activity. If you have never participated on a bowling league, fall is the perfect time to sign up as fall and winter leagues usually start in September.
5. Volunteer. You can get lots of exercise just by volunteering to coach kids in after school sports or by volunteering to walk dogs at your local animal shelter.
6. Watch TV. Many stations offer morning exercise classes that you can follow along with in the privacy of your home in your pajamas!
7. Add more walking to your day. Walk to work if possible, and if not, park a few blocks away from work and walk the half mile or so to your office.
8. Find an exercise partner who will hold you accountable for showing up to work out on a daily basis.

Training and Education

Training Course Calendar

- September 11th—PALS Course in Bremerton. Kitsap County EMS 360-447-2066
- September 19th—LMA Course in Shelton. MCFD #2 360-275-6711
- September 29-December 5th—EMT-B course in Bremerton. Kitsap County EMS 360-447-2066
- October 3rd—BLS Evaluators Course in Belfair. MCFD #2 360-275-6711
- November 6th—ACLS for Experienced Providers course in Bremerton. Kitsap County EMS 360-447-2066

Concussion Workshop Slated

When Jean Rickerson's son received a head injury while playing high school football, she set out to educate providers and the public about this common but often misunderstood injury. After gathering information and consulting with experts on head injury, especially in teens and adults who play sports, she put together a workshop entitled "Concussion-The Invisible Injury". This workshop will be held on September 12th from 9am-11am at Ridgetop Junior High School in Silverdale, WA. This free workshop is open to medical personnel, coaches, athletes, and parents (a lot of people are expected to attend which is why they are using the gymnasium of the school to host the event). Dr Stanley Herring, a professor of neurosurgery at the University of Washington Medical School who is also the team physician for the Mainers and Seahawks will be the guest speaker. For information, call Jean Rickerson at 360-460-6136.

The day before this event, on September 11th, a workshop on Concussions in youth sports similar to the program listed above will be held at Harrison Medical Center specifically for medical personnel. The workshop will take place at 5:30pm and space is limited so call Mickey Sanders at 360-744-6524 to reserve a spot soon.

Northwest Region OTEP

- September 3rd—Jefferson County Base Station Meeting in Pt Townsend. Topic: General Patient Assessment. Info: 360-385-5589
- September 3rd—Kitsap County Base Station Meeting in Bremerton. Topic: Palliative Care Info: 360-447-2066
- September 8th—EMS Live@Night: Topic: OB Emergencies. Info: 509-232-8155
- September 17th—Mason County Base Station Meeting in Shelton. Topic: Pediatric Emergencies. Info: 360-426-1611

South Central Region to Host Pediatrics Conference

The South Central Region EMS Council will host a Pediatrics Conference on October 15th in Richland, WA. Sessions will include topics such as 'emergency care of the crashing kid', 'peds airway management', and 'tattoos, tongues, and trauma'. For more information or to register, call 509-3740416 or go to their website at www.scregems.com.

Tacoma Trauma Conference Slated for November 4th

The Tacoma Trauma Conference will take place on November 4th at the Greater Tacoma Convention and Trade Center. Topics include wilderness medicine, mangled extremities, and PTSD-A Spouse's Perspective. Registration and information can be found at www.tacomatraumaconference.org.

Injury Prevention

Injury Prevention Meetings in the Northwest Region

- September 9—Mesa Redonda de Kitsap meeting; 8:30am at the Norm Dicks Government Center. 360-440-2376.
- September 16th—Mason County Inter-Agency meeting; Noon in Shelton. 360-427-1686
- September 12—SafeKids meeting; Noon at the 4th Floor meeting room at the Norm Dicks Building in Bremerton. 360-337-5250
- September 14th—Washington State IPPE TAC meeting. Noon to 4pm in Kent, WA 360-236-2862
- September 16th—Kitsap Child Death Review meeting. 8:30am at the Norm Dicks Center in Bremerton. 360-337-5250
- September 30—Kitsap Suicide Prevention Task Force; 3:30pm in Bremerton. 360-337-5250

Northwest Region DUI Panels

- September 7—Kitsap Youth Panel in Bremerton at 7pm. 360-731-5139
- September 9—Mason County Panel in Shelton at 7pm. 360-427-1686
- September 10—Clallam County Panel in Pt Angeles at 6:30pm. 360-417-2385
- September 12—Jefferson County Panel in Pt Townsend at 8:30am. 360-385-9153
- September 15—Kitsap Spanish Panel in Bremerton at 7pm. 360-731-5139
- September 22—Kitsap Adult Panel in Bremerton at 7pm. 360-731-5139

AA Now Offered in Spanish

Alcoholics Anonymous now offers a weekly AA meeting in Spanish. This group meets each Wednesday from 7pm to 8pm at the Steel City Café at 2156 6th Street (next to the Dollar Store) in downtown Bremerton. This meeting is conducted entirely in Spanish. For more information contact Juan at 360-373-6313 or Debbie at 360-377-4360.

Trauma Nurses Talk Tough Day September 18th

Legacy Emanuel Hospital will host a 'Trauma Nurses Talk Tough' Day on September 18th in Portland, OR. The TNTT program is a multi-faceted injury prevention program which teaches educators who to use the TNTT materials to teach the public (from little kids to the elderly) about injury prevention topics ranging from helmet use and bike safety to teen driving safety and DUI prevention. This mini conference is open to all care providers who currently teach the TNTT program or would like to. Lunch is included and this is a free event so be sure to register soon. Call 503-413-4960 for information.

Save the Date for These October Events

- The 'Healthier Aging in Washington' Symposium will take place on October 15th at the Holiday Inn in SeaTac. This workshop is geared towards healthcare and public health professionals who work with aging populations and those with chronic diseases. For more information, contact Ilene Silver at Ilene.silver@doh.wa.gov.
- The Kitsap County Domestic Violence Summit will take place on October 16th at Crossroads Community Church in East Bremerton. The summit will include a variety of topics and breakout sessions. Michelle Garcia of the Stalking Resource Center will be the keynote speaker. Go to www.kcdvtf.org for details.

Preparedness

Preparedness Calendar

- The Clallam County Department of Emergency Management will offer an ICS 400 course on September 8th and 9th in Pt Angeles, WA. Call Jamye at 360-417-2525 for details or to register.
- On September 16th at 10:15am the Kitsap County DEM is holding a county-wide earthquake drill. Mark your calendar and call an earthquake drill at your home or office at this time. If you don't know what to do during an earthquake drill, go to www.kitsapdem.org for more information.
- On October 27th and 28th, Pierce Transit will host a Critical Incident Stress Management Course at their training center in Lakewood. This crisis intervention skills training course will cover topics such as core intervention tactics, assessing the need for CISD, and essentials of group intervention. The cost for this course is \$100 and registrations are due by September 18th. Contact bcieslak@piercetransit.org for more information.
- The Washington State Department of Emergency Management will host a HSEEP (Homeland Security Exercise and Evaluation) Toolkit Lab Training Course on September 23 and 24 in Ephrata, WA. This course will teach participants how to use the HSEEP Toolkit to design, develop, evaluate, and improve disaster exercises. For more information contact s.simerly@emd.wa.gov.
- The Washington State Department of Emergency Management will host a HSEEP (Homeland Security Exercise and Evaluation) Train the Trainer Course on September 15 to 18 in Richland, WA. Participants will learn exercise program management, design and development, and how to conduct, evaluate, and improve exercises. For more information contact s.simerly@emd.wa.gov.
- On September 18th, the Kitsap County DEM will host an ATC-45 Evaluation of Buildings after a Windstorm/Flood course. This is a free course which is open to building inspectors, structural engineers, and others who will be responsible for conducting post-disaster building safety assessments. Go to www.kitsapdem.org for more details.
- The Kitsap County Department of Emergency Management is holding a "vulnerable populations" workshop on September 22nd from 9am to 11:30am at their office at 911 Carver Street in Bremerton. The workshop will focus on developing a plan to serve people with limited English skills, significant developmental disabilities, critical medical conditions, and others who would require additional help during a disaster. Contact Michele Moen at 360-307-5871 to register.

**September is
Preparedness
Month!**

Kitsap DEM Offers Emergency Alert System

Be sure to bookmark the Kitsap DEM's website (www.kitsapdem.org). On this site you will find information about upcoming preparedness classes, find out about volunteer opportunities to help your community, and most importantly, sign up to receive breaking news alerts and warnings about local disasters which will then be emailed to you as events happen. Alerts include information about the event and ways to prepare and protect yourself.

Region 2 Healthcare Coalition

Healthcare Coalition Calendar

- September 18th—Clallam County Healthcare Coalition meeting. 10am at Olympic Medical Center in Pt Angeles. Info: 360-990-3270
- September 18th—J Prep (Jefferson County Preparedness) meeting. 9am at the Pt Townsend Fire Department in Pt Townsend. Info: bhamlin@co.jefferson.wa.us
- September 21st—West Olympic Peninsula Healthcare Coalition meeting. 10am at Forks Ambulance in Forks. Info: 360-990-3270

Region 2 Healthcare Coalition Contact List

- State Healthcare Coalition Coordinator: Anne Whidney anne.whidney@doh.wa.gov
- Region 2 Healthcare Coalition Coordinator: April Borbon aprilborbon@yahoo.com
- Region 2 Public Health Emergency Preparedness Coordinator: Jessica Guidry guidrj@health.co.kitsap.wa.us
- Kitsap County Healthcare Coalition Coordinator: Laura Jull ljull@harrisonmedical.org
- Clallam County Healthcare Coalition Coordinator: Tom Oblak tblak@olympicmedical.org
- Jefferson County Healthcare Coalition Coordinator: Jim Skannes jskanes@jeffersonhealthcare.org
- West Olympic Peninsula Healthcare Coalition Coordinator: Heidi Anderson heidia@forkshospital.org

Sign Up for CDC Alerts Today

The CDC has made it easier than ever to get the latest news and alerts for breaking medical news. Now you can get alerts emailed to you or sent to your cell phone or mobile device. For info on how to set this up, go to www.cdc.gov/flu/updates.htm. To see all of the ways you can connect to the CDC's social media campaigns including through Twitter, Facebook, and other applications, go to www.cdc.gov/socialmedia/.

Region 2 Healthcare Coalition 411

What is the Region 2 Healthcare Coalition?

The Regional Healthcare Coalition is made of up hospital reps, medical service providers, and others who provide care services in the region (ie: DEM, long term care providers, clinic providers, etc) who meet regularly to plan for patient surge and medical resource sharing in the event of a disaster.

What kind of projects do they work on?

Current projects include mass fatality management planning, alternate care and triage planning, and coordinating disaster supply and equipment purchases. Each meeting features a round-table discussion about training, events, and other valuable information that the group can use. The main goal of each coalition's work is to ensure appropriate patient care during and after a disaster while also coordinating care in a way that doesn't overwhelm local hospitals and care providers.

When are meetings held?

Regional Coalition meetings are held on a quarterly basis at locations around the region while local healthcare coalitions, which are similar to the regional coalition but feature local medical provider participation and focus on specific local medical planning issues, meet monthly or bi-monthly.

How can I participate?

The more people who participate in the planning effort the better! Simply contact the Regional Coalition Coordinator or your local Coalition Coordinator (info is in the box to the left) for info.

**NORTHWEST REGION
EMERGENCY MEDICAL
SERVICES AND TRAUMA**

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We're On The Web!
www.nwrems.org

The Northwest Region Emergency Medical Services and Trauma Care Council is a non-profit umbrella organization which oversees EMS training, prevention activities, and program funding in Clallam, Jefferson, Kitsap and Mason Counties.

The mission of the NWREMS & TCC is to promote and support a coordinated system for local Emergency Medical Services/Trauma Care Councils by:

- *Providing resources/funding*
- *Enhancing education/training*
- *Promoting data collection/analysis*
- *Facilitating communication*
- *Promoting standardization*
- *Promoting public education and prevention*

Regional Meetings and Office Info

Local and Regional Council Meeting Schedule

- September 1st—Jefferson County EMS Council in Chimacum at 7pm.
- September 10th—Northwest Region Council Meeting at noon in Sequim.
- September 10th—TED Committee meeting at 9am in Sequim.
- September 10th—QI Committee meeting at 10am in Sequim.
- September 17th—Mason County EMS Council in Shelton at 6pm
- September 17th—Clallam County EMS Council in Pt Angeles at noon.
- September 23rd—Kitsap County EMS Council in Bremerton at 9am.
- There is no meeting scheduled for the West Olympic Peninsula EMS Council this month.

NWREMS Office News

- Our office will be closed on September 7th in honor of Labor Day.
- Our injury prevention program is no longer able to provide free bicycle helmets to the community due to funding issues, however we would be happy to order them for providers and community members for the low price of \$5 per helmet. Contact April Borbon at 360-990-3270 for details.