



Tristate Medical Reserve Corps

Volunteers Building Strong, Healthy, and Prepared Communities

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ODH MRC/CERT Leadership Conference

Tristate Medical Reserve Corps was asked to present at the annual ODH MRC/CERT Leadership Conference in Columbus on June 6. Robin Thomas, Regional Director for TMRC presented information about the regional collaboration and planning occurring between MRC units in the Tristate region.

Cincinnati/Hamilton County MRC Unit

Leader, Kelsie Rudell of Hamilton County Public Health provided instruction on organizing and leading a MRC Leadership team.

Tristate MRC units work together to leverage resources, personnel, and other tools to lessen the burden of MRC management demands on individual MRC units. This collaboration has allowed this region to

accomplish more together than they would have alone. We hope conference attendees found the information valuable in their volunteer management planning.



Stop the Bleed Resource Available

The National Center for Disaster Medicine and Public Health (NCDMPH) have designed a “*Stop the Bleed*” app containing information on how to deal with severe bleeding. The app contains a 5 minute video, Q&A, quiz, and other resources that NCDMPH created and researched.

Stop the Bleed is a national awareness campaign and call-to-action. It is intended to

cultivate grassroots efforts that encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives.

Download the Stop the Bleed app for free using either Google Play or iTunes.

For more information visit the [Stop the Bleed](http://www.stopthebleed.org) website.

To download the app to your mobile devices or tablet click on the following links:

- [Android](#)
- [iPhone](#)

Become empowered today!



Healthcare Coalition News



The VA Medical Center Federal Coordinating Center invited Medical Reserve Corps volunteers to participate in the upcoming National Disaster Medical System (NDMS) full-scale exercise on July 18th at Cincinnati/Northern Kentucky International Airport.

Set-up and activation of a Patient Reception Area at the airport will be simulated to receive

"evacuated" patients from a disaster area. MRC volunteers will support the VA medical staff with operation of this Patient Reception Area.

This is a federal exercise conducted to test the functions expected during such an operation. MRC volunteers will be working under the leadership of the VAMC response team.

Both Ohio and Kentucky MRC will be working

together to assist the VA with this important disaster response role.

Thanks to all the MRC volunteers who signed up to participate. We couldn't fulfill our mission without you!



Public Health
Prevent. Promote. Protect.

Public Health Preparedness News

The start of a new grant year began July 1. The Ohio Department of Health's Public Health Emergency Preparedness Grant (PHEP) has outlined local public health planning priorities for this year including:

- Mass Fatality
- Continuity of Operations

- Access & Functional Needs
- Medical Countermeasure Dispensing
- Volunteer Management

Local public health emergency planners will be working on these identified areas throughout the grant year which ends June, 2019.

Your local public health staff continue to work hard on improving overall public health preparedness for their communities in all capability areas.

For more information, log on to your respective LHD websites for more preparedness information.

Competency #8.0:
Demonstrate knowledge of public health principles and practices for the management of all ages and populations affected by disasters and public health emergencies

It is important take into account the functional concerns individuals may face during disaster and integrate special considerations into emergency planning and response while serving the community as an MRC volunteer.

The Functional Needs Framework breaks down the needs individuals may face in

an emergency into five categories known as C-MIST: communication, medical, independence, supervision, and transportation. By incorporating this approach into emergency planning, responders will be able to successfully respond to individuals with functional needs, such as language barriers, required medical treatment and equipment, customized shelter

accommodations, and evacuation barriers. To learn more:

- [Assisting Persons with Disabilities During an Emergency](#)
- [eCDLS-Core Disaster Life Support](#)
- [Cultural Competency Curriculum for Disaster Preparedness and Crisis Response](#)

Log on to [MRC TRAIN](#) to start your training today!

Community Assessment for Public Health Emergency Response

The Cincinnati Health Department and its volunteers conducted a Community Assessment for Public Health Emergency Response (CASPER) over the summer. The CASPER technique was developed by the Centers for Disease Control and Prevention to collect household based data about a community.

The CASPER required going door-to-door to survey City residents about their health status, needs, and preparedness practices. Households were selected to participate in a way that assures the collected data can

be generalized to other households in the City.

TMRC and Executive Steering Committee members answered the department's call for volunteers to help complete the CASPER. They and other volunteers donned blue health department vests and administered surveys to willing participants throughout the City.

Data collected through the CASPER will be used to refine existing emergency preparedness plans and help the department improve the health and well-being of City residents. For more information the Cincinnati CASPER, follow this link: bit.ly/CASPER-CHD.

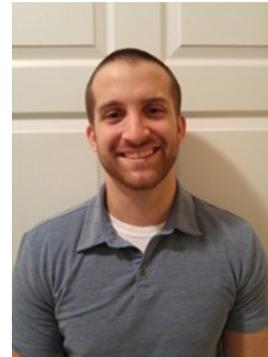




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MRC COORDINATOR SPOTLIGHT:

Jake Collins serves as the Emergency Preparedness Coordinator for the Butler County Health Department and is the MRC Coordinator for Butler County. He graduated in 2011 with a Bachelor's in Science and in 2013 with a Master's in Public Health at the University of Toledo. He previously worked at the Toledo-Lucas County Health Department as a Health Educator. Jake has served in his position since July 2016.



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Severe Heat Preparedness

Tips for Preventing Heat-Related Illness

Stay Cool



Stay Cool

- Wear light-weight, light-colored, loose-fitting clothing
- Stay cool indoors
- Schedule outdoor activities for morning and evening hours
- Pace yourself
- Wear sunscreen
- Do not leave children in cars
- Avoid hot and heavy meals

Stay Hydrated



Stay Hydrated

- Drink plenty of fluids. Don't wait until thirsty
- Stay away from sugary or alcoholic drinks
- Replace salt and minerals
- Keep your pets hydrated. Leave the water in a shady area

Stay Informed



Stay Informed

- Check for weather updates and heat advisories.
- Know the signs of heat-related illness
- Monitor those at high risk
- Use a buddy system when working in the heat



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