BUILDING RESILIENCE THROUGH EMERGENCY PREPAREDNESS

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Objectives

- Describe ADPH emergency preparedness resources and activities.
- Define resiliency in frontline emergency response personnel.
- Understand how preparing for emergency response enables employees to build resilience.
- Discuss disaster management and emergency response recovery.

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ASPR
Administration for Strategic Preparedness and Response

FEMA

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- Centers for Disease Control and Prevention (CDC) Public Health Emergency Preparedness (PHEP)
- Assistant Secretary of Preparedness and Response (ASPR) – Hospital Preparedness Program (HPP)

Center for Emergency Preparedness (CEP) Funding

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ADPH RESPONSE

TYPES OF RESPONSE

ALL HAZARDS
- Natural Disasters
- Radiological
- Chemical
- Biological
- Terrorism

LEVEL OF RESPONSE
- County
- District
- State
- FEMA Region IV
  - Georgia
  - Mississippi
  - Tennessee
  - Kentucky
  - Florida
  - North Carolina
  - South Carolina

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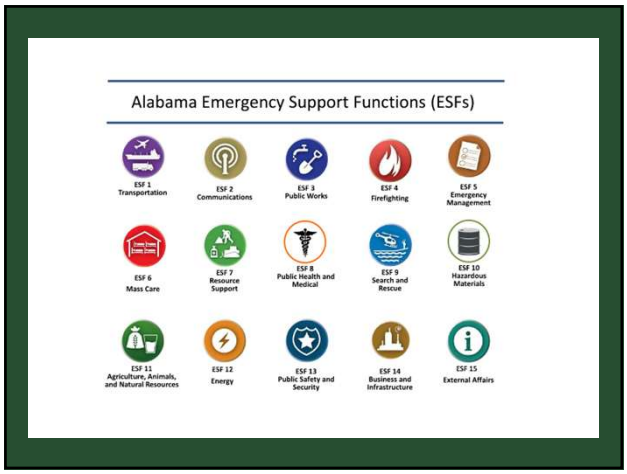

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Center for Emergency Preparedness
ESF-8: Public Health and Medical Services

The Alabama Department of Public Health (ADPH) is the lead agency for emergency support function # 8 (ESF # 8), Public Health and Medical Services, in the State of Alabama Emergency Operations Plan

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Response Structure

ADPH utilizes the scalable, flexible, and adaptable concept known as the Incident Command System (ICS) to respond

ADPH employees are required to take National Incident Management System (NIMS) trainings in preparation for response

National Incident Management System

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ESF-8: Points of Coordination and Associated Actions

- Medical Care and Surge
- Public Health Surveillance
- Behavioral Health
- Mortuary Services

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ADPH State Clinical Laboratories

The lab receives approximately one million specimens per year and performs more than two million laboratory tests in support of our 67 county health departments around the state, as well as private citizens and private health care providers.

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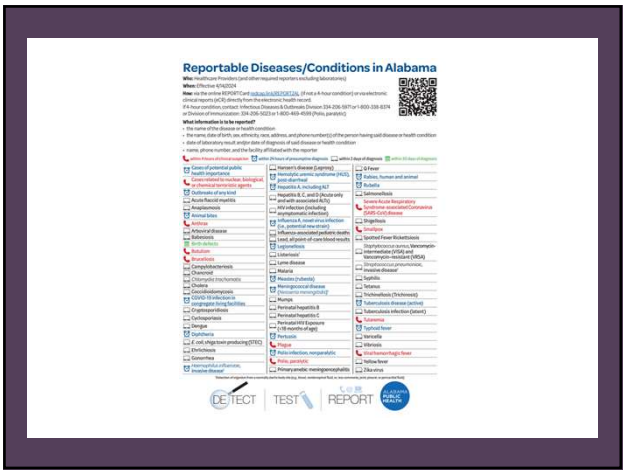

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Strategic National Stockpile (SNS)

Center for Disease Control and Prevention (CDC) Maintains SNS

SNS consists of large quantities of medicine and medical supplies

Once federal and local authorities agree that the SNS is needed delivery can happen within 12 hours.

Alabama SNS Plan includes delivery of medical supplies through Point of Dispensing (POD)

Closed POD

Open POD

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Points of Distribution (POD)

Centralized locations in an impacted area where survivors pick up life-sustaining relief supplies following a disaster or emergency.

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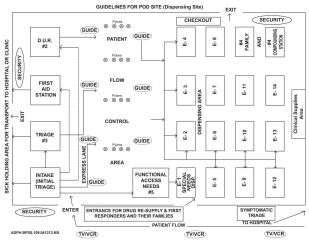

PODs – Point of Distribution

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Influenza and Flu Shot Clinics

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Weather Events

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Medical Needs Shelter Mission

The mission of the MNS is to provide services during an emergency in an environment that can help individuals to sustain pre-disaster levels of health.

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Medical Needs Shelter

A Medical Needs Shelter (MNS) is a shelter of last resort for persons with conditions that require minimal nursing oversight and who cannot be accommodated in a mass care shelter.

- Should have a caregiver
- Should bring own medical equipment/supplies
- Should be able to safely lie on the medical cots provided.

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Medical Needs Shelter Stand Up

Activation Phase

- Order of the State Health Officer in response to a request from the Governor.
- The District Advance Team is deployed.
- The District Advance Team sets up the shelter, including layout for patient and employee designated spaces, people tracking, supply storage, and communications.
- Shelter Operations Team is deployed.
- The Shelter Operations Team will provide medical oversight, management, and discharge planning for the shelterees.

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Medical Needs Shelter Population

Individuals with:

- Health/medical conditions that require professional observation, assessment, and maintenance but do not require institutional care.
- Chronic stable conditions who may require assistance with the activities of daily living (ADL), but do not require institutional care.
- Contagious health conditions that require precaution or isolation and who cannot be cared for in a general/public shelter environment.

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MASS CARE SHELTERS (ESF-6)
DHR/Red Cross

Operated by the Alabama Department of Human Resources under ESF-6. Red Cross and **other partners** help

ADPH provides support roles (environmentalists and nurses present on a limited basis)

Shelterees are primarily self-sufficient

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HURRICANE PREPAREDNESS 66

ESF-6

Coordinate activities involved with the following:

- Emergency provision of temporary shelters.
- Emergency mass feeding.
- Bulk distribution of coordinated relief supplies for disaster victims.
- Disaster welfare (including D-SNAP, if applicable) information.

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Fatality Management

Mass fatality incidents are defined as those in which there are more bodies than can be handled using local resources. Since communities vary in size and resources, there is no minimum number of deaths for an event to be considered a mass fatality incident. When planning for and responding to mass fatality events, it is the responsibility of healthcare and fatality management professionals to ensure the respectful and orderly management of deceased persons.

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Mass Fatality Incidents

- No minimum number of deaths
- Depends on community size
- More bodies than can be handled using local resources
- Responsible for respectful and orderly management of deceased persons

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Mortuary Services
S-MORT and Family Assistance Center (FAC)

- Funeral Home Association
- Coroners/Medical Examiner
- Forensic Science
- Local and County EMA
- Funeral Homes
- Local law enforcement

- Cold Storage Units
- Body bags
- Victim Accounting
  - Identification
  - Family unification
  - Return of remains

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Access and Functional Needs

- Children and adults with physical, mobility, sensory, intellectual, developmental, cognitive, or mental health disabilities.
- Older adults
- People with chronic or temporary health conditions
- Women in late stages of pregnancy
- People needing bariatric equipment
- People with Limited English Proficiency, low literacy, or additional communication needs.
- People with very low incomes
- People without access to transportation
- People experiencing homelessness

FEMA, 2018

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Disasters are profoundly discriminatory.

MacDonald, 2005

As a result of preexisting conditions in communities, disasters have disproportionate effects on certain subgroups

- Low socioeconomic status
- Other marginalized groups

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Vulnerable Populations in Disasters

- Disasters disproportionately affect physically, socially, economically, and politically vulnerable populations.
  - Those directly affected by the disaster
    - Those in the disaster risk loss of home, community, and livelihood, on top of the trauma from the event and post-event
    - Frontline emergency response personnel face high-intensity work, long hours, fear of injury and infection, and continuous exposure to trauma.
  - Individuals with Chronic health conditions
    - Cancer patients needing treatment
    - Renal patients needing dialysis
  - Individuals with Access and Functional Needs
    - Understanding and responding to warnings
    - Lack of resources to respond to emergency situations
    - Rely on electricity for medical support

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Emergencies Create Disruptions

- Emergencies disrupt supply chains, which include food and medications.
- Can delay clinical care, medical treatment, mental health treatment, substance abuse treatment, and
- These disruptions can lead to additional exposure to trauma.

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Preparing for Deployment

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Building Personal Resilience for Emergency Response

Resilience is the ability to adapt to challenges in healthy ways.

Resilience is the ability to adapt well to adversity, trauma, or significant stress, and to "bounce back" from difficult experiences.

- Resilience does not remove stress but improves how we respond to it.
- Preparation can strengthen this adaptive capacity.

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Prepare Yourself Mentally

Mental health preparation is an important part of the emergency response.

Employees should prepare themselves to manage stressful situations during the response.

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Family Preparedness

- Develop a family communication plan so family members' whereabouts are known.
- Maintain a two-week supply of personal, health, and home supplies.
- Prepare a to-go kit in case of quick departure.

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Self-care and Managing Stress

- **Anxiety regarding the unknowns of the response.**
- **Concerns about your home and loved ones.**
- **Concerns about working with different team members.**
- **Concerns about making a mistake.**
- **Concerns about personal safety and well-being**

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Mental health strategies and tips.

- Develop self care and stress management processes/techniques to manage emergency response stress.
- Recognize that people will respond to the situation in ways that may look different from normal.
- Be able to recognize your own feelings regarding the response.
- Take breaks regularly and when breaks are needed at other times.

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Preparing at Home

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Disaster Plan

- Develop plans for all-hazards
- Identify safe places
- Listen to local news and check weather forecast
- Know your county
- Check on elderly and children

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Preparing for an event.

- Water
- Food
- Can opener
- Medication
- First Aid Kit/Supplies
- Flashlight/batteries
- Radio
- Clothes
- Personal Care Items
- Important Documents

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Preparing for events for your pets.

- **Water**
- **Pet food**
- **Medicines**
- **Collar with ID tag and leash**
- **First Aid Kit**
- **Crate/Pet Carrier**
- **Picture of you and your pet**
- **Familiar items for pet**
- **Important records**
- **Sanitation bags**

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Planning for individuals in your life that are at risk

- Children
- People with mental health disabilities.
- Older adults
- People with chronic health conditions
- Women in late stages of pregnancy
- People with Limited English Proficiency and non-English speakers.
- People of low socioeconomic status
- People with limited access to transportation
- People experiencing homelessness
- People with pharmacological dependence

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Planning for Other Responsibilities

- Having a plan for neighbors and family members with functional and access needs before disasters will help to minimize the negative impacts of disasters on your loved ones.
- When employees plan for the needs of their home and loved ones prior to an emergency event, the employee is enabled to respond and be resilient during the response.
- Notifying family, neighbors, church members, or others who might need to fill in while you are away should be a part of your plan.

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Preparing Yourself for the Response

Prepare Your Supplies

Know Your Response Role

Prepare Mentally

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Having a go kit helps employees build resilience.

Ensures Immediate Physical Survival

Reduces Panic and Cognitive Load

Preserves Continuity and Independence

Maintains Communication and Awareness

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Be Ready to Respond with a Go Kit

Supplies for Personal Use During Deployment

This list may not be all inclusive. Please pack items that you need to be comfortable during deployment.

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Go Kit Items

1. ADPH name tag.
2. Clothing for 8 days. T-shirts, blue jeans, and knee-length shorts are acceptable.
3. Two pairs of closed-toed shoes.
4. Toiletry items, shower shoes, a small (battery-operated) fan, and other things that will provide comfort and ease stress while working in the shelter.

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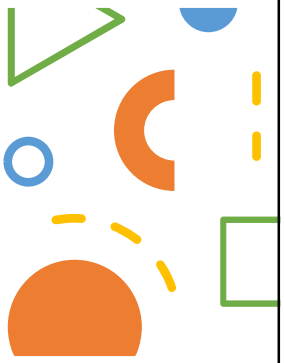

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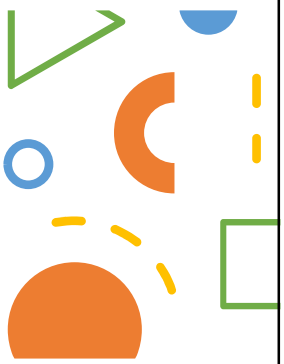
Go Kit Items

5. Cash and credit card and a secure way to store them. A fanny pack is recommended.
6. Cell phone and charger with a printed list of important numbers.
7. Weather appropriate sleeping gear such as a pillow, sheets, and blanket, or a sleeping bag in winter weather conditions. Also include earplugs and eye covers for sleeping if sensitive to noise and light.



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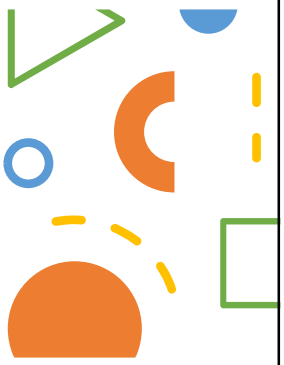
Go Kit Items

8. Maintenance medication and any that you may need, such as pain relievers.
9. Baby wipes and hand sanitizer.
10. Recreational material such as books, cards, and games.
11. Snacks, food, and drinks. Water will be provided.



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Review the Shelter Operations Manual

- Each employee should become familiar with and have a general understanding of the role they will fulfill during an emergency response.
- Operations team roles can be reviewed in the Shelter Operations Manual. Staff should review these roles periodically. The start of hurricane season, or Alabama's spring and fall tornado season, would be prime time to review roles.

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Know Your Response Job Role

- Based upon the role to be fulfilled, staff may have to ensure specific training or processes have been completed as part of the preparation process.
- Such training/processes may include:
  - Incident Command Training
  - N95 Fit Testing
  - CPR/First Aid Training
  - Psychological First Aid
  - Mental Health First Aid

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Know Your Response Job Role

The role fulfilled in an emergency response could be different from the employee's day-to-day operations role.

Be prepared to serve in a different role or possibly multiple roles.

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Altered Chain of Command

- In addition to a change in role, during an emergency response the chain of command will be different.
- Employees should understand and follow the altered chain of command for each emergency response.

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Altered Chain of Command

In a Medical Needs Shelter:

- Employee will report to the Nurse Manager in charge.
- The Nurse Manager in charge will report to the District Clinic Director in the district in which the shelter is located.
- The District Clinic Director will report directly to the Center for Emergency Preparedness Lead.

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Self-care and Managing Stress

- Practice Self-Compassion
- Validate the emotions you might be feeling
- Get rest when off duty
- Get some exercise and sunshine
- Make sure you are eating a well-balanced meal
- Reach out to others, as needed
- Seek professional assistance if needed.

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After the Response

- Reunite with home and loved ones.
- Resume normal activities, both work and personal.
- Seek someone to talk to about your response experience.
- Perform physical, emotional, and mental self-care activities.

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Resources and Partner Websites

Centers for Disease Control
- **cdc.gov**

U.S. Department of Homeland Security
- **ready.gov**
- **dhs.gov**
- **fema.gov**

Health and Human Services
- **HHS.gov**
- **aspr.gov**

National Transportation Safety Board
- **https://www.ntsb.gov/Pages/home.aspx**

Alabama Department of Public Health
- **https://www.alabamapublichealth.gov/**

Alabama Emergency Management Agency
- **https://ema.alabama.gov/**

Alabama Department of Human Resources
- **https://dhr.alabama.gov/**

American Red Cross
- **https://www.redcross.org/**

Alabama Department of Mental Health
- **https://mh.alabama.gov/**

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References

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- https://www.fema.gov/emergency-managers/nims
- https://www.alabamapublichealth.gov/get10/index.html
- https://asprtracie.hhs.gov/technical-resources/65/fatality-management/0
- Committee on Post-Disaster Recovery of a Community's Public Health, Medical, and Social Services; Board on Health Sciences Policy; Institute of Medicine. Healthy, Resilient, and Sustainable Communities After Disasters: Strategies, Opportunities, and Planning for Recovery. Washington (DC): National Academies Press (US); 2015 Sep 10. 8, Social Services. Available from: https://www.ncbi.nlm.nih.gov/books/NBK316542/
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- FEMA. (2018, January). MGT 403: Access and Functional Needs Planning for Rural Communities.
- **https://www.ready.gov/be-informed**
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- https://www.alabamapublichealth.gov/cep/index.html
- https://dhr.alabama.gov/disaster-and-emergency-resources/?hilite=emergency+preparedness

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Questions?

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