MARYLAND RESPONDS
MEDICAL RESERVE CORPS

THE PULSE

Official Newsletter of the Maryland Responds Medical Reserve Corps

SPRING 2019

In This Issue

MARYLAND
Department of Health
Office of Preparedness and Response

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The Pulse is brought to you by the Maryland Office of Preparedness and Response, Maryland Responds Medical Reserve Corps State Program.

Spring Weather Safety

Contributed by: Lornah Misati, Maryland Responds Program Specialist

Spring is here! The days are longer and warmer, but the spring season can be unpredictable. Below are some tips to stay safe this season.

Rip Currents

Rip currents are powerful, narrow channels of fast-moving water that can easily sweep swimmers away from the shore. Beach flags are used by lifeguards to gauge the wind speeds and can be used as an alert for swimmers if there are strong rip currents. Always look for the beach flags before you enter the water. If you are ever caught in a rip current, swim parallel to the shore until you are out of the current.

Tornadoes

A tornado is a violently rotating column of air that looks like a funnel shaped cloud. The strong winds of a tornado can exceed 200 miles per hour and can destroy buildings, flip cars and create deadly flying debris. If the area you are in is under a tornado warning, take cover immediately. The best place to shelter is in a room away from windows, doors and outside walls on the lowest possible level of a sturdy building. While sheltering, use your arms to cover your head and neck in order to protect them from debris.

Thunderstorms and Lightning

During thunder and lightning storms, take shelter in a sturdy structure away from windows. A vehicle is safer than staying outside, especially if the thunderstorms are associated with lightning. Stay away from and out of bodies of water if you hear thunder or see lightning.

Flooding

Flooding is common during the spring. It can be caused by heavy rains, ice and snow melt. To stay safe during flooding, know the flood risk in your area and avoid driving or walking through flood waters.

Heat Safety

As temperatures rise, hot weather can take a toll on your body. Stay hydrated by drinking plenty of water and applying sunscreen to protect your skin. During times of high temperatures, avoid working outdoors or strenuous activities for prolonged periods of time.

To learn more, visit the National Weather Service (NWS) website.

Image: *The outside of a flooded house.*

New Queen Anne's County Unit Administrator

Contributed by: Elizabeth Strader, Queen Anne's County Unit Administrator

Please join us in welcoming our newest member of the Maryland Responds Medical Reserve Corps (MRC) Program, Beth Strader. Ms. Strader is the new Queen Anne's County Public Health Emergency Planner and Maryland Responds MRC Unit Administrator.

Prior to joining Queen Anne's County Department of Health, Strader worked as a registered nurse in several different roles. She has experience as a firefighter and paramedic and instructing for EMT and CPR. Public health and emergency planning is a new venture for Strader and she is looking forward to growing the Maryland Responds MRC Unit in Queen Anne's County. In her spare time, Strader enjoys spending time outside with her dogs, gardening, and being with her family.

Image: *Elizabeth "Beth" Strader, Queen Anne's County Unit Administrator.*

Updating Medical License Information

Contributed by: Lornah Misati, Maryland Responds Program Specialist

Maryland Responders who wish to volunteer in a medical capacity are required to have an active license in their respective field. This requirement applies to those who require medical licensure in order to practice. Medical Maryland Responders should regularly check to ensure their license information is up to date in the online volunteer database.

To update license information, Maryland Responders should log into their account at https://mdresponds.health.maryland.gov. From there, select "My Profile" from the top tier of tabs, then choose the "Occupations" sub-tab. Click on the name of the occupation to be edited and then select the "Edit Information" button. Edits and updates to license information can then be made and saved by clicking the "Save Changes" button at the bottom of screen. Maryland Responders should ensure their license information includes the correct license number and license expiration date.

If you have any questions, please email mdresponds.health@maryland.gov
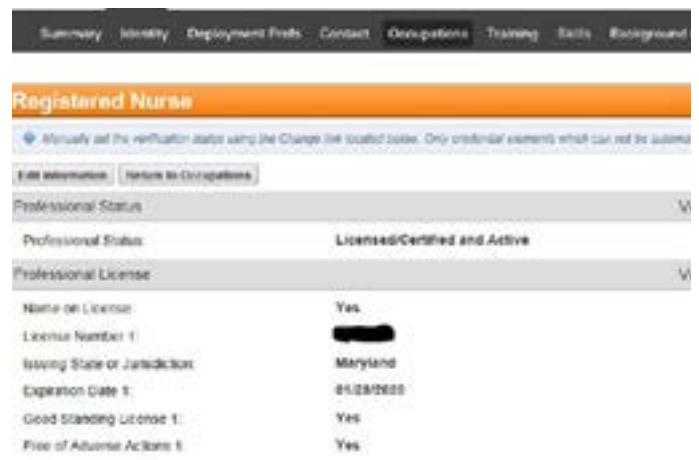
Image: *Example of a completed Registered Nurse's License information tab.*

Anne Arundel County Events

Contributed by: Jessica Bangel, Anne Arundel County Unit Administrator

Anne Arundel County was able to offer several trainings to their volunteers in February.

Full Scale Exercise

On Feb. 6, the Anne Arundel County Maryland Responds MRC Unit participated in the Naval Academy Full-Scale Active Shooter Exercise in Annapolis, Md. Fifteen volunteers had moulage (fake wounds) applied to them and played the victims of an active shooter event. They were triaged and transported to local hospitals in order to simulate a real-world event.

Thank you to all who participated in making this a successful exercise.

Image: *Volunteers Karen Bunting (left) and Cyndi Frank (right) ready to participate in the exercise.*

Stop-the-Bleed

An Anne Arundel County Maryland Responds MRC volunteer gave Stop-the-Bleed trainings on Feb. 12 to four medical staff at the Department of Defense office in Arundel and on Feb. 15 to 14 police officers. These trainings included a formal presentation and a hands-on experience where participants practiced wound packing and tourniquet application. On Feb. 16, another training was given to members of the Amateur Radio Emergency Service group at the Anne Arundel County Office of Emergency Management.

Narcan Training

On Feb. 19, a Maryland Responds MRC volunteer conducted a Narcan training for 22 employees at the Anne Arundel Medical Center. The training started with a formal presentation providing participants with an overall understanding of overdose and treatments. After the presentation, the employees engaged in a hands-on experience with the training dummies. They were able to administer the dosage as instructed by the trainer. Each participant took home two doses of Narcan after completing the class.

Image: *Volunteer Patricia Foster getting moulage.*

University of Maryland Eastern Shore POD Drill

Contributed by: Lornah Misati, Maryland Responds Program Specialist

On Feb. 19, Maryland Responds Program Specialist Lornah Misati attended the University of Maryland Eastern Shore's (UMES) Point of Dispensing (POD) Drill. While there, she interacted with students majoring in different programs such as nursing, pharmacy, laboratory science and respiratory and physical therapy students from UMES and Salisbury University. Misati provided students with information about the Maryland Responds MRC and explained how they can use their professional expertise and skills learned in school to give back to the community. Eleven students signed up as MRC volunteers during the drill.

Thank you to the planning team from UMES School of Pharmacy and leaders of Board of Pharmacy Emergency Task force for including Maryland Responds MRC in this POD drill.

Image: *Somerset's Unit Administrator, Barbara Logan, and volunteers at a dispensing station.*

Volunteers at Community Event

Contributed by: Tessa Smith, Prince George's County Unit Administrator

Price George's County Unit Administrator Tessa Smith, along with volunteers from the Prince George's Maryland Responds MRC Unit, attended a HEARTLOVE community event in Prince George's County to recruit MRC volunteers and offer free blood pressure checks. Many interested candidates stopped at the Maryland Responds MRC display table to talk to the representatives, while others took time to get their blood pressure checked. Overall, it was a great experience to interact with the community and its wellness partners.

Image: *Tessa Smith performs a blood pressure check.*

Upcoming Events

The following events are upcoming opportunities for Maryland Responds MRC volunteers from the counties list-ed. Please contact your respective unit administrator for additional information about these events.

For Anne Arundel County Volunteers

What: Fort Meade Full-Scale Point of Dispensing Exercise – *Information coming soon*
When: June 6

For Calvert County and Charles County Volunteers

What: Joint meeting and training
      Attending members will learn about POD Operations and then participate in a dispensing exercise using the knowledge learned that evening.
When: Wednesday, April 17
      6 to 9 p.m.
      End time may be adjusted based on the number of participants, questions and pace of exercise.

Stop-the-Bleed Training

Contributed by: Cindy Frank, Nurse Volunteer with Anne Arundel County

Spending the majority of my career as an operating room nurse, I have seen firsthand the importance of bleeding control. As a Stop the Bleed© instructor, teaching classes has been extremely gratifying. Delivering the information in a concise and consistent manner is well received by first responders and the members of the community in general. Hands on training using real supplies to practice increases muscle memory and empowers those to take action when disaster strikes.

The Stop the Bleed© Program is vital to creating awareness and action in our community today. Having a plan in place, preparing and practicing are crucial elements to increase the outcomes of success.

The top notch training available through Maryland Responds MRC for their volunteers and community members is exciting and right on target for the challenges we are currently encountering in society. Sharing and caring are great ways to enrich our neighborhoods. Preparing for action and refining your skills are essential to help our communities when they need us the most.

I am grateful for the opportunity to be part of the Maryland Responds MRC. Volunteerism is key to living an enriching lifestyle. Giving back to the state and community where I live and work is truly a blessing.


Narcan Training for Overdose Response

Contributed by: Cynthia Vaughn, Nurse Volunteer with Anne Arundel County

I served as a Maryland Responder and trained 22 employees of the Anne Arundel Medical Center on how to administer Narcan for an opioid overdose. I have worked as a staff nurse for the Anne Arundel Medical Center for 25 years and at the Anne Arundel County and Alexandria Health Departments as a public health nurse prior to that. This was the first time I used my skills as a Maryland Responder.

I was very excited to give back to the community and to involve others in our mission to save lives and train for the possibility of a disaster. I had great support from Jessica Bangel at the Anne Arundel County Health Department; she supplied the tools needed for the training. It was encouraging to see the engagement of members from the community and their interest in decreasing the amount of deaths due opioid addiction. It was also interesting to hear about others' experiences in confronting opioid overdose and preparing for the possibility of needing to use our training. One of my goals is get my colleagues involved in the community and become Maryland Responders as well. I look forward to future opportunities to serve as a Maryland Responder.
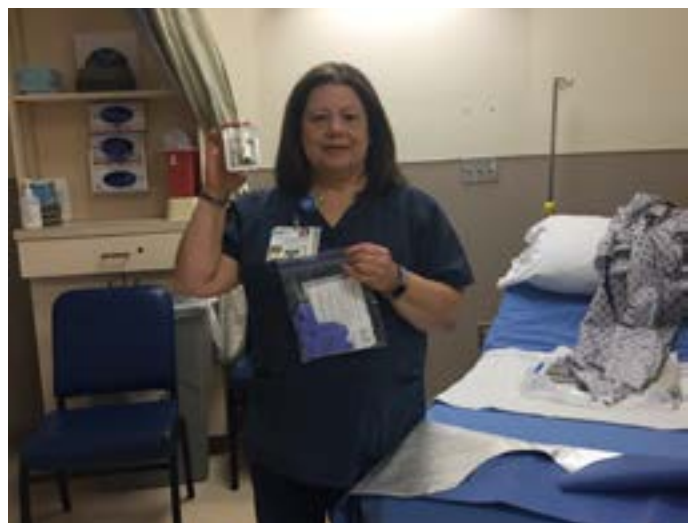
Image: *Cynthia "Cindy" Vaughn holding the Narcan spray demo and gloves.*

Meet the Maryland Responds MRC Administrators

Contributed by: Lornah Misati, Maryland Responds Program Specialist

In every newsletter, we share photos and contact information for some of the Maryland Responds MRC unit administrators who work out of their respective county or city health departments. If you have any questions or want to get involved with your local unit, please contact them. All unit administrators are listed on our [website](#).

For all questions related to Road to Readiness step completion or Ready Responder kits and ID badges please email mdresponds.health@maryland.gov.

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Find Maryland Responds On Social Media

Contributed by: Carin Morrell, Public Information Officer

Are you following Maryland Responds on social media? Connecting with us on social media is a great way to see what we are working on and to discover helpful preparedness resources!

Find videos, pictures, preparedness tips and more on our Facebook page and be sure to "Like" us!

Maryland Responds has an independent Facebook account, but shares a Twitter account with the Maryland Office of Preparedness and Response. When you follow this account, you will have access to preparedness resources and tips shared by Maryland Responds and the Office of Preparedness and Response.

Facebook: www.facebook.com/MDResponds

Twitter: https://twitter.com/MarylandOPR, @MarylandOPR

Our Maryland Responds website also has a lot of great information including what a responder is, how to register and complete your road to readiness, and frequently asked questions. Visit our website at https://mdr.health.maryland.gov.

You can also learn more preparedness and response tips from the Office of Preparedness and Response Facebook and website at https://preparedness.health.maryland.gov.

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