

**Upcoming**

**Events:**

JULY 12, 2017  
 JULY 15, 2017  
 JULY 29, 2017

**NEXT MEETINGS:**

JULY 11, 2017  
 6:00 pm- 8:30 pm  
  
 AUGUST 26, 2017  
 9:00 am-11:30 am  
  
 Contra Costa EMS

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 your DHV  
 account!**

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 unteers.ca.gov/](http://disasterhealthcarevolunteers.ca.gov/)



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Contra Costa County  
 Medical Reserve Corps

# MRC UPDATES

## MRC helps Drive HeartSafe Communities

Contra Costa Medical Reserve Corps members have been serving the community since 2009.



Originally their mission was to serve people’s medical needs in a disaster or major emergency. Since then, the unit has evolved to include non-emergency community events. These community events allow team members to exercise standard deployment procedures, work together as a team, and provide assimilation. Over the past three years the unit has greatly increased community outreach activities reaching more than 55 events for 2016. Unit members recognize they are brought together by the commonalities of disaster preparedness. One key component of the building resiliency is to teach personal preparedness and an overall willingness to respond. One key component of this is learning CPR or cardiopulmonary resuscitation.

The Contra Costa Emergency Services Agency, which houses the MRC, has been a major proponent of ensuring communities are trained to provided CPR when needed. In 2010, they created the HeartSafe Communities program. This program focuses on having cities and towns work to achieve HeartSafe designation. The success of this designation is in the communities efforts to teach CPR, provide heart attack and stroke education, place AEDs in their communities and promote healthy lifestyles. Since its inception, eight communities have achieved designation, and more recently three more have been added. the Lamorinda (Lafayette, Orinda and Moraga) achieved designation in February 2017. The MRC was pivotal in helping them achieve the CPR numbers they needed. The MRC provided community hands only CPR at several community events over the year. More recently they also assisted with Stroke Alert Day (an education campaign at Contra Costa Bart stations), Moraga Fire Dept. Open House, Moraga Movers dinner and their annual 4th of July Parade. MRC members have been to several other communities teaching hands only CPR. In fact, since January 2017, MRC members have trained **more than 500 people** in Hands Only CPR. This training overall helps build healthy, resilient communities. Additionally it holds to the EMSA mission to increase cardiac survival

rates throughout all of Contra Costa County. Great Job MRC members!!

### Dozier Libbey HOSA Places in Top 10

Contra Costa MRC has held a partnership with Dozier Libbey Medical High School since 2013. The unit has assisted with career mentoring and providing classroom discussions on health topics. For the last two years, the unit has helped strengthen this partnership and included disaster preparedness education, training



and drills. The HOSA chapter and the unit have worked together to build unit capability for points of dispensing (POD) operations, flu season vaccinations, and sheltering response. For the last two years, the HOSA chapter competed at the State Leadership Conference placing first and sending them on the road to the International Leadership Conference. This year they came back placing in **the top 10 out of 36 teams.**

This is a huge accomplishment.

The team worked hard to refine their presentation and portfolio with the goals of placing in mind. Thank you to all the MRC members who contributed. They could not have placed so well without your dedication and participation. We are very proud of these young students and their success.

### Dr. Soraoka Retiring

Now for some sad news, Dr. Cyndi Soraoka has retired from teaching at Dozier Libbey

High School. Dr. Soraoka was the Dozier Libbey HOSA advisor and has been with the school since it opened in 2008. She was very committed to the success of the school's unique focus and ensuring its success. She was creative with engaging students and reached out to



the MRC for its partnership. She was a pleasure to work with and really understood the need to have adults in the field work with the students providing a different level of mentorship. She was very

## Commit to your Community



Do you know someone who would be interested in joining the MRC?

Invite them to a meeting or connect them with the MRC coordinator

[lisa.vajgrt-smith@hsd.cccounty.us](mailto:lisa.vajgrt-smith@hsd.cccounty.us)

(925) 313-9548

much an asset to Dozier Libbey and HOSA. Don't worry though, the reigns have been turned over to Ms Hussein. She is excited to work with MRC in the next school year.

## Upcoming Events

The MRC will be participating in the following events, contact the MRC Coordinator for details and to sign up.

### Community Outreach

- North Richmond Jazz Festival | July 15, 2017 12:00- 4:00 p.m. Shields-Reid Park
- Darius Jones Foundation Heart Screening | July 29, 2017 9:00 a.m. -3:30 p.m. Muir Orthopaedic Specialist

## Welcome New Members

We have four new members joining the team. Everyone welcome Cindy Lopez EMT, Janet Lundberg RN, Scott Perham EMT, and Judy Clark.

If you know anyone who wants to join the MRC, please have them contact the MRC Coordinator at 925-313-9548.

## Competency Corner

### Highlights from the MRC Conference

Back in March, the California EMS Authority hosted a state MRC leadership conference. This two-day conference covered many different topics relevant to MRC coordinators and their units. Below are some topic highlights.

### Pet Care Resources

Grant Miller DVM, CVA provided a presentation on the CAVMRC unit in the state of California. This unit's primary mission is pets/livestock both large and small. Animal Care falls under Emergency Function -11, which if you recall care and sheltering is EF-6. His presentation discussed the challenges of evacuations in which humans bring animals to shelters and how the Vet-MRC can fill these gaps. The presentation included details of the units deployment to the Valley Fire. This unit is unique for an MRC unit and the only Vet MRC in the state (maybe even country) This is not a local but a state asset and would require an activation through a state request by contacting EMSA. A fun fact from this presentation: there is a resource to help predict the animal population of your jurisdiction. Go check it out. <https://www.avma.org/KB/Resources/Statistics/Pages/Market-research-statistics-US-pet-ownership.aspx>

### Hospital Integration Project

Mellisa Dredge and Lorraine Cazon San Diego County MRC. Their presentation discussed a project with the hospitals in SD County to improve use of MRC volunteers in the hospital systems. They discussed how they used the HPP coalition to obtain buy-in from hospital partners. They developed a plan to integrate hospital and MRC disaster training and exercises so that the hospitals would be more comfortable using these volunteers. They shared a form that was created to request these volunteers and several other tips. They also discussed how they needed to step away from using MRC as volunteer victims in order for them to have a more medical capacity. They shared lessons learned from a few exercises on appropriate roles for MRC.

### PULSE and Badging Projects

Lauren Capps of EMSA demonstrated the new badging system they live within the DHV system. These badges will be a standard badge template, and linked to each MRC unit, and member. The unit leader can request the

entire badge box from EMSA. This includes the printer and other tools to print badges. Contra Costa MRC will be a test unit when this roles out. I NEED YOU PHOTOS!!!!

**PULSE Project:** Patient Unified Lookup System for Emergencies. This is a granted funded project to build Health Information Exchanges in the disaster setting. The idea is to help connect HIE so providers and emergency responders have a way to access health information across systems in a disaster. The access tool creates an EHR (electronic health record) link within the DHV portal. The DHV portal can then be used by identified MRC members (say one deployed to a shelter) to access certain patient records to improve clinical decisions and patient care. This project is a statewide project and there will be more to come.

### **Stop the Bleed**

For a little hands on activity, Daniel Smiley provided STOP the Bleed training to all participants. This training focuses on teaching bystanders how to complete basic bleeding control through direct pressure, or more advanced through tourniquet application.

Shortly after this conference, National MRC with ASPR launched the *Until Help Arrives* Campaign. The campaign details can be found here: <https://mrc.hhs.gov/pageViewFldr/NewsEvents/UntilHelpArrives>

This is something to consider for future MRC community outreach projects. If members would like to form a subcommittee/training team please talk to the coordinator.