



**MARYLAND  
RESPONDS**  
MEDICAL RESERVE CORPS

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



# THE PULSE

Official Newsletter of the Maryland Responds Medical Reserve Corps

DECEMBER 2015

## WINTER WEATHER PREPAREDNESS

Don't be deceived by the recent warm weather! As of December 21, winter has officially arrived in Maryland! To ensure that you are ready when called, Maryland Responders are advised to take care of personal and family needs before offering to help others in a disaster. Steps you take now to prepare yourself and your family for all types of emergencies will decrease stress and confusion at the time of an event. During an emergency response, volunteers need to know that family and pets are safe and that their own health and safety needs will be met. As such, it is vital that we prepare ourselves and our loved ones by reviewing our family emergency communications plan and emergency supply kits for homes and vehicles.

### Family Communication Plan

Each family member should know what to do and how to contact others should an emergency arise. Visit the following link for a family communication plan template: <http://bit.ly/FamCommsPlan>.

### Home Emergency Supply Kit

Your emergency supply kit should include nonperishable food, water, medical supplies and batteries. Download an emergency supply kit checklist here: <http://bit.ly/EmSupplyKit>.

### Car Emergency Supply Kit

Use the checklist below to create an supply kit for your car that will prepare you and your family for an emergency while driving this winter.

**WINTER CAR  
EMERGENCY SUPPLY  
KIT CHECKLIST**

<input type="checkbox"/> <b>Battery jumper cables</b> <input type="checkbox"/> <b>Blankets/sleeping bags</b> <input type="checkbox"/> <b>Boots, hat &amp; gloves</b> <input type="checkbox"/> <b>Cellphone &amp; car charger</b> <input type="checkbox"/> <b>Chains or traction tires</b> <input type="checkbox"/> <b>First aid kit</b> <input type="checkbox"/> <b>Flares</b> <input type="checkbox"/> <b>Flashlight &amp; batteries</b>	<input type="checkbox"/> <b>Food &amp; water</b> <input type="checkbox"/> <b>Ice scraper &amp; snow brush</b> <input type="checkbox"/> <b>Kitty litter for tire traction</b> <input type="checkbox"/> <b>Matches or lighter</b> <input type="checkbox"/> <b>Road maps</b> <input type="checkbox"/> <b>Small snow shovel</b> <input type="checkbox"/> <b>Tools</b> <input type="checkbox"/> <b>Windshield washer fluid</b>
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More information on emergency preparedness is available at [preparedness.dhmh.maryland.gov](http://preparedness.dhmh.maryland.gov).

# PROGRAM UPDATES

## ROAD TO READINESS (R2R) VERSION 2.0

Last June, we launched the Road to Readiness (R2R) initiative to help Maryland Responders complete the steps required for deployment – aka, reaching Ready Responder status. Ready Responders are fully eligible for participation in Maryland Responds local and state training, exercise, public health and emergency response activities to the level as their licensure and skill level will allow.

The purpose of the Road to Readiness requirements are to ensure that you have the basic, yet vital, information needed to deploy safely and effectively. These steps are also required to ensure that you receive state liability and workers compensation coverage while participating in a Maryland Responds MRC activity. In summary, the steps on the Road to Readiness include:

- ✓ **Step 1:** Complete Responder Profile (all sections)
- ✓ **Step 2:** Take Maryland Responds Orientation Course
- ✓ **Step 3:** Submit Liability & Confidentiality Agreement Form
- ✓ **Step 4:** Submit Photo for ID Badge
- ✓ **Step 5:** Submit Shirt Size for Responder Uniform

Since the launch of the R2R, we have been working hard to make the steps even easier to navigate so that more volunteers are able to reach Ready Responder status. These improvements include: better visibility of where you are on completing the Road to Readiness steps; a comprehensive orientation training that includes a NIMS/ICS primer (coming soon); and alternate submission methods for the Road to Readiness requirements. Each of these improvements are explained in the following sections.

### READY RESPONDER



- ✓ Profile
- ✓ Maryland Responds Orientation
- ✓ Forms
- ✓ ID Photo
- ✓ Uniform Size

## BETTER VISIBILITY OF WHERE YOU ARE ON THE ROAD TO READINESS

Previously, volunteers had to email the State Program to see where they were on the Road to Readiness. Now, you can view this information at anytime through the training section of your Responder profile. As shown in the screen clip on the right, a training course has been created for each of the Road to Readiness steps. Each step that you have completed has been added to your Responder profile and verified by the State Program. As you complete additional steps, you can now add the corresponding training course to your profile to be verified by the State Program.

Once all steps are completed, the training section of your Responder profile will look similar to the screen clip shown on the right.

Follow these steps to see where you are on the Road to Readiness:

1. Log into your Responder profile at: <https://mdresponds.dhmh.maryland.gov/>
2. Select the **My Profile** top tab
3. Select the **Training** sub-tab to view the Road to Readiness steps you have completed



Course Name	Verification Status	Course Date
-R2R Step 1: Profile Completion	Success	12/21/2015
-R2R Step 2: Maryland Responds Orientat...	Success	12/21/2015
-R2R Step 3: Liability and Confidential...	Success	12/21/2015
-R2R Step 4: Photo Submitted for ID Bad...	Success	12/21/2015
-R2R Step 5: Uniform Size MEDIUM	Success	12/21/2015

## COMPLETE YOUR RESPONDER PROFILE

In order for you to reach Ready Responder status, the State Program must be able to verify your identity and health care credentials (if applicable). The Maryland Responds Registry categorizes the available occupations as either “medical” or “non-medical.” Licensed health care occupations are found under the medical category, while non-licensed occupations, likely to be needed in support of a deployment of health care volunteers, are found under the non-medical category.

### **Responders with a Non-Medical Occupation:**

Responders with a non-medical occupation are volunteers without specific medical training and experience. They do not perform medical care, but are essential to public health and the emergency health care response. If you are a non-medical Responder, follow these steps to complete your profile:

1. Log into your Responder profile: at: <https://mdresponds.dhmh.maryland.gov/>
2. Select the **My Profile** tab at the top of the page
3. Click the **Summary** Sub tab
4. Starting with the **Identity** section, click each of the 7 section links to open the page and enter **ALL** information requested.
3. Once you have completed all sections of your profile, add the training course, **R2R: Step 1 Profile Completion**, to your training section. This will signal the State Program to verify your Responder profile.

### **Responders with a Medical Occupation:**

Responders with a medical occupation have medical training and experience. The Maryland Responds State Program must verify the credentials of Responders who hold a medical license. The status of your license verification affects your ability to volunteer with Maryland Responds MRC and your scope of practice during deployment.

If you are a Responder with a medical occupation:

1. Follow steps 1 - 4 listed on the left for non-medical occupations.
2. Pay special attention to the **Occupation** section of your Responder profile. In order for the state to verify your health care credentials, you must enter **ALL** information requested under your **Occupation** section. This includes:
  - a. Status of your professional license
  - b. Professional license information
  - c. Specialty certification
  - d. Current clinical place of practice
  - e. DEA registration (if applicable)
  - f. Education and experience
3. Once you have completed this section, Add the training course, **R2R: Step 1 Profile Completion**, to your profile training section. This will signal the State Program to verify your credentials with the appropriate verification authority.

## COMING SOON: COMPREHENSIVE ORIENTATION TRAINING WITH NIMS/ICS PRIMER

Currently, all volunteers are required to complete three separate training courses to satisfy the core training requirements: [Maryland Responds Orientation](#), [FEMA IS-700](#) and, [FEMA IS-100](#). The length and depth of these courses may prevent some volunteers from completing the Road to Readiness steps. Additionally, some volunteers may wish to only volunteer during local emergencies, while others want to take on more of a leadership role within their unit as well as be considered for national deployments. The Maryland Responds Comprehensive Orientation Training was developed

to provide volunteers with options for the level of participation they wish to engage with the Maryland Responds MRC. The revised orientation training will prepare Responders for in-state deployments. Responders who wish to be considered for leadership positions and for national deployments must still complete the full FEMA IS-700 and IS-100 courses. The revised curriculum is under review by the Advisory Council and is scheduled to be published online early 2016. Stay tuned for more information to come!

# PROGRAM UPDATES

## ALTERNATE SUBMISSION METHODS FOR ROAD TO READINESS REQUIREMENTS

Great news for volunteers who have yet to complete the Road to Readiness steps - checking these steps off your list has never been easier! Start the New Year off right by getting Road to Readiness Steps 3, 4 and 5 done with these new and improved submission methods.

### R2R Step 3: Liability & Confidentiality Agreement Form

All Maryland Responders must read and agree to the Maryland Responds MRC Volunteer Liability Policy and Confidentiality Agreement. Have you submitted your liability and confidentiality agreement forms? If not, it is even easier to complete this step now with our online liability and confidentiality agreement form. Complete this step now at: <http://bit.ly/MDRliabilityForm>.

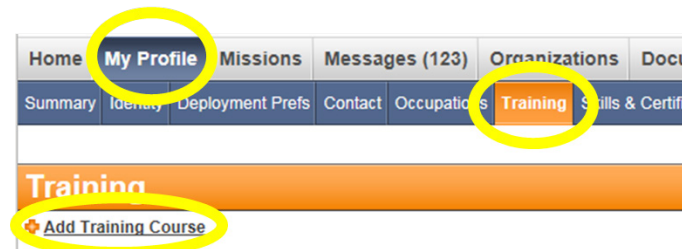


### Liability Policy & Confidentiality Agreement

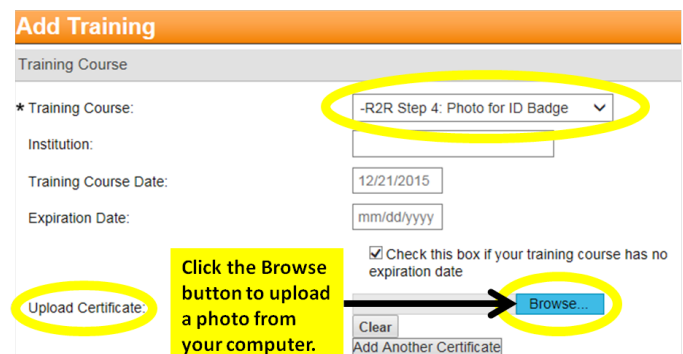
Maryland Responds Volunteers are required to read and agree to the Maryland Responds Medical Reserve Corps Volunteer Liability Policy and Confidentiality Agreement. Please carefully read the following statements and fill in the information requested below to complete this requirement.

### R2R Step 4: Photo for ID Badge

The Maryland Responds State Program issues identification badges which are designed to identify volunteers as members of Maryland Responds during authorized MRC activities. In order for us to issue you your ID badge, we need a passport quality photo. You can now upload your photo directly to your Responder profile as a certificate for the training course, **R2R Step 4: Photo for ID Badge**.



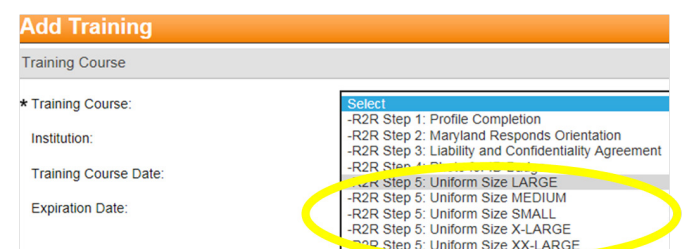
1. Log into your Responder profile at: <https://mdresponds.dhmh.maryland.gov/>
2. Select the **My Profile** tab at the top of the page
3. Click the **Training** sub-tab to open your training record
4. Click the link to **Add Training**
5. From the training course drop down menu, select, **-R2R Step 4: Photo for ID Badge**
6. Click the **Browse** button to upload your photo
7. Click the **Save Changes** button at the bottom



### R2R Step 5: Uniform Size

When we send you your ID badge, we will also send you your Responder uniform. In order to do this, we need your shirt size. You can now submit your shirt size through your Responder profile by adding the training course that corresponds to your shirt size. For example, if you wear a size large, add the training **R2R Step 5: Uniform Size LARGE** to your profile.

1. Follow steps 1 through 4 above
2. From the training course drop down menu, select, **-R2R Step 5: Uniform Size SMALL** through **XX-LARGE**.
3. Click the **Save Changes** button at the bottom



## VOLUNTEERS NEEDED IN HOWARD COUNTY

Contributed By: *Giselle Bonilla, MPH, CHEP, Howard County Unit Administrator*

### Hearing & Vision Screening

The Howard County Health Department will run a school vision & hearing program until April 2016. We still need administrative support volunteers during school vision and hearing screenings.

If you are interested in this volunteer opportunity, please contact **Giselle Bonilla** at [gbonilla@howardcountymd.gov](mailto:gbonilla@howardcountymd.gov).



### Health Screening & Education

The Healthy Howard Journey to Better Health Program periodically requests the assistance of volunteer nurses to perform health screenings and provide health education for religious congregations. Upcoming health screenings dates will be released as soon as they become available. If you are interested in this volunteer opportunity, please contact **Giselle Bonilla** at [gbonilla@howardcountymd.gov](mailto:gbonilla@howardcountymd.gov).

## CPR TRAINING OPPORTUNITIES

### First Aid, CPR & AED Training

When an emergency strikes, will you be ready to save a life? Early CPR is an integral part of providing lifesaving aid to people suffering sudden cardiac arrest. The Maryland Responds MRC State Program is offering the American Heart Association Heartsaver First Aid, CPR, AED training. This course is free of charge for Maryland Responders.

Space is still available in the Talbot County course on 01/16/16, and the Allegany County course on 01/30/16. For more information and to register visit: <http://bit.ly/AHA-CPRAED>.



### CPR Pro Training

The Howard County Department of Fire and Rescue Services is providing CPR Pro classes for health care professionals to health department staff and Maryland Responders. The classes are held twice a year at the Public Safety Training Center located at 2200 Scott Wheeler Dr., Marriottsville, MD 21104. The next class has been planned for February 2016. Exact date and time will be released at a later date. Advanced registration is required. To register, please contact **Giselle Bonilla** at [gbonilla@howardcountymd.gov](mailto:gbonilla@howardcountymd.gov).

# HIGHLIGHTS FROM THE FIELD

## MASS FLU CLINIC & EXERCISE: QUEEN ANNE'S COUNTY

*Contributed By: Gail Lundberg, RN, CCM, Queen Anne's County Unit Administrator*

On October 16, 2015, Queen Anne's County Department of Health (QACDH) held a mass immunization flu clinic and exercise. Multiple community partners, including Maryland Responds, health department staff, Chesapeake College student nurses, local EMS and county law enforcement helped lead this event to its success. QACDH received a great response from Maryland Responders and Mid-Shore Mental Health. The collaboration of partners added to the success of this event while helping the community become more familiar with what it might be like to attend a mass treatment center if one is ever needed.



*Chesapeake College Nursing Program student volunteers learn about mass vaccinations.*

## SUPER SATURDAY: DRIVE-THRU FLU CLINIC

*Contributed By: Terry Sapp, EMT, CHEP, Baltimore County Unit Administrator*

**Kudos and thank you to Maryland Responds volunteers!**



Maryland Responds played an integral role in helping Baltimore County fill a staffing gap during their Super Saturday VI mass flu vaccination event. Due to the threat of inclement weather in the region for October 3, Super Saturday VI was postponed for two weeks. Rescheduling the event resulted in staffing shortages for their clinics, which are designed to operate simultaneously. Eighteen Maryland Responders from across the Baltimore region answered the call to volunteer at the rescheduled clinics on October 17, by administering vaccinations, filling syringes and assisting with paperwork. More than **3,000 influenza vaccinations** were administered within four hours at seven different Points-of-Dispensing (PODs). This was all made possible by the teamwork and spirit of community service demonstrated by Maryland Responders.

## CHARLES COUNTY UNIT ENGAGES WITH MARYLAND RESPONDS

*Contributed By: Mary Lilly, Charles County Unit Administrator*

Charles County Unit Administrator Mary Lilly began to actively work with Maryland Responds through the local unit initiative. The local unit initiative seeks to train local health department staff to recruit and find training and deployment opportunities for Maryland Responders.

For the past two years, Charles County Department of Health (CCDOH) provided flu vaccine/supplies for Charles County Community Resource Day. Each year, a team of private nurses administered vaccinations. This year, the private team was unavailable and the opportunity to vaccinate this segment of the county's population would most likely have been missed. At the eleventh hour of October 7, 2015, Maryland Responders in Charles, St. Mary's, Prince George's, and Montgomery County Units were asked if they were available to deploy.

Despite the short notice, three volunteers responded that they were available and willing to deploy. Murphrey Knox, a volunteer nurse from Montgomery County, was one of the Responders deployed for this activity. The next day, she aided the health department in administering **72 doses** of flu vaccine in four hours. **THANK YOU MURPHREY KNOX!!!**

Mary Lilly reported that using the Maryland Responds Registry was an excellent exercise. Two days later, the Autumn Charge VI exercise occurred, enabling her to practice with her Responders further. Maryland Responds thanks Charles County for utilizing Maryland Responds and looks forward to future opportunities for collaboration.



*(Left to right): volunteer nurse Murphrey Knox, receives a briefing at the start of her shift from Charles County Department of Health staff, Carolyn Engelson and Ashley Lagana.*



*(Left to right) Mary Lilly, Charles County Unit Administrator; Peter Murphy, Charles County Commissioner President; and Murphrey Knox, Maryland Responder and volunteer nurse.*

# HIGHLIGHTS FROM THE FIELD

## SOMERSET COUNTY MASS DISPENSING COLLABORATIVE EXERCISES

*Contributed By: Barbara Logan, RN, CHEP, Somerset County Unit Administrator*

A small scale practice drill for the University of Maryland Eastern Shore (UMES) students is now an annual event in the fall to dispense to 35-40 clients at Go-Getters, a mental health advocacy agency. This preparation exercise sets the stage for the large-scale exercise conducted in mid-winter on the UMES campus. This larger drill not only involves students from all of the other UMES health professions but other universities as well. Injects are added during the drill to simulate situations which could compromise flow and this allows other campus disciplines, such as public safety, to appreciate their vital role in POD operations.

The Maryland Responds call-down for POD volunteers was held on 11/17/15. The dispensing practice drill was held on 11/18/15 at Go-Getters, Inc. located on Somerset Avenue in Princess Anne. The mid-winter drill is planned for 02/02/16 and plans are shaping up to include Salisbury University nursing and respiratory therapy students as well as some Towson University students. This drill will provide the Somerset County Health Department (SCHD) with through-put times for the UMES closed POD (potential patient population of 4,500 students, faculty and staff).

The continuing partnership between SCHD and UMES should play a significant role in improving POD operations in the event of an actual public health emergency. Dr. G. Lawrence Hogue, Assistant Dean for Professional Affairs at the School has engaged his first and second year student pharmacists to participate in POD demonstrations with the health department for the past three years. The first year students are guided through the exercises by second year students, known as facilitators. Each student gets a chance to perform in all 3 POD stations (registration, triage/screening, and dispensing) as well as play the role of a client receiving countermeasures in an exercise proposed scenario.



*UMES "POD SQUAD" facilitators with Somerset County Health Department staff.*



*UMES "POD SQUAD" facilitators with instructor, Dr. G. Lawrence Hogue.*

Students wishing to participate as facilitators are required to register with Maryland Responds. This provides the health department with the opportunity to test the call-down notification system and expands the statewide database of professionals trained in mass dispensing tasks.

For more information, contact: UMES (G. Lawrence Hogue, BS Pharm, PD) at 410-621-2288 or [glhogue@umes.edu](mailto:glhogue@umes.edu), or SCHD (Barbara Logan R.N., C.H.E.P) at 443-523-1747 or [barbara.logan@maryland.gov](mailto:barbara.logan@maryland.gov).





## PUBLIC HEALTH SERVICES PROMOTED IN HOWARD COUNTY

Contributed By: *Giselle Bonilla, MPH, CHEP, Howard County Unit Administrator*

Each year, Howard County Maryland Responders work hard to provide a range of public health services for their community. This year is no different. Once again, Howard County Health Department (HCHD) would like to express their appreciation to Maryland Responders for the time and work they donated to the Cancer Control, Clinical Services, and Adult Evaluation & Review Services Programs. The countless hours Responders put in assisting with tobacco cessation classes, performing patient intakes, reviewing charts, filing documents, and entering patients' information into the HCHD health data-base do not go unnoticed and are sincerely appreciated. The contribution of Maryland Responders supports HCHD's mission of strengthening public health.

Additionally, Maryland Responders did a wonderful job during HCHD's mass dispensing exercise on Friday, October 16, 2015. The mass dispensing exercise was held during the 50+ Expo Community Health Fair. With the assistance of Maryland Responders nurses, the Health Department effectively delivered 868 flu shots and 7 pneumococcal vaccinations.



*Judy Gibson, Maryland Responder, assists with patient registration for flu clinics during the Howard County 50+ Expo.*



*Lucy Evers, Maryland Responder, provides flu immunizations during the Howard County 50+ Expo.*

### RESPONDER SPOTLIGHT

Learn about what to expect when deployed by reading our Responder Spotlight articles. These articles show-cases volunteer experiences while deployed with Maryland Responds. All Responder Spotlights are available on the Maryland Responds website here: <http://bit.ly/MDRresources>.

#### Share your Story!

Do you have a story to share? For instructions on how submit your story for a Responder Spotlight article, email us at: [mdresponds.dhmf@maryland.gov](mailto:mdresponds.dhmf@maryland.gov).

# HIGHLIGHTS FROM THE FIELD

## HOWARD COUNTY UPDATE CONFERENCE & AWARD CEREMONY

*Contributed By: Giselle Bonilla, MPH, CHEP, Howard County Unit Administrator*

Howard County Health Department (HCHD) demonstrated its appreciation for Maryland Responders by hosting a MRC Update Conference and Award Ceremony on October 21, 2015.

Dr. Maura Rossman, Howard County Health Officer, Carla Mitchell, Region III MRC Coordinator, and Dorothy Sheu, Maryland Responds State Program Specialist, enlightened participants with their stimulating presentations on local, federal region and state activities, respectively.

In addition, to their most engaged Maryland Responders, HCHD granted awards and fully equipped emergency preparedness kits (including backpacks). It was an honor to share time with all of you.



*Dorothy Sheu, provides an update on MRC activities across the state at Howard County's annual conference and award ceremony.*



*Charlene Alliger (left) accepts the award for "Most Valuable MRC volunteer" from Howard County Unit Administrator, Giselle Bonilla (right).*

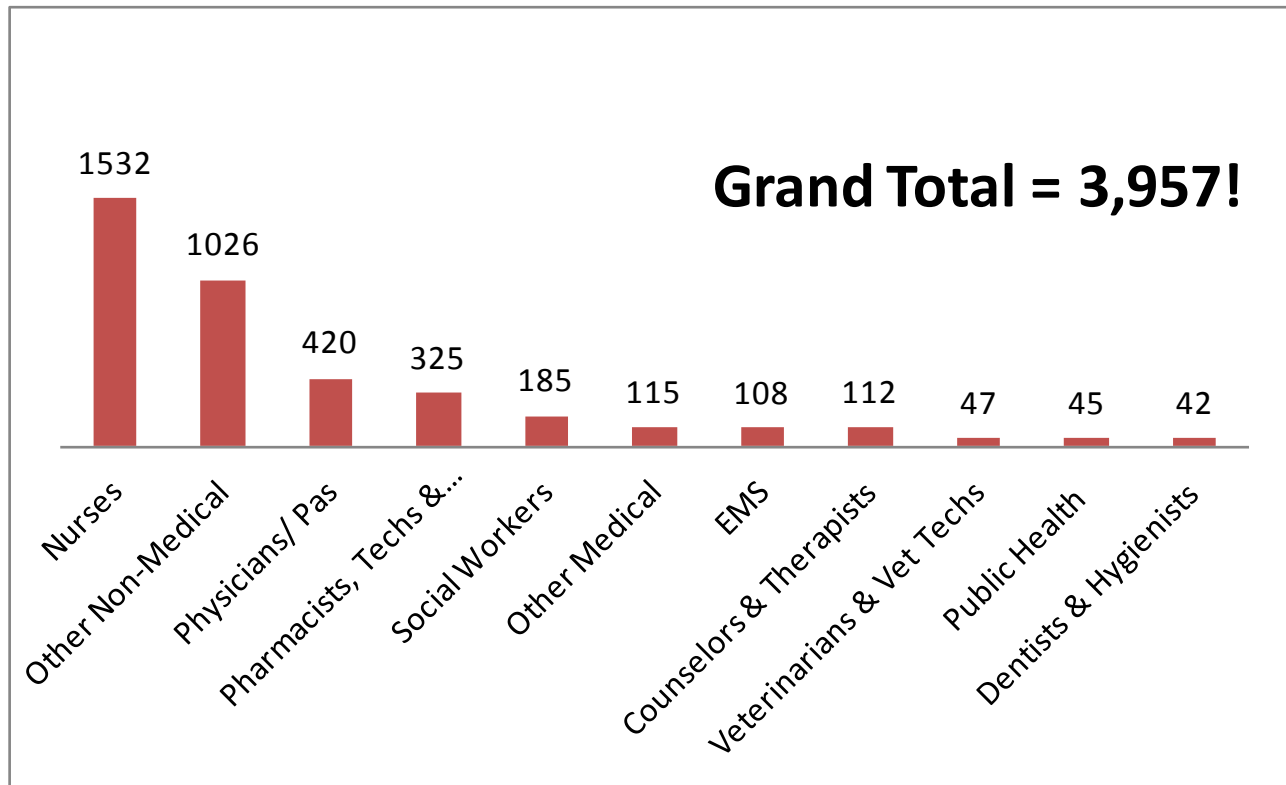
### CONNECT WITH MARYLAND RESPONDS

Follow the Maryland Responds social media pages and re-tweet or share our posts.

- Facebook URL: [www.facebook.com/MDResponds](http://www.facebook.com/MDResponds)
- LinkedIn URL: <http://bit.ly/MDRlinkedin>
- Twitter URL: <https://twitter.com/MarylandOPR>
- Twitter handle: @MarylandOPR

## MARYLAND RESPONDERS BY OCCUPATIONAL GROUP

Membership totals as of December 18, 2015



## MARYLAND RESPONDERS BY LOCAL UNIT

Membership totals as of December 18, 2015

County	Percent of Total Membership
Allegany	2.1%
Anne Arundel	8.1%
Baltimore City	9.0%
Baltimore County	15.5%
Calvert	1.5%
Caroline	0.5%
Carroll	3.3%
Cecil	1.3%
Charles	1.4%
Dorchester	0.9%
Frederick	4.5%
Garrett	0.6%

County	Percent of Total Membership
Harford	4.1%
Howard	7.4%
Kent	1.7%
Montgomery	15.9%
Prince George's	9.4%
Queen Anne's	1.6%
Saint Mary's	1.0%
Somerset	2.1%
Talbot	2.4%
Washington	2.2%
Wicomico	2.5%
Worcester	0.9%