

LTC Emergency Preparedness Digest

Quarterly Newsletter - Summer

This quarterly e-newsletter is designed to provide Long Term Care Facilities with information about recent events, conference opportunities, and upcoming classes around Georgia. In addition to emergency preparedness tips and focus areas to consider, we hope you will find this useful, and we always welcome feedback to help us improve.

LONG TERM CARE EMERGENCY PREPAREDNESS EDUCATIONAL PROGRAM		YEAR TWO COURSE SCHEDULE (2019 - 2020)	
DATE	REGISTRATION	COURSE	LOCATION
July 9, 2019 (Tuesday)	J - Basic	Amesbury Center (Georgia Tech and University)	12640 Abrams Road, Savannah, GA 31402 REGISTRATION: https://www.eventbrite.com/e/2019-07-09-01
July 30, 2019 (Thursday)	H - Basic	Cherokee Fall Line Technical College	5400 Peach Road, Dublin, GA 31021 REGISTRATION: https://www.eventbrite.com/e/2019-07-30-01
August 7, 2019 (Wednesday)	K - Basic	Cherokee Center	3338 Thomas Street, Athens, GA 30601 REGISTRATION: https://www.eventbrite.com/e/2019-08-07-01
August 22, 2019 (Thursday)	L - Basic	USA Conference Center	15 ROC Road, Tifton, GA 31794 REGISTRATION: https://www.eventbrite.com/e/2019-08-22-01
September 5, 2019 (Thursday)	A - Advanced	USA Conference Center	2228 Big Sky Center Road, Suwanee, GA 30086 REGISTRATION: https://www.eventbrite.com/e/2019-09-05-01
September 18, 2019 (Wednesday)	D - Basic	DePaul Conference Center (Georgia Piedmont Technical College)	610 North Indian Creek Drive, Clarkston, GA 30101 REGISTRATION: https://www.eventbrite.com/e/2019-09-18-01
October 10, 2019 (Thursday)	G - Advanced	Swelling Conference Center	8186 Rutledge Road, Suite 20, Augusta, GA 30906 REGISTRATION: https://www.eventbrite.com/e/2019-10-10-01
October 20, 2019 (Thursday)	N - Advanced	Manitou Conference Center	5950 Roswell Street NE, Marietta, GA 30067 REGISTRATION: https://www.eventbrite.com/e/2019-10-20-01
November 14, 2019 (Thursday)	I - Basic	Carroll State University	3180 Oakdale Boulevard, Carrollton, GA 31622 REGISTRATION: https://www.eventbrite.com/e/2019-11-14-01
December 11, 2019 (Wednesday)	M - Advanced	Carroll State Technical College	1701 Carwell Avenue, Waycross, GA 31503 REGISTRATION: https://www.eventbrite.com/e/2019-12-11-01
January 7, 2020 (Thursday)	F - Advanced	Health Conference Center (Mobile GA State)	100 University Parkway, Mableton, GA 31506 REGISTRATION: https://www.eventbrite.com/e/2020-01-07-01
January 23, 2020 (Wednesday)	C - Basic	Murphy Conference Center (Owen GA Technical College)	176 Murphy Campus Boulevard, Waco, GA 30182 REGISTRATION: https://www.eventbrite.com/e/2020-01-23-01
February 6, 2020 (Thursday)	K - Advanced	Crabapple Center (Chatham Park Authority)	202 Chatham Park Road, Milledgeville, GA 31133 REGISTRATION: https://www.eventbrite.com/e/2020-02-06-01
February 11, 2020 (Thursday)	B - Advanced	Ramsey Center (Lanier Technical College)	2515 Lanier Tech Drive, Gainesville, GA 30607 REGISTRATION: https://www.eventbrite.com/e/2020-02-11-01

NOTE: Completing the STEEP Basic Course is NOT required before taking the Advanced Course but it is highly recommended.

LTC Emergency Preparedness Educational Program - Year Two

We are excited to begin our second year of Long Term Care Emergency Preparedness Courses! This year, we are debuting our newest partnership with the Georgia State Fire Marshal's Office (SFMO). Year Two features both Basic and Advanced Courses and the SFMO will be present at every course to answer questions and discuss E-tag trends.

All basic and advanced course dates, locations, and registration links are currently available (left). The flyer below graphically depicts which Healthcare Coalitions will receive Basic and Advanced Courses in Year Two. You are NOT required to attend the Basic Course before attending the Advanced Course, but it is highly recommended.

Georgia Long Term Care Emergency Preparedness Educational Program

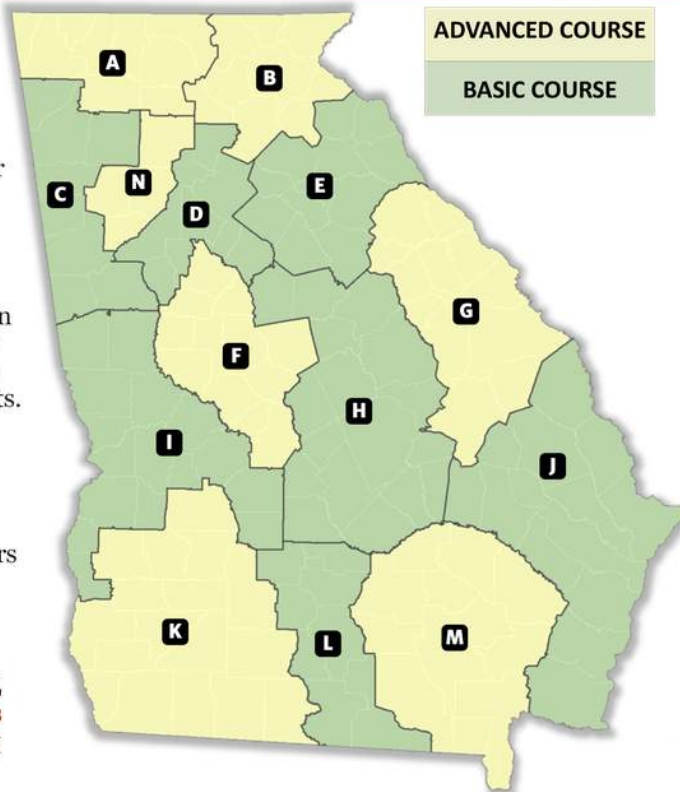
Year 2: July 2019 - February 2020

The Georgia Long Term Care Emergency Preparedness Educational Program is hosting both Basic and Advanced courses around the state in the upcoming year for certified long term care facilities.

At these courses, you will learn how your organization can be better prepared to respond to emergency hazards and threats.

Each FREE, one-day course:

- Includes lunch
- Is approved for six (6) hours of NAB credit



*The Basic Course is not required before taking the Advanced Course, *but it is highly recommended.*

For updates on course dates
and locations, like us on
Facebook: @GALTCEPEP



QUESTIONS?

Contact:
Alyssa Ragan
GeorgiaLTC@uga.edu
706.542.5252

Summer Focus Area: Heat Emergencies

The National Weather Service has predicted Georgia will experience a hot and dry summer. Heat is the number one weather-related cause of death in the United States and should be taken extremely seriously. To better prepare for the summer season, consider the following tips:



Know the Signs

There are many different types of heat-related illnesses which can impact long term care facility residents and staff. **Older adults are more susceptible to heat stress than younger adults.** This risk can be increased by certain chronic medical conditions and medications. **Knowing the signs of each illness and how to treat it is crucial.** The included CDC infographic (left) is a valuable tool to ensure your healthcare professionals are prepared to recognize these signs and symptoms. **Consider posting this at your nurses' station and including it in staff training.**

Summer Preparedness Measures

- **Stock-up on fluids and light snacks**, such as popsicles.
- Create **hydration stations** throughout the facility for residents and staff.
- Encourage staff and residents to **drink more water than usual and don't wait until thirsty to drink.**
- Ask dietary staff to **incorporate cold plate options** such as salad.
- Have **residents dress in light, loose clothing.** Overdressing for the weather can increase the risk of a heat-related illness.
- Keep a stock of **fans with protective grills** while being mindful of **electrical cords and their potential to become a trip hazard.**
- Encourage residents to **stay out of direct sunlight**, both indoors and outdoors.
- **DO NOT rely on residents to tell you they are overheated.** Some conditions can affect their ability to tell if they are overheating.
- Increase the **frequency of clinical assessments**, particularly body temperature. Also, **checking skin temperature by touch** can be a quick, helpful way to assess a resident.
- **Train all staff to identify signs and symptoms of heat-related illnesses;** including heat stroke, heat exhaustion, and heat cramps.
- **Review resident medications** and identify those that may cause residents to become more susceptible to heat and sunlight.
- **Monitor residents engaging in physical activities.** Discourage strenuous physical activity as appropriate (the same goes for your staff, especially those working outside).



Review/Update: EP Plan and Policies & Procedures

- **Ensure your plan has "triggers" for the initiation of heat-related emergencies** (e.g. the disruption of the facility cooling system due to a power outage)
- **Review your shelter-in-place and evacuation plan. Update your Memorandum of Understanding (MOU)** with facilities and supply companies as needed
- **Train and test your facility's ability to obtain and set-up a portable air-conditioning units.** Practicing with the units before an emergency is highly advisable if they are part of your

- facility's plan to respond to a loss of air-conditioning during hot-weather.
- Ensure a **process is in place for notifying a physician** or arranging other medical services when a heat-related illness is identified.
 - Consider using an **assessment protocol for all residents** when an emergency trigger is initiated (i.e. vital signs with focus on core temperature, hydration status, etc.).
 - Assure that **facility policies and procedures for heat emergency situations are current, complete, and known to all staff** (clinical, non-clinical, and volunteers).
 - Ensure your **air-conditioning systems undergo all manufacturer-recommended maintenance and servicing** prior to hot-weather. In a hot climate like Georgia, **reliable and well-maintained air-conditioning systems are critical** for the safety and health of your residents.
 - Be sure to have **several accessible copies of all of your facility's account numbers and contact information for utility companies** (e.g. electric, gas, water, phones, internet, etc.).
 - **Talk to your utility companies about adding your facility to their list of "higher-priority facilities to re-connect during service disruptions."** If they understand your residents' lives may be endangered by loss of power (or other utilities), they may be able to place your facility on the higher-priority list.
 - Reach out to Heating Ventilation and Air Conditioning (HVAC) **vendors to be placed on their priority list for repairs in the event of HVAC failure.**

Power Outage and Heat

CMS Appendix Z states Long Term Care Facilities "*must ensure safe temperatures are maintained in those areas deemed necessary to protect patients, other people who are in the facility, and for provisions stored in the facility during the course of an emergency, as determined by the facility risk assessment.*"



Facilities who were initially certified after October 1, 1990 **must maintain a temperature range of 71 to 81 degrees Fahrenheit** (in the facility areas specified above).

Inclement Weather:

<https://www.cbsnews.com/news/hollywood-hills-florida-nursing-home-deaths-hurricane-irma-homicides/>

Non-Weather Related:

<https://www.local10.com/news/florida/broward/power-outage-at-assisted-living-facility-prompts-20-hospitalizations-paramedics-say>

Healthcare Preparedness in the News



Massive Heatwave - July 2019

A deadly heat wave is gripping half of the United States. Tens of millions may be affected from the Midwest to the East Coast. Temperatures have been forecasted from the mid 90's to the triple digits with the heat index making it feel as hot as 100 to 115 degrees.

Several cities have experienced power outages where others have had to cancel outdoor events for the health and safety of the public.

You can continue to read about this story here:

<https://www.cbsnews.com/live-news/heat-wave-2019-extreme-heat-advisory-warning-deaths-latest-weather-forecast-us-nyc-2019-07-20/>

Resources

For additional information and resources on how to prepare, see the following links:

- CDC- Heat Illness Infographic: <https://www.cdc.gov/disasters/extremeheat/warning.html>.
- CDC- Protecting Older Adults from Extreme Heat: <https://www.cdc.gov/disasters/extremeheat/older-adults-heat.html>
- Family/Home Preparedness: <http://ready.ga.gov/>
- Contact your local Emergency Management Agency (EMA): <https://gema.georgia.gov/locations>
- Find your Healthcare Coalition (HCC) contacts and view the calendar for upcoming meetings and training in your area: <https://www.gha911.org/>



Contact Us

 Facebook

If you have questions about this newsletter or upcoming events, please contact us via email:

 105 Bowstrom Road, Athens, ...  georgialtc@uga.edu

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