

MED + TAC Global Coronavirus Care Community of Practice Bystander Rescue Care CareUniversity Series

Creating Your 2021 Family Safety Plan: A Survive & Thrive Guide™

The diagram shows a central 'Safety Plan' circle with five arrows forming a cycle: Readiness (top-left), Resilience (bottom-left), Recovery (bottom), Response (top), and Rescue (right). To the left are icons of a test tube and a syringe. To the right is a syringe icon.

January 7, 2020 CareUniversity Webinar 153

MED + TAC Global Coronavirus Care Community of Practice Bystander Rescue Care CareUniversity Series

Welcome

Charles Denham, MD
 Chairman, TMIT Global
 Founder Med Tac Bystander Rescue Care
 Med Tac Bystander Rescue Care
 January 7, 2020
 CareUniversity Webinar 153

MED + TAC Global Coronavirus Care Community of Practice Bystander Rescue Care CareUniversity Series

Our Purpose, Mission, and Values

Our Purpose:
 We will measure our success by how **we protect and enrich the lives of families...patients AND caregivers.**

Our Mission:
 To accelerate performance solutions that **save lives, save money, and create value** in the communities we serve and ventures we undertake.

Our ICARE Values:
 Integrity, Compassion, Accountability, Reliability, and Entrepreneurship.

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Disclosure Statement


The following panelists certify that unless otherwise noted below, each presenter provided full disclosure information; does not intend to discuss an unapproved/investigative use of a commercial product/device; and has no significant financial relationship(s) to disclose. If unapproved uses of products are discussed, presenters are expected to disclose this to participants. None of the participants have any relationship pharmaceutical or device companies discussed in their presentations. The funding of the program is from the Denham Family fund of TMIT Global, a 501c3 Medical Research Organization

- Gregory H. Botz, MD, FCCM, has nothing to disclose.
- Jennifer Dingman has nothing to disclose.
- Heather Foster has nothing to disclose.
- Keith Filtnier has nothing to disclose.
- Jaime Yrastorza has nothing to disclose.
- Paul Bhatia has nothing to disclose.
- Keith Styner has nothing to disclose.
- Chief William Adcox

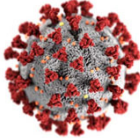
Charles Denham, MD, is the Chairman of TMIT Global; a former TMIT education grantee of CareFusion and AORN with co-production by Discovery Channel for *Chasing Zero* documentary and Toolbox including models; and an education grantee of GE with co-production by Discovery Channel for *Surfing the Healthcare Tsunami* documentary and Toolbox, including models. HCC is a former contractor for GE and CareFusion, and a former contractor with Siemens and Nanosonics, which produces a sterilization device, Trophon. HCC is a former contractor with Senior Care Centers. HCC is a former contractor for ByoPlanet, a producer of sanitation devices for multiple industries. He does not currently work with any pharmaceutical or device company. His current area of research is in threat management to institutions including conflict of interest, healthcare fraud, and continuing professional education and consumer education including bystander care. Dr. Denham is the developer and producer of CareUniversity™, the learning management system providing continuing education materials for TMIT Global.

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Voice of the Patient



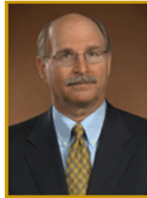
Jennifer Dingman
 Founder, Persons United Limiting Substandard and Errors in Healthcare (PULSE), Colorado Division
 Co-founder, PULSE American Division
 TMIT Patient Advocate Team Member
 Pueblo, CO



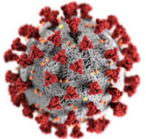
Med Tac Bystander Rescue Care

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Creating Your 2021 Family Safety Plan: A Survive & Thrive Guide™



Charles Denham, MD
 Chairman, TMIT Global
 Founder Med Tac
 Bystander Rescue Care



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Survive & Thrive Guide: Protecting Your Family

Survive & Thrive Guide™ Program Road Map




Webinar Today

Med Tac Bystander Rescue Care

Survive & Thrive Guide: Protecting Your Family

Creating Your 2021 Family Safety Plan: A Survive & Thrive Guide™



- HOW do vaccines work?
- WHAT do I do after I am vaccinated?
- WHEN will we get back to normal?
- HOW do we adjust family activities while waiting?
- WHAT will be the “new normal” for my family?
- WHEN will children be vaccinated?

Med Tac Bystander Rescue Care



Vaccines and Family Safety Planning:

1. Follow Your Caregivers Recommendations.
2. Be prepared for side effects if you are at risk.
3. Consult the CDC Guidelines – they are evolving.
4. Whether Vaccinated or not maintain SAFETY BEHAVIORS.
5. Build vaccinations into your Family Safety Plan.



Speakers & Reactors



Jennifer Dingman



Chief William Adcox



Dr. Gregory Botz



Heather Foster RN



Randy Styner



Keith Flitner



Jamie Yrastorza



Paul Bhatia EMT

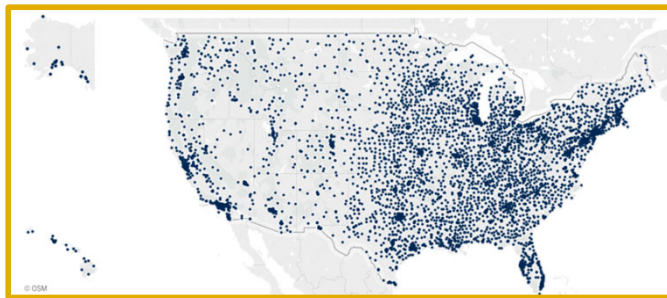


Dr. Charles Denham



Danny Policicchio

TMIT Global Research Test Bed
 3,100 Hospitals in 3,000 Communities
 500 Subject Matter Expert Pool Developed over 35 Years



Graphic Representation to Protect Expert Privacy

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John Nance JD, Dr. Gregory Botz, Chief William Adcox, Heather Foster, Dr. Charles Denham, Dr. Casey Clements, Beth Ullen, Dr. McDowell, Dennis Quaid, Preston Head III, Fred Haise, Dr. Steve Swensen, Tyler Sant, Avarie Pettit, Dr. Mary Foley, Bob Chapman, Perry Bechtel III, Becky Martins, Betsy Denham, Charlie Denham III, Dr. C Peabody, Dr. Chris Fox, Randy Styner, Tom Renner, David Beahk, Ann Rhoades, Nancy Conrad, Dr. Chopra, John Little, Debbie Medina

CareUniversity *Med Tac Bystander Rescue Care*

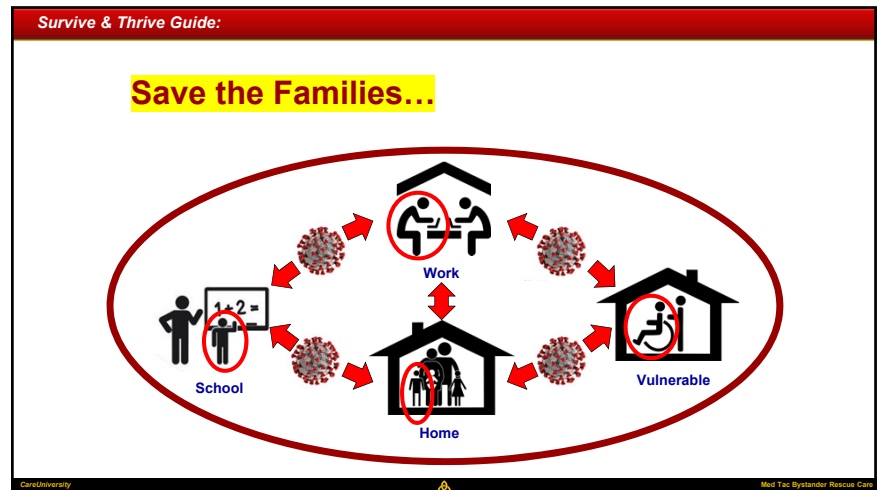
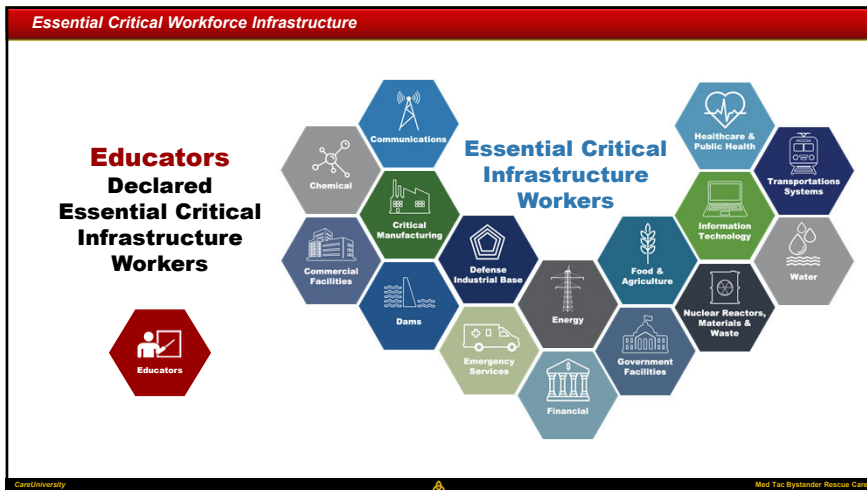
MED TAC Global **Coronavirus Care Community of Practice** **Bystander Rescue Care CareUniversity Series**

Matt Horace, John Tomlinson, Dan Ford, Ariene Salamendra, Jennifer Dingman, Bill George, Penny George, Hilary Schmidt PhD, Paul Bhatia EMT, Dr. McDowell

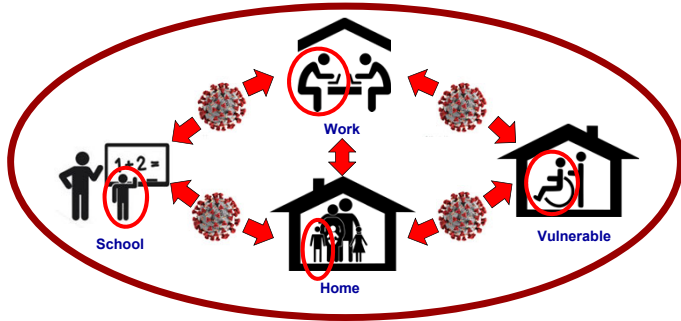
Contributions Through Segments of our Discovery Channel Documentaries

Prof Christensen, Jim Collins, C Sullenberger, Charlotte Guglielmi, Dr. Don Berwick, Dr. Howard Koh, Dr. Jim Bagian, Dr. Harvey Fineberg

CareUniversity *Med Tac Bystander Rescue Care*

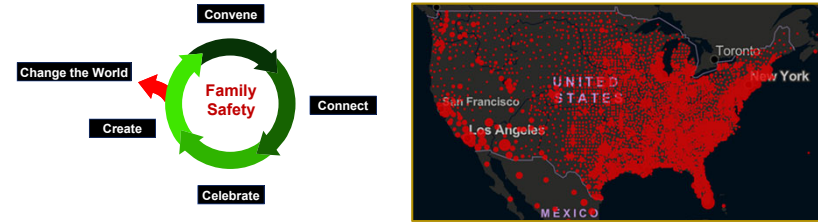


Save the Families... You Save the Worker



Coronavirus Care Community of Practice

2020 Year End Report and 2021 Plan

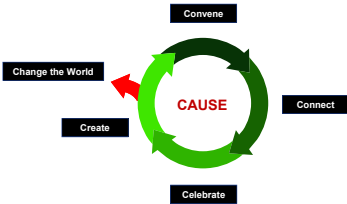


**Coronavirus Care
Community of Practice**

**Bystander Rescue Care
CareUniversity Series**

Family Centric

- General Public
- Critical Essential Workers
- Professional Caregivers
- First Responders
- All Faiths Volunteers & Staff
- Educators & School Staff
- Scouts, Teams, and Membership Organizations



Monthly Webinars every first Thursday of the month at 1PM ET (Noon Central and 10AM PT). Free, video, and resources posted.

BASIC MODULES

- Why Social Distancing WORKS
- Why Masks ARE Critical
- Masks: The SCIENCE of Success
- Hand Washing & DISINFECTANTS
- GLASS High Contact Surfaces
- Building a FAMILY SAFETY PLAN
- If we NEED Emergency Care
- Why ICU, Respirators, and EMMV

ADVANCED MODULES

- Preparing for CARE at Home
- TELEMEDICINE Works - Try It
- Care of Seniors & those at Risk
- The Latest Best Practices
- Comparing Best the Best Masks
- Getting Home Safe Return
- The New Return Webinar
- Back to School Safety

Related Resources

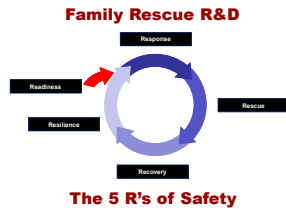
- Care of the At Risk & Seniors at Home
- www.medtacglobal.org/coronavirus-response/

THE UNIVERSITY OF TEXAS
MDAnderson
~~Cancer Center~~

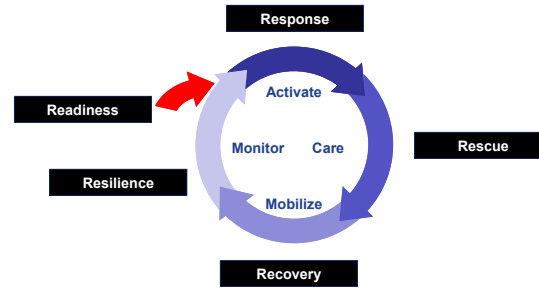
MAYO
CLINIC

UCSF

University of California
San Francisco



Family Health Safety & Organization Security Plans™



National Survey Questions

I have already responded to the Family Health Safety Survey

YES

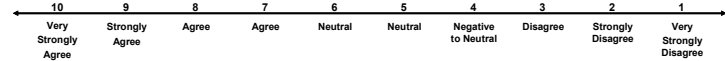
NO

State what you want to see in the Family Safety Plan Templates in Free Text Entry

READINESS



My family is ready to take care of a loved one with Coronavirus in our home.



RESPONSE

My family knows what actions to take if a loved one becomes infected with Coronavirus.

← 10 9 8 7 6 5 4 3 2 1 →

Very Strongly Agree Strongly Agree Agree Agree Neutral Neutral Negative to Neutral Disagree Strongly Disagree Very Strongly Disagree

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RESCUE

My family knows what do when someone develops severe COVID-19 symptoms.

← 10 9 8 7 6 5 4 3 2 1 →

Very Strongly Agree Strongly Agree Agree Agree Neutral Neutral Negative to Neutral Disagree Strongly Disagree Very Strongly Disagree

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RECOVERY

My family has a safety plan to return to work and play when the Coronavirus social restrictions are relaxed.

← 10 9 8 7 6 5 4 3 2 1 →

Very Strongly Agree Strongly Agree Agree Agree Neutral Neutral Negative to Neutral Disagree Strongly Disagree Very Strongly Disagree

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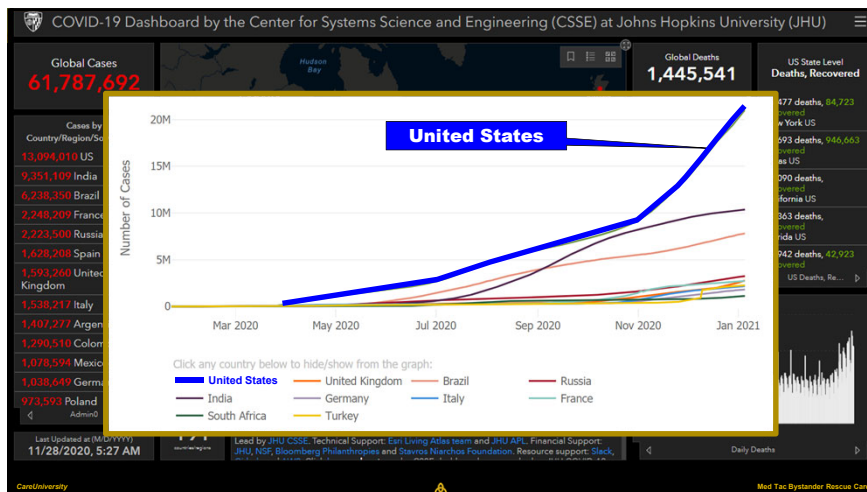
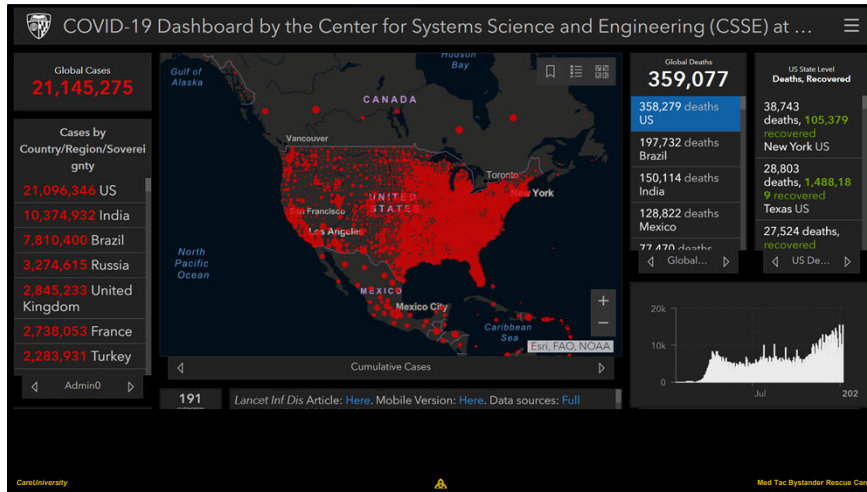
RESILIENCE

My family has a plan to make them less vulnerable to epidemics in the future.

← 10 9 8 7 6 5 4 3 2 1 →

Very Strongly Agree Strongly Agree Agree Agree Neutral Neutral Negative to Neutral Disagree Strongly Disagree Very Strongly Disagree

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Coronavirus Care Community of Practice

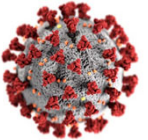
Bystander Rescue Care CareUniversity Series

Creating Your 2021 Family Safety Plan: A Survive & Thrive Guide™



John Christian Fox, MD

Professor and Chair
Emergency Medicine Department
Director of Ultrasound in Medical Education
University of California at Irvine



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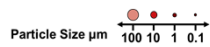
Mask Reduction of Airborne Transmission

A competition between droplet size, inertia, gravity, and evaporation determines how far emitted drop-lets and aerosols will travel in air.



AEROSOLS are smaller will evaporate faster than they can settle, are buoyant, and thus can be affected by air currents, which can transport them over longer distances.

DROPLETS will undergo gravitational settling faster than they evaporate, contaminating high contact surfaces and leading to contact transmission.



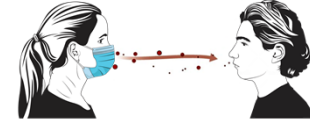
Source: Cite as: K. A. Prather et al., Science 10.1126/science.abc6197 (2020)

No Mask – Extreme Risk



15 minutes within 6 feet = "High Risk"

Surgical Mask – Reduced Risk



Surgical Mask Reduces Exhaled Droplets by 99% and Inhaled Droplets by 75%

Cloth Mask – Reduced Risk



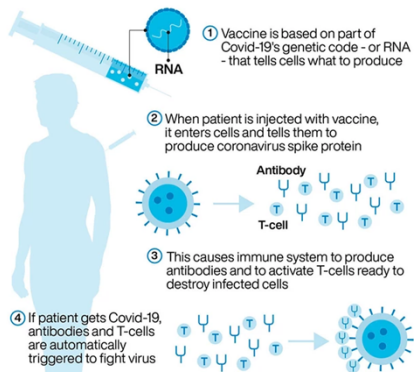
2 Layer Cloth Mask Reduces Exhaled and Inhaled Droplets by 60%

Dramatically Reduced Risk



Best Solution – All Wear Masks N95 for Caregivers, Surgical Best for Consumers. Next Best Cloth – All are of Value

MRNA Vaccine



How do vaccines work?

ORIGINAL ARTICLE

Efficacy and Safety of the mRNA-1273 SARS-CoV-2 Vaccine

L.R. Baden, H.M. El Sahly, B. Essink, K. Kotloff, S. Frey, R. Novak, D. Diemert, S.A. Spector, N. Rouphael, C.B. Creech, J. McGittigan, S. Kheteran, N. Sagali, J. Solis, A. Brosz, C. Fierro, H. Schwartz, K. Neuzil, L. Corey, P. Gilbert, H. James, D. Follmann, M. Marovich, J. Mascola, L. Polakowski, J. Ledgerwood, B.S. Graham, H. Bennett, R. Pajon, C. Knightly, B. Leav, W. Deng, H. Zhou, S. Han, M. Ivarsson, J. Miller, and T. Zaks, for the COVE Study Group*

The New England Journal of Medicine

Efficacy and Safety of the mRNA-1273 SARS-CoV-2 Vaccine

KEY POINTS FROM
Efficacy and Safety of the mRNA-1273 SARS-CoV-2 Vaccine
by L.R. Baden et al.

DECEMBER 31, 2020

Source: New England Journal of Medicine 12-31-20



The New COVID Strains

SCIENCE

The Mutated Virus Is a Ticking Time Bomb

There is much we don't know about the new COVID-19 variant—but everything we know so far suggests a huge danger.

ZEYNEP TUFEKCI DECEMBER 31, 2020

“A more transmissible variant of COVID-19 is a potential catastrophe in and of itself. If anything, given the stage in the pandemic we are at, a more transmissible variant is in some ways much more dangerous than a more severe variant.”

Source: The Atlantic Magazine 12-31-20

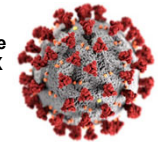


Creating Your 2021 Family Safety Plan: A Survive & Thrive Guide™

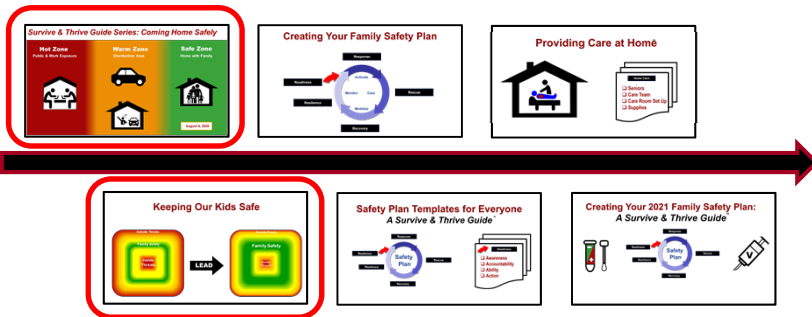


Gregory H. Botz, MD, FCCM

Professor of Anesthesiology and Critical Care
UT MD Anderson Cancer Center, Houston, TX
Adjunct Clinical Professor, Department of
Anesthesiology
Stanford University School of Medicine,
Stanford, CA



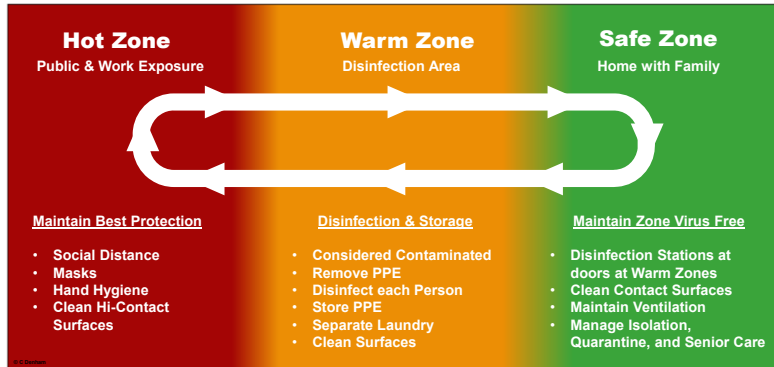
Survive & Thrive Guide™ Program Road Map



Family Survive & Thrive Guide: Coming Home Safely



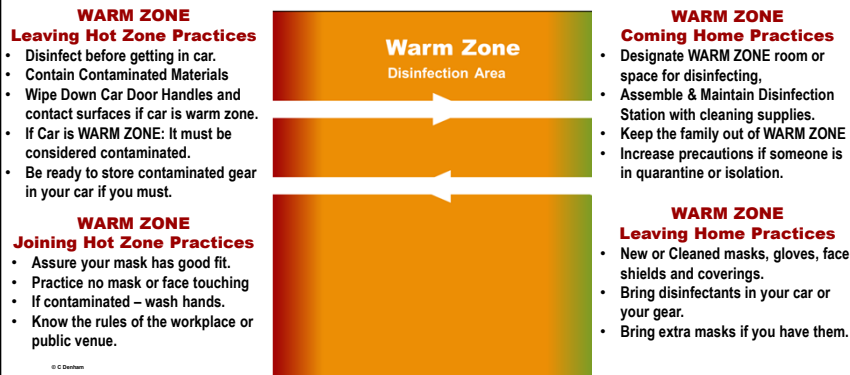
Hot-Warm-Safe Zone Practices



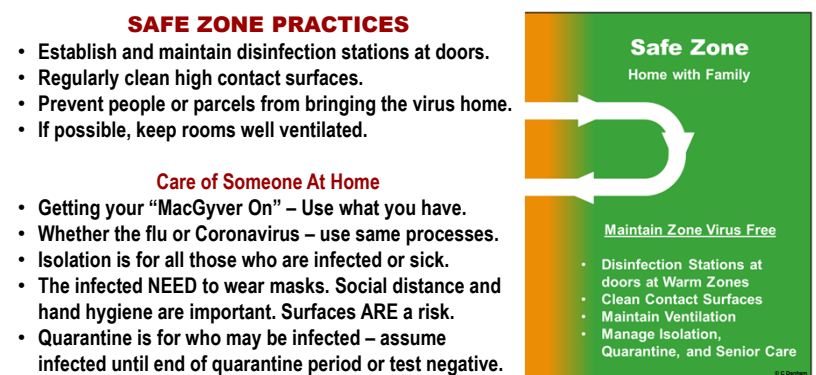
Hot-Warm-Safe Zone Practices



Hot-Warm-Safe Zone Practices



Hot-Warm-Safe Zone Practices



Survive & Thrive Guide: Protecting Your Family

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Survive & Thrive Guide
Masks: The SCIENCE of Success
 Charles Denham II MD, William Adcox, Charles Denham III, Jaime Yrastorza, and Gregory Botz MD FCCM

This article is a narrative summary of the short film entitled *Masks: The SCIENCE of Success* posted on the Med Tac Global website that provides access to free films and resources to families of the Essential Critical Infrastructure Workers of sixteen industry sectors and the general public.¹



N95 Mask



Surgical Mask

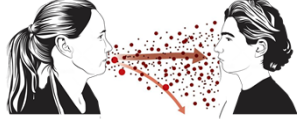


Cloth Mask

CareUniversity © C Denham 2020 Med Tac Bystander Rescue Care

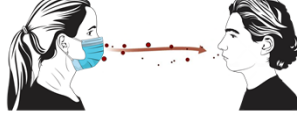
TMIT Global: Effectiveness of Masks

No Mask – Extreme Risk




15 minutes within 6 feet = "High Risk"

Surgical Mask – Reduced Risk



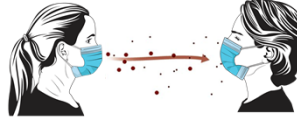
Surgical Mask Reduces Exhaled Droplets Reduced by 99% and Inhaled Droplets by 75%

Cloth Mask – Reduced Risk



2 Layer Cloth Mask Reduces Exhaled and Inhaled Droplets by 60%

Dramatically Reduced Risk



Best Solution – All Wear Masks N95 for Caregivers, Surgical Best for Consumers. Next Best Cloth – All are of Value

CareUniversity Med Tac Bystander Rescue Care

Survive & Thrive Guide

BASIC MODULES

- Why Social Distancing WORKS
- Masks: The SCIENCE of Success
- Hand Washing & DISINFECTANTS
- CLEAN High Contact Surfaces
- Building a FAMILY SAFETY PLAN
- If we NEED Emergency Care
- Why ICU, Respirators, and ECMO

Masks: The SCIENCE of Success



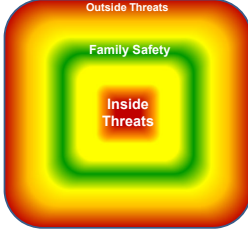

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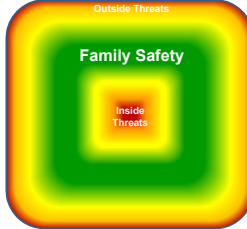
Family Survive & Thrive Guide: Keeping Our Kids Safe™

Outside Threats



→

Outside Threats



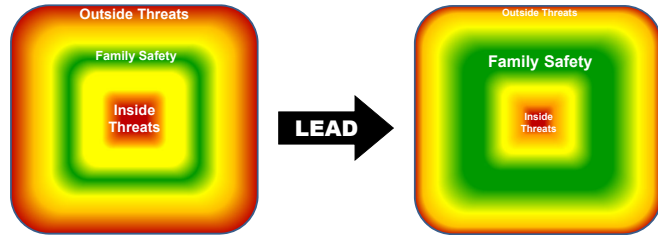
LEAD

August 03, 2020 CareUniversity Webinar #145

CareUniversity Med Tac Bystander Rescue Care

Threats X Vulnerability = Risk to Your Family

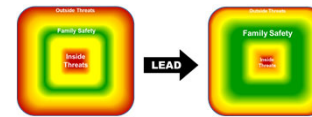
Threats: Likely to cause **HARM**.
Vulnerability: Weaknesses that can be **EXPLOITED** by threats.
Risk: **PROBABILITY** of harm by a threat exploiting vulnerability.



Keeping Our Kids Safe...by Keeping the Unit Family Safe



Reduce Family Vulnerability



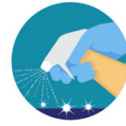
- STEP 1: Identify Each Family Member's Threat Profile**
- Family living together and those in direct contact.
 - Identify threats due to age, underlying conditions, and outside threats related to region and living conditions.
- STEP 2: Identify and Follow Local Coronavirus Threats**
- Local Community infection factors, trends, and public health guidelines will drive your behaviors and plans.
 - Understand the public health processes in place where the family members will work, learn, play, and pray.
- STEP 3: Develop a Family Safety Plan**
- A leader or leaders of the family act as the CFO – Chief Family Officer who drives the plan: Readiness, Response, Rescue, Recovery, and Resilience.
- STEP 4: Plan the Flight and Fly the Plan**
- The novel Coronavirus virus science, threats, vulnerabilities, and therefore the family risk changes continuously. Every airplane flight plan is modified along the route – so will your family safety plan.



CDC Guidelines



Social Distancing



Disinfecting Surfaces



Hand Washing



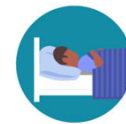
Use of Masks

SOURCE: Centers for Disease Control

Social Distancing Isolation & Quarantine Saves Lives



Social Distancing



Isolation



Quarantine

SOURCE: Centers for Disease Control

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Coming Home Safely

Survive & Thrive Guide Series: Coming Home Safely

Speakers & Reactors

Jennifer Dingman	Chief William Adcox	Dr. Gregory Botz	Heather Foster RN	Randy Styner

Keeping Our Kids Safe

Keeping Our Kids Safe

Keith Filtnr	Jamie Yrastorza	Paul Bhatia EMT	Dr. Charles Denham	Danny Pollicchio

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Survive & Thrive Guide: Protecting Your Family

Survive & Thrive Guide™ Program Road Map

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Family Survive & Thrive Guide™ Creating Your Family Safety Plan

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Survive & Thrive Guide: Protecting Your Family

Family Health Safety Plans

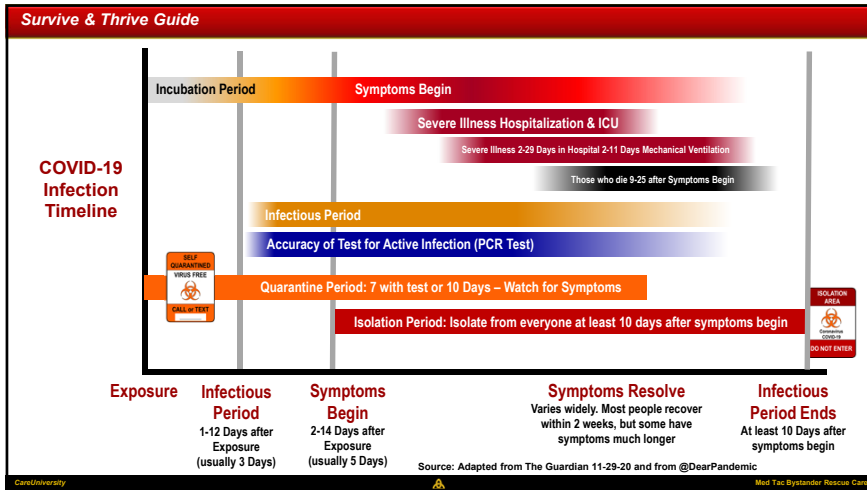
Readiness: Preparation, regular review, and updating of a plan based on the latest science. Regular deliberate practice of roles and skills each family member undertake.

Response: Family moves to action to respond to an emergency. Safeguards are put in place. The family may respond to a member being infected or exposed to someone infected.

Resilience: Fortify response, rescue, and recovery actions in plan. In law enforcement and healthcare, we call this "target hardening".

Recovery: Follow up care of the family member after an event. Returning to normal family activities after a family member is infected and isolated, hospitalized, or under quarantine."

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Family Safety Plan

Response → Rescue → Recovery → Resilience

Family Member Scenarios	Readiness	Response if someone in the home gets sick.	Care of loved on with severe symptoms.	Assistance safely to the "new normal".	Making the family "hardened" as a target
No Exposure No Test or Negative Test	Social distance, hygiene, cleaning, and masks. Protect high risk family members.	Recognize people with no exposure – no test are at risk for infections.	Know the triggers for emergency care. Have med records ready for family	Be very careful until vaccine, antivirals, or an immunity shield is can protect public.	Learn from others who are infected. Maintain medical records for family members.
Exposure to Infected Person and No Test	Know: what "exposure" is, what to if exposed, and if notified by a contact tracer.	Know where to get testing, maintain quarantine period, and how to protect family.	Know the triggers for emergency care. Have med records ready for family	If infected, be aware of the possible long-term consequences of infection.	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.
Infected & Asymptomatic – No Symptoms Ever	Family behaves as if they can infect someone. Protect "at risk" family members.	Isolate if test positive and contact tracers link	Watch for the signs and symptoms triggering	Be aware of and watch for the long-term consequences	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.
Infected & Pre-symptomatic – Before Symptoms	Be ready for patient to be solo phone only contact.	Instructions to you: Watch for worsening signs/symptoms	Records and medications for ED care providers.	Being infected – be aware of "long haulers" scenario	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.
Infected & Symptomatic – Have Symptoms	Be ready for no contact with patient while at hospital. Be ready to give care at home following hospital discharge.	Be ready to respond to infections of others at home or in contact with patient.	Watch for triggers for emergency care of other family members who may get sick.	Recognize probable long-term consequences after being infected. Be aware of "long haulers" scenario	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.
Infected & Severely Symptomatic – Need Help	Keep the family ready for a death. Prepare to deliver substantial care at home if the patient is discharged.	Be ready to respond to isolate and care for infected those in significant contact.	Watch for symptom triggers requiring emergency care visit if others in family get sick.	Recognize probable long-term consequences after being infected. Be aware of "long haulers" scenario	Maintain latest knowledge of local testing, contact tracing, isolation process AND ID best hospital care providers.
Infected & Requiring Hospitalization	Be ready for patient to be solo phone only contact.	Be ready to respond to infections of others at home or in contact with patient.	Watch for triggers for emergency care of other family members who may get sick.	Recognize probable long-term consequences after being infected. Be aware of "long haulers" scenario	Maintain latest knowledge of local testing, contact tracing, isolation process AND ID best hospital care providers.
Infected & Require ICU Life Support Respirator & ECMO	Keep the family ready for a death. Prepare to deliver substantial care at home if the patient is discharged.	Be ready to respond to isolate and care for infected those in significant contact.	Watch for symptom triggers requiring emergency care visit if others in family get sick.	Recognize probable long-term consequences after being infected. Be aware of "long haulers" scenario	Maintain latest knowledge of local testing, contact tracing, isolation process AND ID best hospital care providers.

Customize Your Family Checklists to the Real-life Scenarios that CAN HAPPEN to You!

TMIT Global: Effectiveness of Masks

Family Health Safety & Organization Security Plans

Thoughts for Families with Young Children:

- Review other Readiness Checklists. Use FEMA Emergency Preparedness Checklist (we use when we teach Med Tac Bystander Rescue Program).
- Make sure you have Personal Protective Equipment for everyone.
- Make sure you have a copy of everyone's Medical Records including lists of allergies and meds.
- Review the 5 Rights of Emergency Care video to be prepared for a new experience.
- Use Icons in your plan to make plan family friendly.
- Create plan sections for adults and children
- Create an "All Teach All Learn" Environment
- Play Date Simulations for being prepared.
- Gamify Readiness – we use FEMA as an example

Family Safety Plan

Readiness → Response → Rescue → Recovery → Resilience

Family Member Scenarios	Readiness
No Exposure No Test or Negative Test	Social distance, hygiene, cleaning, and masks. Protect high risk family members.
Exposure to Infected Person and No Test	Know: what "exposure" is, what to if exposed, and if notified by a contact tracer.
Infected & Asymptomatic – No Symptoms Ever	Family behaves as if they can infect someone. Protect "at risk" family members.
Infected & Pre-symptomatic – Before Symptoms	Know: what "exposure is", what to do if exposed or notified by a contact tracer.
Infected & Symptomatic – Have Symptoms	Be ready for worsening symptoms and to maintain isolation per guidelines.
Infected & Severely Symptomatic – Need Help	Choose ED Care site, have med records, meds, and a plan. Be ready for patient to be solo phone only contact.
Infected & Requiring Hospitalization	Be ready for no contact with patient while at hospital. Be ready to give care at home following hospital discharge.
Infected & Require ICU Life Support Respirator & ECMO	Keep the family ready for a death. Prepare to deliver substantial care at home if the patient is discharged.

Family Plan Checklist

Readiness

Awareness

- Family Scenario Readiness Awareness: All members aware of all family scenarios that may evolve.
- National and Local Guideline Awareness: CDC, Local Public Health, and School Guidelines will change. Social distance, masks, hand hygiene, cleaning contact surfaces, and limiting group gatherings and poorly ventilated areas with the family.
- Community Threat Awareness: Local community infection rates will need to drive your plan.
- Readiness Knowledge – 4 P's: Information regarding Prevention, Preparedness, Protection, and Performance Improvement. Watch videos, read, and consult caregivers. Example: MedTacGlobal website, teachers, and caregivers who care for the family.

Accountability

- Readiness Assignment of Tasks to Members: Who does what, when, why, and how to respond if for the Family Member Scenarios for response, rescue, recovery, and resilience.
- Readiness Task Completion Log: E.g. Care and maintenance of masks tied to a schedule and maintaining disinfectants and cleaning.

Ability

- Readiness Skills: Deliberative Practice of skills to assure competency currency.
- Readiness Resources: Staff, supplies, and space. Allocation of the funds to assure adequate resources.

Action

- Create a written Family Safety Plan
 - Step 1: Identify Each Members Threat Profile
 - Step 2: Identify and Follow Local Coronavirus Threats
 - Step 3: Develop a Family Safety Plan
 - Step 4: Plan the Flight and Fly the Plan
- Assemble Family Medical Records: Hardcopy & electronic. See Example Forms.
- Establish Required Staff, Supplies, and Space: Maintain in a state of readiness.

Family Safety Plan

Family Member Threat Profile

Infected & Symptomatic - Have Symptoms

Be ready for warning symptoms and to isolate!

Infected & Symptomatic - Need Help

Be ready to deliver substantial care at home if the patient is discharged.

Medical Records

Infected & Requiring Hospitalization

Life Support Respiator & ECMO

Be ready to respond to infections of others at home or in contact with patient.

Infected & Require ICU Life Support Respiator & ECMO

Be ready to respond to infections of others in significant contact.

Family Plan Checklist

Readiness

Awareness

- Family Scenario Readiness Awareness: All members aware of all family scenarios that may evolve.
- National and Local Guideline Awareness: CDC, Local Public Health, and School Guidelines will change. Social distance, masks, hand hygiene, cleaning contact surfaces, and limiting group gatherings and poorly ventilated areas with the family.
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- Establish **Required Staff, Supplies, and Space**: Maintain in a state of readiness.

CarUniversity Med Tac Bystander Rescue Care

Family Safety Plan

Response

Family Member Scenarios	Response if someone in the home gets sick.
No Exposure No Test or Negative Test	Recognize people with no exposure - no test are at risk for infections.
Exposure to Infected Person and No Test	Know where to get testing, maintain quarantine period, and how to protect family.
Infected & Asymptomatic - No Symptoms Ever	Isolate if test positive and contact tracers link infections to you.
Infected & Pre-symptomatic - Before Symptoms	Isolate if test positive and contact tracers link infections to you.
Infected & Symptomatic - Have Symptoms	Isolate if test positive and contact tracers link infections to you.
Infected & Severely Symptomatic - Need Help	Isolate if test positive and contact tracers link infections to you. Watch for worsening signs/symptoms
Infected & Requiring Hospitalization	Be ready to respond to infections of others at home or in contact with patient.
Infected & Require ICU Life Support Respiator & ECMO	Be ready to respond to isolate and care for infected family members. Quarantine those in significant contact.

Family Plan Checklist

Response

Awareness

- Family Scenario Response Awareness: Every member aware of how to respond to the Family Member Scenarios: If family member is exposed to infected people, if infected, if infected and symptomatic, and if infected and have severe symptoms. They need to understand quarantine, isolation, and care at home.
- Response Knowledge - 4 P's: Information regarding response to exposure, infection, and hospitalization. Prevention of spread to other living unit members. Preparedness for quarantine, isolation, and care of the family member at home. Protection concepts and tools such as PPE. Performance Improvement includes continuously learning from professional caregivers and trusted guideline sources.

Accountability

- Response Task Accountability Reinforced: Who does what, when, why, and how to respond if for the Family Member Scenarios if someone gets infected, exposed, or need care in the home.
- Response Task Completion Log: Task completion should be documented to maximize effectiveness. Examples include care and maintenance of masks, use of disinfectants, and regular cleaning.

Ability

- Response Skills: Maintenance of isolation areas and care of an infected family member in isolation will require proper use of PPE, managing airflow to reduce aerosol risks, food service, and laundry functions.
- Response Resources: Staff, supplies, space, and financial resources must be available. Staff include family members and service providers. Adequate funding must be allocated to assure proper actions.

Action

- Activate Family Member Scenario Plans: When family members are exposed, infected, become symptomatic, become severely symptomatic, are hospitalized, or admitted to ICU the plans are activated.
 - Exposure to Infected Person and No Test: Quarantine
 - Infected and Asymptomatic: Isolation
 - Infected and Pre-symptomatic: Isolation and Care when Symptomatic
 - Infected and Symptomatic - Isolation and Care at Home. Follow the Rescue Checklist if CDC emergency warning signs develop (see below).

CarUniversity Med Tac Bystander Rescue Care

Family Safety Plan

Response

Family Member Scenarios	Response if someone in the home gets sick.
No Exposure No Test or Negative Test	Recognize people with no exposure - no test are at risk for infections.
Exposure to Infected Person and No Test	Know where to get testing.
Infected & Asymptomatic - No Symptoms Ever	Watch for the signs and symptoms triggering seeking emergency care.
Infected & Pre-symptomatic - Before Symptoms	Watch for the signs and symptoms triggering seeking emergency care.
Infected & Symptomatic - Have Symptoms	Watch for the signs and symptoms triggering seeking emergency care.
Infected & Severely Symptomatic - Need Help	Seek emergency care immediately. Have medical records and medications for ED care providers.
Infected & Requiring Hospitalization	Watch for triggers for emergency care of other family members who may get sick.
Infected & Require ICU Life Support Respiator & ECMO	Watch for symptom triggers requiring emergency care visit if others in family get sick.

Isolation

ISOLATION AREA

DO NOT ENTER

Symptomatic - Need Help

Infected & Requiring Hospitalization

Life Support Respiator & ECMO

Be ready to respond to infections of others at home or in contact with patient.

Be ready to respond to infections of others at home or in contact with patient.

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Be ready to respond to infections of others at home or in contact with patient.

Be ready to respond to infections of others at home or in contact with patient.

Quarantine

SELF QUARANTINED

VIRUS FREE

CALL OR TEXT

Family Plan Checklist

Response

Awareness

- Family Scenario Response Awareness: Every member aware of how to respond to the Family Member Scenarios: If family member is exposed to infected people, if infected, if infected and symptomatic, and if infected and have severe symptoms. They need to understand quarantine, isolation, and care at home.
- Response Knowledge - 4 P's: Information regarding response to exposure, infection, and hospitalization. Prevention of spread to other living unit members. Preparedness for quarantine, isolation, and care of the family member at home. Protection concepts and tools such as PPE. Performance Improvement includes continuously learning from professional caregivers and trusted guideline sources.

Accountability

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 - Infected and Asymptomatic: Isolation
 - Infected and Pre-symptomatic: Isolation and Care when Symptomatic
 - Infected and Symptomatic - Isolation and Care at Home. Follow the Rescue Checklist if CDC emergency warning signs develop (see below).

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Family Safety Plan

Rescue

Family Member Scenarios	Care of loved on with severe symptoms.
No Exposure No Test or Negative Test	Know the triggers for emergency care. Have med records ready for family.
Exposure to Infected Person and No Test	Know the triggers for emergency care. Have med records ready for family.
Infected & Asymptomatic - No Symptoms Ever	Watch for the signs and symptoms triggering seeking emergency care.
Infected & Pre-symptomatic - Before Symptoms	Watch for the signs and symptoms triggering seeking emergency care.
Infected & Symptomatic - Have Symptoms	Watch for the signs and symptoms triggering seeking emergency care.
Infected & Severely Symptomatic - Need Help	Seek emergency care immediately. Have medical records and medications for ED care providers.
Infected & Requiring Hospitalization	Watch for triggers for emergency care of other family members who may get sick.
Infected & Require ICU Life Support Respiator & ECMO	Watch for symptom triggers requiring emergency care visit if others in family get sick.

Family Plan Checklist

Rescue

Awareness

- Family Rescue Scenario Awareness: Members need to be aware of "rescue scenarios" and what the CDC describes as "emergency warning signs".
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - New confusion
 - Inability to wake or stay awake
 - Bluish lips or face
- Response Knowledge - 4 P's: Family members are aware of how to be prepared, prevent medical errors, protect loved ones, and learn performance improvement from caregivers.

Accountability

- Response Task Accountability Reinforced: Everyone needs to know what, when, why, and how to respond when someone develops the CDC emergency warning signs.
- Response Task Completion Log: These recorded lifesaving tasks are vital to professional caregivers.

Ability

- Response Skills: Care of an infected family member in isolation requires safe use of PPE, safe transportation, and protecting family members.
- Response Resources: Staff, supplies, space, and financial resources vital. Staff include family members and service providers. Adequate funding, PPE supplies, and disinfection resources are critical.

Action

- Follow the Plan for the Family Member Scenario: Specific checklists for each scenario needs to be followed. The most important issue is that patients will have to be admitted to hospital alone.
 - Infected & Severely Symptomatic - Need Help: Emergency Sign recognition, safe transportation, safe communication with Caregivers are critical. See SBAR for Patients Communication Tool.
 - Infected Requiring Hospitalization: Communication with Hospital Caregivers will have to be by phone or mobile web device. Briefings with family members is ideal through one family member.
 - Infected & Require ICU Life Support Respiator & ECMO: The seriousness of the situation should be communicated to the family members.

CarUniversity Med Tac Bystander Rescue Care

Family Safety Plan

Rescue

Family Plan Checklist

Awareness

- Family Rescue Scenario Awareness: Members need to be aware of "rescue scenarios" and what the CDC describes as "emergency warning signs":
 - Trouble breathing
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<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Rescue Knowledge - 4 P's: Family members are aware of how to be prepared, prevent medical errors, protect loved ones, and learn performance improvement from caregivers.

Accountability

- Rescue Task Accountability Reinforced: Everyone needs to know what, when, why, and how to respond when someone develops the CDC emergency warning signs.
- Rescue Task Completion Log: These recorded lifesaving tasks are vital to professional caregivers.

Ability

- Rescue Skills: Care of an infected family member in isolation requires safe use of PPE, safe transportation, and protecting family members.
- Rescue Resources: Staff, supplies, space, and financial resources vital. Staff include family members and service providers. Adequate funding, PPE supplies, and disinfection resources are critical.

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- Follow the Plan for the Family Member Scenario: Specific checklists for each scenario needs to be followed. The most important issue is that patients will have to be admitted to hospital alone.
 - Infected & Severely Symptomatic - Need Help: Emergency Sign recognition, safe transportation, safe communication with Caregivers are critical. See SBAR for Patients Communication Tool.
 - Infected Requiring Hospitalization: Communication with Hospital Caregivers will have to be by phone or mobile web device. Briefings with family members is ideal through one family member.
 - Infected & Require ICU Life Support Respirator & ECMO: The seriousness of the situation should be communicated to the family members.

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Family Safety Plan

Recovery

Family Plan Checklist

Family Member Scenarios	Assistance safely to the "new normal".
No Exposure No Test or Negative Test	Be very careful until vaccine, antivirals, or an immunity shield is can protect public.
Exposure to Infected Person and No Test	If infected, be aware of the possible long-term consequences of infection.
Infected & Asymptomatic - No Symptoms Ever	Be aware of and watch for the long-term consequences of infection.
Infected & Pre-symptomatic - Before Symptoms	Be aware of and watch for the long-term consequences of infection.
Infected & Symptomatic - Have Symptoms	Be aware of and watch for the long-term consequences of infection.
Infected & Severely Symptomatic - Need Help	Recognize probable long-term consequences after being infected. Be aware of "long haulers" scenario
Infected & Requiring Hospitalization	Recognize probable long-term consequences after being infected. Be aware of "long haulers" scenario
Infected & Require ICU Life Support Respirator & ECMO	Recognize probable long-term consequences after being infected. Be aware of "long haulers" scenario

Awareness

- Family Recovery Scenario Awareness: Every member aware of how to respond to Make sure family members are aware of "recovery scenarios" to help family members return to a "new safe normal".
- Recovery 4 P's: Family members are aware of how to prevent reinfection, be prepared to recover, prevent medical errors, protect loved ones and learn performance improvement the experiences of others. They need to understand the "long hauler threat" and threats to children such as Multisystem Inflammatory Syndrome (MIS-C). Citation: <https://www.cdc.gov/mis-c/>. This condition is also being described in adults (MIS-A) Post-infection immunity is not well understood or assured. Therefore beware of risk of relaxing prevention behaviors. There may be specific prevention behaviors for specific patients.

Accountability

- Recovery Task Accountability Reinforced: Members will need to maintain accountability for recovery the tasks to assure safe return to the "new normal" - social distance, mask use, hand washing, contact surface disinfection, avoiding poorly ventilated areas, and group events. Updating of recovering member's threat profile, medical records, and history action items.
- Recovery Task Completion Log: Documentation may be very important to future care decisions.

Ability

- Recovery Skills: Communication and deliberate practice of skills to help children, youth, adults, and seniors SAFELY return to work, play, and pray. Care of those experiencing severe harm or sequelae.
- Recovery Resources: Staff, supplies, space, and financial resources must be available to allow the family to return to a new safe normal. Adjustment of sports equipment and participation are important.

Action

- The actions include care documentation and preparation for future problems:
 - Record & Follow Return for Care Precautions: The specific caregiver instructions to return for care if patients deteriorate - return of signs and symptoms and specific conditions caregivers identify.
 - Update Family Member Threat Profiles: New medical information should be added to the member threat profile in order to be able to respond properly if there is deterioration or reinfection.
 - Update and Maintain Medical Records: The latest medical records of the infected person need to be included in case of a future infection, hospital admission, "long hauler" disease, MIS-C, or MIS-A.

CardUniversity Med Tac Bystander Rescue Care

Family Safety Plan

Recovery

Family Plan Checklist

Awareness

- Family Recovery Scenario Awareness: Every member aware of how to respond to Make sure family members are aware of "recovery scenarios" to help family members return to a "new safe normal".
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 - Update and Maintain Medical Records: The latest medical records of the infected person need to be included in case of a future infection, hospital admission, "long hauler" disease, MIS-C, or MIS-A.

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Family Safety Plan

Resilience

Family Plan Checklist

Family Member Scenarios	Making the family "resilient" to a larger
No Exposure No Test or Negative Test	Learn from others who are infected. Maintain medical records for family members.
Exposure to Infected Person and No Test	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.
Infected & Asymptomatic - No Symptoms Ever	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.
Infected & Pre-symptomatic - Before Symptoms	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.
Infected & Symptomatic - Have Symptoms	Maintain prevention, testing, contact tracing, isolation and quarantine knowledge.
Infected & Severely Symptomatic - Need Help	Maintain latest knowledge of local testing, contact tracing, isolation process AND best emergency care location.
Infected & Requiring Hospitalization	Maintain latest knowledge of local testing, contact tracing, isolation process AND ID best hospital care providers.
Infected & Require ICU Life Support Respirator & ECMO	Maintain latest knowledge of local testing, contact tracing, isolation process AND ID best hospital care providers.

During the "quiet before the storm" between community infection surges or after caring for someone, it is an ideal time to "harden the target" of the home and members. Family Learn from professional caregivers, public health experts, experiences of others in the community, and the family.

Awareness

- Family Impact Scenarios Review: Family Impact Scenarios can be updated. Performance improvement can be informed by member caregivers and guidelines. Underlying conditions can evolve.
- Resilience Knowledge Review - 4 P's: Make sure everyone is aware of the lessons learned about prevention, preparedness, protection, and performance improvement related to spread of infections and care of the family living unit members.

Accountability

- 5 R Accountability Task Assignments Review: Review all the task assignments for each of the 5 R Phases in order to optimize them from lessons learned internally and externally.
- 5 R Task Completion Logs Reviewed: Review of each of the 5 R Phases of the task completion logs provide insights to performance improvement.

Ability

- Resilience Skills: As the Coronavirus Crises evolves, so will the skills for recognizing and caring for family members.
- Resilience Resources: Staff, supplies, space, and financial resources must be available and budgeted for the future. Staff include family members and service providers. Hardening target of the living space to external threats and from internal threats to the family when members are in isolation are important.

Action

- Revised Family Safety Plan and Update All Checklists
 - Readiness: The team & space needs reviewed to be ready for response, rescue, and recovery.
 - Response: Testing, quarantine, isolation, and guidelines for essential workers are rapidly evolving.
 - Rescue: The clinical signs, symptoms, and means of caregivers providing proper emergency care are evolving as are the interventions. This is why updates to medical records are so important.
 - Recovery: The long-term impact of the disease impacts the length and means of recovery.
 - Review & Update Each Family Member Threat Profile: The inherent threats to individual family members change and their medical records will be very important to successfully care for them.

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Family Safety Plan

Resilience → **Family Plan Checklist**

During the "quiet before the storm" between community infection surges or after caring for someone, it is an ideal time to "harden the target" of the home and members. Family Learn from professional caregivers, public health experts, experiences of others in the community, and the family.

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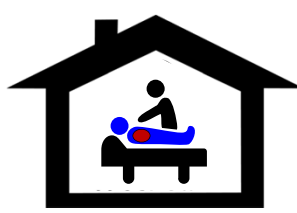

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Coronavirus Care Community of Practice

Bystander Rescue Care CareUniversity Series

Family Survive & Thrive Guide: Providing Care at Home

- Seniors
- Care Team
- Care Room Set Up
- Supplies

Checklists

Select a Care Room Checklist:

- Select a room separate from the rest of the house that ideally should be used for home care.
- Identify the bathroom that can be used to wash hands.
- If a fully dedicated care room is not available, use a room where supplies are stored, such as a linen closet, broom closet, or utility room.
- If another room or station set that up a separate care room.
- Make sure the care room is well-ventilated.
- If you have no separate ventilation, use a window that can be opened.
- If Heating and Air Conditioning is used, use separate ventilation.
- Make decisions regarding the care room. It is optimal for the patient.

Care Room Set Up Checklist:

- Set Up Cleaning
- Set Up Cleaning
- Equip Both Clean
- Post Signs to Room
- Consider Signs
- Prepare a Daily
- Remove Hard to
- Set Up Personal
- Set up a Contaminated
- Set up a Contaminated
- Set up a Non-contaminated
- Put Waste Cans, Materials in Care Room.
- Place Safe Contaminated
- Injection Meds Upright
- Keep Patient's Personal Hygiene
- Place Water Pitcher
- Keep dedicated Oximeters in Care Room
- Keep Reusable

Supplies Checklist:

- Eye Protection
- A Face Shield
- Reusable Gloves
- Rubber Gloves
- Disposable Hair Coverings
- N95 Mask or Medical
- Aprons - single-use reusable gowns.
- Plastic Aprons
- Alcohol-based Hand Sanitizer
- Plain Soap
- Clean Single-use Paper
- Safe Puncture Proof
- Detergent for Cleanroom
- Thermometer & Medical
- Mobile Phone

Home Care Team Checklists:

Laundry Processes:

- Disinfect Laundry Room after Every Wash
- Always Separate Contaminated Laundry from Non-contaminated Laundry
- Wash all regular and Non-contaminated laundry first
- Wash kitchen towels and bathroom hand towels daily.
- Wash all Contaminated Laundry last
- Disinfect Laundry Room while Contaminated Laundry are in the wash
- Move Formerly Contaminated Laundry from Washer to Dryer after Disinfecting Laundry Room


Cleaning the Home:

- Door knobs











Coronavirus Care Community of Practice

Bystander Rescue Care CareUniversity Series



Creating Your Family Safety Plan



Speakers & Reactors

 Jennifer Dingman	 Chief William Adcox	 Dr. Gregory Botz	 Heather Foster RN	 Randy Styner
 Keith Filtner	 Jamie Yrastorza	 Paul Bhatia EMT	 Dr. Charles Denham	 Danny Policchio


Providing Care at Home

MED TAC Global
Coronavirus Care Community of Practice

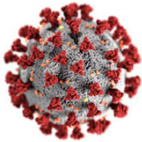
Bystander Rescue Care
CareUniversity Series

Creating Your 2021 Family Safety Plan: A Survive & Thrive Guide™



Jennifer Dingman

Founder, Persons United Limiting Substandard and Errors in Healthcare (PULSE), Colorado Division
 Co-founder, PULSE American Division
 TMIT Patient Advocate Team Member
 Pueblo, CO



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Survive & Thrive Guide


Additional Resources and Slides from Videos

CareUniversity Med Tac Bystander Rescue Care

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Coronavirus Care Community of Practice

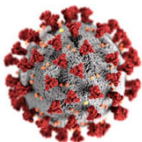
Bystander Rescue Care
CareUniversity Series

Creating Your 2021 Family Safety Plan: A Survive & Thrive Guide™



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High School Student
 Co-founder Med Tac Bystander Rescue Care Program
 Co-lead Lifeguard Surf Program
 Junior Med Tac Instructor



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Family Lifeguard

**Be Your Family
 Holiday Lifeguard**
 90% Prevention and 10% Rescue



**Avoid
 "Double Bubble Trouble"**

Living
Unit
Bubble

Living
Unit
Bubble

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Family Lifeguard

Be Your Family Lifeguard

90% Prevention and 10% Rescue



Holiday Huddle Checklist

The Goal - Prevent Bubble Trouble
Maintain the Four Pillars: Distance, Hand Hygiene, Disinfect Surfaces, and Mask Use

Before Event:

- Assign Tasks to Family Members
- Prepare Separate Family Bubble Portions
- Set Up Handwashing Stations
- Develop a Bathroom Plan
- Prepare Bathroom – Optimize Ventilation
- Maintain Kitchen Hygiene

During Event:

- Convene Holiday Huddle with Guests
- Opening Prayer
- Describe Safe Family Bubbles
- Review Four Safety Pillars
- Provide Restroom Plan
- Describe Eating Plan
- Summarize Clean Up Plan

After Event:


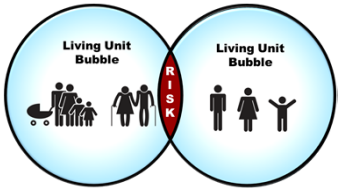
- Glove up to Clean Up
- Soak Plates and Cutlery in Soapy Water
- Wipe down surfaces touched by guests
- Wipe down bathroom used by guests
- Meet to de-brief to be safer next time

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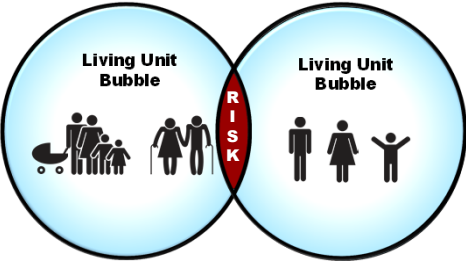
Family Lifeguard

“Double Bubble Trouble” Create Transmission Chains

CDC Close Contact

Exposure Risks

- 15 Minutes within 6 feet over 24 Hours
- Provided Care to COVID-19 Infected
- Physical Contact (hugs & kisses)
- Use Same Cooking Utensil's
- Droplet Contact



General Risks

- Indoor Events
- Poorly Ventilated Environments
- Common use bathroom facilities
- High Contact Surfaces not disinfected
- Common Food Access

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Family Lifeguard

Med Tac Care Huddle Checklist

- Cardiac Arrest
- Choking & Drowning
- Opioid Overdose
- Anaphylaxis
- Major Trauma
- Infection Care
- Transportation Accidents
- Bullying

CARE Huddle
Critical Actions in Response to Emergencies
Critical Actions Checklist

Who:

- Calls 911 with street address
- Meets First Responders
- Will Perform CPR
- Gets the Automatic External Defibrillator (AED)
- Gets the Epi Pen[®]
- Has First Aid Kit
- Brings the Stop The Bleed Kit
- Gets the Narcan[®]
- Finds a Caregiver
- Finds Parents of child harmed

CAREUNIVERSITY

CARE Huddle

C – Critical
A – Actions in
R – Response to
E – Emergencies

The CARE Huddle checklist is a preparedness tool. It helps you assign life saving actions to participants at events. It helps you execute critical actions to common emergencies. Make sure everyone with an assignment knows what to do and has a copy of the CARE Huddle.

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Family Lifeguard

Med Tac Care Huddle Checklist



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TMIT Global: Effectiveness of Masks

The Family Plan: Learning as a Family

Family Health Safety & Organization Security Plans




Who is the CFO?

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Safety Plan Templates for Everyone

Family Survive & Thrive Guide™



David Beshk


Award Winning Educator
Med Tac School
Program Leader
Scout Program Mentor
San Juan Capistrano, CA



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Safety Plan Templates for Everyone Family Survive & Thrive Guide™




John Tomlinson JD MBA
Scout Troop Committee Chair
Med Tac Adopt a Cove
Program Partner
Community Leader




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Survive & Thrive Guide: Protecting Your Family

Tomlinson Home Isolation Chamber



Airborne Threat and HVAC Systems



AEROSOLS are smaller will evaporate faster than they can settle, are buoyant, and thus can be affected by air currents, which can transport them over longer distances.

DROPLETS will undergo gravitational settling faster than they evaporate, contaminating high contact surfaces and leading to contact transmission.

Particle Size μm 100 10 1 0.1

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Keeping Your Family Safe on a Budget A Survive & Thrive Guide™




January 7, 2021 CareUniversity

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