

1,000 Household COVID Study

Survive and Thrive Guide™



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
May 5, 2022

CareUniversity Webinar 185

Survive & Thrive Guide





HEAD


HEART


HANDS


VOICE

THE UNIVERSITY OF TEXAS
MD Anderson
Cancer Center

Stanford
University

UCSF
University of California
San Francisco

UF UNIVERSITY of
FLORIDA

Family Rescue R&D



The 5 R's of Safety

MAYO CLINIC

HARVARD UNIVERSITY

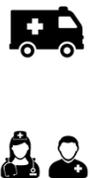
UCI

USC University of Southern California

Our 1,000 Household COVID Study: "3 Whats and the How"



- ❑ What did we learn?
- ❑ What is new?
- ❑ What do we need in our family plan?
- ❑ How do we protect our families now?



Turn the Science into Safety.

Our 1,000 Household COVID Study: "3 Whats and the How"





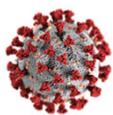

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Voice of the Patient



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





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Speakers & Reactors



Jennifer Dingman



Dr. Gregory Botz



Chief William Adcox



Dr. Christopher Peabody



Charlie Denham II



Heather Foster RN



Dr. Brittany Barbo-Owens



David Beskh



Dr. Charles Denham

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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.

CAREUNIVERSITY®

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

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Disclosure Statement

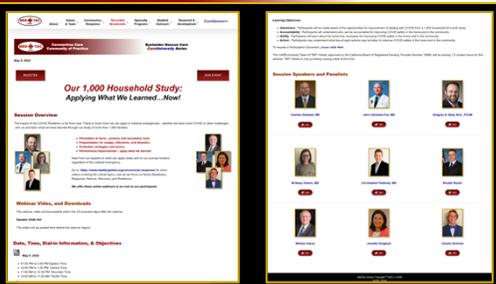
The following panelists certify that unless otherwise noted below, each presenter provided full disclosure information; does not intend to discuss an unapproved/investigative use of a commercial product/device; and has no significant financial relationship(s) to disclose. If unapproved uses of products 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

- Dr. Gregory H. Botz has nothing to disclose.
- Dr. Christopher Peabody has nothing to disclose.
- William Adcox has nothing to disclose.
- David Beshk has nothing to disclose.
- Dr. Barto-Owens has nothing to disclose.
- Charlie Denham III has nothing to disclose.
- Heather Foster RN has nothing to disclose.
- Jennifer Dingman has nothing to disclose.
- Dr Charles Denham has nothing to disclose.

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 Nanosonic, which produces a sterilization device. Trophic 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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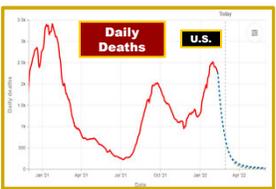


<https://www.medtacglobal.org/webinarmay2022/>

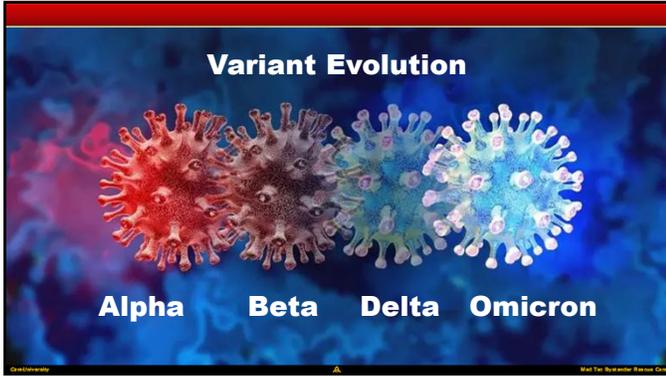
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Coronavirus Care Community of Practice

Q2 2022 Progress Report

Med Tac Bystander Rescue Care



Coronavirus Care Community of Practice

Q2 2022 Progress Report

Change the world

Household Safety

Daily Deaths U.S.

www.medtacglobal.org/coronavirus-response/

This complex block features a screenshot of a website on the left, with a red arrow pointing to a central graphic. The graphic is a circular diagram with 'Household Safety' in the center, surrounded by 'Change the world', 'Daily Deaths U.S.', and 'www.medtacglobal.org/coronavirus-response/'. A line graph on the right shows 'Daily Deaths U.S.' with a red line and a blue line. The background is black with red and yellow accents.



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 John Nance JD	 Dr. Gregory Bots	 Chief William Adcox	 Heather Foster	 Dr. Charles Denham	 Dr. Casey Clements	 Beth Ulfom	 Dr. McDowell	 Dennis Quaid	 Preston Head III
 Fred Haise	 Dr. Steve Swensen	 Tyler Sant	 Avarie Pettit	 Dr. Mary Foley	 Bob Chapman	 Patty Bechte II	 Betsy Martins	 Betsy Denham	 Charlie Denham II
 Dr. C Pusboby	 Dr. Chris Fox	 Randy Signer	 Tom Renner	 David Beahm	 Ann Kibodes	 Nancy Conrad	 Dr. Chops	 John Little	 Ooble Medine



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 Matt Horace	 John Tomlinson	 Dan Ford	 Ariene Salamandra	 Jennifer Dingman	 Bill George	 Perry George	 Hilary Schmidt PhD	 Paul Bhatia EMT	 Dr. McDowell
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Contributions Through Segments of our Discovery Channel Documentaries

 Prof Christensen	 Jim Collins	 C Sollenberger	 Charlette Guglielmi	 Dr. Don Berwick	 Dr. Howard Koh	 Dr. Jim Baglin	 Dr. Harvey Fineberg
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**Chasing
Zero**



**Surfing
the
Healthcare Tsunami**



**2:53
3 Minutes & Counting
Bystanders Care!**

Coronavirus Care Results

- Established National Community of Practice
- Launched Multi-center 1,000 Family Household R&D Study
- 48 Ninety Minute Broadcasts and Online Programs
- 24 *Survive & Thrive Family Training* Programs
- Produced a National Campus Safety Summit
- Published Multiple Articles Providing Guidance
- Established Student Led College & Alumni Programs
- Delivered Free Continuing Education for Caregivers
- Short Videos for Mobile Viewing
- Rapid Response to Family Gatherings
- National Vaccine Hesitancy Student Outreach
- Smart Phone Mobile Applications



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Youth & Young Adult Team

 D Contreras EMT Harvard	 Ivy Tran EMT Harvard	 Nick Scheel UCSB	 Sophia McDowell California Inst. of Arts	 Audrey Lam EMT USC	 Jacqueline Botz Chapman	 Luis Licon UCI Alum	 Melanie Rubalcava UCSB
 Charlie Denham III High School Lead	 Charlie Beall Stanford Alum	 Marcus McDowell U of Cincinnati	 Jaime Yrastorza UCSB Pre-med	 Paul Bhatia EMT UCI Pre-med	 D Pelicchio NYU Film	 Manus Lopez Berkeley Alum	 Preston Head III UCLA Alum

Family Rescue R&D

The 5 R's of Safety

- Rescue
- Recover
- Report
- Respond
- Reconnect

Participating Universities: Princeton University, Harvard University, Stanford University, NYU, Tufts University, Yale, UCI, UCLA, UC San Diego, Berkeley, UCSB, USC University of Southern California.

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

Short Video Topics

- Masks: Filter, Fit, and Finish

SHORT TOPIC:

- Short Videos 4-10 min
- Critical Information
- Hits Pillars of Prevention

SURVIVE & THRIVE 90 MINUTE COURSES:

- Longer more detailed
- Webinar Recordings
- Technical Information

Essential Critical Workforce Infrastructure

Educators Declared Essential Critical Infrastructure Workers

Essential Critical Infrastructure Workers

- Chemical
- Manufacturing
- Defense Industrial Base
- Energy
- Food & Agriculture
- Government Facilities
- Healthcare & Public Health
- Information Technology
- Nuclear Reactors, Materials & Waste
- Transportation Systems
- Water

Survive & Thrive Guide:

Save the Families... You Save the Worker

Diagram illustrating the cycle between School, Home, and Work, showing how protecting workers helps protect families.

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".

Rescue: Regular deliberate practice of roles and skills to take a loved one to the Emergency Department if they have severe symptoms. This means having records and medications ready go with the patient.

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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Survive & Thrive Guide: Protecting Your Family

Family Health Safety & Organization Security Plans

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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1,000 Worker Study

We used a 10 level Likert Scale and Free Text Entry format to capture the data on a continuously through the study.

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.

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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1,000 Worker Study

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.

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

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

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

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1,000 Worker Study

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

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1,000 Worker Study

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.

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1,000 Worker Study

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.

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

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1,000 Worker Study

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

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1,000 Worker Study

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

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

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

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

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Survive & Thrive Guide: Family Safety Plans

Campus Safety News School University Hospital Technology

Coronavirus Family Safety Plans: Protect Your Loved Ones and Help Save America

If you break the family-unit, COVID-19 transmission chains, you can save the lives of teachers, healthcare workers and police officers. You might even help save our nation.

Dr. Charles Denham II, Dr. Gregory Botz, Charles Denham III, Chief William Adcox

The Problem: Family Transmission Chains

The Solution: Coronavirus Family Safety Plans

Plans Must Be Flexible:

- Family Impact Scenarios
- 4A Checklist Framework
- 5R Score Scorecards™

The 5 R Framework:

- Readiness
- Response
- Rescue
- Recovery
- Resilience

The 3 Whys:

- Why a Family Safety Plan?
- Why Now?
- Why This?

Our Message:

- Educators
- Students
- Law Enforcement Leaders

Family Impact Scenarios

No Exposure
No Test or Negative Test
Exposure to Infected Person and No Test
Infected & Asymptomatic - No Symptoms Ever
Infected & Pre-symptomatic - Before Symptoms
Infected & Symptomatic - Have Symptoms
Infected & Severely Symptomatic - Need Help
Infected & Requiring Hospitalization
Infected & Require ICU Life Support Respiator & ECMO

Continuum MIT TIC Semester Review Card

Family Safety Plan

Response → Rescue → Recovery → Resilience

Family Member Scenarios	Readiness	Response	Rescue	Recovery	Resilience
No Exposure No Test or Negative Test	Be ready for waves or new epidemics. Social distance, hygiene, cleaning, and masks. Protect high risk family members.	Recognize people with no exposure - no test as at risk for infections.	Care of loved on with severe symptoms. Know the triggers for emergency care. Have med records ready for family	Assistance safely to the "new normal". Be very careful until vaccine, antibody or an immunity shield is can protect public.	Living and Thriving "Resilient" as a target. Learn from others who are infected. Maintain medical records for family members.
Exposure to Infected Person and No Test	Know what "response" is, what is expected, and if notified by a contact tracer.	Know when to get tested, maintain quarantine perfect, 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 self and others.	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 of infection.	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 latest knowledge of local testing, contact tracing, isolation process AND best emergency care location.
Infected & Severely Symptomatic - Need Help	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 worsening signs/symptoms	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 best hospital care providers.
Infected & Requiring Hospitalization	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 family members. Quarantine 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 best hospital care providers.
Infected & Require ICU Life Support Respiator & ECMO					

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

Continuum MIT TIC Semester Review Card

SWISS Cheese Model

DEFENSES **BARRIERS** **SAFEGUARDS**

DANGERS/RISKS

Professor James Reason

Source: <https://www.youtube.com/watch?v=KND5sv-z8Y>

Continuum MIT TIC Semester Review Card

COVID Defense Strategies are Layers

Distancing

Masks

Disinfecting

Ventilation

Testing

1,000 Household Study

Our Stressed Emergency Safety Net:

Our Stressed Emergency Safety Net

- What did we learn?
- What is new?
- What do we need in our family plan?
- How do we protect our families now?

What is the State of Our Safety Net?

What is the State of Our Safety Net?

What is the State of Our Safety Net?

1,000 Family Household Study:

- ❑ What did we learn?
 - ✓ Our public safety net is stretched with many gaps.
- ❑ What is new?
 - ✓ Bystander Rescue Care could not be more important.
- ❑ What do we need in our family plan?
 - ✓ The family needs to be ready for new threats and risk.
- ❑ How do we protect our families now?
 - ✓ Prepare for delays in law enforcement, EMS, Fire, and Emergency Care response. Delay = Harm

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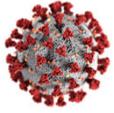
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Our 1,000 Family Study: Our Public Safety Net



William Adcox MBA
Chief Security Officer
and Vice President
MD Anderson Cancer Center
Chief of Police,
University of Texas at Houston
Med Tac Lead Threat
Safety Scientist



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1,000 Household Study

Coming Home Safely:

Survive & Thrive Guide Series: Coming Home Safely






- ❑ What did we learn?
- ❑ What is new?
- ❑ What do we need in our family plan?
- ❑ How do we protect our families now?




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Coming Home Safely Family Survive & Thrive Guide™



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Survive & Thrive Guide: Protecting Your Family

Hot-Warm-Safe Zone Practices

Hot Zone Public & Work Exposure	Warm Zone Disinfection Area	Safe Zone Home with Family
Maintain Best Protection <ul style="list-style-type: none"> Social Distance Masks Hand Hygiene Clean HI-Contact Surfaces 	Disinfection & Storage <ul style="list-style-type: none"> Considered Contaminated Remove PPE Disinfect each Person Store PPE Separate Laundry Clean Surfaces 	Maintain Zone Virus Free <ul style="list-style-type: none"> Disinfection Stations at doors at Warm Zones Clean Contact Surfaces Maintain Ventilation Manage Isolation, Quarantine, and Senior Care

Survive & Thrive Guide: Protecting Your Family

1,000 Family Household Study:

- What did we learn?
 - Aerosol spread is the critical issue.
- What is new?
 - Vaccination, ventilation, and masking have great impact. Home testing is not being reported – not an early warning.
- What do we need in our family plan?
 - Protect your vulnerable members from aerosol spread.
- How do we protect our families now?
 - Continuously monitor your community risk – wastewater, hospitalizations, and deaths. Testing data is now weak.

1,000 Household Study

Keeping Our Kids Safe:

- What did we learn?
- What is new?
- What do we need in our family plan?
- How do we protect our families now?

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Keeping Our Kids Safe

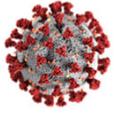
Family Survive & Thrive Guide

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Keeping Our Kids Safe



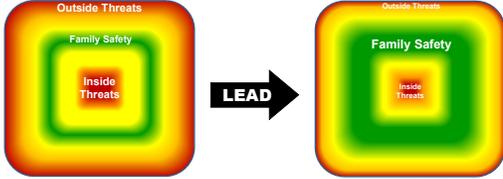
Dr. Brittany Barto-Owens
 Community Pediatrician
 Med Tac Advisor
 Coronavirus Care
 Community of Practice



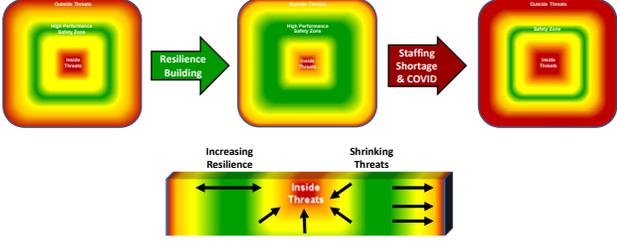
Survive & Thrive Guide: Protecting Your Family

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.



Inside & Outside Threats and Resilience Building



Keeping Our Kids Safe: Steps 1-4

STEP 1: Identify Each Family Member's Threat Profile

Keeping Our Kids Safe: 1,000 Family Household Study:

- What did we learn?
 - Every family has a unique risk profile.
- What is new?
 - There is a huge pay off to protect vulnerable members.
- What do we need in our family plan?
 - Protect your vulnerable members.
- How do we protect our families now?
 - Continuously monitor the risk – community immunity versus infections. Know what to do if infected.

Reduce Family Vulnerabilities, and therefore the family risk changes continuously. Every airplane flight plan is modified along the route – so will your family safety plan.

1,000 Household Study

Providing Care at Home:









- What did we learn?
- What is new?
- What do we need in our family plan?
- How do we protect our families now?

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Providing Care at Home Family Survive & Thrive Guide™




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

Checklists

Select a Care Room Checklist:

- Select a room that ideally should be used to provide care
- Identify the bathroom that can be used to provide care
- If a fully dedicated room is not available, designate a room where supplies are stored and the family and other patients can be kept separate
- If another room or station set that up
- Make sure the Care Room is set up in a room that is optimal for the patient.

Care Room Set Up Checklist:

- Set Up Cleaning Station
- Set Up Cleaning Station
- Equip Both Care Rooms
- Post Signs to Room
- Consider Signs
- Prepare a Daily Cleaning Schedule
- Remove Hard to Clean Items
- Set Up Personal Protective Equipment
- Set up a Contaminated Laundry Room
- Set up a Non-contaminated Laundry Room
- Put Waste Containers in Care Room
- Place Safe Containers for Injection Medication
- Place Water Pitches
- Keep Patient's Personal Hygiene Supplies
- Keep dedicated Oximeters in Care Room
- Keep Reusable Supplies

Supplies Checklist:

- Eye Protection
- A Face Shield
- Rubber Gloves
- Disposable Hair Cover
- N95 Mask or Medical Aprons - single-use reusable gowns.
- Plastic Aprons
- Alcohol-based Hand Sanitizer
- Plain Soap
- Clean Single-use Paper Towels
- Safe Puncture Proof Containers
- Detergent for Cleaning
- Thermometer & Medical Supplies
- 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:

- Floor knobs

Checklists

Select a Care Room Checklist:

1,000 Family Household Study:

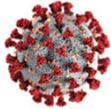
- What did we learn?
 - We don't need to obsess on contact surfaces.
- What is new?
 - Aerosol spread and isolation works.
- What do we need in our family plan?
 - Emphasize ventilation and masking.
- How do we protect our families now?
 - Be ready for isolation and quarantine – the CDC guidelines are updated and testing can impact them.

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Our 1,000 Family Study: Our Public Safety Net



Heather Foster RN
 Frontline Nurse
 Infection Preventionist
 Pete Conrad Global
 Patient Safety Award Winner 2018



1,000 Household Study

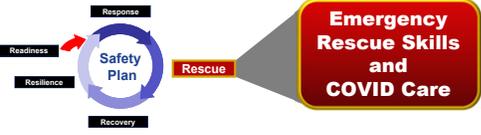
Emergency Rescue Skills:




- What did we learn?
- What is new?
- What do we need in our family plan?
- How do we protect our families now?

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Emergency Rescue Skills A Survive & Thrive Guide™



TMIT Global Research Test Bed High Performer Webinar SafetyLeaders.org

The 5 Rights of Emergency Care Review



Christopher R. Peabody, MD, MPH
 Emergency Physician
 Director, UCSF Acute Care Innovation Center,
 University of California San Francisco
 Clinical Instructor, University of California San
 Francisco
 San Francisco, CA

The 5 Rights of Emergency Care

www.medtronicglobal.org/coronavirus-response/

Christopher R. Peabody, MD, MPH
Emergency Physician
Director, UCSF
Acute Care Innovation Center

Dr. Peabody walks us through the 5 Rights of Emergency Care with the COVID-19 perspective:

- Family members may not be able to be present and may need to wait outside.
- Communication is vitally important.
- Be prepared for a completely new experience with caregivers wearing full Personal Protective Equipment.

The 5 Rights of Emergency Care

www.medtronicglobal.org/

The 5 Rights of Emergency Care

- Right Provider
- Right Follow Up
- Right Discharge
- Right Diagnosis
- Right Treatment

Emergency Rescue Skills

Casey Clements, MD PhD
Assistant Professor
Practice Chair, Dept of
Emergency Medicine
Staff Safety Officer
Mayo Clinic
Rochester, MN

John Christian Fox, MD
Professor and Chair
Emergency Medicine
Department
Director of Ultrasound
University of California
at Irvine

Heather Foster RN BSN
Frontline Nurse
Infection Prevention Advisor
Patient Safety Advocate
Dolores Colorado

Family Lifeguard

Emergency Rescue Skills: Getting to the ED

Emergency Rescue Skills

Response → TRANSPORT

Readiness → Safety Plan → Resilience → Recovery

1,000 Family Household Study:

- What did we learn?
 - Our safety net is stretched – preparation works.
- What is new?
 - During surges Emergency Care is delayed.
- What do we need in our family plan?
 - Follow our program for COVID or any emergency.
- How do we protect our families now?
 - Readiness will help during any emergency. The 5 Rights of Emergency Care can have enormous impact.

ED

Foster RN BSN
Nurse
Prevention Advisor
Policy Advocate
Colorado



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1,000 Household Study

What to do – They're in the ICU:

What To Do – They're in the ICU






- What did we learn?
- What is new?
- What do we need in our family plan?
- How do we protect our families now?

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Coronavirus Care
Community of Practice

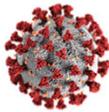
Bystander Rescue Care
CareUniversity Series

What to do – They're in the ICU:



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



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1,000 Household Study

Short Video Topics

- Masks: Filter, Fit, and Finish
- Hand Washing & DISINFECTANTS
- CLEAN High Contact Surfaces
- Building a FAMILY SAFETY PLAN
- If we NEED Emergency Care
- Why ICU, Respirators, and ECMO
- Family Lifeguard Program
- Vaccination Conversation

ICU Care, Respirators, and ECMO



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1,000 Household Study

Short Video Topics

- Masks: Filter
- Hand Washing
- CLEAN High C
- Building a FAM
- If we NEED E
- Why ICU, Resp
- Family Life
- Vaccination

1,000 Family Household Study:

- What did we learn?
 - ✓ Our critical care processes dramatically improved.
- What is new?
 - ✓ Proning patients and medications have great impact.
- What do we need in our family plan?
 - ✓ Be ready for new surges and what to do if loved ones get very ill – it still happens.
- How do we protect our families now?
 - ✓ Understand what will happen when in the ICU.

1,000 Household Study

Vaccines, Variants, and Victory:

Vaccines, Variants, and Victory

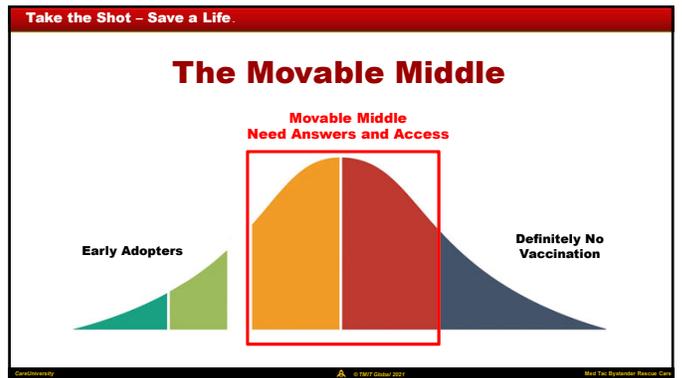
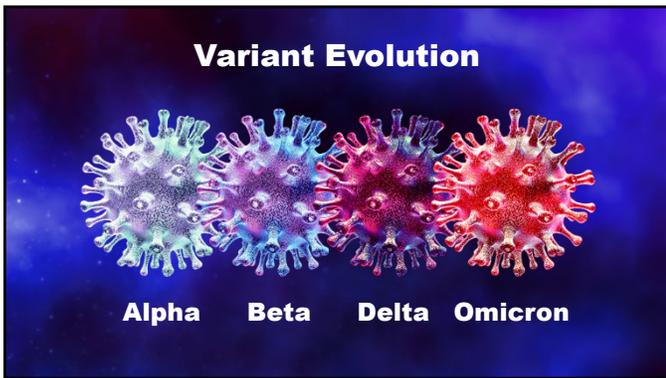
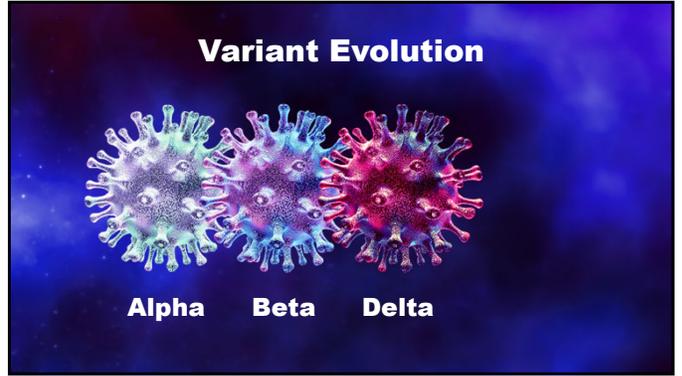
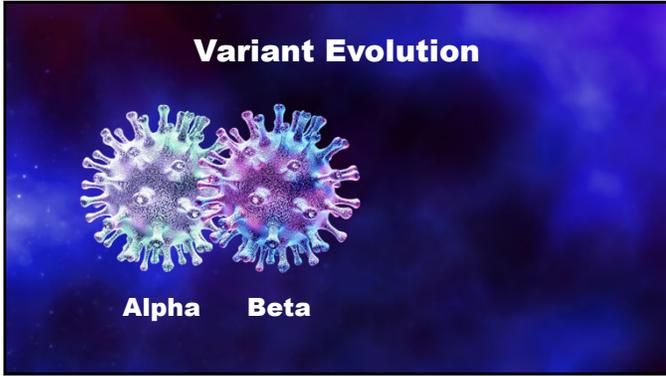
- What did we learn?
- What is new?
- What do we need in our family plan?
- How do we protect our families now?

RISK of High Contact Surfaces

Alpha Beta Delta Omicron

Variant Evolution

Alpha



In the News: Tackling Vaccine Hesitancy

TEAM PLAYER <https://vimeo.com/679763639/0cfc1c62b6>

Variant Evolution

1,000 Family Household Study:

- ❑ What did we learn?
 - ✓ Vaccinations are very safe and the first line of defense.
- ❑ What is new?
 - ✓ Vaccination protection wanes. Those infected need it too.
- ❑ What do we need in our family plan?
 - ✓ Schedule vaccinations and boosters per CDC.
- ❑ How do we protect our families now?
 - ✓ Many forget to get boosters. Make sure everyone is boosted and "up to date".

1,000 Household Study

Long Haulers & Severe COVID Recovery:

Long Haulers & Severe COVID Recovery

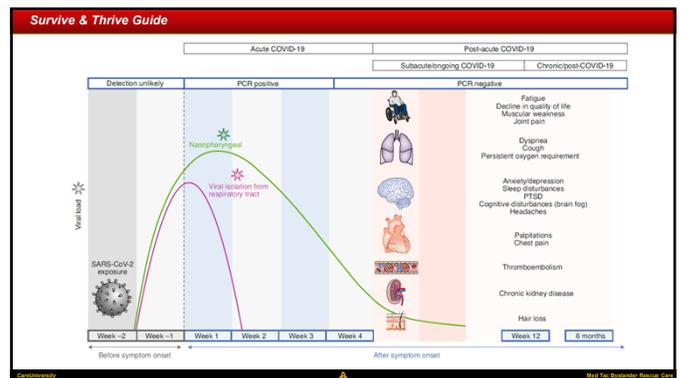
PACS
Post-acute COVID-19 Syndrome

MIS-C
Multisystem Inflammatory Syndrome in Children

MIS-A
Multisystem Inflammatory Syndrome in Adults

Recovery

- ❑ What did we learn?
- ❑ What is new?
- ❑ What do we need in our family plan?
- ❑ How do we protect our families now?



Survive & Thrive Guide

Acute COVID-19 | Post-acute COVID-19
Subacute/relapsing COVID-19 | Chronic/post-COVID-19

1,000 Family Household Study:

- What did we learn?
 - Long COVID is real and a "timebomb".
- What is new?
 - Even those with mild infections can get it. Some people are really debilitated – and we don't know who.
- What do we need in our family plan?
 - Be vigilant and make family aware of Long COVID impact. Insurance and disability insurance may not cover it.
- How do we protect our families now?
 - Fight COVID prevention fatigue. Make sure the family uses masks, avoids closed spaces, and keeps safe.

Week -23 | Before symptom onset | After symptom onset

1,000 Household Study

10 Best Practices for Reopening:






- What did we learn?
- What is new?
- What do we need in our family plan?
- How do we protect our families now?

1,000 Household Study

The New Normal & The 4 P's:

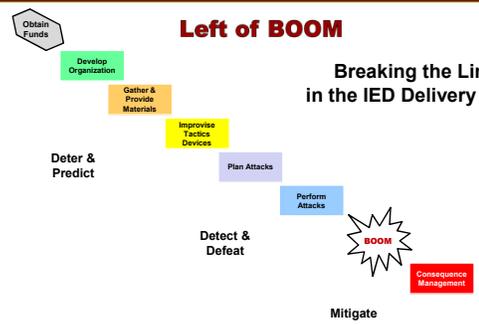


- What did we learn?
- What is new?
- What do we need in our family plan?
- How do we protect our families now?

Family Lifeguard

Left of BOOM

Breaking the Links in the IED Delivery Chain



Source: Dering M, Parry C, Moore J. Learning in the Thick of It. Harvard Business Review 2005. Jul-Aug. Available at <https://hbr.org/2005/07/learning-in-the-thick-of-it>.

The 4 P's to Address Emerging Threats

The 4 P's: Prevention, Preparedness, Protection, and Performance Improvement

Prevention Performance Improvement

Preparedness Protection

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1,000 Household Study

Essential Worker Toolbox:

- What did we learn?
- What is new?
- What do we need in our family plan?
- How do we protect our families now?

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1,000 Household Study

Special Care for Special Populations:

- What did we learn?
- What is new?
- What do we need in our family plan?
- How do we protect our families now?

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1,000 Family Household Study:

Keeping the Unit Family Safe

- What did we learn?
 - ✓ Certain people are very vulnerable to COVID – for instance cancer and transplant patients.
- What is new?
 - ✓ Prevention behaviors really work.
- What do we need in our family plan?
 - ✓ Customize your approach to most at risk.
- How do we protect our families now?
 - ✓ Fight COVID Prevention fatigue – the variants are still present, and the communities have let their guard down.

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1,000 Household Study

Safer Holidays & Safer Families:

Safer Holidays & Safer Families

- What did we learn?
- What is new?
- What do we need in our family plan?
- How do we protect our families now?

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

Safer Holidays Safer Families

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Family Lifeguard Update for 2022



David Beshk
Award Winning Educator
Med Tac Master Instructor
Eagle Scout Advisor
Merit Badge Counselor



Charles R. Denham III
High School Student
Co-founder Med Tac Bystander
Rescue Care Program
Co-lead Lifeguard Surf Program
Junior Med Tac Instructor
Certified Lifeguard




Family Lifeguard

Be Your Family Lifeguard

90% Prevention and 10% Rescue



Family Huddle Checklist

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

Before Events:

- Consider Rapid Antigen Testing
- Identify how to Optimize Ventilation
- Determine how to protect At-Risk Members
- 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 Events:

- 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 Events:

- 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

Survive & Thrive Guide: Protecting Your Family



Safe Practices



Social Distancing



Use of Masks



Hand Washing



Disinfecting Surfaces

SOURCE: Centers for Disease Control

Family Lifeguard

Holidays, Spring Break, Ski Week, and Vacations



Family Huddle Checklist

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- 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



Family Lifeguard

Holidays, Spring Break, Ski Week, and Vacations

1,000 Family Household Study:

- What did we learn?**
 - ✓ Aerosol spread is much greater than contact surfaces.
- What is new?**
 - ✓ There is a huge payoff to pay attention to vaccination status of guests, using rapid antigen testing before events, and avoiding indoor and poor ventilation.
- What do we need in our family plan?**
 - ✓ Build in prevention of aerosol spread. Take precautions with travel.
- How do we protect our families now?**
 - ✓ Avoid carpooling and exposure to unvaccinated people in indoor spaces. Monitor community immunity and spread. Use rapid testing and keep vaccinations up to date.

1,000 Household Study

Bystander Rescue Care:







- ❑ What did we learn?
- ❑ What is new?
- ❑ What do we need in our family plan?
- ❑ How do we protect our families now?

Continuum 1,000 Global 2021 Med-Tec Bystander Rescue Care

The Solution: Bystander Rescue Care

Cardiac Arrest 	Choking & Drowning 	Opioid OD & Poisoning 	Anaphylaxis 
Major Trauma 	Infection Care 	Transportation 	Bullying 

Continuum 1,000 Global 2021 Med-Tec Bystander Rescue Care

The Solution: Bystander Rescue Care

1,000 Family Household Study:

- ❑ What did we learn?
 - ✓ Bystander or Good Samaritan Care can be safe.
- ❑ What is new?
 - ✓ Emergency response services are more stretched than ever, and bystander care is more important than ever.
- ❑ What do we need in our family plan?
 - ✓ Build deliberative practice of bystander rescue care into the family plan – make sure the family is ready for emergencies.
- ❑ How do we protect our families now?
 - ✓ Get CPR/AED trained and know what to do for common emergencies that could hit your family.

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1,000 Household Study

Testing to Navigate Care:

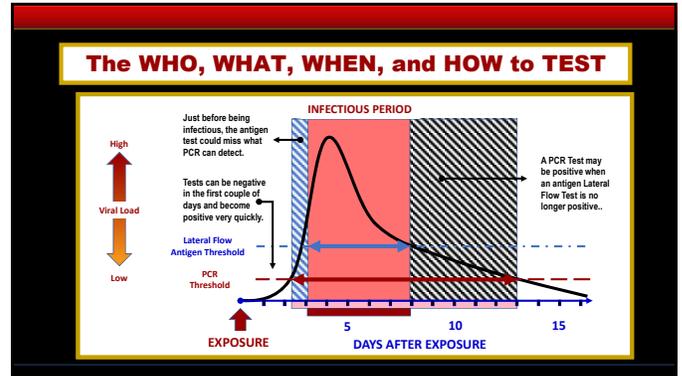
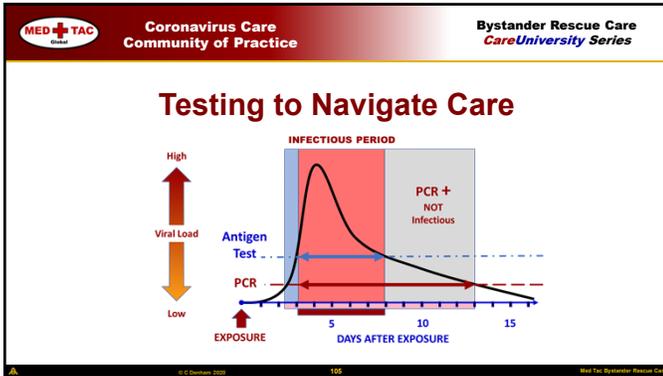






- ❑ What did we learn?
- ❑ What is new?
- ❑ What do we need in our family plan?
- ❑ How do we protect our families now?

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Most Important Tests: PCR & Rapid Antigen

RT-PCR

Rapid Antigen

Most Important Tests: PCR & Rapid Antigen

1,000 Family Household Study:

- What did we learn?
 - ✓ Consumers have great confusion regarding testing.
- What is new?
 - ✓ Home antigen tests tell us whether we are contagious. PCR tests can be positive after one is contagious.
- What do we need in our family plan?
 - ✓ Make sure everyone understands the basics of testing.
- How do we protect our families now?
 - ✓ Have home rapid antigen test kits ready for the next surge. Use them for family gatherings or after trips or exposure.

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

Speakers & Reactors



Jennifer Dingman



Dr. Gregory Botz



Chief William Adcox



Dr. Christopher Peabody



Charlie Denham III



Heather Foster RN



Dr. Brittany Barbo-Owens



David Beshk



Dr. Charles Denham

Fight the Good Fight...

Finish the Race...

Keep the Faith...

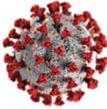
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Voice of the Patient



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



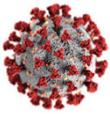
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A Message to Families Regarding Emergency Care



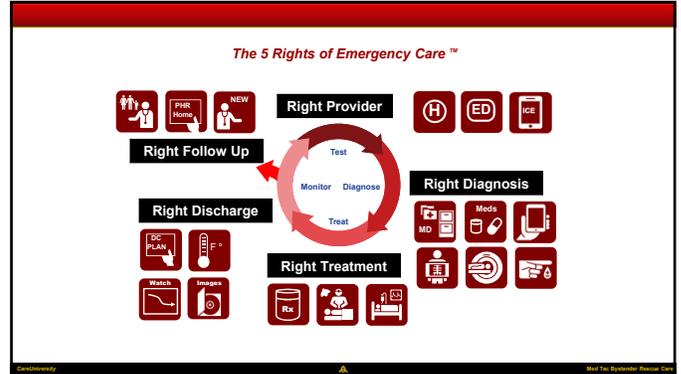
Christopher Peabody MD MPH

Associate Professor
Emergency Medicine
UCSF School of Medicine
Director of the UCSF
Acute Care Innovation Center



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<https://www.medtacglobal.org/>



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The Next Normal: Our Family Safety Plan

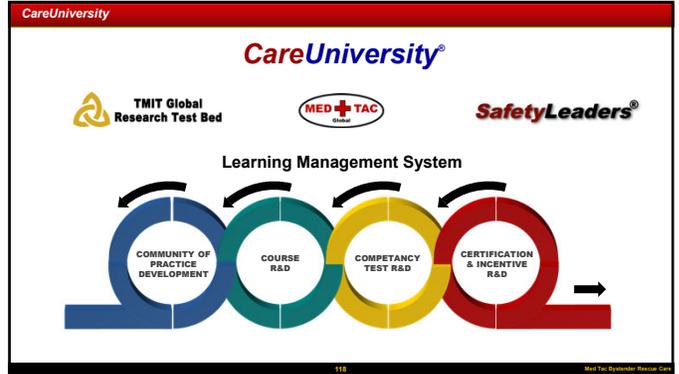
Gregory H. Botz, MD, FCCM
Professor of Anesthesiology and Critical Care
UT MD Anderson Cancer Center, Houston, TX
Adjunct Clinical Professor, Department of Anesthesiology
Stanford University School of Medicine, Stanford, CA

The Next Normal: Survive and Thrive

- What should be our Family Plan?
- What should be our new state of **READINESS**?
- What should be our **RESPONSE** to COVID?
- How should we **RESCUE** loved ones with COVID?
- How do we help loved ones **RECOVER** from COVID?
- What is family **RESILIENCE** – how can we practice it?
- What about **GOOD SAMARITAN CARE** – is it safe?

Turn the Science into Safety.

Additional Resources



CareUniversity

Certificates for Med Tac Program

Heartsaver® First Aid CPR AED

Supporting Quality: Highest Standards, Better Outcomes

 100+ years

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High Impact Care Hazards to Patients, Students, and Employees

<https://www.medtacglobal.org/>

Bystander Care Training is a critical need in all communities. The preventable deaths we see in the news are the tip of the iceberg. Our program is a Good Samaritan support system to help everyone learn life-saving actions that will save lives.

High Impact Care Hazards are conditions that are frequent, severe, preventable, and measurable. We have identified the leading causes of death that strike children, youth, and those in their workforce years. We provide evidence-based bystander care training that can have the greatest impact.

Bystander Rescue Skills are the competencies that bystanders can learn that will save lives in the few precious minutes before the professional first responders arrive. Such behaviors can be learned by children, adults, and entire families. We have programs for children, adults, law enforcement, educators, lifeguards, and caregivers.

Med Tac is the only integrated program addressing the top causes of death of otherwise healthy children, youth, and adults in the workforce. Med Tac partners with terrific on-site trainers from great organizations who are already in the community.

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

120 Med Tac Bystander Rescue Care

High Impact Care Hazards to Patients, Students, and Employees



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

Active Shooter Healthcare Article



Rapid Response Teams Article



AED & Bleeding Control Gear Article



Family Safety Plan Article



Support today's webinar

A Medical-Tactical Approach undertaken by clinical and non-clinical people can have enormous impact on loss of life and harm from very common hazards:

- **High Impact Care Hazards** are frequent, severe, preventable, and measurable.
- **Lifeline Behaviors** undertaken by anyone can save lives.

Mod Tac Story Article



Take the Shot... Save a Life



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High Impact Care Hazards to Patients, Students, and Employees



<https://www.medtacglobal.org/>

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The Solution: Bystander Rescue Care

Cardiac Arrest



Choking & Drowning



Opioid OD & Poisoning



Anaphylaxis



Major Trauma



Infection Care



Transportation



Bullying



123 Med Tac Bystander Rescue Care

The Solution: Bystander Rescue Care

Cardiac Arrest



Student Cardiac Arrest: There is an epidemic of SCA with one quarter of the SCA events in children and youth occurring at sporting events. CPR and AED use have a dramatic impact on survival.

Possible Lives Saved in the US: 2 every hour and 2 jobs per day at sporting events. 20% of SCA events in children occur at such events.

Choking & Drowning



Choking: More than 100,000 lives have been saved with the Heimlich Maneuver. Most choking deaths are preventable.

Possible Lives Saved in the US: 12 per day

Drowning: By population, drowning and near-drowning events are very common. One in four of the CC prescriptions is near water. No numbers are likely much greater.

Possible Lives Saved in the US: 3 per day

Opioid OD & Poisoning



Opium Overdose and Poisoning: An exploding opioid OD crisis requiring our nation's urgent attention. Narcan (opioid reversal agent), rescue breathing and positioning, and rapid EMS response save lives. Awareness offers prevention.

Possible Lives Saved in the US: There are 187 OD deaths per day. Up to 8 lives may be saved per hour.

Anaphylaxis



Anaphylaxis is a Life-Threatening Challenge: Many events are unexpected. Ninety 2% occur in children without prior diagnosis of allergy. More than one in twenty adults will have an anaphylactic event in lifetime. Epinephrine auto-injectors save lives within minutes.

Possible Lives Saved in the US: 1 per day

Major Trauma



Major Trauma & Drowning: Bystander care especially for major bleeding using the Tourniquet technique of wound pressure, bandage, and tourniquets can have an immense impact on survival.

Possible Lives Saved in the US: 3 per hour

Infection Care



Infection Care: Epidemics, pandemics, and seasonal infections are a leading cause of death. Prevention, prophylaxis, protection, and performance improvement strategies and tactics are critical to save lives and thrive in Med Tac clinics. They are a feature of all Med Tac Bystander Rescue Care.

Possible Lives Saved:

Transportation



Unsafe Driving Behavior Associated: The incidence of non-traffic related driverless accidents rose rapidly and more than 30 per week. More than 80% of all drivers are a parent or friend.

Possible Lives Saved in the US: Including adults, there are 1000 deaths per year, many are preventable.

Bullying



Bullying & Bullying Violence: Bullying and abuse of power is critical and at work on both social and workplace violence, violent offenders, and active shooter events.

Possible Lives Saved in the US: Offered to students, however the consensus is that they are likely to be very significant.

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Full Rescue Station



Rescue Station Stand:

- Treated Wood
- Stainless Steel and Bronze Cleats
- Aluminum Signage
- Quick Release Bungee Cords for easy access

Rescue Gear:

- Dedicated 911 phone
- Soft Rescue Tubes
- Rescue Surfboard
- Spine board

Care Case of Rescue Gear



Care Case:

- AED
- Stop the Bleed Kits
- CPR Rescue Masks
- COVID Safety Gear

Approved by Advisors:

- OC Lifeguards
- Laguna Beach Lifeguards
- Emergency Medicine MDs
- Critical Care MDs
- Infection Control Experts



Med Tac Bystander Rescue Care

Cardiac Arrest

Sudden Cardiac Arrest: There is an epidemic of SCA with one quarter of the SCA events in children and youth occurring at sporting events. CPR and AED use have a dramatic impact on survival.

Possible Lives Saved in the US: 2 every hour and 3 children per day at a sporting event – 25% of SCA deaths in children occur at such events.

COVID-19 and Adult CPR

If an adult's heart stops and you're worried that they may have COVID-19, you can still help by performing Hands-Only CPR.

Step 1	Step 2	Step 3	Step 4
 Phone 9-1-1 and get an AED.	 Cover the person's mouth and nose with a face mask or cloth.	 Cover the person's mouth and nose with a face mask or cloth.	 Perform Hands-Only CPR. Push hard and fast on the center of the chest at a rate of 100 to 120 compressions per minute.

AMERICAN HEART ASSOCIATION © 2020

Med Tac Bystander Rescue Care

Cardiac Arrest

Sudden Cardiac Arrest: There is an epidemic of SCA with one quarter of the SCA events in children and youth occurring at sporting events. CPR and AED use have a dramatic impact on survival.

Possible Lives Saved in the US: 2 every hour and 3 children per day at a sporting event – 25% of SCA deaths in children occur at such events.

Med Tac Bystander Rescue Care

Choking & Drowning

Choking: More than 100,000 lives have been saved with the Heimlich Maneuver. Most choking deaths are preventable.

Possible Lives Saved in the US: 13 per day

Drowning: By population, drowning and near drowning events are very common. Since much of the OC population is near water, the numbers are likely much greater.

Possible Lives Saved in the US: 8 per day

Med Tac Bystander Rescue Care

Opioid OD & Poisoning



Opioid Overdose and Poisoning: An exploding opioid OD crisis is gripping our nation with a great toll on families. Narcan opioid reversal agents, rescue breathing and positioning, and rapid EMS response saves lives. Awareness drives prevention.

Possible Lives Saved in the US: There are 197 OD deaths per day. Up to 8 lives may be saved per hour.

SAVE A LIFE. GET NALOXONE.

Naloxone stops an overdose caused by opioid pain medication, medications or heroin. To get naloxone, present this card to the pharmacy staff.

A	B	C	D
MULTI-STEP NASAL SPRAY	SINGLE-STEP NASAL SPRAY	INTRAMUSCULAR INJECTION	AUTO-INJECTOR
DIRECTIONS: Spray 1 ml (half of the syringe) into nostril(s).	DIRECTIONS: Spray 1 ml dose into one nostril.	DIRECTIONS: Inject 1 mL in buttock or thigh.	DIRECTIONS: Use as directed by your prescriber. Press black side firmly on outer thigh.
NO BRAND NAME/GENERIC COST: \$35	BRAND NAME: Narcan COST: \$55	NO BRAND NAME/GENERIC COST: \$45	BRAND NAME: Evzio COST: \$555

FOR ALL PRODUCTS, repeat naloxone administration after 2-3 minutes if there is no response.

Most insurance will cover at least one of these options, or you can pay cash. All products contain at least two doses.

For more on opioid safety, videos on how to use naloxone, or to get help for addiction, go to PrescribePrevent.org

Med Tac Bystander Rescue Care

Anaphylaxis



Anaphylaxis & Life-Threatening Allergies: Many events are unreported; however 22% occur in children without a prior diagnosis of allergies. More than one in twenty adults will have an anaphylactic event in their lifetime. Epinephrine auto-injectors save lives within minutes.

Possible Lives Saved in the US: 1 per day

How To Use An EpiPen

EpiPen is used for severe life-threatening allergic reactions.

Signs & Symptoms
Lungs: Chest tightness, cough that will not stop, wheezing or shortness of breath.
Heart: Lightheadedness, fainting, rapid pulse or low blood pressure.
Throat: Swelling of the throat, hoarseness, trouble swallowing or breathing.
Mouth: Swollen tongue or lips.
Skin: Swelling or severe itching or hives.

1. Remove cap from EpiPen.
2. Hold EpiPen against the outer thigh.
3. Press the orange button to inject epinephrine.
4. After using EpiPen, call 911 for medical attention.

References: www.aapallergy.org, www.aad.org, www.aafp.org

Med Tac Bystander Rescue Care

Major Trauma



Major Trauma & Bleeding: Bystander care especially for major bleeding using Stop-The-Bleed techniques of wound pressure, bandages, and tourniquets can have an enormous impact on survival.

Possible Lives Saved in the US: 1 per hour

STOP THE BLEED SAVE A LIFE

1. APPLY PRESSURE WITH HANDS
2. APPLY DRESSING AND PRESS
3. APPLY TOURNIQUET

WHELP: WIND SECURE TIME

CALL 911

Med Tac Bystander Rescue Care

Infection Care



Infection Care: Epidemics, pandemics, and seasonal infections are a leading cause of death. Prevention, preparedness, protection, and performance improvement strategies and tactics are critical to save lives and inform all Med Tac efforts. They are a feature of all Med Tac Bystander Rescue Care.

Possible Lives Incalculable

CLEAN A CUT - SAVE A LIFE

1. CLEAN ONLY WITH SOAP AND WATER
2. APPLY ANTIBIOTIC OINTMENT TO CUT
3. BANDAGE TO WOUND KEEP CLEAN
4. IF HURTS MORE ON DAY 2 - SEE DOCTOR

Clean A Cut - Save A Life: The pathogens of today are very resistant to antibacterial agents and can progress to life-threatening sepsis. So minor cuts and scrapes must be treated immediately and watched closely. Such wounds need to be cleaned quickly, only with soap and water. Alcohol or hydrogen peroxide will harm healing and they harm the infant cells critical to closing the wound.

Med Tac Bystander Rescue Care

Transportation



Non-traffic Related Vehicular Accidents:
 The incidence of non-traffic related drive-over accidents near schools and home is greater than 50 per week. More than 60% of the drivers are a parent or friend.
Possible Lives Saved in the US: Including adults, there are 1,900 deaths per year; many are preventable.



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Med Tac Bystander Rescue Care

Bullying



Bullying & Workplace Violence: Bullying and abuse of power in schools and at work can lead to suicide, workplace violence, violent intruders, and active shooter events.
Possible Lives Saved in the US: Difficult to estimate, however the consensus is that they are likely to be very significant.



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