

# The Family Lifeguard



**90% Prevention**  
**10% Rescue**

# Welcome

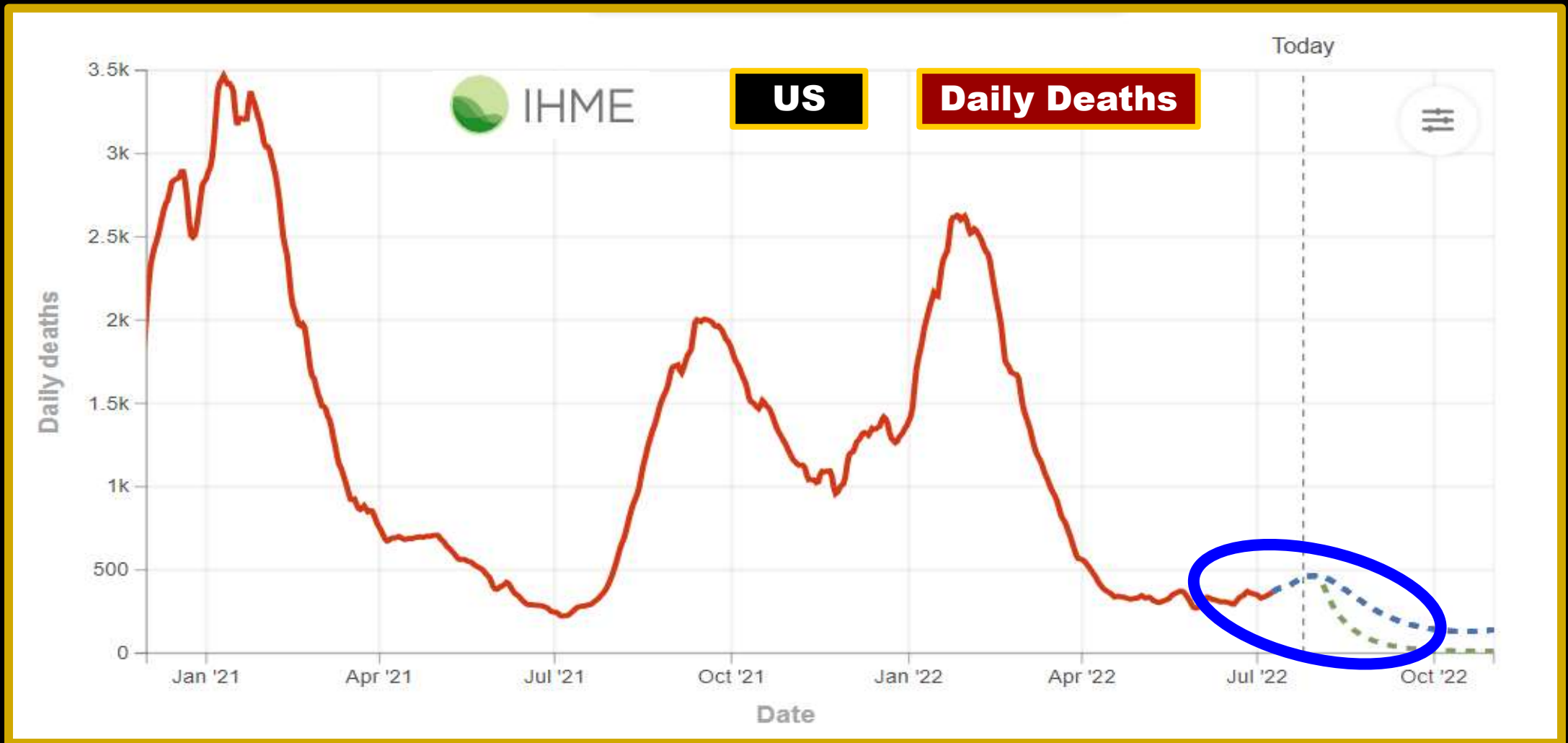


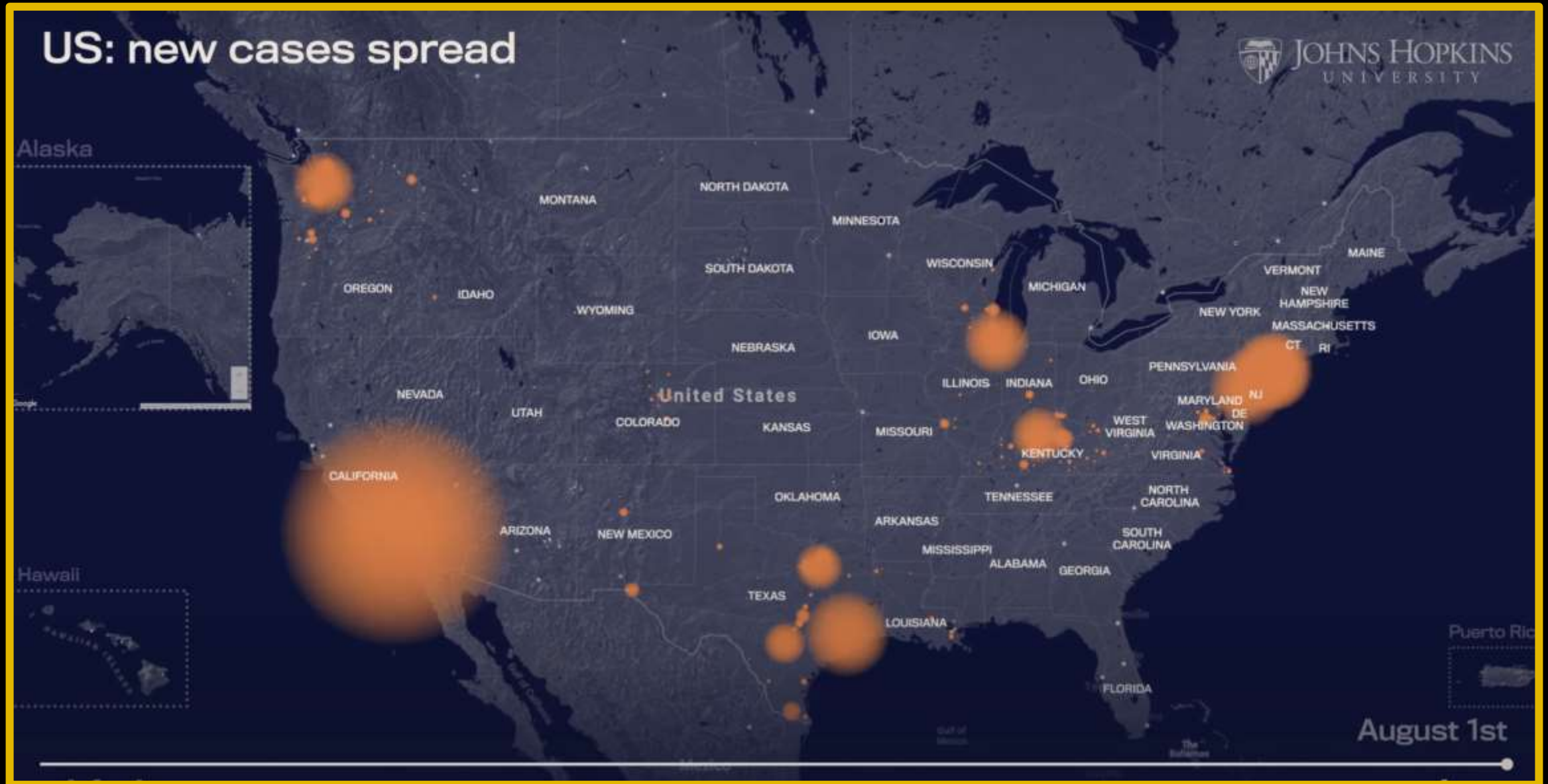
## **Charles Denham, MD**

Chairman, TMIT Global  
Founder Med Tac Bystander Rescue Care

**Med Tac Bystander Rescue Care  
August 4, 2022**

***CareUniversity* Webinar 189**





US: deaths / new cases



# The Family Lifeguard

- ✓ Layers of Protection
- ✓ Misinformation and Disinformation
- ✓ Waning Immunity and Vigilance
- ✓ Reinfections and Long COVID
- ✓ Preventable Holiday Risks





## Speakers & Reactors



Jennifer Dingman



Bill Adcox



Dr. Gregory Botz



Dr. Christopher Peabody



Charlie Denham III



Randy Styner



Heather Foster RN



David Beshk



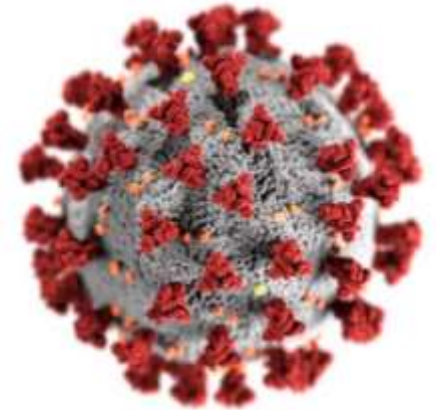
Dr. Charles Denham

## ***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**







## 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.**

**EMERGING THREATS  
COMMUNITY OF PRACTICE**

### 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.**



### 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

- Chief William Adcox has nothing to disclose.
- David Beshk has nothing to disclose.
- Charlie Denham III has nothing to disclose.
- Heather Foster RN has nothing to disclose.
- Christopher Peabody MD MPQ has nothing to disclose.
- Randy Styner 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 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.



**Coronavirus Care Community of Practice**

**Bystander Rescue Care CareUniversity Series**

August 4, 2022

[REGISTER](#) [JOIN EVENT](#)

## The Family Lifeguard: Survive the Surge!

**Session Overview**

The Omicron SARS-CoV-2 surge is upon us. Update your family and protect them from:

- Resilience and Long COVID
- Waning Immunity and Vigilance
- Misinformation and Disinformation
- Preventable Holiday Risks
- Layers of Protection

Review the latest on the layers of protection we can use to maximize family experiences and avoid infections and harm. The role of a Lifeguard is 95% prevention and 10% rescue. The same goes for family safety during a COVID surge.

Go to: <https://www.medtacglobal.org/coronavirus-response/> for short videos covering the critical topics. Join as we focus on family Readiness, Response, Rescue, Recovery, and Resilience.

We offer these online webinars at no cost to our participants.

**Webinar Video, and Downloads**

The webinar video will be available within five (5) business days after the webinar.

**Speaker Slide Set:**

The slides will be available before the webinar begins.

**Date, Time, Dial-in Information, & Objectives**

August 4, 2022

- 01:00 PM to 2:30 PM Eastern Time
- 12:00 PM to 1:30 PM Central Time
- 11:00 AM to 12:30 PM Mountain Time
- 10:00 AM to 11:30 AM Pacific Time











**Learning Objectives:**

- **Awareness:** Participants will learn about the unique threat of the current surge.
- **Accountability:** Participants will learn how to create accountability to the Lifeguard role in families and organizations.
- **Ability:** Participants will learn about the latest updates in best practices of masking, distance, ventilation and vaccinations to battle the Omicron summer surge.
- **Action:** Participants will learn five-of-eight actions they may take to apply the concept of the family or organizational Lifeguard to prevent harm from COVID.

To request a Participation Document, please [click here](#).

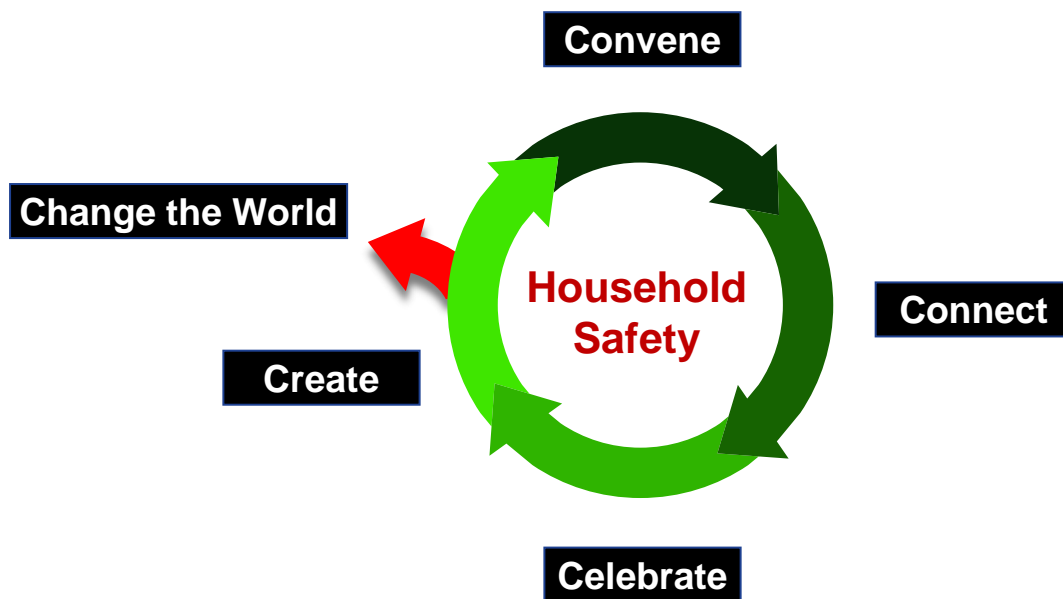
The CAREUniversity Team of TNET Global, approved by the California Board of Registered Nursing, Provider Number 15086, will be awarding 1.5 contact hours for this webinar. TNET Global is only providing nursing credit at this time.

**Session Speakers and Panelists**

 Gregory M. Boltz, M.D., FCCM	 William Adcox, MBA	 Marion E. Von Muecke, MD
 Brittany Owens, MD	 Christopher R. Peabody, MD, MPH	 Charles Denham, II
 David Beshk	 Keith Fisher, MBA, PHD	 Jennifer Dargatzis
		 Charles Denham, MD

# Coronavirus Care Community of Practice

## 2022 Q3 Progress Report



**MEDTAC** Home About Us News Coronavirus Resources Newsletter Specialty Programs Student Exchange Research & Development Contact Us

Search MEDTAC:

The savings and return have been processed for essential infrastructure workers and general public facilities. We have placed on our network of 800 support center experts to assist public safety community of practice at 1,000 locations in 1,000 communities to build the Coronavirus Clinic.

**Protecting You & Your Family**

**Coronavirus Care Community of Practice** **Responder Resource Care Community of Practice**

We have organized important information into three main topics and topics: **Responder & Public Safety** & **Threat Incident** & **Threat Incident** & **Threat Incident**

**Short Video Topics**

**Masks: Filter, Fit, and Finish**

**Hand Washing & Sanitizing**

**10,000 High Masked Workers**

**Building a Team of 10,000 in 10,000**

**10,000 Emergency Care**

**Why 10,000 Responders, and 10,000**

**Using 10,000 in 10,000**

**10,000 Emergency Care**

**Summary and Thine Guide™ Courses**

**Programs and Topics**

The following programs and topics are organized to provide information on the following topics:

- 10,000 High Masked Workers**
- Building a Team of 10,000 in 10,000**
- 10,000 Emergency Care**
- Why 10,000 Responders, and 10,000**
- Using 10,000 in 10,000**
- 10,000 Emergency Care**

**Change the World**

**Create**

**Connect**

**Celebrate**

**Household Safety**

**Convolve**

# Coronavirus Care Community of Practice

## 2022 Q3 Progress Report


[www.medtacglobal.org/coronavirus-response/](http://www.medtacglobal.org/coronavirus-response/)



# **TMIT Global Research Test Bed & 500 Subject Matter Expert Pool**

**Survive & Thrive Guide: Keeping Your Family Safe**

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



© 2024

CareUniversity Med Tac Bystander Rescue Care

**Survive & Thrive Guide: Protecting Your Family**



**500 Subject Matter Experts**

Graphic Representation to Protect Expert Privacy

CareUniversity Med Tac Bystander Rescue Care





# Coronavirus Care Community of Practice

# Bystander Rescue Care *CareUniversity Series*



John Nance JD



Dr. Gregory Botz



Chief William Adcox



Heather Foster



Dr. Charles Denham



Dr. Casey Clements



Beth Ullem



Dr. McDowell



Dennis Quaid



Preston Head III



Fred Haise



Dr. Steve Swensen



Tyler Sant



Avarie Pettit



Dr. Mary Foley



Bob Chapman



Perry Bechtle III



Becky Martins



Betsy Denham



Charlie Denham III



Dr. C Peabody



Dr. Chris Fox



Randy Styner



Tom Renner



David Beshk



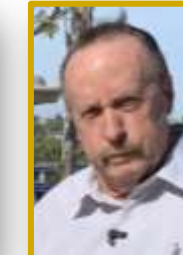
Ann Rhoades



Nancy Conrad



Dr. Chopra



John Little



Debbie Medina



## Coronavirus Care Community of Practice

## Bystander Rescue Care *CareUniversity Series*



Matt Horace



John Tomlinson



Dan Ford



Arlene 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





## **Coronavirus Care Results**

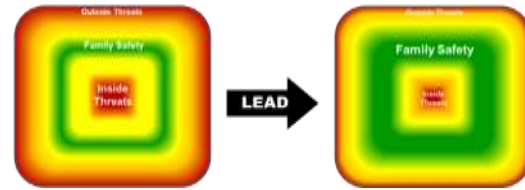
- **Established National Community of Practice**
- **Launched Multi-center 1,000 Family Household R&D Study**
- **53 Ninety Minute Broadcasts and Online Programs**
- **29 *Survive & Thrive Family Training* Programs**
- **Produced a National Campus Safety Summit**
- **Published Multiple Articles Providing 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**

# Survive & Thrive Guide™ Program Road Map

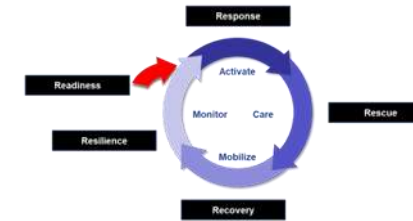
## Survive & Thrive Guide Series: Coming Home Safely



## Keeping Our Kids Safe



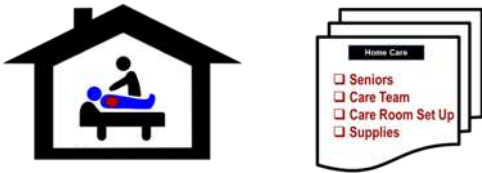
## Creating Your Family Safety Plan



## Safety Plan Templates for Everyone



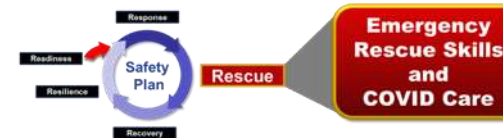
## Providing Care at Home



## Updating Your Family Safety Plan



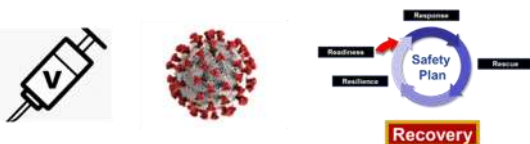
## Emergency Rescue Skills



## What To Do – They're in the ICU



## Vaccines, Variants, and Victory



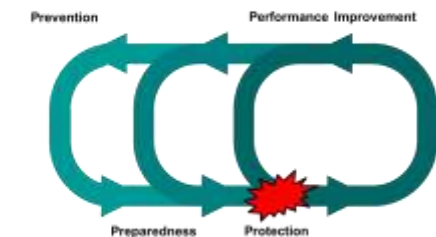
## Long Haulers & Severe COVID Recovery



## 10 Best Practices for Reopening



## The New Normal & The 4 P's



# Survive & Thrive Guide™ Program Road Map

## Dealing with Delta: The Critical FAQs



## Essential Worker Toolbox



## Special Care for Special Populations



## Safer Holidays & Safer Families



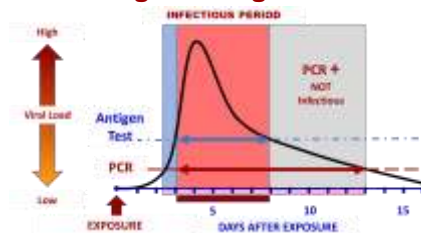
## Omicron and Back to Work



## Bystander Rescue Care & Omicron



## Testing to Navigate Care



## Our Stressed Emergency Safety Net



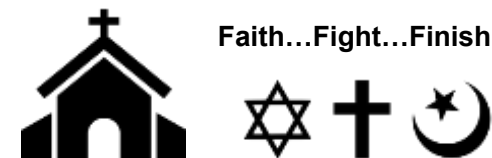
## The Next Normal



## 1,000 Household COVID Study



## Faith-based COVID Leadership



## Fraud in the COVID Ecosystem





## Youth & Young Adult Team



D Contreras EMT  
Harvard



Ivy Tran EMT  
Harvard



Nick Scheel  
UCSB



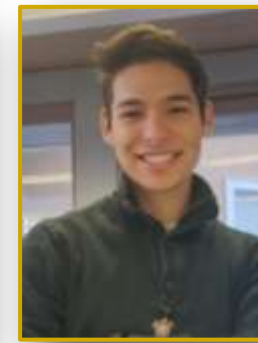
Sophia McDowell  
California Inst. of Arts



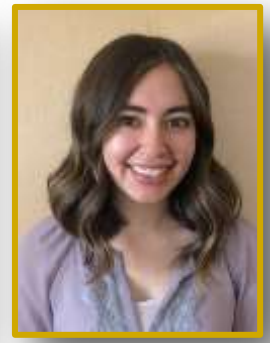
Audrey Lam EMT  
USC



Jacqueline Botz  
Chapman



Luis Licon  
UCI Alum



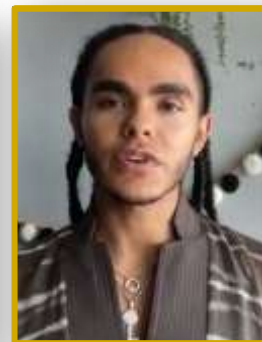
Melanie Rubalcava  
UCSD



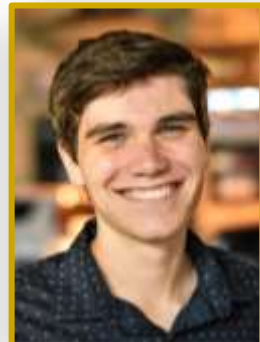
Charlie Denham III  
High School Lead



Charlie Beall  
Stanford Alum



Marcus McDowell  
U of Cincinnati



Jaime Yrastorza  
UCSD Pre-med



Paul Bhatia EMT  
UCI Pre-med



D Policichio  
NYU Film



Manue Lopez  
Berkeley Alum



Preston Head III  
UCLA Alum





## Family Rescue R&D



Stanford  
University

Yale



## The 5 R's of Safety



UNIVERSITY OF CALIFORNIA  
SANTA BARBARA

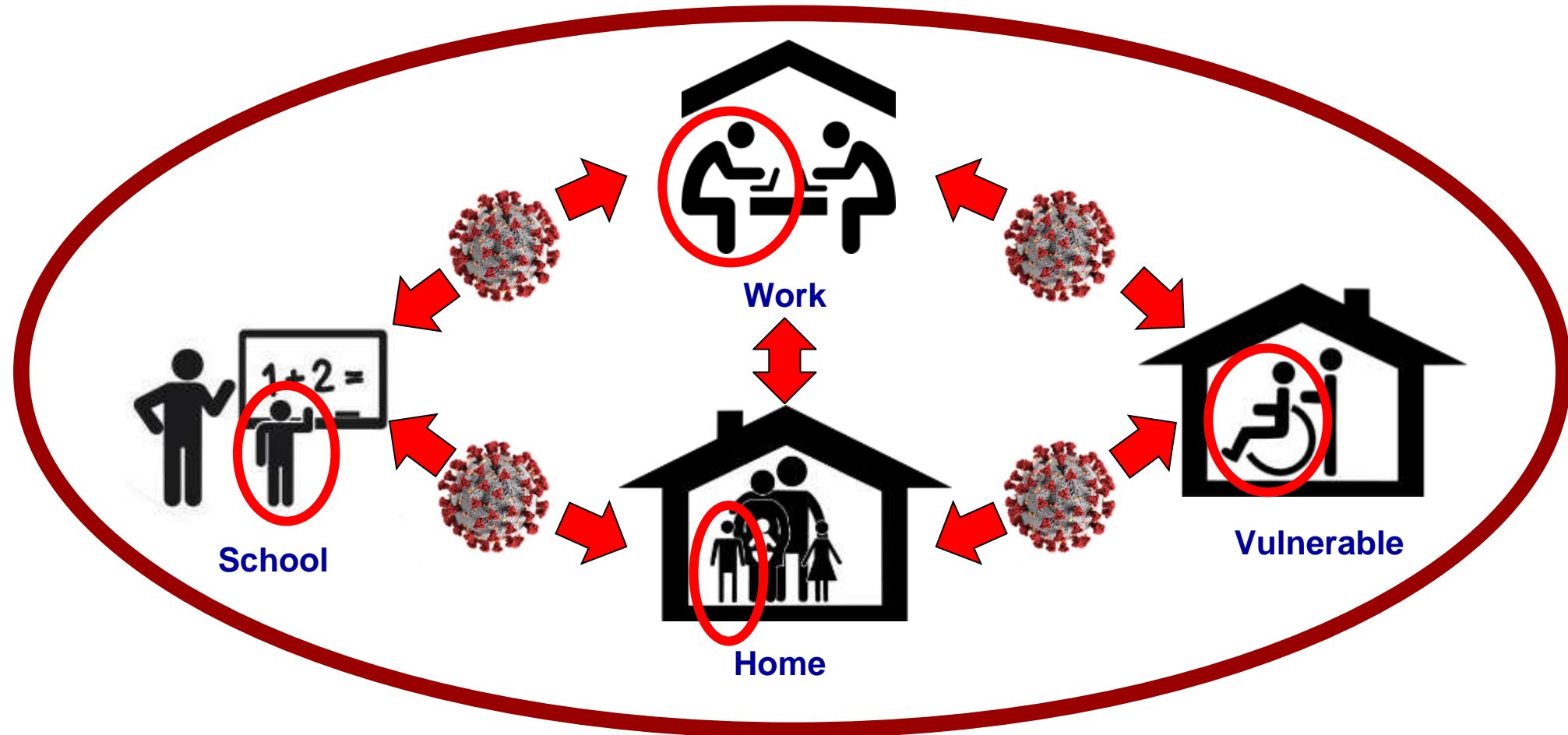
UC San Diego



**Educators  
Declared  
Essential Critical  
Infrastructure  
Workers**



# Save the Families... You Save the Worker



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

The screenshot shows the MED+TAC website with a navigation bar at the top. The main content area features a 'Protecting You & Your Family' section with a video player. Below this is a 'Short Video Topics' section with a list of topics including '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', and 'Vaccination Conversation'. There is also a 'Survive and Thrive Guide™ Courses' section with a grid of course icons and titles. At the bottom, there is a 'Related Resources' section with a list of links.

#### 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

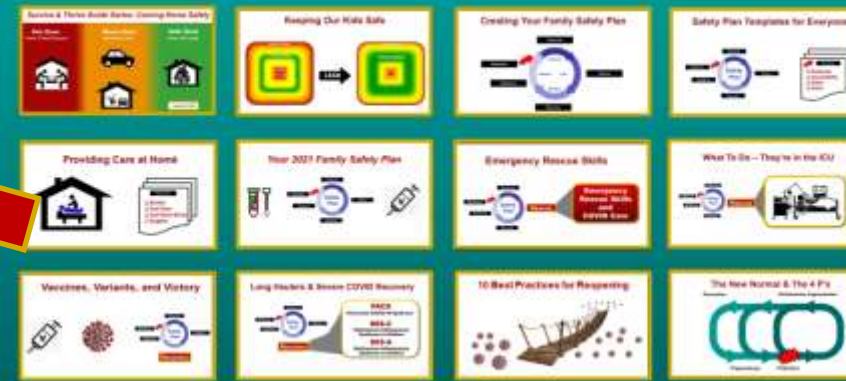
Family Lifeguard Program

Vaccination Conversation

#### Masks: Filter, Fit, and Finish



#### Survive & Thrive Guide™ Program Road Map



#### 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

#### Related Resources

Resources:



Care of the At Risk  
& Seniors at Home

[www.medtacglobal.org/coronavirus-response/](http://www.medtacglobal.org/coronavirus-response/)



## 1,000 Worker Study

### The 5 R's of Safety



**HEAD**



**HEART**



**HANDS**



**VOICE**

# Family Lifeguard Update for 2022



**David Beshk**

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



**Charles R. Denham III**

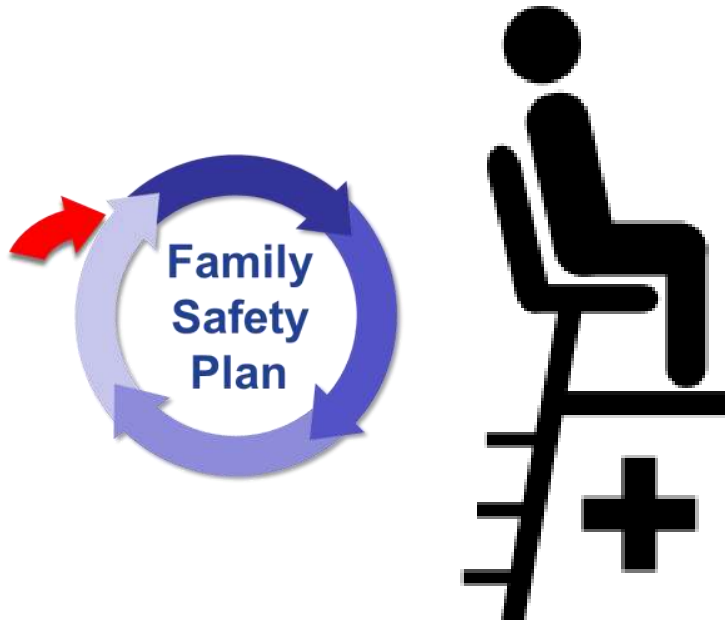
**High School Student  
Co-founder Med Tac Bystander  
Rescue Care Program  
Co-lead Lifeguard Surf Program  
Junior Med Tac Instructor  
Certified Lifeguard**





# 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 Event:

- ☐ 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 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



# Safe Practices



**Social  
Distancing**



**Use of  
Masks**



**Hand  
Washing**



**Disinfecting  
Surfaces**

SOURCE: Centers for Disease Control



# Holidays, Spring Break, Ski Week, and Vacations



## Family Huddle Checklist

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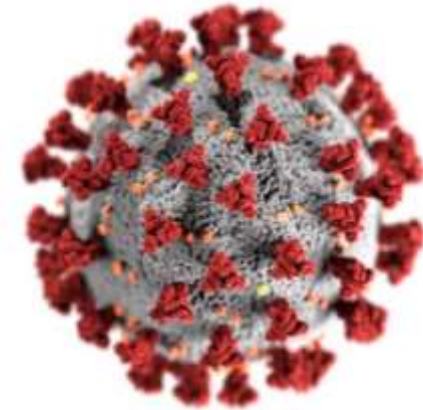


# Family Lifeguard Update for 2022



**David Beshk**

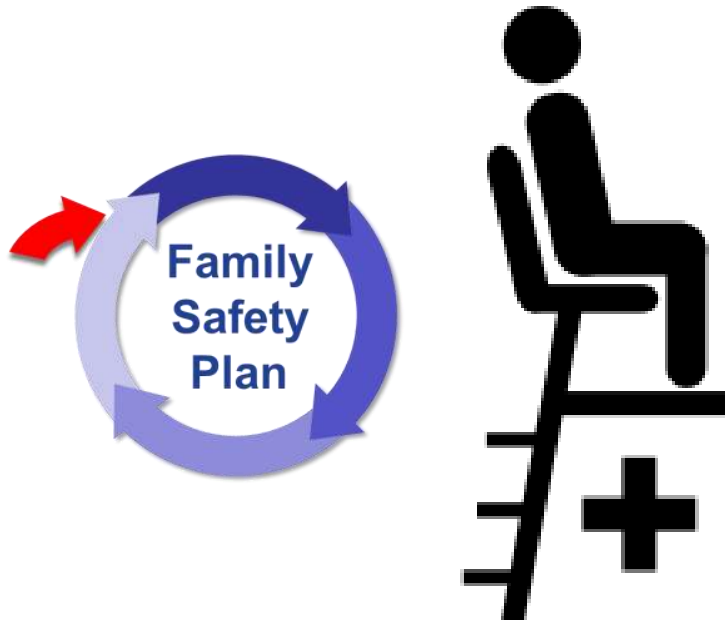
**Award Winning Educator  
Med Tac Master Instructor  
Eagle Scout Advisor  
Merit Badge Counselor**



# What's New for 2022

90% Prevention and 10% Rescue

**Community Immunity  
& Aerosol Transmission**



## Holiday Huddle Checklist

### The Goal - Prevent Bubble Trouble

Maintain the Four Pillars: Distance, Hand Hygiene, Disinfect Surfaces, and Mask Use

#### Before Event:

- ☐ Know Vaccination Status of Guests
- ☐ Know Threat Status of Guests
- ☐ 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
- ☐ Protect At-risk Guests – Apply the Pillars
- ☐ Provide Restroom Plan
- ☐ Describe Eating Plan
- ☐ Summarize Clean Up Plan

#### After Event:

- ☐ Glove up to Clean Up - Optional
- ☐ 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





## Holiday Huddle Checklist

### The Goal - Prevent Bubble Trouble

Maintain the Four Pillars: Distance, Hand Hygiene, Disinfect Surfaces, and Mask Use

#### Before Event:

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#### After Event:

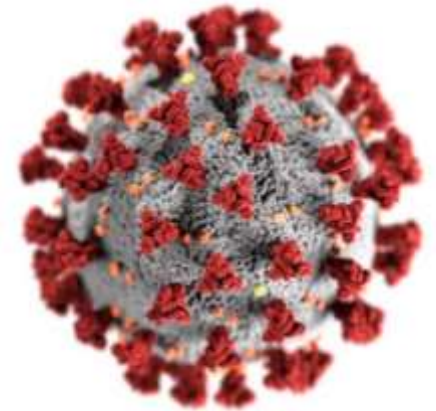
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## Message to Families – An Update for 2022



### Christopher Peabody MD MPH

Associate Professor  
Emergency Medicine  
Director Acute Care  
Innovation Center  
University of California  
San Francisco



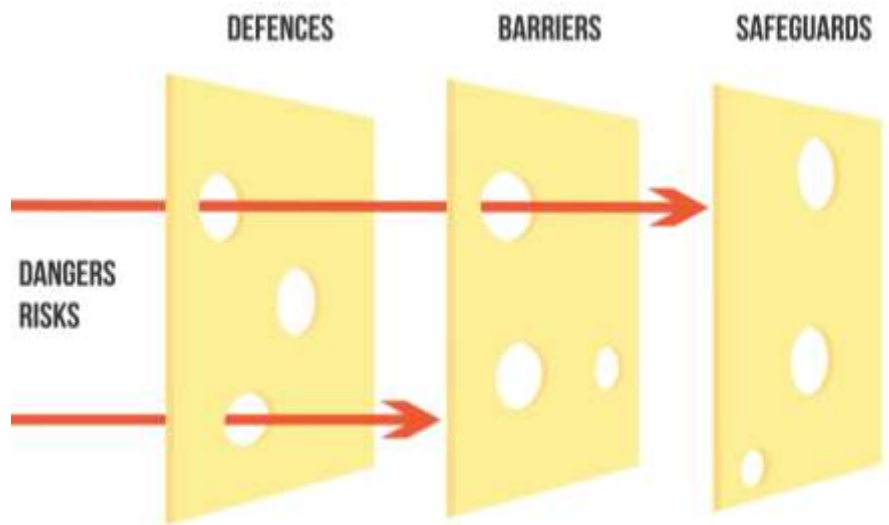
Video 6 Minutes

# The Family Lifeguard

- ❑ **Layers of Protection**
- ❑ Misinformation and Disinformation
- ❑ Waning Immunity and Vigilance
- ❑ Reinfections and Long COVID
- ❑ Preventable Holiday Risks



# SWISS Cheese Model

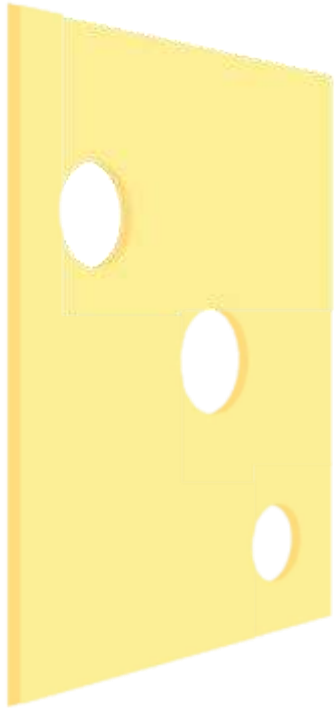


**Professor James Reason**

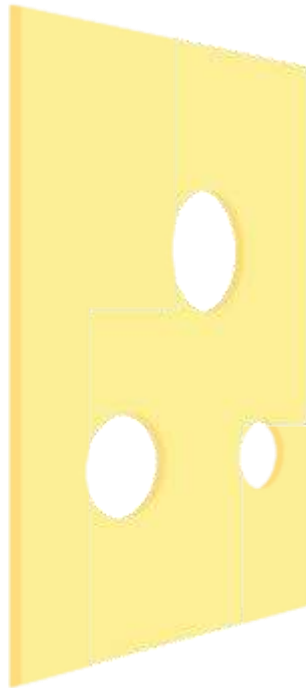
Source: <https://www.youtube.com/watch?v=KND5py-z8yl>

# COVID Defense Strategies are Layers

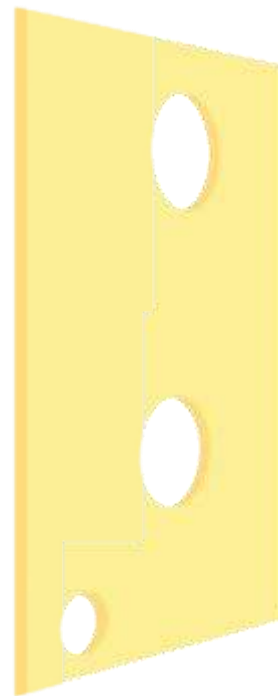
**Distancing**



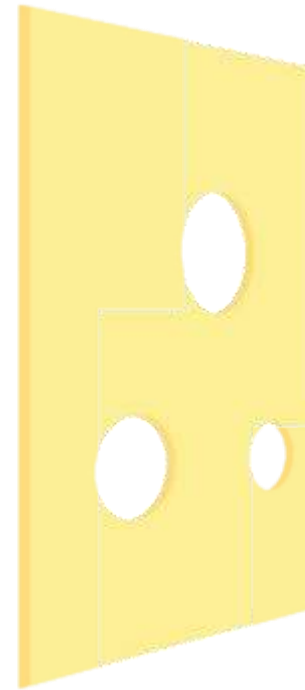
**Masks**



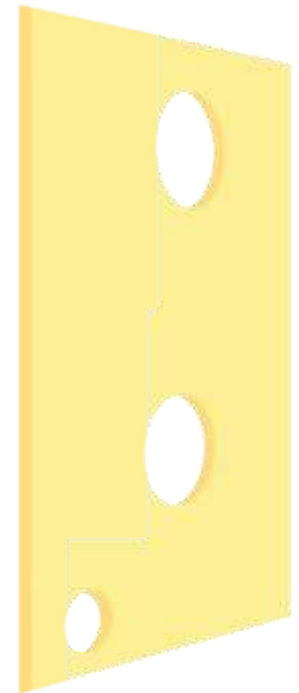
**Disinfecting**



**Ventilation**



**Testing**





# Masks: Filter, Fit, and Finish



**N95 Mask**



**Surgical Mask**



**Cloth Mask**



# CDC Guidelines



**Social  
Distancing**



**Disinfecting  
Surfaces**



**Hand  
Washing**



**Use of  
Masks**

SOURCE: Centers for



# Fraud in the COVID Ecosystem

## ✓ Layers of Protection

- ❑ **Misinformation and Disinformation**
- ❑ Waning Immunity and Vigilance
- ❑ Reinfections and Long COVID
- ❑ Preventable Holiday Risks





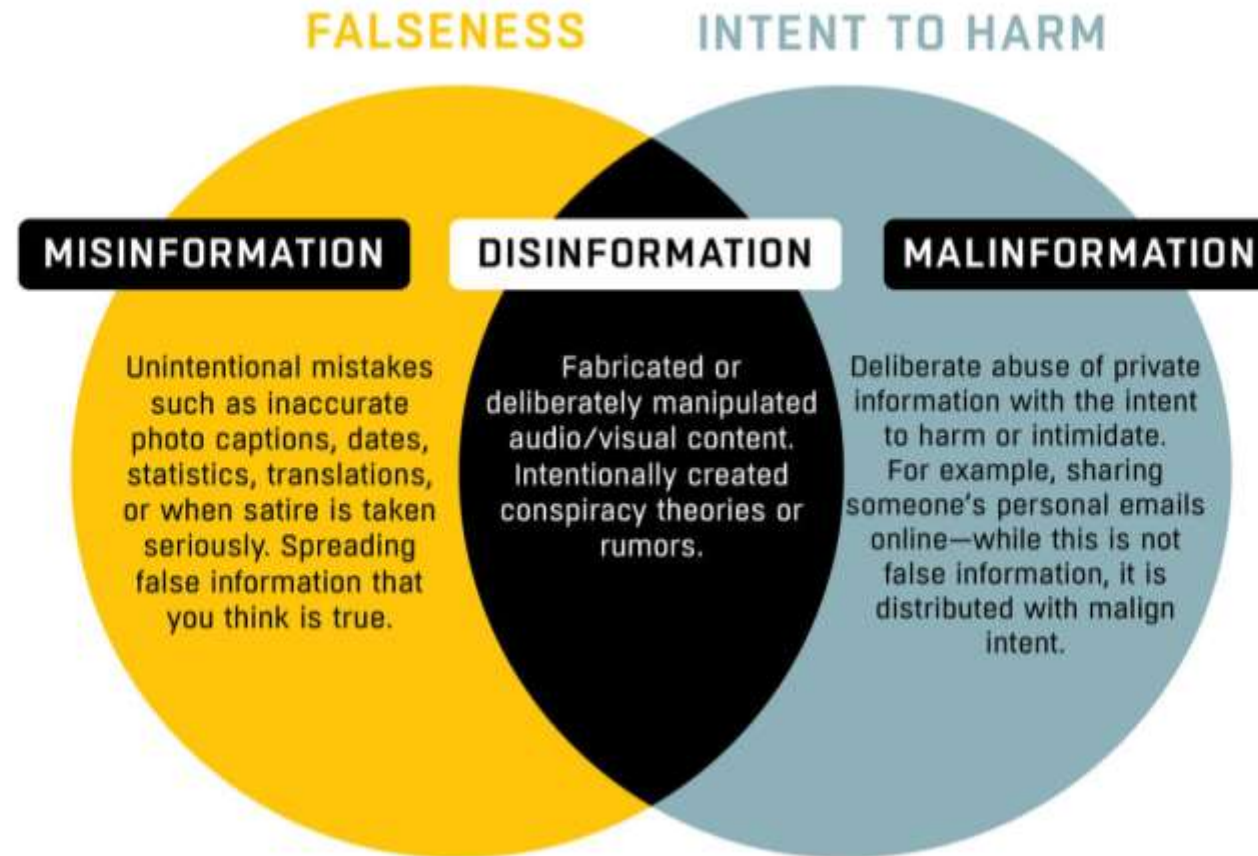
# The Narrative and Competing Narratives



The **NARRATIVE** is the story that is told that makes sense of a version of the facts that support the argument made by an organization or individual. Attorneys will take advantage of the existence or absence of documentation to support their clients. It is critical that patients manage their medical documentation and supplement it to protect themselves.



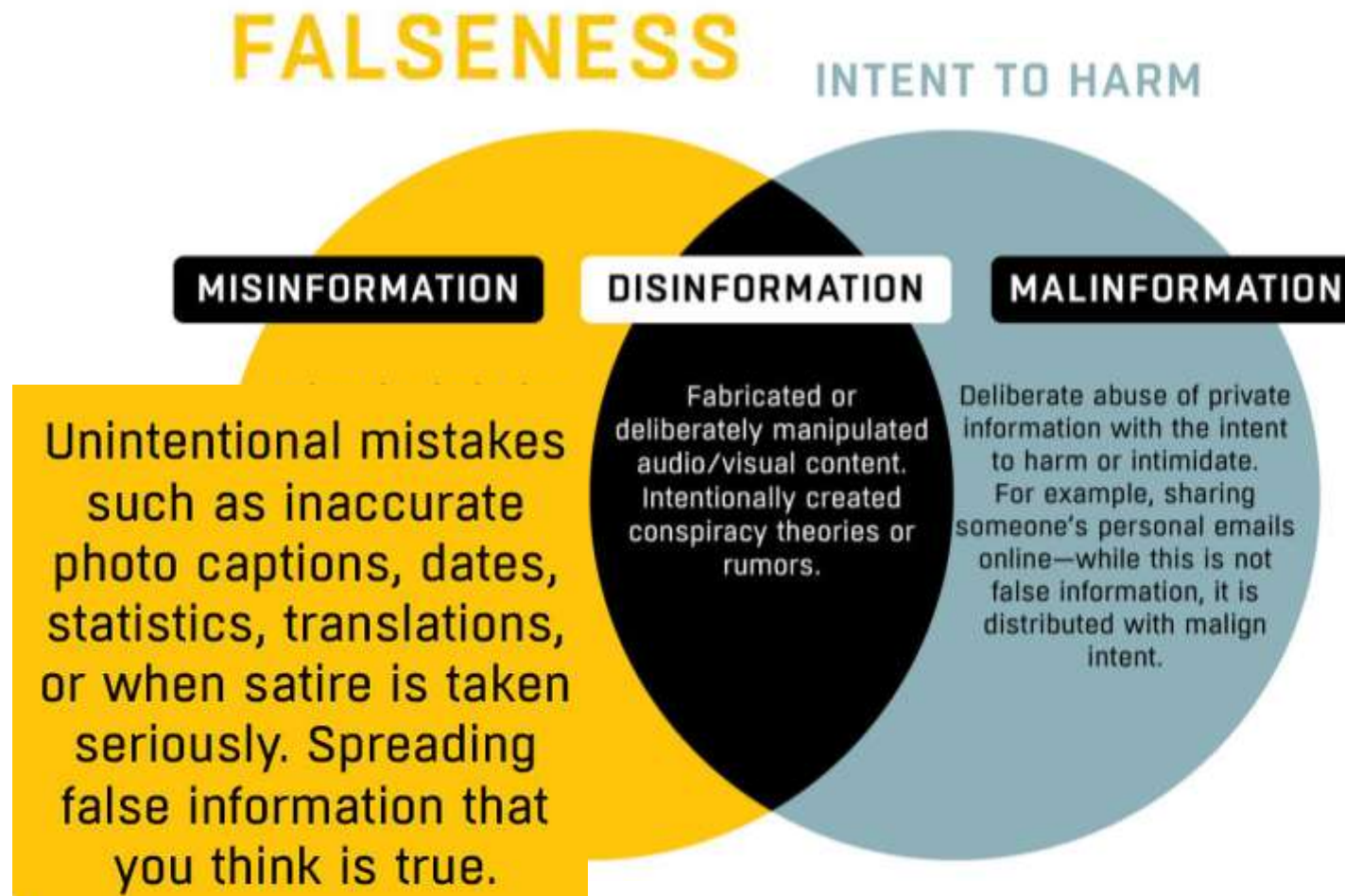
# Misinformation – Disinformation - Malinformation



*Turn the Science into Safety™*



# Misinformation – Disinformation - Malinformation

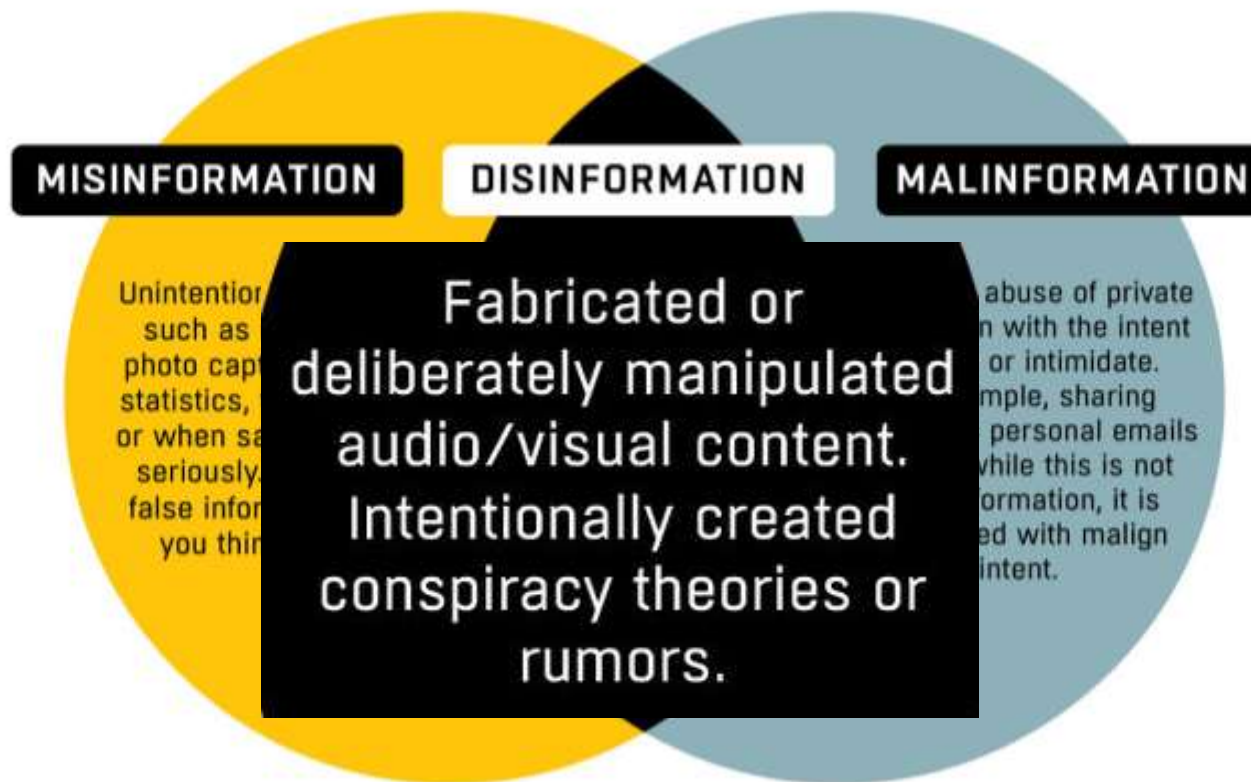


*Turn the Science into Safety™*

# Misinformation – Disinformation - Malinformation

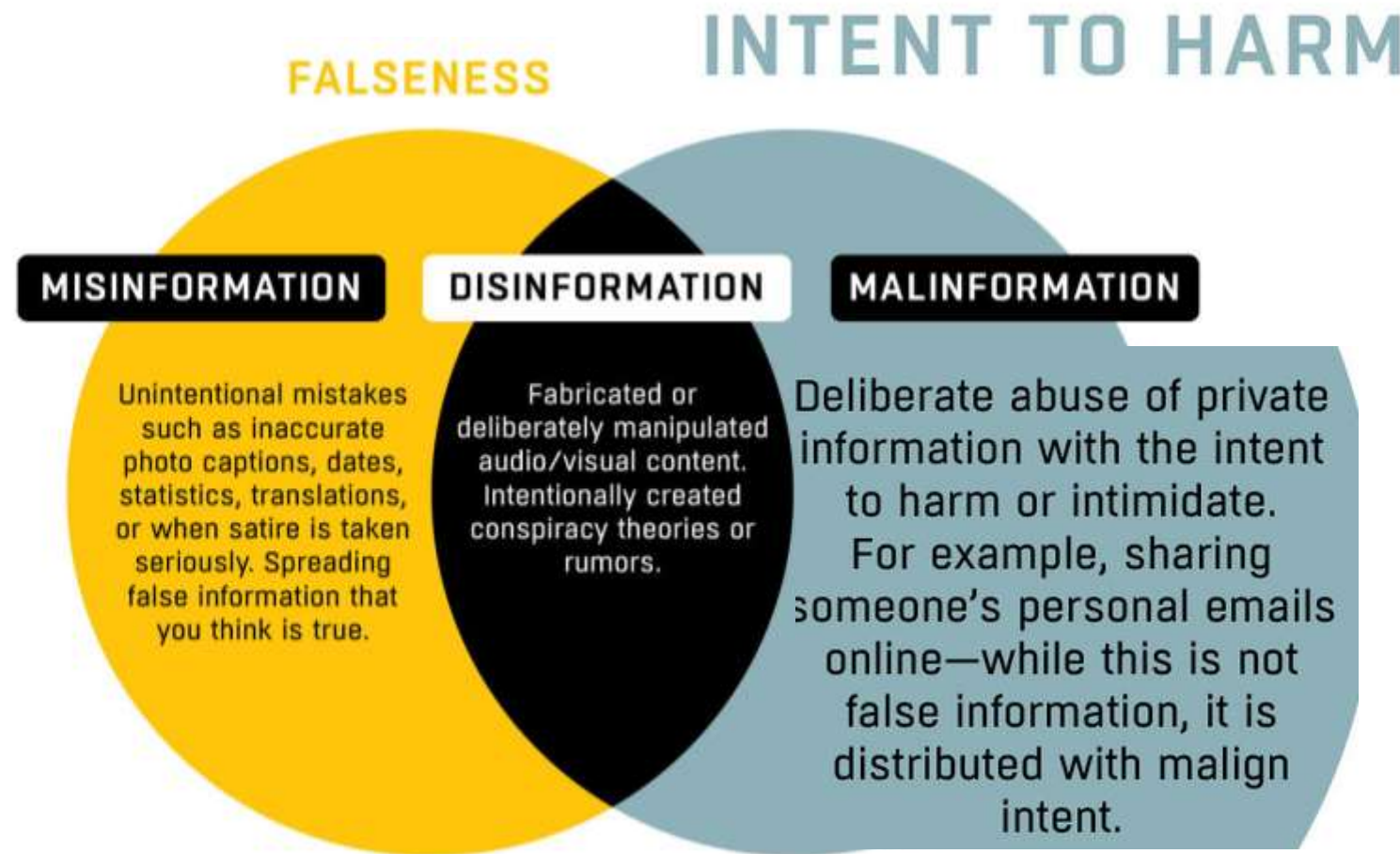
FALSENESS

INTENT TO HARM



*Turn the Science into Safety™*

# Misinformation – Disinformation - Malinformation



*Turn the Science into Safety™*

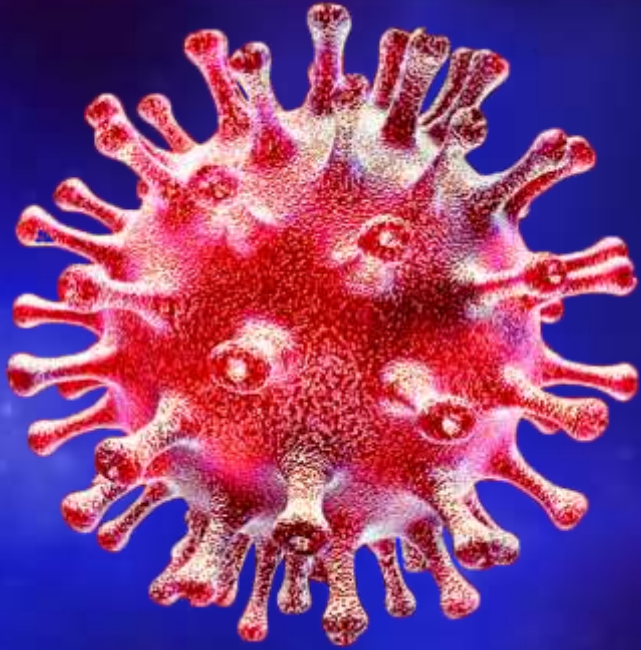
# Fraud in the COVID Ecosystem

- ✓ Layers of Protection
- ✓ Misinformation and Disinformation
- ❑ **Waning Immunity and Vigilance**
- ❑ Reinfections and Long COVID
- ❑ Preventable Holiday Risks





# Variant Evolution

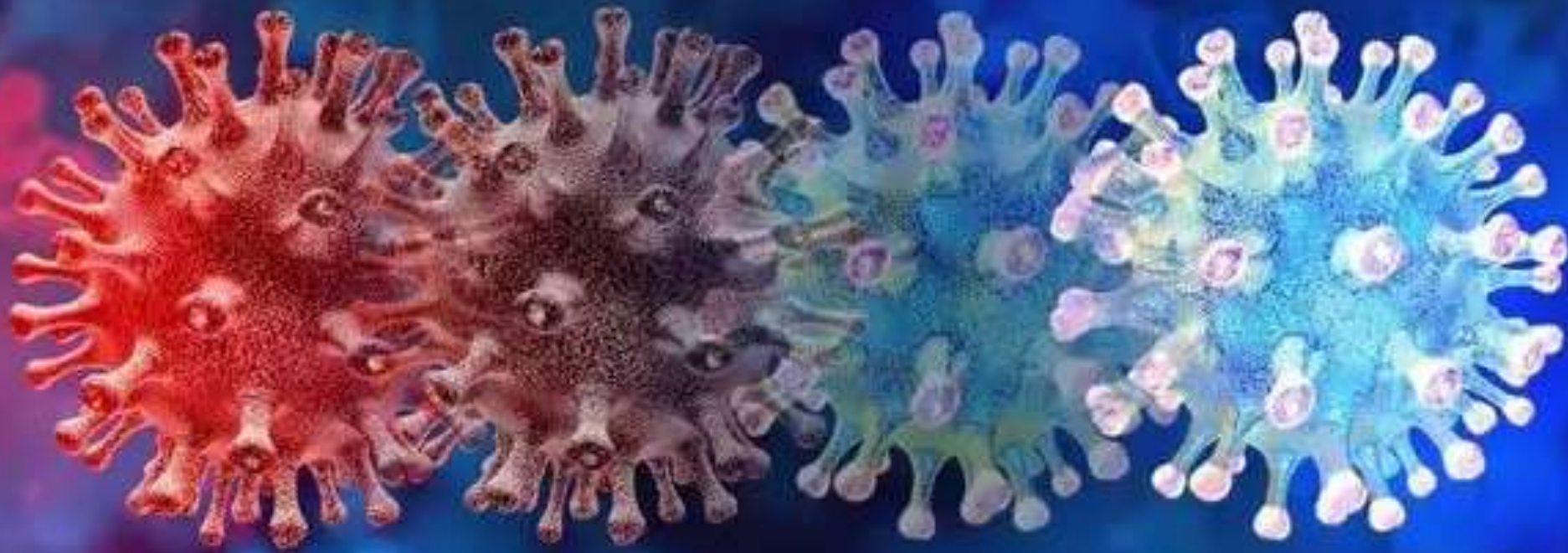


**Omicron**

## **Omicron BA-5 Subvariant**

- Evasion of Natural Immunity
- Evasion of Vaccine Immunity
- The Vaccinated may get mild infections
- The Vaccinated get less severe disease with less mortality
- Even Mild Infections can cause Long COVID conditions

# **Coronavirus: Not Done Yet!**



**Alpha**

**Beta**

**Delta**

**Omicron**





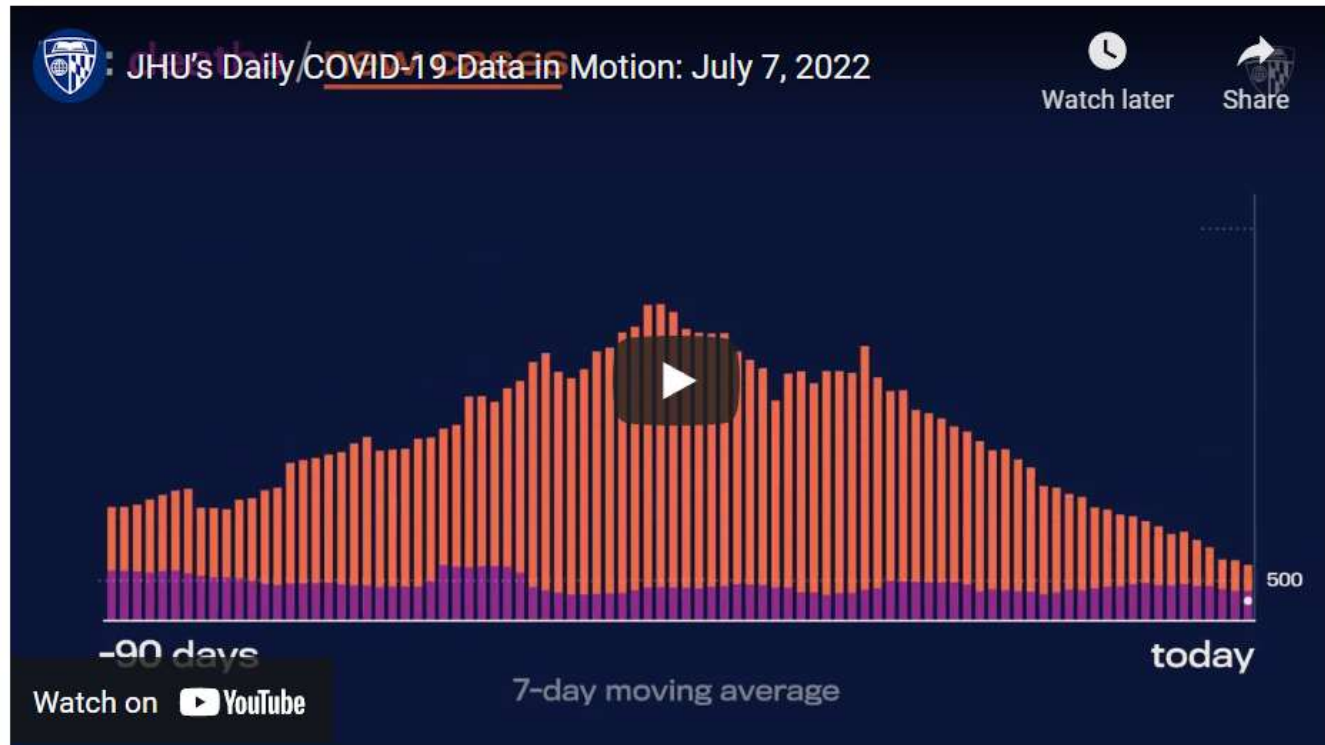
# COVID-19 DATA IN MOTION: THURSDAY, JULY 7, 2022

SHARE



## Friday COVID-19 Expert Briefing

Please watch and participate in the Johns Hopkins 30-minute COVID-19 briefing on Fridays, from noon to 12:30pm to get expert insights on what you need to know now.

[Visit](#)

## More Information

[JHU's Daily COVID-19 Data in Motion](#) report shares critical data on COVID-19 from the last 24 hours. Explore COVID-19 trends around the world with our in-depth data tracking:

[New cases and cumulative cases](#)

[US New deaths and cumulative deaths](#)

[US Daily new cases, testing, and positivity ratio by US state](#)

[New cases by country](#)

US: new cases spread

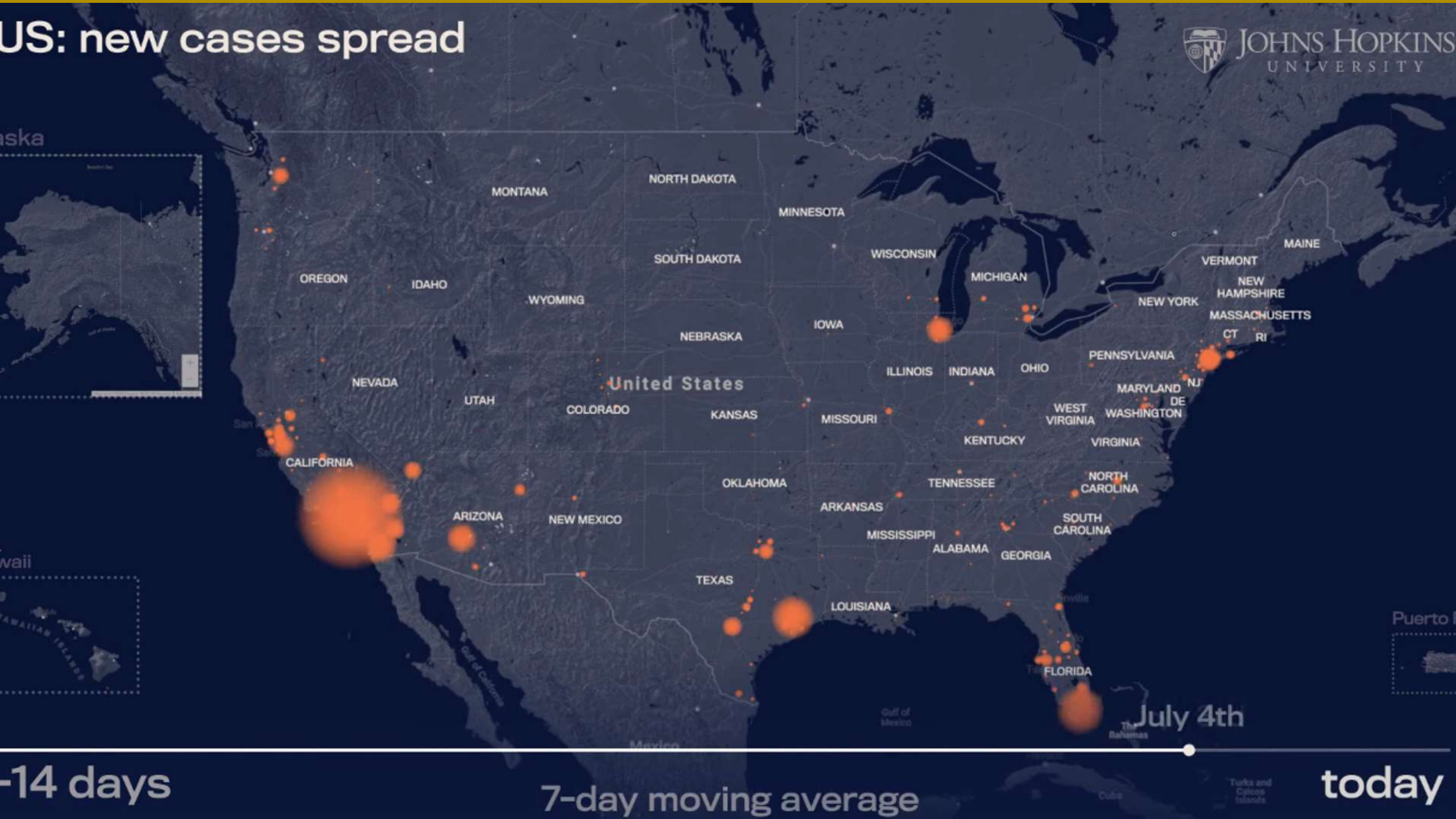
JOHNS HOPKINS UNIVERSITY

United States

July 4th

7-day moving average

today



-14 days

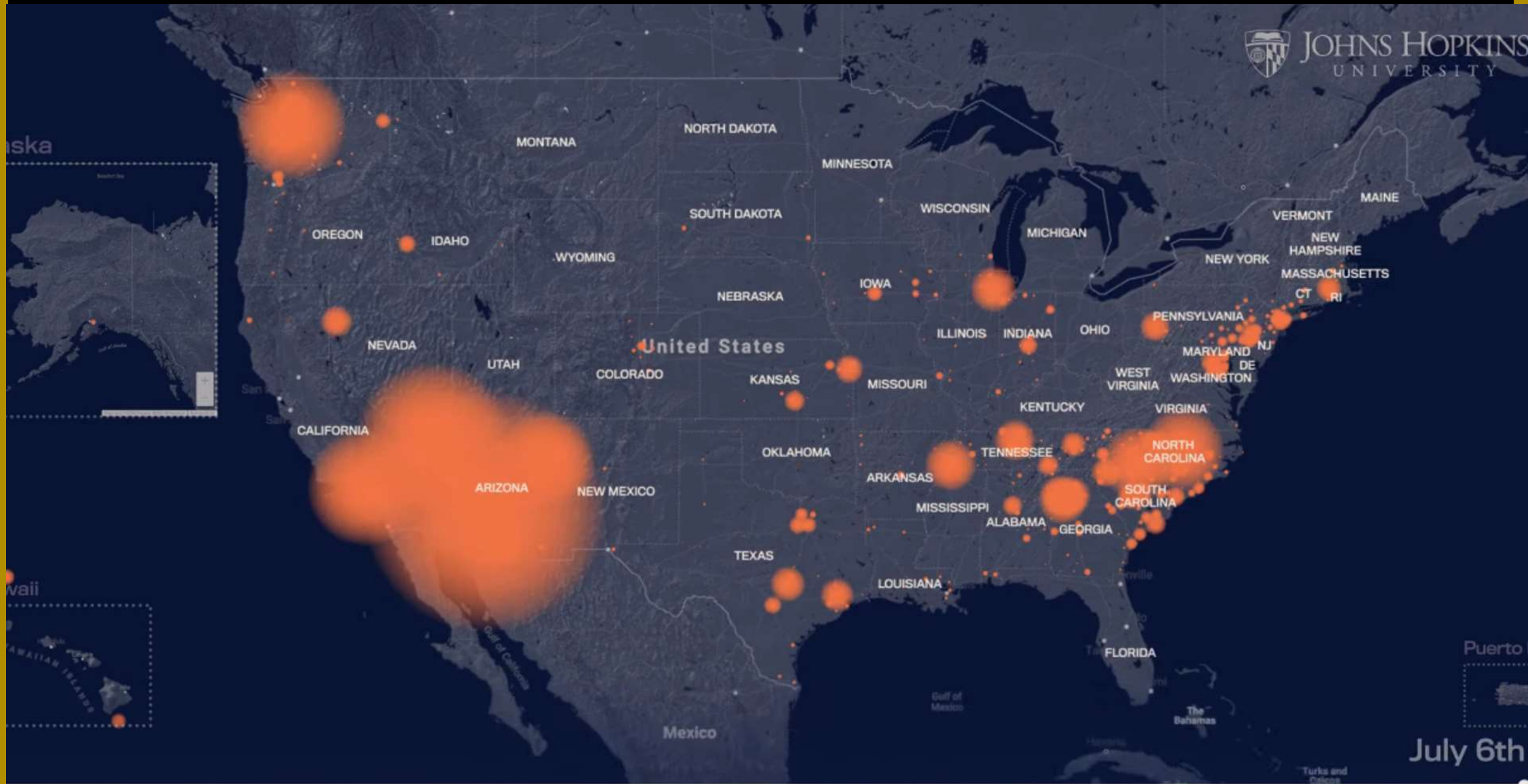
## 7-day moving average

today





JOHNS HOPKINS  
UNIVERSITY

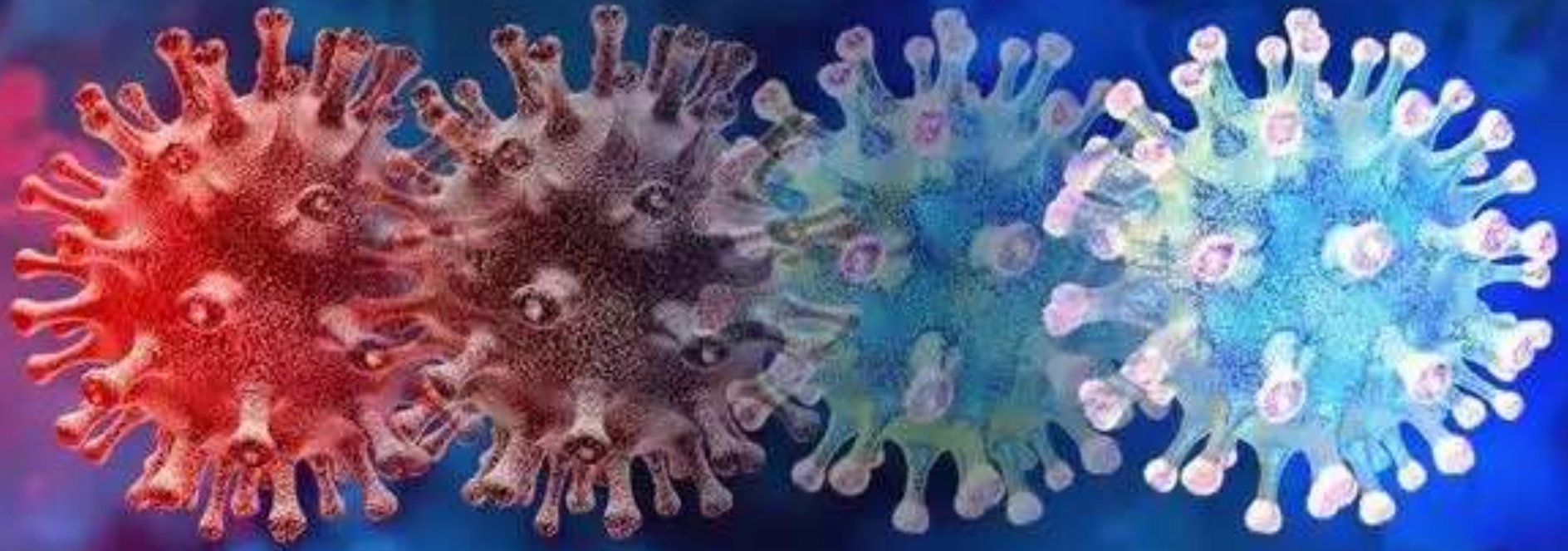


July 6th

-14 days

today

# Variant Evolution



**Alpha**

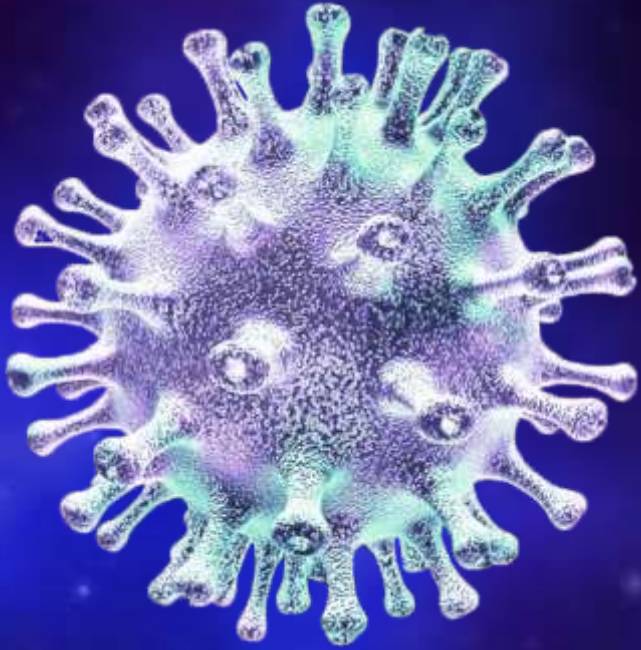
**Beta**

**Delta**

**Omicron**

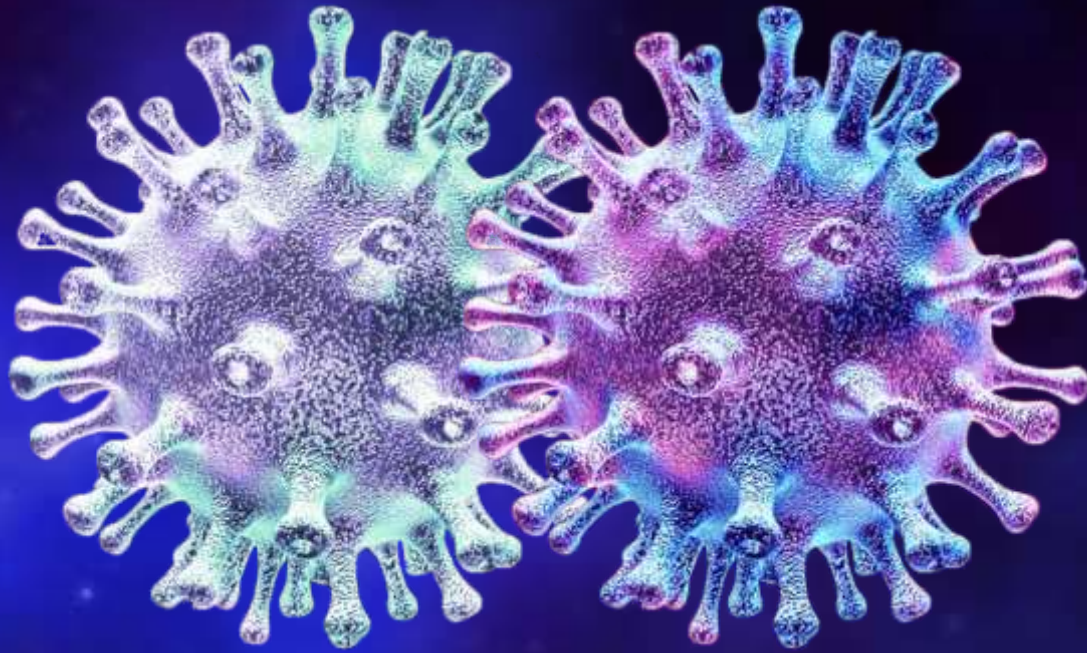


# **Variant Evolution**



**Alpha**

# Variant Evolution

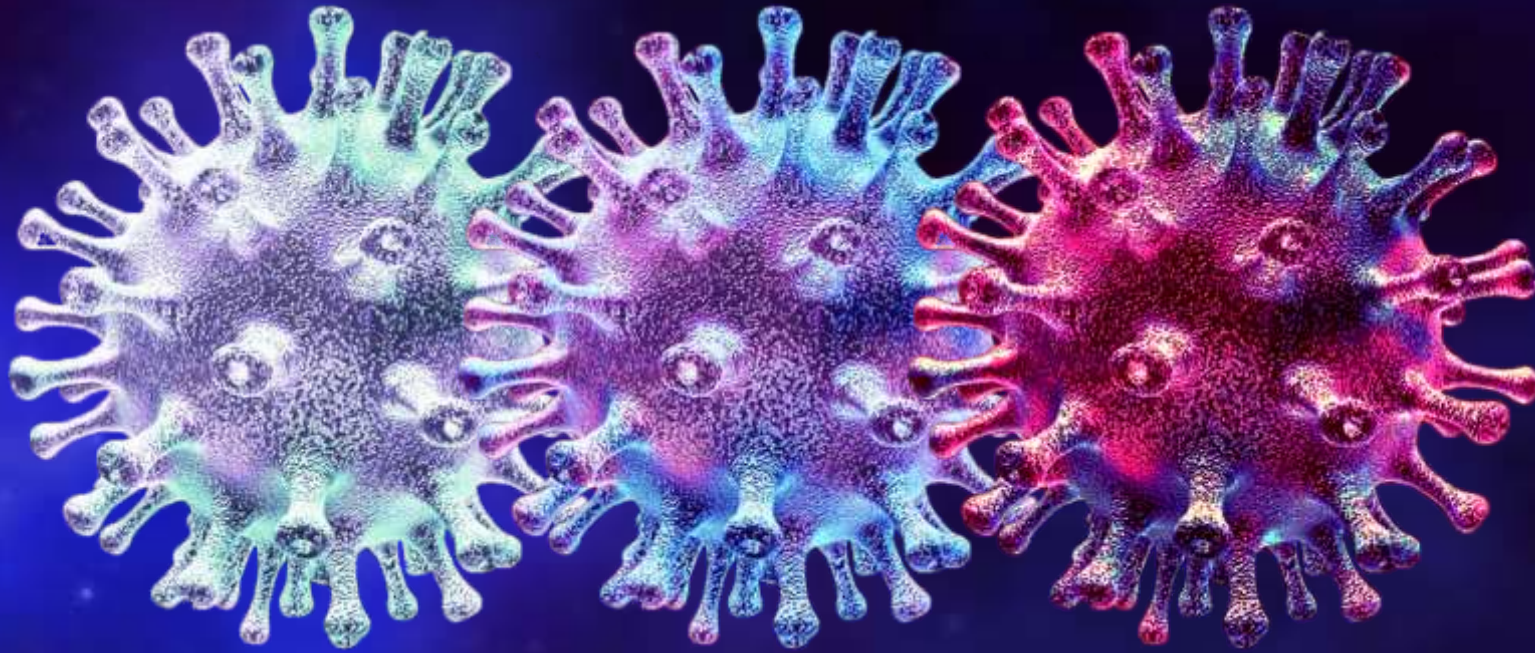


**Alpha**

**Beta**



# Variant Evolution



**Alpha**

**Beta**

**Delta**



# Variant Evolution



**Alpha**

**Beta**

**Delta**

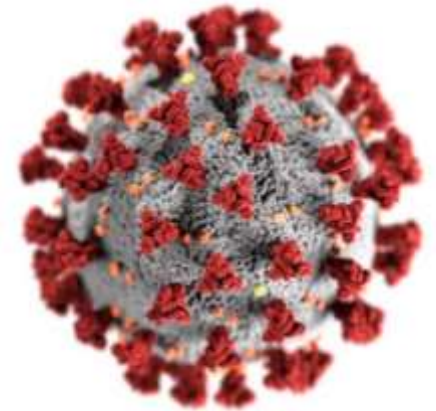
**Omicron**

## Message from Frontline Caregivers



### Heather Foster RN

Rural Caregiver  
Winner Pete Conrad Global  
Patient Safety Award  
TMIT Infection Prevention  
Nursing Lead



# Fraud in the COVID Ecosystem

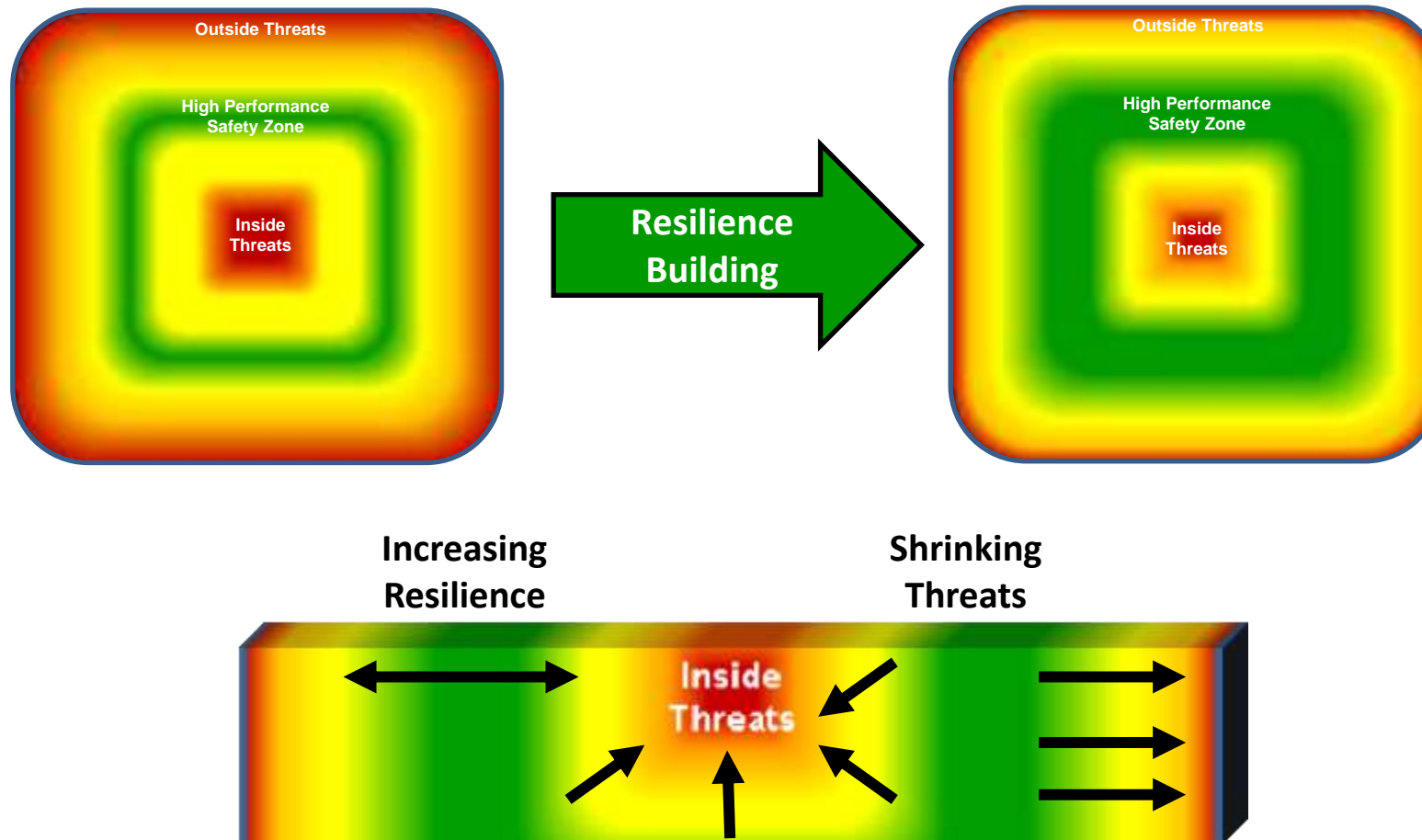


- ✓ Layers of Protection
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- ✓ Waning Immunity and Vigilance
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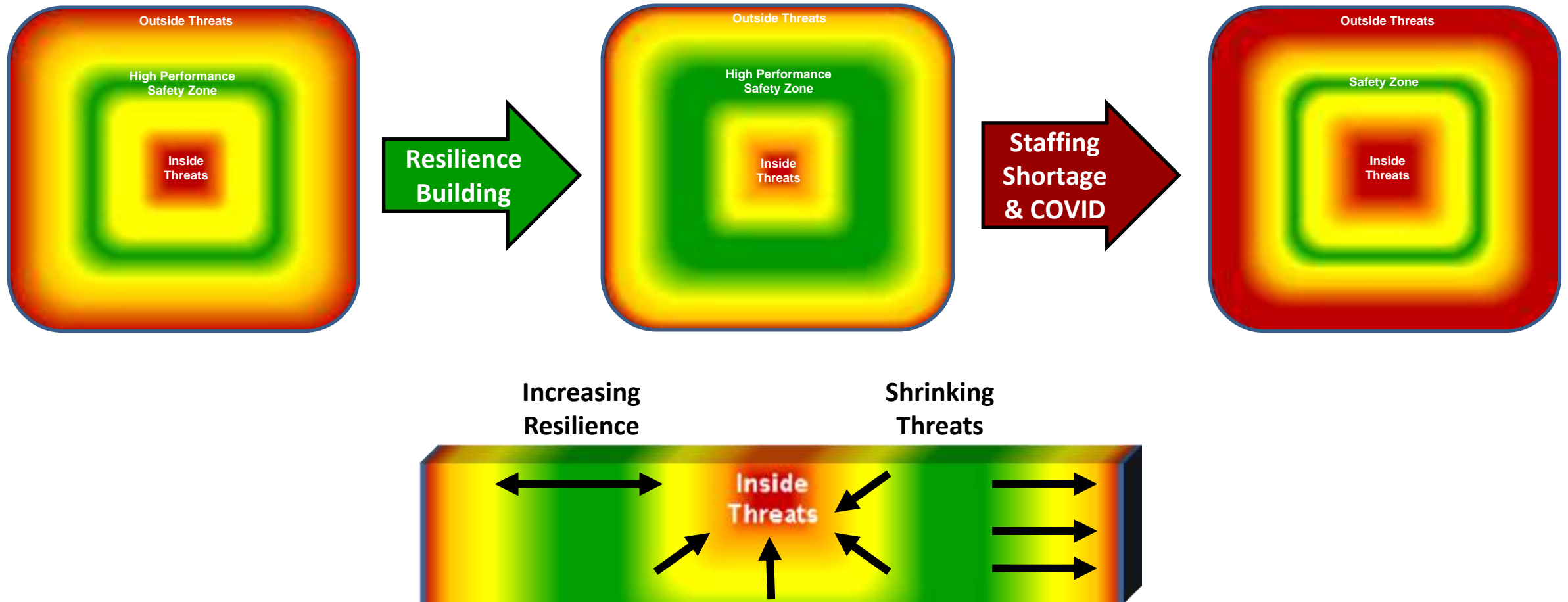




# Inside & Outside Threats and Resilience Building



# Inside & Outside Threats and Resilience Building



# Why Mask...Vaccinated or Not?

- Can I CATCH it?
- Can I SPREAD it?
- Can I GET SICK NOW?
- Can I GET LONG HAUL?

## Why Mask?

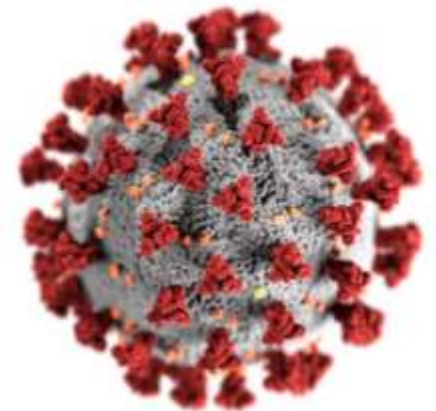
Vaccination Status	CATCH it?	SPREAD It?	GET SICK NOW?	GET LONG HAUL?
Unvaccinated	Yes	Yes	Yes	Yes
Vaccinated	Yes	Yes	Yes	Yes
Youth 12-17	Yes	Yes	Yes	Yes
Children Ages 2-12	Yes	Yes	Yes	Yes

## Message to Families of Essential Workers



### **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**





# Fraud in the COVID Ecosystem

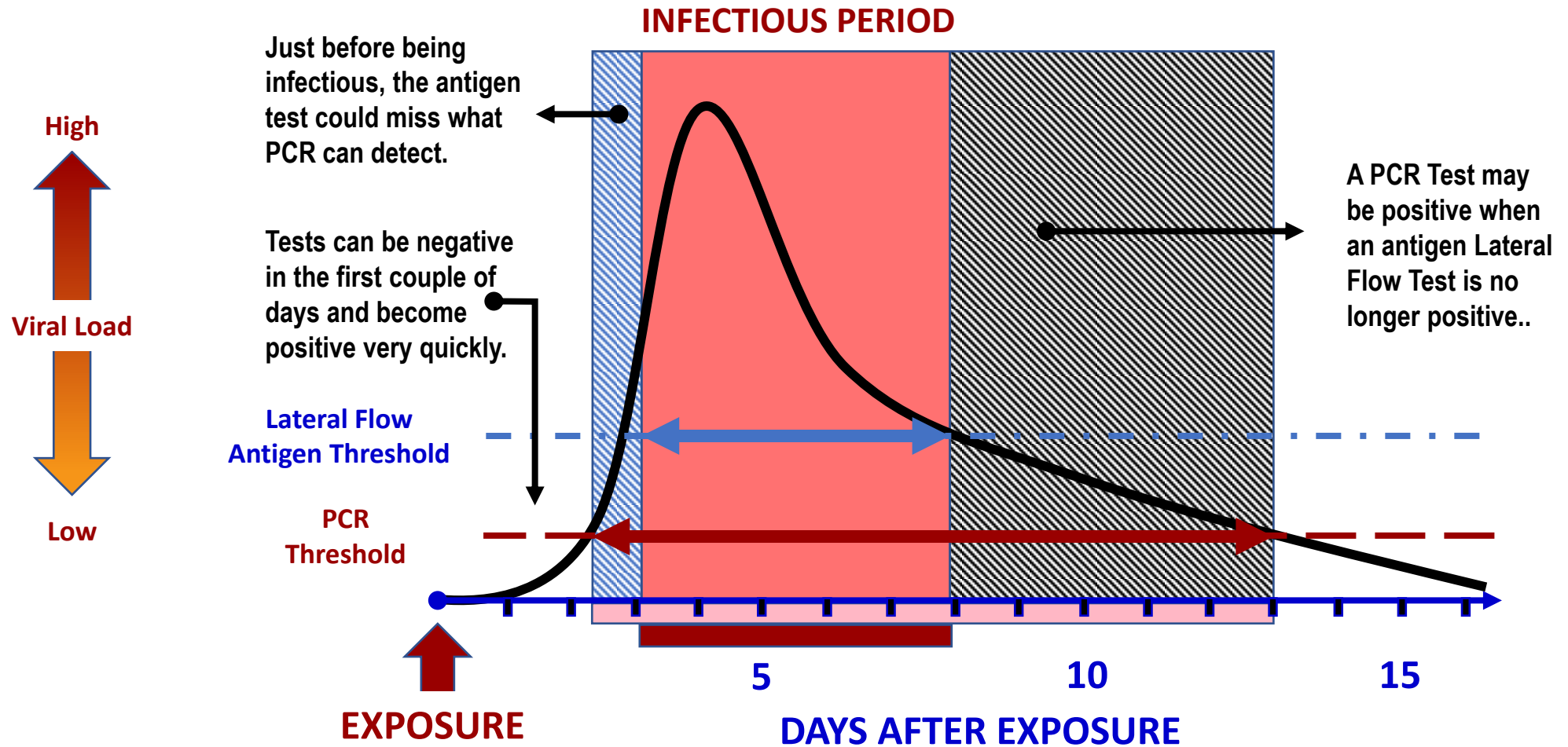
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- ✓ Waning Immunity and Vigilance
- ✓ Reinfections and Long COVID
- ❑ Preventable Holiday Risks



# The Right Test at the Right Time



# The WHO, WHAT, WHEN, and HOW to TEST



# Most Important Tests: PCR & Rapid Antigen

## RT-PCR



## Rapid Antigen





# Pros and Cons of Tests

## PCR



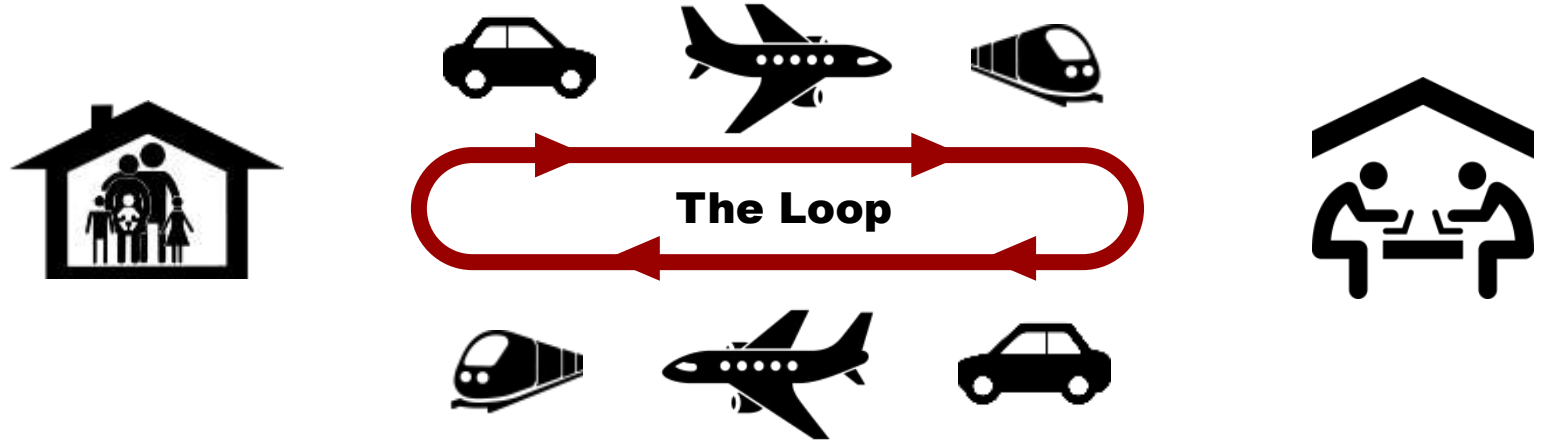
- Gold Standard for Diagnosis
- Detects Virus Before Infectious
- Detects Virus Debris after Infectious
- Tie Breaker if Antigen Tests Unclear

## Rapid Antigen



- Inexpensive
- Can be done At Home
- Positive when Infectious
- Risk of False Negative Result

# Test to Travel Safer



- Assess Threats, Vulnerabilities and Risks
- Test Before Departure
- Maintain Safe Practices in Cars
- Practice Airport & Boarding Safety
- Practice Enroute Safety
- Repeat Airport Safety Practices
- Repeat Safe Practices in Cars
- Test Before Meeting
- Repeat Processes Going Home
- Test Upon Return Home

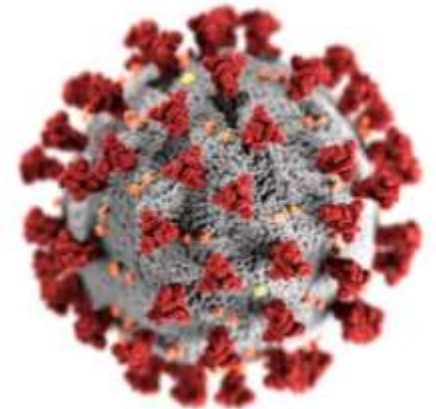
**Save the Family...and You Save the Worker**

# 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**



## **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.

**Readiness**

**Resilience**

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

**Response**

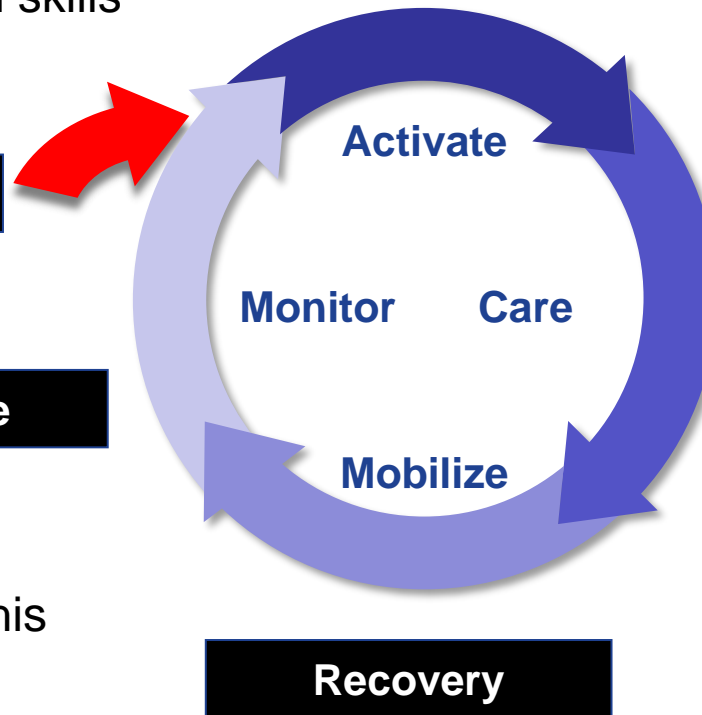
**Response:** Family moves to action to respond to an emergency. Safeguards are put in place. The family may respond to a member being infected or exposed to someone infected.

**Rescue**

**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**

**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.”



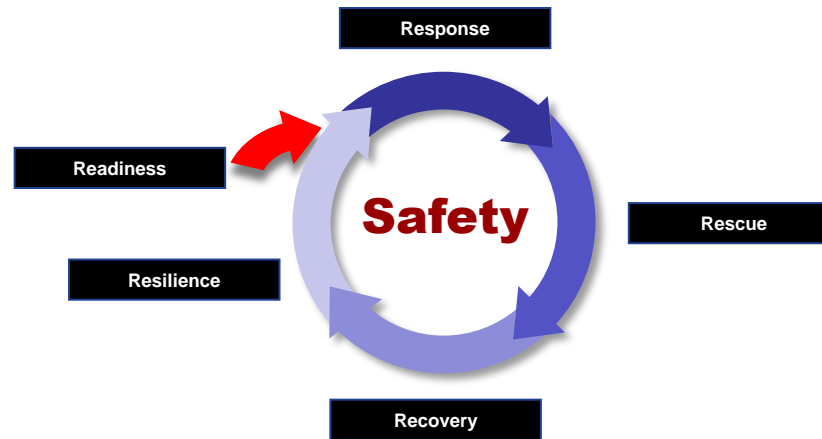


THE UNIVERSITY OF TEXAS  
**MD Anderson**  
~~Cancer Center~~

## Family Rescue R&D



**Stanford**  
University



**UCSF**  
University of California  
San Francisco



## The 5 R's of Safety

**UF** UNIVERSITY of  
**FLORIDA**

**UT Southwestern**  
Medical Center

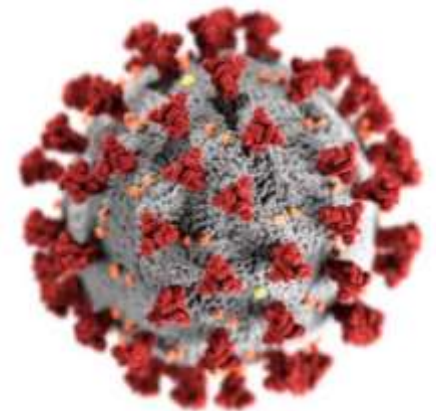


## Message from Emergency Response Leaders



**Randy Styner**

**Director Emergency Preparedness  
University of California Irvine  
Best Selling Author  
Med Tac Community Leader**



## Speakers & Reactors



Jennifer Dingman



Bill Adcox



Dr. Gregory Botz



Dr. Christopher Peabody



Charlie Denham III



Randy Styner



Heather Foster RN



David Beshk



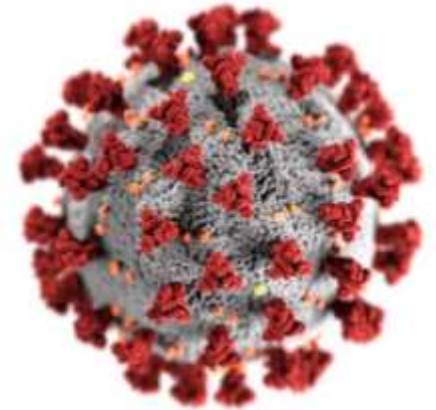
Dr. Charles Denham

## ***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**





**Fight the Good Fight...**

**Finish the Race...**

**Keep the Faith...**

**Everyone is a Patient**

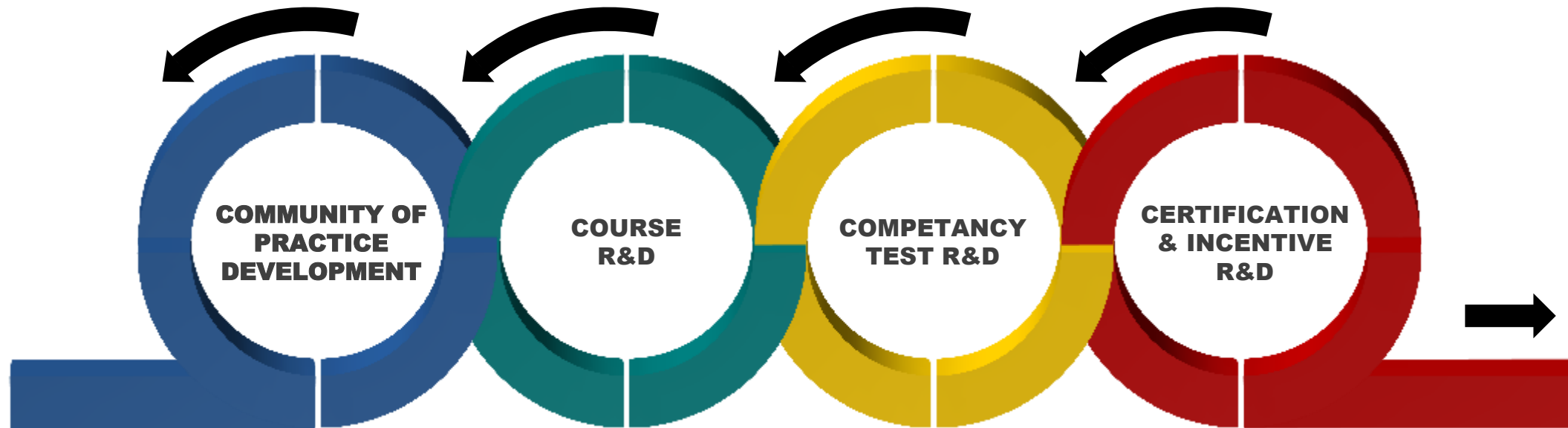
**and**

**Everyone CAN BE a Caregiver**

# ***Additional Resources***



## Learning Management System





# CareUniversity®



**TMIT Global  
Research Test Bed**



**SafetyLeaders®**

## Certificates for Med Tac Program



AMERICAN COLLEGE OF SURGEONS

*Inspiring Quality:  
Highest Standards, Better Outcomes*

100+years



American  
Heart  
Association®

**Heartsaver® First Aid CPR AED**

# High Impact Care Hazards to Patients, Students, and Employees

**Med Tac Bystander Rescue Care**

Med Tac is short for "Medical Tactical" and is an advanced first aid platform to battle failure to rescue. The mission is to teach anyone the critical bystander care skills that can save lives during the most common life-threatening emergencies. Our focus is to train all ages to provide the greatest help in the first 10 minutes before professional first responders arrive and then assist them when they do. The training includes how to work with professional first responders and how to help families as they proceed through hospital emergency care.

**Video Library**

- Med Tac Story
- Med Tac Leadership Team
- Adopt a Good Program
- 8 Rights of Emergency Care
- College and Youth Program
- Surf & Lifeguard Program
- 3 Minutes & Counting Trailer
- Opioid Overdose Briefing

**The Med Tac Story**

**The Battle Against Failure to Rescue**

The Med Tac Program was developed by a team originally focused on active shooter events. When they found that there at least 8 leading causes of preventable death including severe bleeding and that there was no integrated program to teach the public what they can do to save lives and prevent failure to rescue before EMS arrives, Med Tac was born. In many cases bystander rescue care can tip the balance of the public's knowledge. The program was funded through 2019 to philanthropy through TST Global, a 501(c)(3) medical research organization that leads a global patient safety community of practice found at [www.SafetyLeaders.org](http://www.SafetyLeaders.org). With the development of the Conscience Crisis, our rapid response team has prioritized Infection Care as one of our main focus areas. As of January 1st, 2020 the team has published four articles and has developed pilot programs in five states. [Click here to download a PDF of the four articles.](#)

**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.

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

**Cardiac Arrest**

**Choking & Drowning**

**Opioid Overdose**

**Anaphylaxis**

**Major Trauma**

**Infection Care**

**Transportation Accidents**

**Bullying**

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# High Impact Care Hazards to Patients, Students, and Employees



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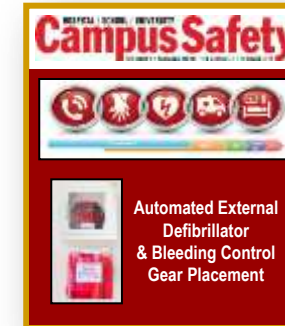
Active Shooter  
Healthcare Article



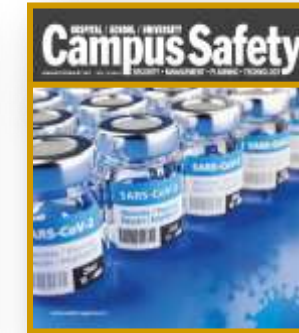
Rapid Response  
Teams Article



AED & Bleeding  
Control Gear Article



Family Safety  
Plan Article



Support  
today's  
webinar

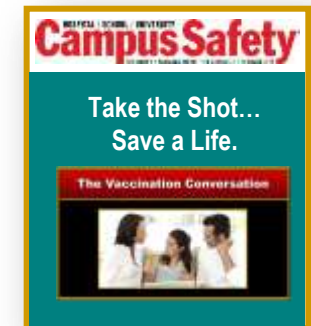
Med Tac  
Story Article



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.

Take the Shot...  
Save a Life





# High Impact Care Hazards to Patients, Students, and Employees

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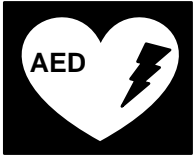
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# The Solution: Bystander Rescue Care

## Cardiac Arrest



## Choking & Drowning



## Opioid OD & Poisoning



## Anaphylaxis



## Major Trauma



## Infection Care



## Transportation



## Bullying



# The Solution: 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.*

## 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*

## 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.*

## 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*

## 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*

## 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*

## 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.*

## 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.*

# Med Tac Rescue Stations





**Soaring Eagle Awards:  
David Beshk  
Danny Policchichio**

**Lives Saved by Med Tac  
Bystander Rescue Care  
Trainers in Community**







### **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:**

- 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**

# Med Tac Rescue Station Sites



## 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



Phone 9-1-1 and get an AED.

### Step 2



Cover your own mouth and nose with a face mask or cloth.



Cover the person's mouth and nose with a face mask or cloth.

### Step 3



Perform Hands-Only CPR. Push hard and fast on the center of the chest at a rate of 100 to 120 compressions per minute.

### Step 4



Use an AED as soon as it is available.

KJ-1424 4/20 © 2020 American Heart Association



## Cardiac Arrest



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*Possible Lives Saved in the US: 8 per day*



## 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, methadone or heroin.

People at risk for overdose and their family and friends can learn to spot an overdose and respond to save a life.

To get naloxone, present this card to the pharmacy staff.

A



### MULTI-STEP NASAL SPRAY

**DIRECTIONS:** Spray 1 mL (half of the syringe) into each nostril.

NO BRAND NAME/GENERIC

COST: \$-\$\$

B



### SINGLE-STEP NASAL SPRAY

**DIRECTIONS:** Spray full dose into one nostril.

BRAND NAME: Narcan

COST: \$\$\$

C



### INTRAMUSCULAR INJECTION

**DIRECTIONS:** Inject 1 mL in shoulder or thigh.

NO BRAND NAME/GENERIC

COST: \$-\$\$

D



### AUTO-INJECTOR

**DIRECTIONS:** Use as directed by voice-prompt. Press black side firmly on outer thigh.

BRAND NAME: Evzio

COST: \$\$\$\$\*

\*Coupons available, see evzio.com for more info

**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 [PrescribetoPrevent.org](https://www.PrescribetoPrevent.org)

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## 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 lifethreatening allergic reactions.

### Signs & Symptoms

Lungs: Chest tightness, cough that will not stop. Wheezing or shortness of breath.

Heart: Lightheaded feeling, fainting, weak pulse, or low blood pressure

Throat: Tightness of throat, hoarse/scratchy throat or drooling.

Mouth: Swollen tongue or lips

Skin: Swelling or severe itching or hives

1

Form FIST around EpiPen® and PULL OFF BLUE SAFETY RELEASE

2

Place orange end HARD into outer thigh so it 'CLICKS' and HOLD for 10 seconds.

3

Remove EpiPen & massage injection site for 10 seconds.

4

After using EpiPen. MUST seek Medical Attention



References  
[www.nationwidechildrens.org](http://www.nationwidechildrens.org)  
[www.pharmacydirect.co.nz/epipen-adult.html](http://www.pharmacydirect.co.nz/epipen-adult.html)

By: Manjit Gill RN BSN



## 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*



## 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*

Med Tac Rescue Skill	
<b>CLEAN A CUT – SAVE A LIFE</b>	
<b>1</b> CLEAN ONLY WITH SOAP AND WATER	<b>2</b> APPLY ANTIBIOTIC OINTMENT TO CUT
	
<b>3</b> BANDAGE TO WOUND KEEP CLEAN	<b>4</b> 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.

## 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.*





## 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.***

## Bullying

