

The Family Lifeguard



90% Prevention
10% Rescue



Coronavirus Care
Community of Practice

Bystander Rescue Care
CareUniversity Series

Welcome



Charles Denham, MD

Chairman, TMIT Global
Founder Med Tac Bystander Rescue Care

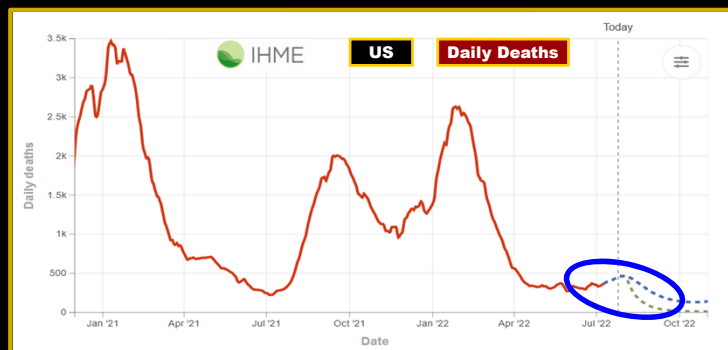
Med Tac Bystander Rescue Care
August 4, 2022

CareUniversity Webinar 189

2

Med Tac Bystander Rescue Care

US COVID Deaths



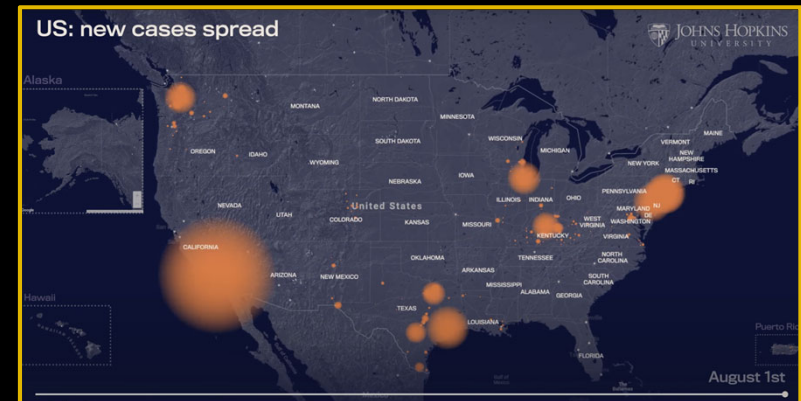
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US COVID Deaths

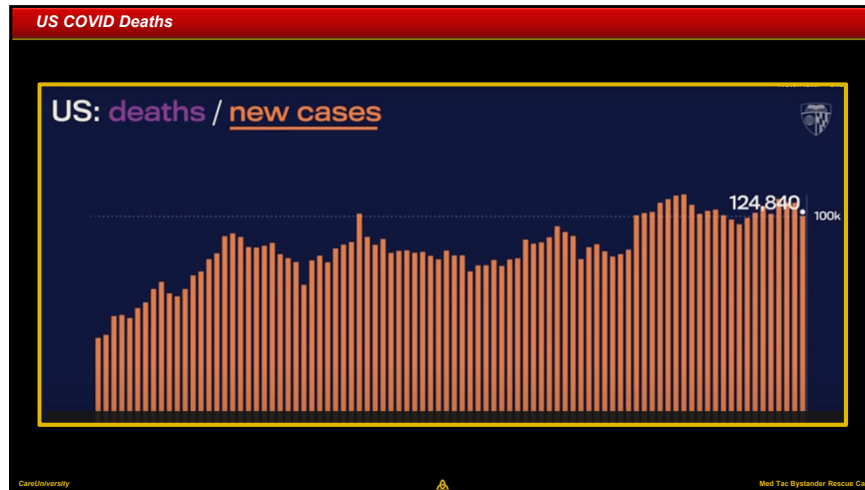
US: new cases spread



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Med Tac Bystander Rescue Care



The Family Lifeguard

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

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

Speakers & Reactors

				
Jennifer Dingman	Randy Styner	Heather Foster RN	David Beshk	Dr. Charles Denham

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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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**Coronavirus Care
Community of Practice**

**Bystander Rescue Care
CareUniversity Series**

Our Purpose, Mission, and Values



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




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

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






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**Bystander Rescue Care
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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


- 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.

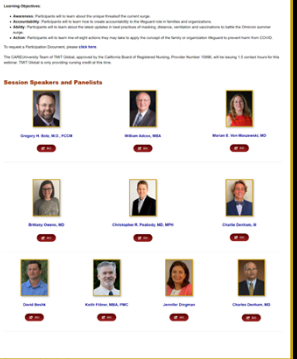
Charles Denham, MD, is the Chairman of TMIT Global; a former TMIT education grantee of CareFusion and AORN with co-production by Discovery Channel for *Chasing Zero* documentary and Toolbox including models; and an education grantee of GE with co-production by Discovery Channel for *Surfing the Healthcare 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.





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<https://www.medtacglobal.org/webinaraugust2022/>



Coronavirus Care Community of Practice

2022 Q3 Progress Report





Coronavirus Care Community of Practice

2022 Q3 Progress Report

www.medtacglobal.org/coronavirus-response/

Survive & Thrive Guide: Keeping Your Family Safe

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

Survive & Thrive Guide: Protecting Your Family

500 Subject Matter Experts

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Contributions Through Segments of our Discovery Channel Documentaries

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Chasing the Zero
ENDING THE WAR ON HEALTHCARE ZERO

Surfing the Healthcare Tsunami
BRINGING THE HEALTHCARE TSUNAMI TO SHORE

3 Minutes & Counting Bystanders Care!

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

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Survive & Thrive Guide™ Program Road Map

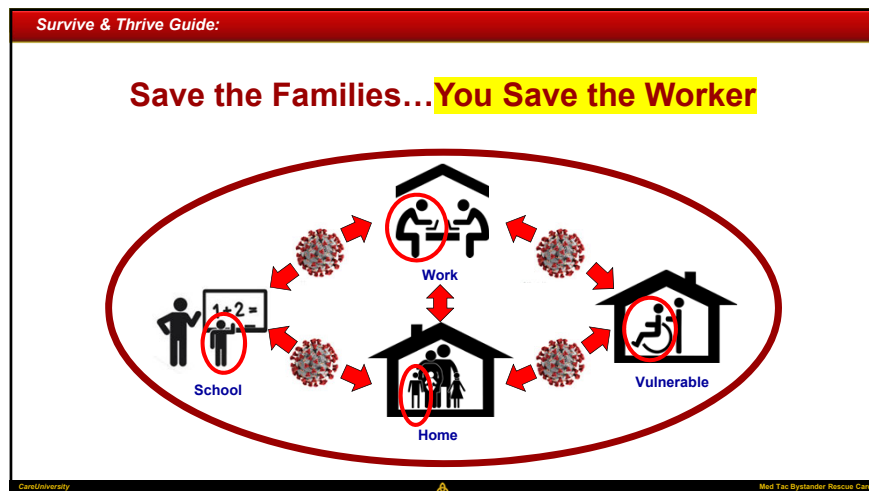
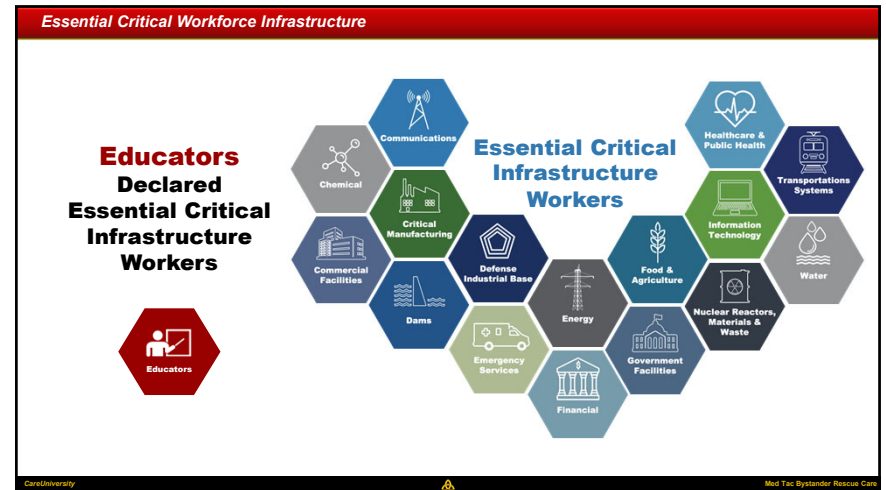
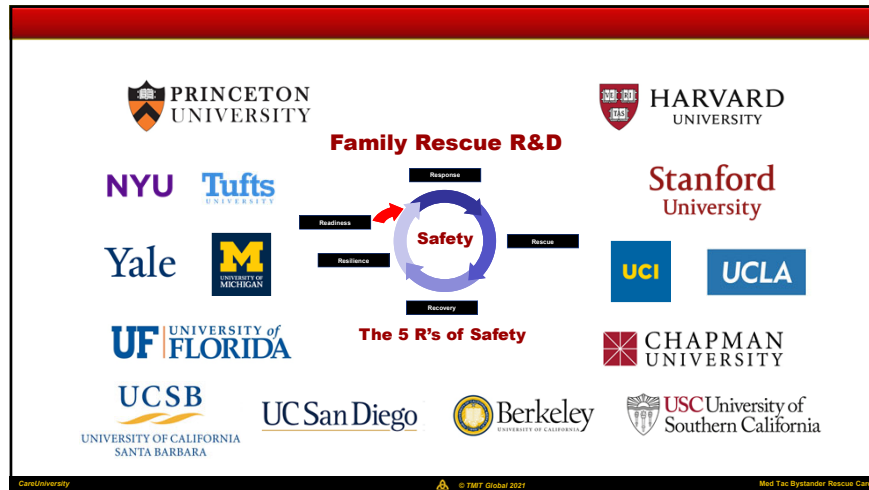
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Coronavirus Care Community of Practice


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 Bhattia EMT UCI Pre-med	D Policichio NYU Film	Manue Lopez Berkeley Alum	Preston Head III UCLA Alum

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Survive & Thrive Guide



1,000 Worker Study

The 5 R's of Safety

- Readiness
- Resilience
- Response
- Rescue
- Recovery

HEAD

HEART


HANDS

VOICE


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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

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parentingOC
MARCH 2017 - ISSUE
What Every Parent's Talking About
FOURTH ANNUAL TOP 25 TEACHERS





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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 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

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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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Family Lifeguard Update for 2022

David Beshk

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

Family Lifeguard

What's New for 2022
90% Prevention and 10% Rescue
Community Immunity & Aerosol Transmission

Family Safety Plan

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
- 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



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
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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:

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

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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

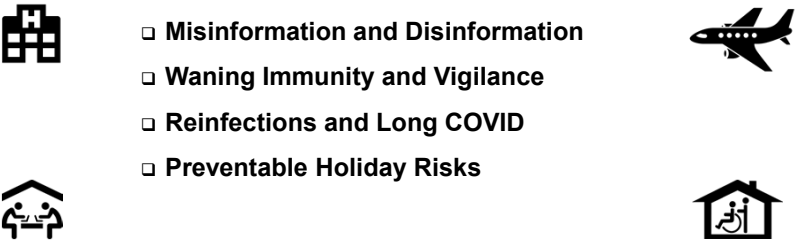


Video 6 Minutes

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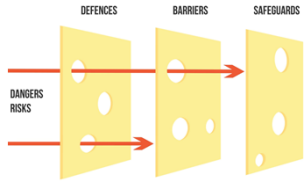
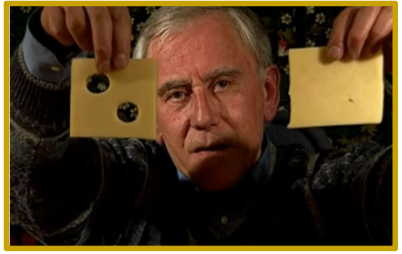
The Family Lifeguard

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



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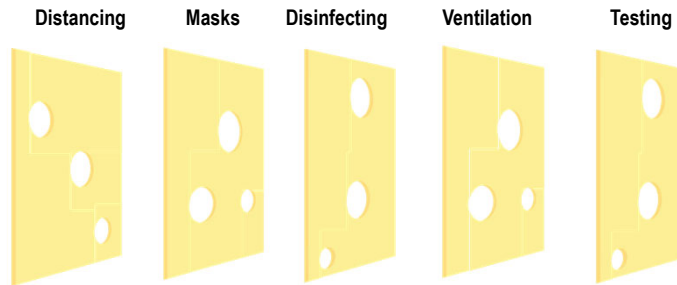
SWISS Cheese Model

Professor James Reason
Source: <https://www.youtube.com/watch?v=KND5py-z8vI>

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COVID Defense Strategies are Layers



Masks: Filter, Fit, and Finish



N95 Mask



Surgical Mask



Cloth Mask

Survive & Thrive Guide: Protecting Your Family



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



Misinformation, Disinformation, and Malinformation



The Narrative and Competing Narratives



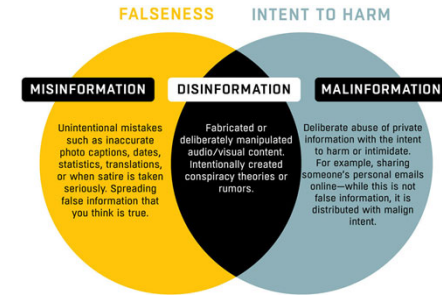
The **NARRATIVE** is the story that is told that makes sense of a version of the facts that support the argument made by an organization or individual. Attorneys will take advantage of the existence or absence of documentation to support their clients. It is critical that patients manage their medical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



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Misinformation – Disinformation - Malinformation

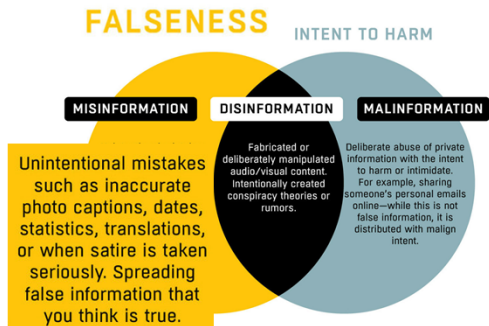


Turn the Science into Safety.

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Misinformation – Disinformation - Malinformation

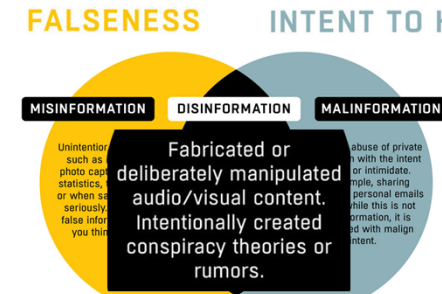


Turn the Science into Safety.

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Misinformation – Disinformation - Malinformation

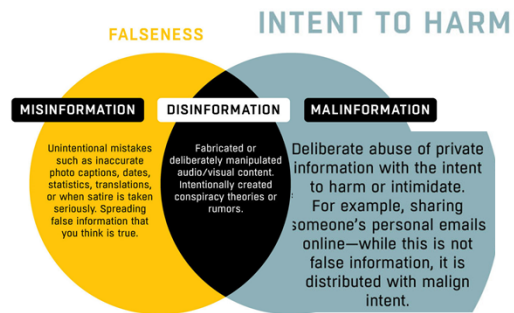


Turn the Science into Safety.

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Misinformation – Disinformation - Malinformation



Turn the Science into Safety.

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Fraud in the COVID Ecosystem



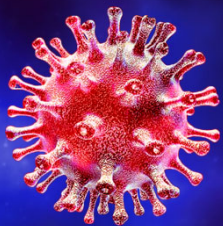
- ✓ Layers of Protection
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- ❑ Preventable Holiday Risks

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Variant Evolution

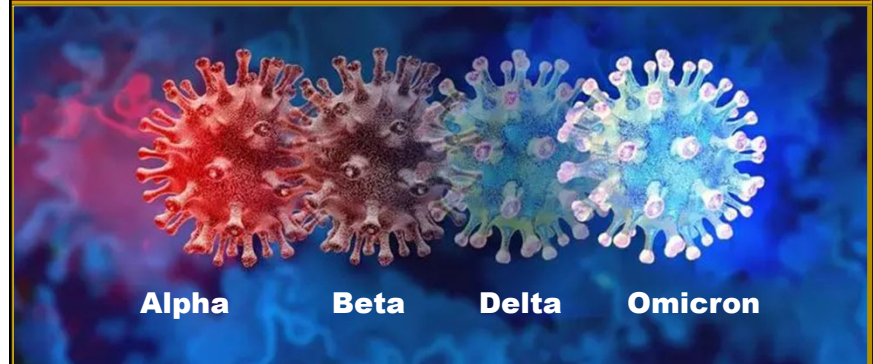


Omicron

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!

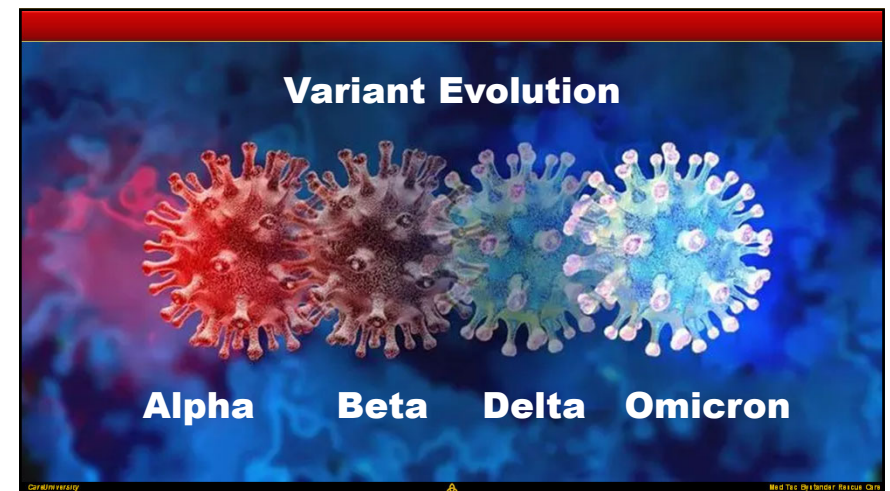
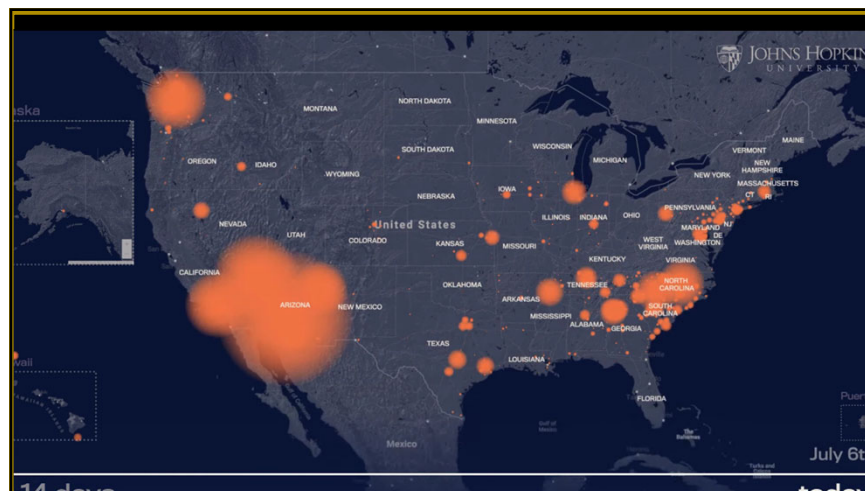
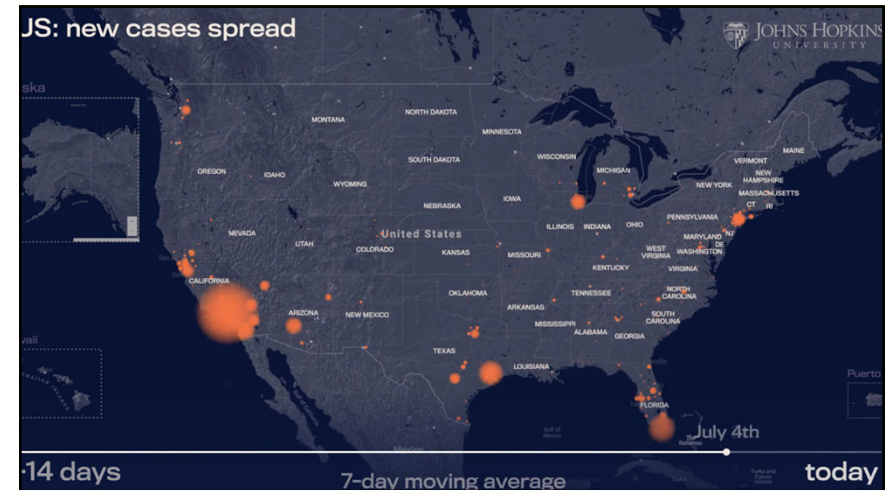
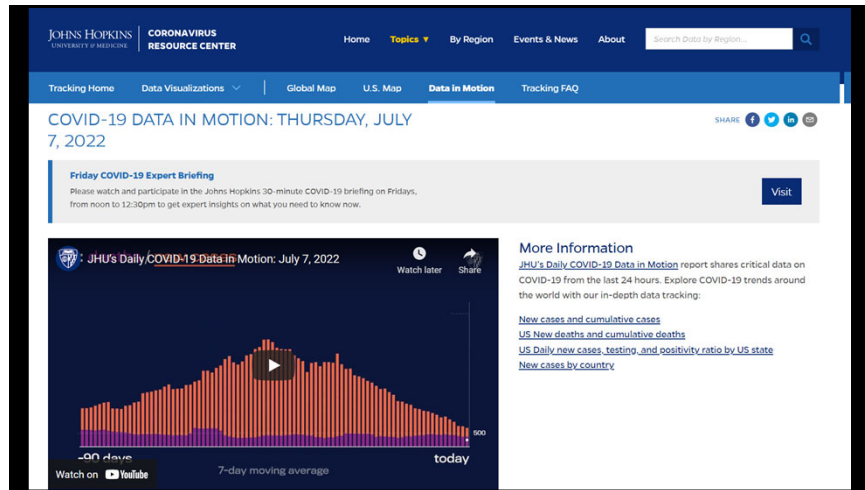


Alpha

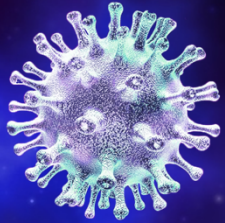
Beta

Delta

Omicron

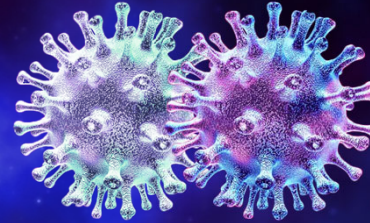


Variant Evolution



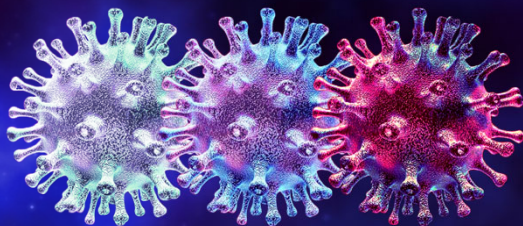
Alpha

Variant Evolution



Alpha Beta

Variant Evolution



Alpha Beta Delta

Variant Evolution



Alpha Beta Delta Omicron



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Message from Frontline Caregivers




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






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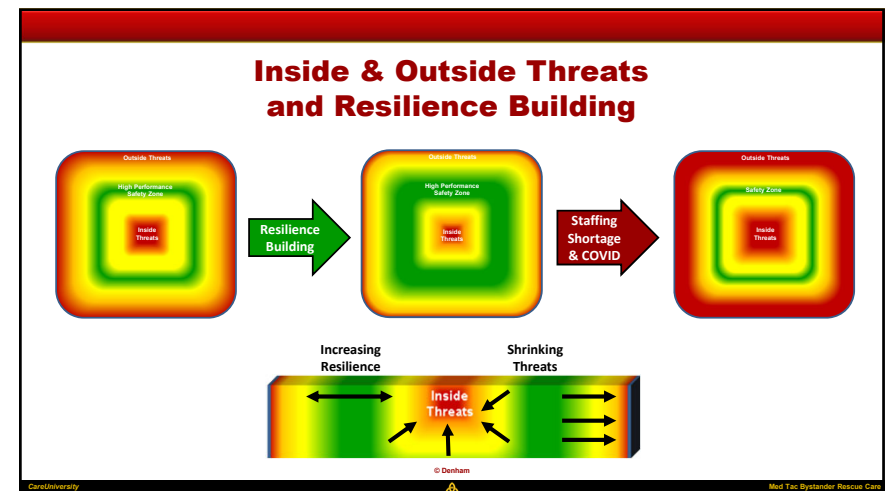
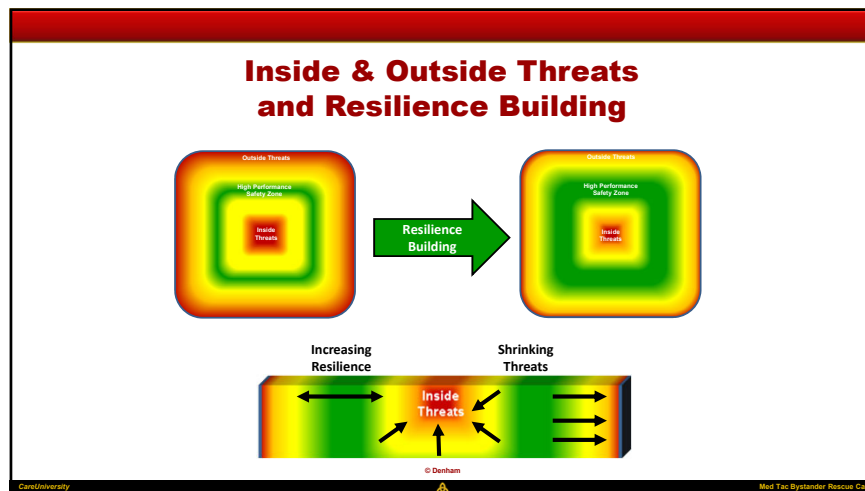
Fraud in the COVID Ecosystem

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





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Take the Shot – Save a Life


Why Mask...Vaccinated or Not?

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

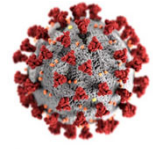
Why Mask?				
Vaccination Status	CATCH IT?	SPREAD IT?	GET SICK NOW?	GET LONG HAUL?
Unvaccinated	Yes	Yes	Yes	Yes
Vaccinated	Yes	Yes	Yes	Yes
Youth 12-17	Yes	Yes	Yes	Yes
Children Ages 2-12	Yes	Yes	Yes	Yes

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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




04-07-22 Community of Practice Webinar <https://www.medtacglobal.org/webinarapril2022/> Video 6 Minutes





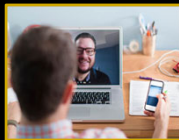


Fraud in the COVID Ecosystem

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

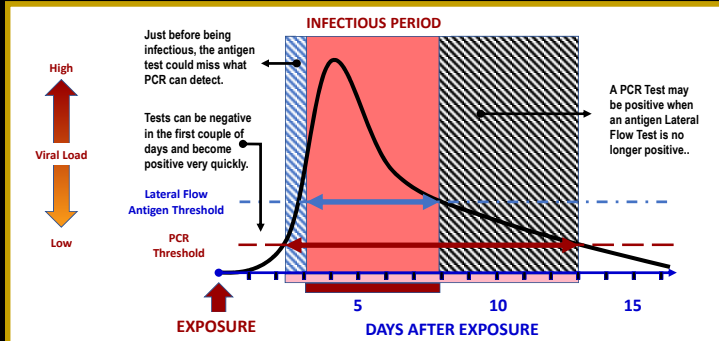





The Right Test at the Right Time

The WHO, WHAT, WHEN, and HOW to TEST



Most Important Tests: PCR & Rapid Antigen

RT-PCR



Rapid Antigen



Pros and Cons of Tests

PCR



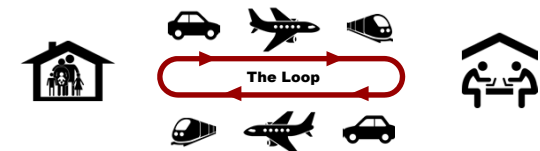
- Gold Standard for Diagnosis
- Detects Virus Before Infectious
- Detects Virus Debris after Infectious
- Tie Breaker if Antigen Tests Unclear

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

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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



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Survive & Thrive Guide: Protecting Your Family

Family Health Safety Plans

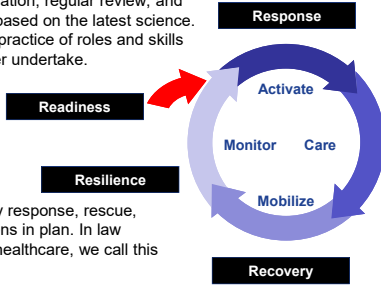
Readiness: Preparation, regular review, and updating of a plan based on the latest science. Regular deliberate practice of roles and skills each family member undertake.

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

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

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

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.



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THE UNIVERSITY OF TEXAS
MD Anderson Cancer Center

Stanford University

UCSF
University of California San Francisco

UF UNIVERSITY of FLORIDA

UT Southwestern Medical Center


MAYO CLINIC

HARVARD UNIVERSITY

UCI

USC University of Southern California

Family Rescue R&D



The 5 R's of Safety

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Message from Emergency Response Leaders



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



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Speakers & Reactors

				
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	Randy Styner	Heather Foster RN	David Beshk	Dr. Charles Denham

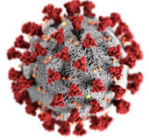
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MED + TAC **Coronavirus Care Community of Practice** **Bystander Rescue Care CareUniversity Series**

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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Fight the Good Fight...

Finish the Race...

Keep the Faith...

CareUniversity Med Tac Bystander Rescue Care

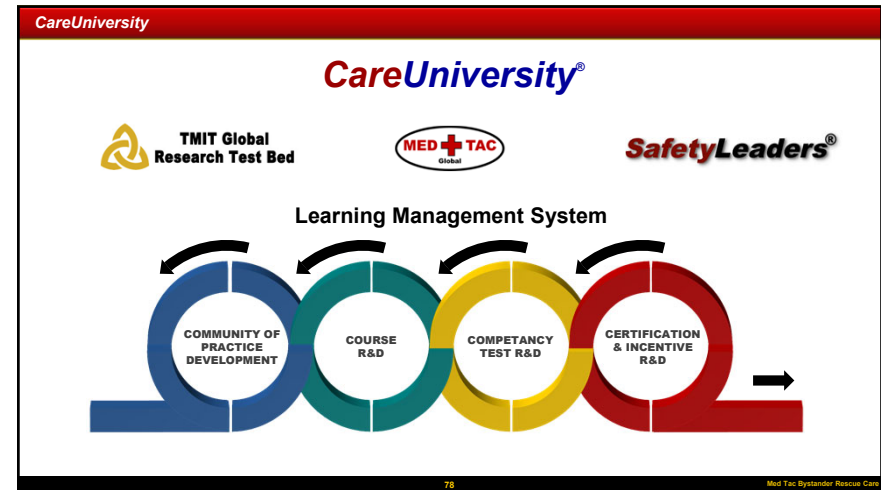
Everyone is a Patient

and

Everyone **CAN BE a Caregiver**

CareUniversity Med Tac Bystander Rescue Care

Additional Resources



CareUniversity

TMIT Global Research Test Bed **MED + TAC Global** **SafetyLeaders®**

Certificates for Med Tac Program

STOP THE BLEED SAVE A LIFE

AMERICAN COLLEGE OF SURGEONS
Inspiring Quality:
Highest Standards, Better Outcomes
100+ years

American Heart Association
Heartsaver® First Aid CPR AED

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High Impact Care Hazards to Patients, Students, and Employees

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

Cardiac Arrest

Choking & Drowning

Opioid Overdose

Anaphylaxis

Major Trauma

Infection Care

Transportation Accidents

Bullying

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.

MedTac 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.

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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


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



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High Impact Care Hazards to Patients, Students, and Employees



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The Solution: Bystander Rescue Care

<p>Cardiac Arrest</p> 	<p>Choking & Drowning</p> 	<p>Opioid OD & Poisoning</p> 	<p>Anaphylaxis</p> 
<p>Major Trauma</p> 	<p>Infection Care</p> 	<p>Transportation</p> 	<p>Bullying</p> 

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The Solution: Bystander Rescue Care

<p>Cardiac Arrest</p>  <p>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 - 39% of SCA deaths in children occur at such events.</p>	<p>Choking & Drowning</p>  <p>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</p> <p>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</p>	<p>Opioid OD & Poisoning</p>  <p>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.</p>	<p>Anaphylaxis</p>  <p>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</p>
<p>Major Trauma</p>  <p>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</p>	<p>Infection Care</p>  <p>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</p>	<p>Transportation</p>  <p>Non-Traffic Related Vehicular Accidents: The incidence of non-traffic related drive-over accidents near schools and homes 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.</p>	<p>Bullying</p>  <p>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.</p>

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Med Tac Rescue Stations



Soaring Eagle Award

Soaring Eagle Awards:
David Beshk
Danny Policchichio

Lives Saved by Med Tac
Bystander Rescue Care
Trainers in Community



Full Rescue Station



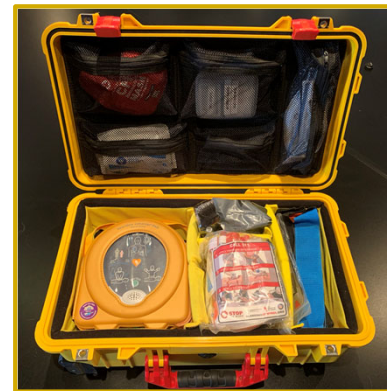
Rescue Station Stand:

- 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

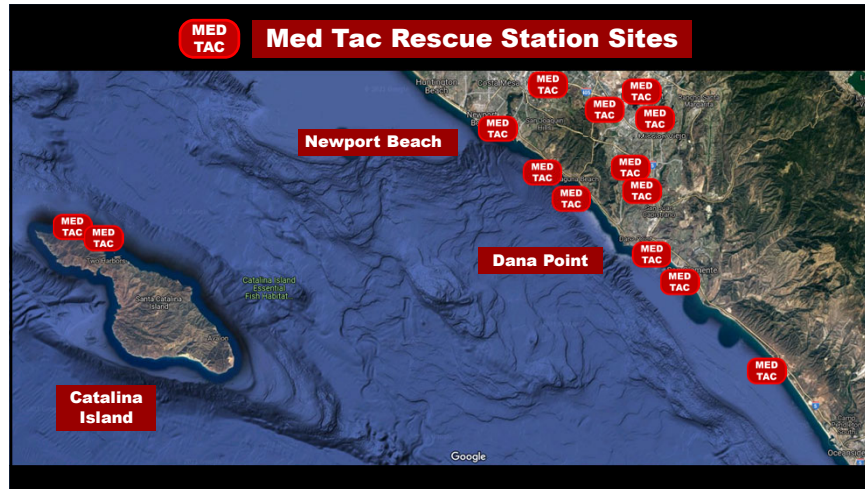


Care Case:

- 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 your own 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.
			 Use an AED as soon as it is available.

6/1/2021 4:25 © 2021 American Heart Association

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Med Tac Bystander Rescue Care

Med Tac Bystander Rescue Care

Cardiac Arrest



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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




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Med Tac Bystander Rescue Care

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, 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	B	C	D
MULTI-STEP NASAL SPRAY DIRECTIONS: Spray 1 mL (half of the syringe) into each nostril. NO BRAND NAME/GENERIC COST: \$-\$\$	SINGLE-STEP NASAL SPRAY DIRECTIONS: Spray full dose into one nostril. BRAND NAME: Narcan COST: \$\$\$	INTRAMUSCULAR INJECTION DIRECTIONS: Inject 1 mL in shoulder or thigh. NO BRAND NAME/GENERIC COST: \$-\$\$	AUTO-INJECTOR DIRECTIONS: Use as directed by voice prompt. Press black side firmly on outer thigh. BRAND NAME: Evion COST: \$\$\$\$

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 PreventOpioids.org

Used with permission from Boston Medical Center

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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: 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. Remove cap and hold EpiPen at right angle.
2. Press orange button firmly and hold for 10 seconds.
3. Massage EpiPen against skin for 10 seconds.
4. After using EpiPen, seek medical attention.

References:
www.nationalallergyalliance.org
www.pharmacydirect.co.uk/epipen-adult.html

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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


WRAP WIND SECURE TIME

CALL 911

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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.

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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

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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