

In this newsletter...



2002-2017
Medical Reserve Corps
15 year anniversary



Are We Ready?
Do nurses really know
their role in a disaster?



What do YOU want us
to do in 2018?



Become a STOP the
Bleed Trainer!

New changes to North Central Idaho Medical Reserve Corps in 2018

In January 2018, we are revamping our North Central Idaho Medical Reserve Corps! Our MRC Advisory Committee has helped to decide what direction to go with our MRC Unit. We will be starting with some new member expectations, a training plan for every member to achieve the national MRC Core Competencies, opportunities for training and/or exercise every month, specialty teams for specialized community preparedness needs, and an incentive plan to help you keep motivated! Please plan to attend one of our two NCI MRC Meetings in January to find out more!

Are We Ready?

By Cathy Deckys, MSN, RN, COHN-S, NHDP-BC
An excerpt from an article that was published in RN Idaho and is used by permission from Idaho Nurses Association and the author.



In the wake of hurricanes Harvey and Irma, wildfires in the West, floods, and the Idaho Snowpocalypse of 2017, nurses are seen within the center of chaos providing amazing acts of courage and care in the most austere conditions. As I observe emergency response and recovery efforts unfold during these catastrophic events, it raises the question as to our readiness as nurses to take on our disaster role. First, our efforts need to be focused on each individual's awareness of risk and potential hazards in our environments, making sure we have a family emergency plan and three to seven days of emergency supplies (e.g., food, water, first aid kit, medications, etc.). We need to then practice our emergency plans through family drills. As nurses, it is also important that we join interdisciplinary disaster exercises on a local, regional, and state level. *Continued on page 2.*

What do YOU want us to do in 2018?



We are planning MRC activities for 2018! Complete the survey to give us your ideas about how YOU would like to participate:

[NCI MRC 2018 Survey](#)

Become a Stop the Bleed Instructor!

The Idaho TSE program will be holding a 1 1/2 hour class teaching the basics of bleeding control. After taking this class, medical personnel will be able to register as an instructor and start to hold classes in their community. This would be a great opportunity for MRC members to become instructors and teach our MRC, as well as the community!



January 5, 2018 at 12:00 - 1:30pm
St. Joseph Regional Medical Center
415 6th St., Lewiston, Idaho
Conference Room C

The course is FREE and open to all medical personnel.

RSVP to Melissa.Ball@dhw.idaho.gov

North Central Idaho MRC Orientation 2018 Meeting

Tuesday, January 16, 2018 6:00pm-7:30pm or
Saturday, January 20, 2018 11:00am-12:30pm

*Both sessions will provide the same information.

Choose the best option for you to attend.

Lewiston City Library Community Meeting Room (upstairs)
411 D Street in Lewiston, Idaho

Wintertime Readiness Reminder!

'Tis the season! Are you winter ready? Do you have everything you need to shelter in place? A back-up heat plan in case the power goes out? Carbon monoxide detectors functioning? Your family communications plan contact info up to date? Your vehicle ready for winter driving?

For *Winter Preparedness Tips*, visit [Snowstorms and Extreme Cold](#).

For the latest forecast and weather advisories, visit the [National Weather Service](#).



Are We Ready? *Continued from page 1.*

To achieve disaster readiness, nurses would need to:

- Possess the minimum knowledge base, skills, and abilities regarding disaster response and public health emergencies
- Respond directly or provide indirect support (e.g. shift coverage for those deploying or critical data collection during a disaster event or public health emergency)
- Promote preparedness amongst individuals, in their care of families, communities, and within the organizations they represent; and
- Demonstrate a commitment to professional preparedness by participating in disaster planning, drills and exercises within and beyond their specialty environment. (Veenema et al., 2016, p. 191).

Are we ready? In light of recent natural disasters, it is critical that nurses be prepared with the knowledge, skills, and experience to respond to highly complex disaster scenarios of the future. In order to achieve this goal, nurses at all levels of practice will need to commit to improving disaster nursing practice guidelines; educational opportunities; federal, state, and organizational policies; and research into disaster nursing. If we do this, nurses will be ready when disaster strikes again.

For the complete article, go to [RN Idaho November 2017](#).

Sneak peak into 2018 Changes — Specialty Teams



Starting in January 2018, we plan to create specialty teams to better utilize your skills and abilities and to better serve our communities. Here are the teams we have in mind. Come to the January meetings to find out more details!

Community Emotional Support Team: An organized team that can provide emotional support to the whole community in an organized, effective way in the event of a disaster. It is not required to be a mental health professional to be a part of this team. However, special individual and team training will be required to participate in this team.

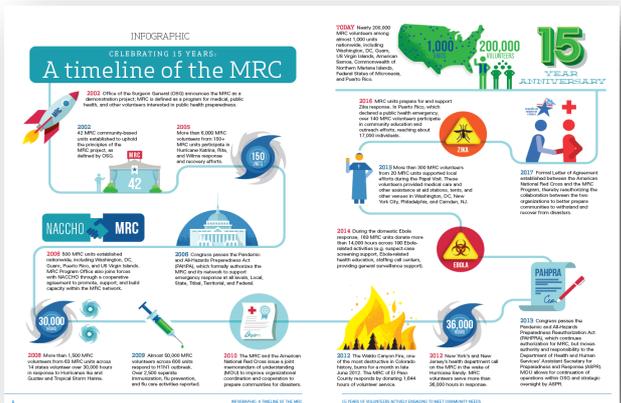
Community Emergency Preparedness Education Team: Members of this team may staff a booth at health fairs to share emergency preparedness information or train in specialized topics such as “Stop the Bleed” or Emergency Preparedness for Seniors and give presentations to community groups.

Community Events Medical Support Team: This team will support first aid stations at community events like our fun runs or other community gatherings. Members of this team must have current CPR certification and have completed first aid training.

Community Exercise Assistance Team: Members of this team may support community-based preparedness exercises in the area as mock victims, moulage technicians, support staff, and exercise evaluators and controllers. For large events, all members of NCI MRC will be invited to participate. This team will be the core team of those most interested in participating in and supporting the many preparedness exercises in our communities.

2002-2017 15th anniversary of the Medical Reserve Corps

Check out the [2017 MRC Network Profile Report](#) to see all that has been accomplished across the nation.



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Contact **Kim Monson RN, NCI MRC Coordinator** with questions. Phone 208-799-0394
Email kmonson@phd2.idaho.gov

