



DMAT CA-11 Newsletter

Disaster Medical Assistant Team - Sacramento, California

DMATCA11.org

Spring 2009



2009 Integrated Training Summit in Dallas Texas

Commanders Corner

By Jason Beckett

I would first like to thank Don Wyatt and all of the contributors to the newsletter for putting together our first issue. I am committed to utilizing this as a tool to communicate with the team more effectively and look forward to future issues. Even though I was unable to attend the NDMS training summit this year I was fortunate to have Jim Acosta, Deputy Unit Commander, attend the Commanders meetings at the conference. The info that he relayed to me is encouraging and it is obvious that NDMS is back home with HHS and they are glad to have us back. There is a lot of restructuring going on at HHS and NDMS, some that will affect us and some that will not. There is a lot of exciting things in the works and I will relay the information to you as I receive it. I see a lot of changes for the team in the near future, and it looks to be good.

There was a flurry of activity in Dallas, Texas March 4th through the 8th, 2009. The National Disaster Medical System (NDMS), the Medical Reserve Corp (MRC), United States Public Health Service (USPH), and the Emergency System for Advanced Registration (ESAR) held the 2009 Integrated Medical, Public Health, Preparedness and Response Training Summit. Over 3700 people attended the training summit participating in more than 98 presentations and workshops ranging from “Advanced Disaster Medical Response” to “When it rains volunteers: Managing Spontaneous Unaffiliated Volunteers.”

Sacramento’s DMAT CA-11 was well represented by almost 30 members ranging from Leadership to Ops, Logs, Planning, and Administration. A good time was had by all, but more importantly, they return with a wealth of information. Not able to attend? Fear not, all the information presented at the 2009 Training Summit is available to you in one of two ways. Each CA-11 member attending the Training Summit was provided a CD with most of the presentations in a Power Point format, just ask anyone who attended for a copy. Not easy enough? Then go to the Health and Human Services website,

www.hhstrainingsummit.org click on the “Presentations & Photos” tab on the top right, and down load the presentation of your choice.

If that is not enough, our Director of Logistics Ken Martzen was presented with the “Distinguished Member Award” during the Training summit. More on that in the next issue...

News from Leadership

California, FEMA Planning for a Catastrophe

By Jim Acosta, Deputy Commander, CA-11

The shadow of Hurricane Katrina still lingers over the emergency management Community; nobody wants to be caught off guard at the next huge disaster. California’s challenge is even greater...how do you plan to respond to a catastrophic earthquake, a Katrina level disaster without the benefit of warning?

We’re doing it. Actually, FEMA region IX in Oakland, the California Emergency Management Agency (Cal EMA) in Sacramento, and over 60 state, federal, military, local, and Non-Governmental Organizations have completed a plan for a catastrophic earthquake in the San Francisco Bay area. The plan describes a massive movement of state and federal resources in the first 72 hours after a M 7.7 earthquake on the San Andreas Fault. The important part of this plan for CA-11 is a planned use of significant NDMS resources in support of ESF-8 needs. An hour by hour schedule detailing the movement of resources toward the affected areas is part of the plan; for those of you familiar with the *Catastrophic Incident Annex* to the National Response Framework, this will be very familiar. As the closest NDMS resource outside the S.F. Bay Area, we are in a unique position “to load and go” and play a significant role in the NDMS response.

The state plans a strong response as well, in the form of CalMat teams, Mobile Field Hospitals, and Ambulance Strike teams. These resources may take some time to assemble and deploy, as the majority of staffing will likely have to travel from Southern California. Medical Reserve Corp units may be able to provide a level of staffing, but as you can imagine the DMAT’s in Southern California will be aching to respond to the disaster; team members may be torn between their obligation to their DMAT and requests from EMSA for their resources. But I digress.

FEMA and CalEMA have now started a similar planning effort for the catastrophic earthquake on the southern San Andreas Fault, based on the “Shakeout” scenario earthquake developed by the U.S. Geological Survey in coordination with the Golden Guardian 2008 exercise. This M 7.8 earthquake devastates areas of San Bernardino, Riverside, Orange, and Los Angeles counties, and portions of three other southern counties. The idea is to capitalize on a lot of the planning and coordination done for the exercise, and to put down on paper how we’d like to see this response and recovery happen. Again, expect NDMS to be heavily used both in the immediate federal response, and in the long term to help augment hospital and public health staffing in the months after the earthquake.

Operational Update

Medical Clearance for Deployment and Fitness Standards

By Penny Miller, Chief of Operations

For the last year you have heard me refer to a draft policy defining fitness standards for all deployable NDMS employees as well as medical clearance guidelines for deployment. These draft policies are very likely to become approved HHS policies in the very near future.

These are SAFETY documents, and not employment documents. The exclusive focus is on worker safety, and not employment rights, worker desires, or even the medical mission. It's an unrealistic credo to say that NDMS never place teams in harms' way. We take risks even going to work at Station 1. Travel in disaster areas, sleep deprivation, lack of utilities, lack of sleep facilities, moving patients- all of these have risks and physical demands. A more realistic credo is to say that NDMS will perform a risk assessment, identify mission-specific hazards, communicate these to the teams and mitigate risks. Every firefighter in our group knows what this is about.

These standards are appropriate to the disaster setting. Anything less and we are doing a disservice to everyone involved including our patients.

That being said, the workforce status is a critical issue. The intent of the standard is to:

1. Establish a standard for new incoming personnel
2. Set a goal that current employees can strive to meet
3. Recognize there are mission specific environments that we should not deploy some individuals into.

The CMO office fully intends to grant waivers for those unable to meet the standards as long as workforce conditions dictate and their fitness status, combined with their medical condition do not pose an undue risk to the mission.

The approach might best be summed up by the motto "Mission First, People Always".

In preparation for these upcoming policies, we will be offering fitness testing at the April 18th quarterly meeting.

FIRST- DO NOT STRESS OUT! Other teams that have already offered fitness testing have had NO problems having their members pass the fitness tests!

SECOND- See this as an OPPORTUNITY to prepare for this year's hurricane season. You are the most important asset on this team; your health and safety are our primary concern.

The Fitness Standards are as follows:

2. Physical Fitness Standards for Austere Environments*

All deployable NDMS staff are asked to commit to aerobic physical activity at the level of 30 minutes or greater on three occasions per week. All rostered NDMS personnel are assessed for current level of physical activity and exercise tolerance as part of the medical clearance process.

All deployable NDMS personnel must be able to pass a biennial physical fitness test administered or observed by the team or an authorized agent. The following elements must be completed within a one hour time frame.

- a. *Climbing 3 flights of standard steps (15 steps, 8" rise) in continuous movement without shortness of breath*

- b. *With a team member, lift a standard 75 pound Rubbermaid deployment tote and carry it 100 feet in continuous movement*
- c. *Walk/run one mile in 16 minutes*
- d. *Must be willing to sign a physical fitness statement attesting that they are willing and able to perform expected duties under the environmental and physical conditions described above.*

**These standards are modified from the U.S. Forest Service fitness standards that vary based on job location (e.g. fighting a fire on the fire line or working in the base camp). USFS "base camp" conditions closely matched those of a NDMS response team*

At this time, fitness testing is NOT mandatory. However, the CA11 team leadership is being proactive- we want our team positioned at the front of the line, all prerequisites for team readiness completed and ready to deploy!

If you have any questions or concerns, please contact me at ops@dmata11.org or plmiller@ucdavis.edu.

Logistics Update

January was a busy month for the logistics crew... While the Logistics Chief was off playing in DC, the trusty Deputies, Cary and Ted took care of business for the January training and work day. Trucks were driven; resupply items were marked for ready inventory and for repacking away into the totes. Much of this was in preparation for the annual site visit and inventory coming up the second week in February.

Bright and early the morning of February 10, a crew comprised of Teri Ball, Cary Chavez, Ted Hussey, Diane Lusk and Keith Mahan, along with the Logistics Chief, got an early start on off loading the trucks. While waiting for the headquarters crew to arrive, team members also set up two of the 19x35 shelters for inspection. Part of the site visit is to inspect every piece of equipment in our cache. Each shelter was inspected for mildew and cleaned before repacking. All of the structural components were also inspected for any binding or breaks. The four person headquarters crew arrived around noon on the 10th and the inspection was underway. During the next 4 days, every piece of equipment was inspected, cleaned, tested and then repacked. We found several items of note; water had been left in the water filtration system and so had to be thoroughly disassembled and cleaned and new filters installed, the potable water bladders had mildew and were discarded, (We received new ones). Once the equipment was inspected, the inventory of the totes commenced. A 100% accounting of each and every item was made. Any item that had an expiration date was noted and if it was close to or already expired, it was removed. All of the cache MRE's as well as the bottled water were expired. MRE's will be sent back to Fredrick, but the bottled water had to be discarded. The crew came up with some novel ways of emptying water. Suffice to say we had a good collection of recycle by Saturday and it paid for lunch for all.

Once completed, we received our report card and actually, we did not do too badly. As with most teams, we had a lot of expired items, but our cache is in far better shape than probably 90% of the team supported caches out there. We do need to be more careful in storing, and repacking of equipment. From my perspective, it would seem that when the mission is over and the demobilization process is underway, we need to be just as vigilant in ensuring that all items are put away properly and not be in such a hurry to get home that we just throw parts into the closest container. Still, we have a well organized cache and thanks to all who come out and help maintain it and thanks to the inspection crew for all their hard work.

Administrative Update

Credential Smart is back and easy to use. When Ops Chief Penny Miller went through the new system it took her less than 1 hour. AO Sheila Martin distributed, via E-mail, login info to all active NDMS employees. We have been requested to have all members that potentially want to be able to deploy for our June on-call month to submit the Credential Smart application no later than April 24th, 2009. NDMS knows that this is short notice but due to contract issues they were not able to start this process sooner. If you are unable to submit by the 24th your application may not be processed prior to June. This may affect your ability to deploy. If you have login issues or need to have login info resent please contact Sheila Martin at smartin@emsa.ca.gov. Penny Miller will be monitoring the process and may be contacting you if you have not submitted your Credential Smart application. If you have issues with navigating through or submitting your application please contact Penny Miller at plmiller@ucdavis.edu.

Calendar of Events

April 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Training Summit
5 Training Summit	6 Training Summit	7 Training Summit	8	9	10	11
12	13	14	15	16	17	18 Team Meeting
19	20	21	22	23	24	25
26	27	28	29	30		

May 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Availability Due	2 Availability Due	3 Availability Due	4 Availability Due	5 Availability Due	6 Availability Due

7 Availability Due	8 Availability Due	9 Availability Due	10 Availability Due	11 Availability Due	12 Availability Due	13 Camp Park
14 Camp Park	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

March 4-8th, 2009 Integrated Training Summit, Dallas TX

March 18th, 2009 CA-11 Team Meeting, Station One 0900 to 1600

June 2009 DMAT CA-11 Availability due for July 2009 "On Call" Month

June 13-14th 2009 (Saturday & Sunday) Joint Exercise with CA-6 at Camp Park, more information to follow.

October 2009 DMAT CA-11 "On Call Month"

New Team Members

On April 3rd we had a new team member join our team. Unit Commander Jason Beckett welcomed Noah Solomon Beckett into the world at 10:53 am; he was 6 lbs 5 oz, and 19 inches long. Noah had a bit of a rough start; fortunately baby and mom are doing well and are home. Just like his big sister Lucy we are sure Noah will be anxious to participate in team activities.



Last but Least...

Do you have item of interest, a training opportunity, or other information you would like to share with your CA-11 Team members? Send the information or idea to Don Wyatt at newsletter@DMATCA11.org.