



MRC ★ In Touch

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Runner Survives Marathon Collapse, Due to MRC Emergency Response Efforts

A man is alive, thanks to the response efforts of the Harris County Gateway to Care (TX) MRC and other emergency officials who quickly came to the aid of a marathon runner who collapsed near the finish line at the Houston Marathon in January.

MRC volunteers were helping to staff the medical station along the last 500 meters of the race. MRC volunteer Elizabeth Morton, fire captain, and bike EMTs were the first to arrive at the scene of the runner's collapse. Morton assisted the bike EMTs with resuscitating the man as the fire captain and police secured the area for the ambulance arrival. Due to the collaboration between all responders, the man was stabilized before he arrived at the hospital. Other MRC volunteers helped to direct runners safely around the location, which allowed other runners to remain in the race despite the near-miss tragedy.

The MRC also provided medical care to 300 other runners who suffered from exhaustion and fatigue, muscle spasms and cramps, and fluctuating body temperatures due to the cold weather. MRC volunteers assisted with the medical station on the street and a "mini hospital" area that was set up inside the George R. Brown Convention Center. Volunteers tracked injured runners as they were guided through the mini hospital, which included a triage center, minor medical section, major medical section, intensive care unit, podiatry, and medical massage. From the triage center, patients were sent to the appropriate department for care.

Approximately 24,000 runners participated in the Chevron Houston Marathon, which includes the Aramco Houston Half Marathon, El Paso Corporation 5K, and AB Team Challenge on January 15. Harris County Gateway to Care MRC coordinator Lunetta Sims, was asked to assist with the Houston Marathon by Dr. John Cianca, Medical Director for the Memorial Hermann Hospital.

In Texas, the Harris County Gateway to Care MRC is housed within the non-profit organization, Gateway to Care, which aims to serve the uninsured and underinsured residents of Harris and Fort Bend County with health resources.

Focus on Your Heart during February

February is a month dedicated to the heart, and not just for Valentine's Day. This month, the Medical Reserve Corps (MRC) 10th Anniversary theme is "From the Heart." To celebrate this theme, the MRC has is highlighting the Million Hearts™ initiative, which aims to prevent one million heart attacks and strokes over the next five years. The MRC and other government and private sector organizations are all working together to help eliminate heart disease, the leading cause of death in the United States.

The two goals of the Million Hearts™ initiative are to empower Americans to make healthy choices, and to improve care for people who do not need treatment by encouraging the "ABCS," which represents Aspirin for people at risk, Blood pressure

control, Cholesterol management, and Smoking cessation.

MRC volunteers can get involved in their communities and play a role in the Million Hearts™ initiative by promoting healthy choices and activities that help to eliminate heart disease such as not smoking or participating in a smoking cessation program; participating in daily exercise for 30 minutes; and eating a healthy diet including fruits and vegetables, and food low in sodium, cholesterol, and saturated and trans fats.

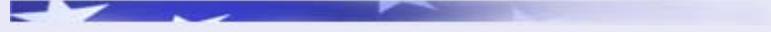
MRC units can play an active role in communities by partnering with other community-based organizations and encouraging local leaders to develop both policies and programs that will enable patients better access to care, advocate smoking cessation and reduce second-hand smoke exposure, and increase the consumption of food that is low in artificial trans fats and sodium. Additionally, units can reach out to schools, workplaces, universities/colleges, community centers, and other public spaces and provide an informational booth where individuals can pick up brochures and information on how to make healthy choices and prevent heart disease, and ask MRC volunteers health-related questions.

The Division of the Civilian Volunteer Medical Reserve Corps (DCVMRC) has developed a press release template and a “Be One in a Million Hearts” pledge for MRC units nationwide to use and distribute to the local media, volunteers, and community members. To request these templates, please contact the DCVMRC at MRCContact@hhs.gov.

For more information about the Million Hearts™ initiative, please visit <http://millionhearts.hhs.gov>.



MRC/NACCHO Connections



NACCHO Nurse Triage Line Project

The NACCHO Nurse Triage Line (NTL) Project is a joint effort of the Association of State and Territorial Health Officials (ASTHO) and the Centers for Disease Control and Prevention (CDC) to explore a new model for providing antiviral medications to lessen the burden on local public health and health care resources in an influenza pandemic.

For more information about this project, please visit <http://www.naccho.org/topics/emergency/pandemicinfluenzaprep/nursetriageline.cfm>.

Announcements



Attend the 2012 Integrated Training Summit

The 2012 Integrated Medical, Public Health, Preparedness and Response Training Summit is sponsored by the U.S. Department of Health and Human Services (HHS). It will be held May 21-25, 2012 in Nashville, Tennessee.

This forum permits coordination, collaboration and interaction amongst the target audience—the leaders and members of preparedness and response partner organizations. For more information, visit <http://www.integratedtrainingsummit.org>.

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2011–2012 CBAs

The Capacity Building Award (CBA) program is for MRC units to develop unit capacity and community resiliency through projects and trainings within their community.

E-mail notifications regarding awards were distributed December 20–23, 2011 from <http://www.naccho.org/topics/emergency/MRC/CBA.cfm> for further information and guidance.

HPP and PHEP Program Alignment Webinar

NACCHO, in conjunction with the Centers for Disease Control and Prevention (CDC) Division of State and Local Readiness and the Association of State and Territorial Health Officials (ASTHO), hosted the webinar “Hospital Preparedness Program (HPP) and Public Health Emergency Preparedness (PHEP) Program Grant Alignment.” The webinar provided an overview of findings from PHEP applications, the Assistant Secretary for Preparedness and Response (ASPR) and CDC’s HPP-PHEP grant alignment efforts, and potential implications for local health departments. To watch the free archived recording of the January 17, 2012 webinar, please visit <http://www.naccho.org/topics/emergency/webinars/phepalignment/lib/playback.html>.

APC Podcast Series in February

Listen to the latest edition of the Advanced Practice Centers (APC) Podcast series as the National Association of County and City Health Officials speaks to Bill Stephens of the Tarrant County Health Department (TX). Stephens explains how his local health department developed the "Pre-School and School Health Surveillance: A Guidance Kit" toolkit.

To download this podcast and view the APC Toolkit, please visit <http://apc.naccho.org>.

To submit information for either MRC: In Touch or MRC: In Focus, please contact Megan Skupien at mskupien@naccho.org or (202) 783-1376.



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