



# MRC In Touch

Volunteers Building Strong, Healthy, and Prepared Communities

September 19, 2018

[www.medicalreservecorps.gov](http://www.medicalreservecorps.gov)

## Featured Article

### National Preparedness Month



September is National Preparedness Month and this year's focus is on planning, the theme being: [Disasters Happen. Prepare Now. Learn How.](#) Everyone can take measures to improve their personal preparedness plans whether that be by taking a CPR/First Aid training, becoming familiar with emergency preparedness plans for your community, or getting involved with your local MRC unit. Join the conversation online and share your ideas using #PrepareNow #FloodSmart and #NatIPrep.

Throughout the month, NACCHO will also be sharing tools and resources through the [Preparedness Brief](#).

#### Central Nebraska MRC Act F.A.S.T. (First Available Simple Treatment)



Central Nebraska MRC Volunteers pose with Act F.A.S.T. kits (left) and facilitate a training (right).

In the spirit of preparedness, this month's feature article spotlights an MRC unit that developed an emergency preparedness initiative that involves the community, increases access to care, and strengthens partnership building. Central Nebraska MRC's (CNMRC) Act F.A.S.T. (First Available Simple Treatment) initiative teaches public and private citizens the importance of early bleeding control by training them to use tourniquets and hands-only CPR. Due to the popularity of the training, it is now being taught statewide. The training program was developed by CNMRC as a 2017 Challenge Award project and was later recognized as a [NACCHO Promising Practice](#).

CNMRC volunteers have also distributed Act F.A.S.T. kits throughout the region, including to most schools. The kits include supplies to control severe hemorrhage and are co-located with AEDs. The training also includes practice using tourniquets with a Bleeding Control Simulator (shown below). This hands-on training ensures that participants truly understand the training and improves their chance of successful tourniquet application during real world events. After participants began commenting, "what do we do if we don't have tourniquets?" CNMRC volunteers incorporated a mannequin, 'Alex,' who is dressed as a young student with over 15 articles of clothing and everyday items that can be used as an improvised tourniquet.



CNMRC Bleeding Control Simulator (left) and Act F.A.S.T. wall mounted kits (right).

For more information, an interview with CNMRC Unit Leader, Ron Pughes, about Act FAST is available [here](#).

About the Unit: Central Nebraska MRC serves a largely rural population of 240,000 citizens spread across 23 counties in Central Nebraska. The MRC has 67 volunteers and is sponsored by the Tri-Cities Medical Response System (TRIMRS), a collaborative effort of area hospitals, public health departments, county emergency managers, not-for-profit agencies, and city government officials dedicated to creating and maintaining a system for responding to public health emergencies.

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## MRC/NACCHO Connection

### MRC Resource of the Month

#### [MRC Fact Sheet: Response to the Opioid Epidemic](#)

This month highlights a number of 2017 Challenge Award projects through a new [Fact Sheet: MRC Response to the Opioid Epidemic](#). The Fact Sheet goes over key ways in which MRC units can engage including:

- Partnerships
- Prevention: Community Outreach and Education
- Harm Reduction
- Linkages to Care

Each method is further detailed through sample Challenge Awards projects such as overdose reversal medication administration trainings, medication take-back programs, and recovery coach programs.

## What's New on MRC Train?

### What's New on MRC TRAIN?

Ever look at the 3,800 courses on MRC TRAIN and just feel overwhelmed? Maybe you're not sure what's out there? Or maybe you aren't sure how old the trainings are?

Did you know that MRC TRAIN can show you the newest training opportunities? On the search results, simply switch from "Sort by relevance" to "Sort by newest" and MRC TRAIN will sort by the most recently added trainings. The star rating will highlight any reviews of these newer trainings.

In addition, when logged in, you can also save any search, such as a keyword search for new "volunteer management" trainings or for trainings that offer CNE credit. When saving, MRC TRAIN will offer the option to receive an email when new trainings are added that meet your criteria, another way to always stay aware of what's new on MRC TRAIN.

Remember, MRC TRAIN is here to work for you! Contact the MRC TRAIN Support Desk at [mrctsupport@train.org](mailto:mrctsupport@train.org) for additional support.

## 2019 Preparedness Summit

[Preparedness Summit 2019](#) is scheduled to take place March 26 - 29, 2019 in St. Louis, Missouri. This year's theme is *The Evolving Threat Environment*. Now more than ever, the public health preparedness community must come together to discover new and creative solutions to address evolving threats like pandemic diseases, the opioid crisis, active shooter emergencies, and security threats. The 2019 Summit will focus on the following topics:

- The catastrophic nature of the evolving threat environment
- Strengthening partnerships with emergency management, healthcare, and nontraditional sectors
- Finding new and creative solutions to address gaps between industries

Submit an abstract to join the distinguished list of presenters at the country's premier conference for Public Health Preparedness, convening nearly 2,000 attendees representing national and international organizations at the local, state, and federal level. The call for abstracts is now open until September 28, 2018, 11:59 pm ET. Learn more [here](#).

For questions regarding abstract submissions, contact NACCHO's Preparedness Team via email at [preparedness@naccho.org](mailto:preparedness@naccho.org).

## Announcements

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### Hurricane-Related Resources

[ASPR TRACIE's Hurricane-Related Resources Webpage](#) has information about how to prepare for, respond to, and recover from natural disasters. The page includes a section of general hurricane resources as well as the following topic collections:

- Access and Functional Needs
- Disaster Ethics
- Hospital Surge Capacity and Immediate Bed Availability
- Recovery Planning
- Responder Safety and Health
- Volunteer Management



The mission of the National Association of County and City Health Officials (NACCHO) is to be a leader, partner, catalyst, and voice with local health departments.

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Please contact Alyson Jordan, NACCHO's MRC Communications Specialist, with any questions or suggestions for the newsletter at 202-783-5528 or at [ajordan@naccho.org](mailto:ajordan@naccho.org).