

UMV MRC Training Day 6/19/10: Schedule & Courses

8:15 A.M. – Registration opens; coffee and networking

Attendees can take ONE class in the morning and ONE class in the afternoon

9:00 to 11:30 – Morning sessions:

Behavioral Health Disaster Response Part I: Overview and Psychological First Aid – Lisa Gurland R.N Psy.D

Room 206 – 2 CEUs (nurses), 2 OEMS hours (EMTs), 2 AMA PRA Category 1 Credits (others)

Behavioral health concerns are a major component of emergency events. The use of appropriate interventions can reduce the impact – and even prevent – certain consequences of disasters and other emergencies. Long-term behavioral health effects of disasters will be discussed, in terms of both prevention and intervention. Psychological First Aid (PFA) will be contrasted with other types of mental health care. Through didactic material and case vignette videos, Behavioral Health Disaster Response techniques will be explained and demonstrated. Participants will learn the importance of identifying and addressing self-care issues, along with methods for reducing secondary traumatic stress among responders.

Sheltering Animals in a Disaster – Dr. Ilene Segal, DVM

Room 204 – Not appropriate for medical continuing education hours

From the aftermath of Hurricane Katrina to emergencies in our local area, experience has shown repeatedly that victims of disaster may not leave their homes unless they know their pets will be cared for. The sheltering of animals is thus a vital consideration in disaster response. This session acknowledges animal care as a key component of getting victims to shelters, and explains how to set up shelters to accommodate pets. Topics include transporting animals to shelters, special considerations for service animals, and the general care of pets during emergencies.

11:30 to 1:00 – Lunch Activities

Enjoy your meal and mingle with fellow members! At noon, RNs Barbara Coughlin and Barbara Moloney will discuss their personal experiences in supporting recent Haiti Relief efforts. Raffle tickets are available in the lobby until noon for \$1 each, 6/\$5 or 12/\$10. To purchase a 72-hour emergency kit (*optional*), please provide a check for \$40 made payable to the **Town of Westford**, 23 Depot Street, Westford MA, 01886.

1:00 to 3:30 -- Afternoon sessions:

Toxic Chemical Emergencies: Responder Awareness and Precautions – Dr. Jennifer Jenner

Room 204 – 2 CEUs (nurses), 2 OEMS hours (EMTs)

Toxic industrial chemicals and materials are produced in large quantities and transported *daily*, through densely populated areas in the U.S. An accidental or intentional release of these materials is a very real possibility. Therefore, it is important for those providing medical care in such an event to have at least an awareness-level knowledge of common toxic chemicals that may be present in the community. This course discusses the chemicals that are most common and most toxic, their effects on humans, and appropriate personal protective equipment. Actual examples of both accidental and intentional releases of toxic chemicals will be explained, to illustrate the potential for devastating effects on unprepared communities, and how basic awareness can alleviate the impact.

Behavioral Health Disaster Response II: Effective Communication in Emergency Settings – Lisa Gurland R.N Psy.D

Room 206 – 2 CEUs (nurses), 2 OEMS hours (EMTs), 2 AMA PRA Category 1 Credits (others)

Attendees will learn how to increase their effectiveness in interactions with people who are anxious or overwhelmed by a perceived or real public health threat. The manifestations of fear, anxiety, anger and panic will be portrayed, with appropriate responses tailored to individual needs. The session will cover the stress of responding to the public, and the importance of coping with one's own fears about a potentially dangerous situation. Techniques for effective communication skills, establishing rapport, ensuring self care, and reducing stress will be explored through presentations, case scenarios, and group discussion.