

Slide 1



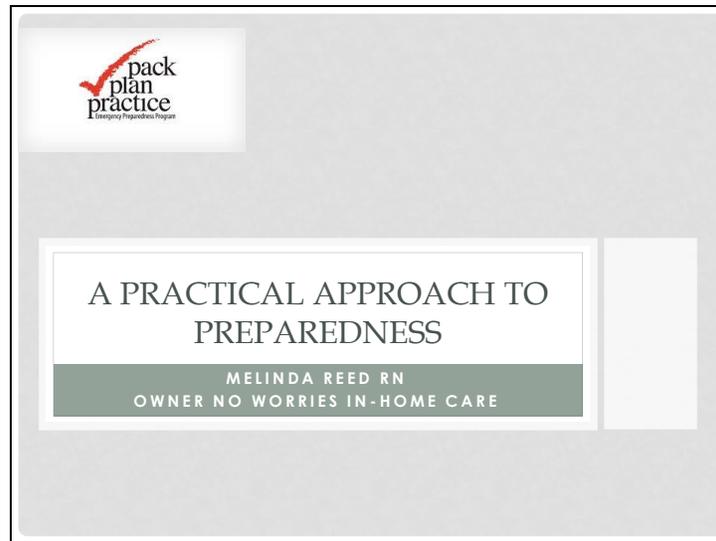
pack
plan
practice
Emergency Preparedness Program

PORTLAND GERIATRIC
SEMINAR SERIES

MAY 7, 2014

The image shows a slide with a light gray background. In the top left corner, there is a logo for 'pack plan practice' with a red checkmark and the text 'Emergency Preparedness Program' below it. In the center, there is a white rectangular box containing the text 'PORTLAND GERIATRIC SEMINAR SERIES' in a serif font. Below this box is a dark green horizontal bar with the text 'MAY 7, 2014' in white. To the right of the main text box, there is a vertical gray bar.

Slide 2



I appreciate the invitation to tell my story about how I prepared my company, No Worries In-home Care, for Y2K. Y2K was a long time ago and so we have to think back to the year 1998 when people were starting to get concerned about what may happen. With Y2K. No one knew what to expect. What I did know was that I was responsible for over 100 clients and over 100 Caregivers.

In trying to come up with how to respond I thought about my work as a nurse in the SICU at the VA Hospital. It was part of our culture that no matter how bad the weather we were at our shifts and on time...even if we had to stay overnight in a hospital room. I also thought about how I had been raised to have a year's supply of food on hand and to be prepared for emergencies.

Given the demographics of a Caregiver group that doesn't have a lot of discretionary income, and a Client group that is frail my approach had to be practical and realistic.



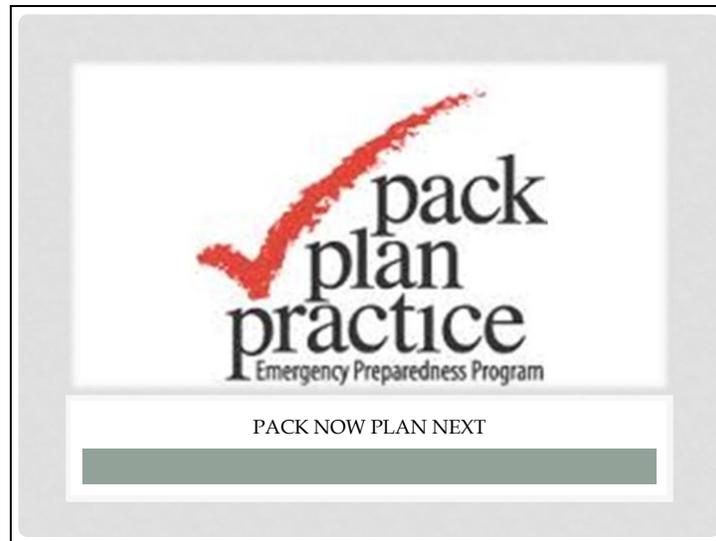
Learn how to:

- 1-Prepare Yourself
- 2-Prepare the Employees
- 3-Prepare the Clients
- 4-Use Resources

OBJECTIVES

These are the 4 key areas for organizational preparedness. I will explain why as I share my story.

Slide 4



I spent 13 months getting No Worries prepared but as you can see from this slide I am not going to encourage you to “Plan” first. The absolute most important thing you can do for your organization is to get yourself prepared. Your organization will not be able to function if the key people are not individually prepared.

The best thing you can do to be prepared is to pack a 72-hour grab and go bag that has the supplies you would individually need. This may seem overwhelming but it isn't.

You can figure out how to pack food, water and supplies or you can go to COSTCO and pay \$65 and get a bucket with a 72-hour supply for 6 people. All you have to do is add your supplies and put it all in something that rolls and you are set. There are also many places online that you can order a 72-hour kit. Just remember you need to customize it to you.



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- Identify what would I need to be prepared?

Minimum 2-week supply of food and water

72-hour kit

CERT Training

Family Plan

**FIRST STEP
IS ME!**

This was before 9-11. There weren't a lot of resources out there for businesses. I didn't know anywhere else to start but with me.

Remember you need 2 gallons of water per day per person. Water is important. You can't go more than 3-5 days without it.



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• Reality

The food storage that I didn't want to eat

My 72-hour kit that turned into 3 tubs each weighing 50 pounds that I couldn't carry

WHAT DID I LEARN?

I had read the book “Don’t Get Caught With Your Pantry Down.” Cute title, great book but when I proudly showed my husband all of our food storage he said, “How are we going to make a meal out of that?!”

I also found that I lost touch with reality when I kept adding to my 72-hour kit and it turned into something I could only use if I was “sheltering in place.”



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WHAT DID
I LEARN?

Store what you
eat and
Eat what you
store!

Keep track of grocery receipts for 2 weeks and that will tell you what you eat and what you need to buy. Then rotate your food storage.



This is OK for at home but you need a mobile kit too.



The value of an old suitcase with wheels! I also have a backpack in my 72-hour luggage in case I needed to be evacuated in some way I couldn't take my suitcase.



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**PICK A
DATE NOW**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			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	

©2014 Michel Zbinden
Calendars Michel Zbinden

Right now circle a date on the calendar in your handout that you will put together a 72-hour kit. Do it this month. It is easy and can be fun.

You can find lists online for 72-hour kits but for this first effort pack what you have on hand now. Think water, food, light, radio, documents and clothes.



HOW TO PLAN
FOR YOUR
ORGANIZATION

Initial questions:

- 1-What could happen?
- 2-What does the business do?
- 3-Who is needed to keep the business going?

1-No one knew what might happen with Y2K. However, there is much that is the same in all types of preparation. We did know that whatever was going to happen would happen in winter so we prepared for a two-week bad winter storm.

2-No Worries provides Comprehensive In-home Care for clients throughout the Portland Metro Area. Some clients only needed basic personal care, others need tube feedings, trach care, insulin administration and other necessary care in order to stay alive. In-home Care has changed and one of my handouts is a No Worries Brochure because it has a chart of all the levels of care and you may be surprised at the complex care we can provide.

3-CAREGIVERS!

CALL 503-641-4949 www.NoWorriesCare.com

ABOUT NO WORRIES

No Worries provides a wide range of services from companionship to complex personal care, medication management and footcare.



- No Worries is a Comprehensive In-Home Care Agency with services ranging from non-medical to personal care, to complex care, to around-the-clock care including Medication Administration.
- No Worries has 5 Registered Nurses who train and supervise the care of all the clients.
- No Worries is dependable. When a caregiver calls, they are dependable and provide a fill-in caregiver.
- No Worries has been in business for 17 years and has a large team of Caregivers and Administrators that are all committed to our philosophy of providing "The Care you need by people who Care."

STEPS TO ARRANGE SERVICE

- 1 **Call** to arrange a free visit with a nurse who will discuss your needs and answer your questions.
- 2 **Develop** a Custom Care Plan with a No Worries RN.
- 3 **Start** care when the nurse brings the caregiver to your home for introductions and review of your Custom Care Plan.

503-641-4949

AVAILABLE TYPES OF CARE

	Non-Medical	Personal	Complex
Respite Care	■	■	■
Companionship	■	■	■
Respite Care	■	■	■
Light Housekeeping (Laundry, Dishes, Vacuuming, Etc.)	■	■	■
Meal Prepping, Preparation, Shopping, House Cleaning	■	■	■
Special Diets and Nutrition	■	■	■
Showering, Grooming, Dressing, Hair Cutting	■	■	■
Grooming (Shampoo, Combing Hair, Etc.)	■	■	■
Dial Hygiene (Dialysis Care)	■	■	■
Assist with Hearing Aids	■	■	■
Medication Assistance	■	■	■
Medication Administration	■	■	■
Wound Care	■	■	■
Personal Hygiene	■	■	■
Bath Care	■	■	■
Bathing (Bed, Tub, Shower)	■	■	■
Wound Care	■	■	■
Pressure and Wound Injury/Output	■	■	■
Assist with Self-Taking/Incontinence Care	■	■	■
Power Care	■	■	■
Callister Care	■	■	■
Wound Care	■	■	■
Exercise Therapy	■	■	■
General Alzheimer's Care	■	■	■
End-of-Life/Comfort Care	■	■	■
Fall Prevention	■	■	■
Transfer/Positioning in Bed or Wheelchair	■	■	■
Assist with Mobility	■	■	■
Transfer (Push/Click Board)	■	■	■
Tracheostomy (Trach)	■	■	■
Diabetic Care - Glucose and Insulin Administration	■	■	■
Ostomy Care	■	■	■
Diabetic Wound Care	■	■	■
Reverse Pressure Dressing	■	■	■
Respirator Treatment/Oxygen	■	■	■
Oral Suctioning	■	■	■
Constipation Medication Care	■	■	■
Speech Therapy Exercises	■	■	■
Physical Therapy Exercises	■	■	■
Occupational Therapy Exercises (Including Stroke Rehabilitation)	■	■	■
Complex Wound Management (Including GDS/SOPH Ramps)	■	■	■
Pneumatic Compression Stockings	■	■	■
Bladder/Bowel Care (and More)	■	■	■
Communication with the Visually/Hearing/Speech Impaired	■	■	■
Care and Use of Prosthetic/Orthotic Devices	■	■	■
Intermittent Straight Urinary Catheterization	■	■	■
NG, NJ, or Gastrostomy Tubes	■	■	■
Tube Feeding	■	■	■
ARI Delegated Care	■	■	■
Other Complex Care	■	■	■
Respite at Home Care	■	■	■

Slide 13



It was November of 1998 and I had to figure out how to make sure the Caregivers were prepared to go to work no matter what happened. That was my #1 priority. Prepare the Caregivers and they would take care of the clients.



**BE THE
EXAMPLE**

Administrative Team is prepared

Has a plan and will follow the plan (**you can count on us**):

- 2-week supply of food and water
- 72-hour kits in vehicles
- Gasoline for vehicles
- CERT trained

As in all things it starts with “walking the talk.” The Administrative Team needed to get prepared.

As leaders, the Administrative Team also needed extra training to know how to respond in an emergency. The Fire Department offered the 7-week FEMA training and we took it. This FEMA training is called CERT-Community Emergency Response Team or NEY-Neighborhood Emergency Team. The training was one of the most valuable things I personally did to learn emergency preparedness. It is free and well worth the effort.



• **Be the example**

The company is prepared and here is how the company is going to run without:

- Phone Service
- Power
- Postal Service

BE THE EXAMPLE

I communicated our efforts through our No Worries Newsletter and then the Oregonian found out what we were doing and that resulted in two articles in the Oregonian with the last article being on the front page two-days before Y2K titled "Tigard firm ready for every Y2K glitch."



BE THE EXAMPLE

Metrol **Y2K Ahead**

Many small businesses haven't made preparations to stem Y2K problems

An exception is home health care provider No Worries, which is setting an example others can follow

By JACQUELINE COVE

There aren't many small health-care providers that have taken steps to stem Y2K problems. No Worries, a home health care provider, says for each company to forward that flow. Although these providers, especially in rural areas, may not be ready to anything in the worst happenings of the year 2000.

They're checking the situation, gathering, making contingency plans and are prepared if there is a disruption at any time and having been in touch with their clients.

That's a much more than most in the area are doing.

Head over one of the 37,000 registered small businesses in California. It's a small business that does 11 percent of their work in computer, a significant loss of revenue, according to officials at the Small Business Administration in Portland.

But officials say there is still time to get ready for the year 2000. The problem is that many small businesses are not prepared for the year 2000. Preparations were slow to start, says the Small Business Administration in Portland.

There are 180 million small businesses in the U.S. and one in five is a computer company. The Small Business Administration in Portland says that one in five of these companies is not prepared for the year 2000. Preparations were slow to start, says the Small Business Administration in Portland.

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WHOM TO CALL

For more information on how to get ready for Y2K, contact your local Small Business Administration district or national resource center at 800-368-5848.

If a small business owner has a question about Y2K, they should contact the Small Business Administration district or national resource center at 800-368-5848.

They can help to know what the Y2K problem is and how to get ready for it.

They can also help to know what the Y2K problem is and how to get ready for it.

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Metrol's Brad Griffin and Fran Gaddy of No Worries, a home health care provider, have to determine how to handle Y2K problems. No Worries is a small business that does 11 percent of their work in computer, a significant loss of revenue, according to officials at the Small Business Administration in Portland.

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BE THE EXAMPLE

Y2K COUNTDOWN 2 DAYS TO GO

Tigard firm ready for every Y2K glitch

By STEVE WOODWARD
Y2K TECHNOLOGY

Melinda Reed's 16-month-long Y2K labor of love is done.

The health agency owner has handed out the last of the early year and patches. She has reviewed emergency plans with every employee. She has even taken one worker to Costco to buy last-minute baby wipes and food for her 15-month-old niece.

"The only thing left to do is wish our New Year's Eve in her 'comet year' in her Tigard home."

"I feel very peaceful," she said. "We are prepared and tech-savvy."

Despite the hectic industry's assurances, Reed, owner of the No. 100 agency, is bracing for her own forerunners of three weeks of power failures on phone service and patch-

... investigation prepared to keep health community from prosecution. Legislators, who could eventually lift the immunity, were expected to go along with the request.

... it's a standard that is raising health's hopes, despite the weak respect in the insurance who prevailed over the resolutions of East and West Germany after decades of

Please see **Y2K**, Page 47c

TODAY'S READINESS TIP

It's never too late to prepare for disruptions that may arise from the year 2000 computer problem. Here is a list of essential items to check to make sure your household is prepared:

- Create backup plans and check to see if the batteries still work.
- First aid kits and make sure you have an adequate supply of medicine.
- Take stock of the canned goods and non-perishable foods in your pantry. Consider your manual can opener.
- Check the alarms and replace batteries if needed.
- Make sure the gas tank in your car is at least half full.

Got that achy feeling?

Alaska	42	Utah	53
Arizona	39	Mississippi	52
California	40	Montana	51
Colorado	34	Nebraska	49
Connecticut	42	Nevada	48
Delaware	41	New Hampshire	47
District of Columbia	44	New Jersey	46
Florida	43	New Mexico	45
Georgia	41	New York	44
Idaho	40	North Carolina	43
Illinois	42	North Dakota	42
Indiana	41	Ohio	41
Iowa	40	Oklahoma	40
Kansas	39	Rhode Island	39
Kentucky	38	Tennessee	38
Louisiana	37	Texas	37
Maine	36	Virginia	36
Maryland	35	Washington	35
Massachusetts	34	West Virginia	34
Michigan	33	Wisconsin	33
Minnesota	32	Wyoming	32

Call number toll free: **800-221-8240**
 Check toll-free: **800-228-8000**
 No deposit required
 No minimum amount

WEATHER
 Patchy fog; then mostly cloudy
 High: 44; low: 26
 For complete weather, visit www.fox.com



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Communication

- Number 1 priority for No Worries
- Have back-up plans:
If main line doesn't work then call:
 - Answering service
 - Admin cell phones
 - Admin home phones
 - Timeline number

**BE THE
EXAMPLE**

****text messages may get through**

This was our plan in 1998. Currently we do not have an Answering Service as a result to improvements where after hours the Caregivers can call one number and that will go to whichever Nurse is oncall and the main line goes directly to the Scheduling Coordinator oncall. Our Timeline number is what number they call to record their hours, mileage, etc and is a valuable tool because we can leave a message on it for the Caregivers. For instance, when a storm is coming we put a message on the Timeline.

We had our office wired so that if the power went out each workstation could plug in a cheap phone that did not require electricity and they would be able to use the phone.



**BE THE
EXAMPLE**

- No Phone Service
Person to person plan:
 - Someone at the office for 15 minutes at 8am, noon, and 5pm
 - Someone at the checkpoint in your area twice a day: see map for times and locations
 - Use paper timecards and had them in at checkpoints by Monday morning of each week

Part of our planning was to divide the Portland Metro area up in sections and have an Administrative Staff Member responsible for being at the checkpoint in their area at certain times. Caregivers were given the times and locations where they could communicate with an Administrative Staff member.



BE THE EXAMPLE

- No Power Plan

Melinda has a generator and stored fuel to run the business from her home for extended power outage.

Office has alternative lighting and has been wired for cheap phones to be plugged in (they don't require power)

Client and Caregiver information printed out on a weekly basis

The Caregivers and Clients were also prepared for how to respond to a lack of power. Clients who needed power for medical equipment were listed with the Power Company for priority service and for those with critical equipment the clients had a generator.

Another important aspect of how to respond to a lack of power was properly preparing the clients. Knowing that a majority of falls occur while rushing to the bathroom, lanterns were purchased for clients that were plugged into the wall and when the power went off the lantern would go on. The lantern could then be unplugged and carried by a handle. Clients were trained in knowing how to use the lanterns. The lanterns were safe and did not present the fire hazard of candles.



• No Postal Service

Paychecks and Invoices will be hand carried to checkpoints in your area.

**BE THE
EXAMPLE**

A big motivating factor for the Caregivers was knowing we had plans in place to pay them. We required a 2-week deposit from clients. They were given plenty of notice and the deposit was applied to their next bill. The Caregivers were paid in cash right before the end of 1999. That was our 2-week plan.



What do you feel when you look at this picture?



Our Caregivers and our Clients knew our preparations were worth it to avoid panic and lead to calm in a “Winter Storm” type situation.



**PREPARE
THE
CAREGIVERS**

- Caregiver **Trainings** with the theme: "If you are prepared you will be able to go to work and keep getting paid."
- We will **teach** you how to get prepared for \$5 a week in 1999 (food/water/supplies)
- **Copy** documents on our copier
- We will mail you out a **newsletter** every 2 weeks with what supply to pack or get that payperiod
- We will give you a **bonus** if you have a 72-hour kit
- We will **pay you in cash** before the end of the year
- Y2K, snow, ice, virus outbreak...
it makes sense to be prepared

In-home Care is not as highly paid as hospital work. There is a limit to what I can charge the clients and pay the Caregivers. How was I going to get them all prepared when they didn't have a lot of extra income? The only answer was that it was going to take time and they were going to have to get excited about being prepared.

Slide 25



Paid Caregiver trainings every 3 months during 1999.

No Worries News

Sometimes everyone needs a little help

Celebrating over 2 1/2 years in business

July 12 1999

Thoughts From Melinda

PREPARE THE CAREGIVERS

Hiho. Are you prepared? You are probably wondering, "For what?" If you were watching the morning news and it was announced that a severe wind storm was expected that might knock out power, etc. would you RUSH right down to the store to stock up on supplies? What if the power was off in the store and you could not buy supplies? What if the wind also brought rain that caused flooding. What if you couldn't get to the store for a week? What if you knew that in 5 months winter would come and that you might have a severe "Chicago-type" winter storm? If you know for sure that would happen would you start to prepare now? If you knew that it might happen would you feel better getting prepared now and having that feeling of security that you would be prepared?

My husband and I are having so much fun getting prepared. It really feels good to have emergency supplies on hand. We are following the supplies list and stocking up on essentials. We are also stocking up on food and water. ALL the emergency agencies are strongly encouraging EVERYONE to prepare for a "Chicago-type" winter storm. That means you need to have food, water and supplies to last for 2 weeks. It's easy if you follow the supplies list but what about food and water. The Red Cross and every other emergency agency says to get at least a 2-week supply of water on hand. A 2-week supply consists of 2 gallons of water per person per day. 1 gallon for drinking and 1 gallon for cooking, washing, etc. I have found this to be very easy by simply buying a gallon of water every time I go to the grocery store. Food supplies are very individual. I would encourage you to keep your grocery receipts for the next two weeks. That is an easy way to determine how much food you buy and what you buy. I will be giving hints on food storage in every newsletter along with our supplies list. Remember, STORE WHAT YOU EAT AND EAT WHAT YOU STORE. If you are constantly rotating your food supplies then you can buy on sale and save enough money to continue to build your food storage.

My husband and I purchased some more supplies this last weekend. It was fun to come home and put the foods in our "grocery store closet." We looked over the shelves and decided how we would make meals out of our supplies. If there is an announcement that a storm is coming I don't have to worry! Being prepared has helped me have a completely different attitude about emergencies. Get prepared now-it feels good.



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PREPARE THE CAREGIVERS

FOOD STORAGE for \$5.00 a WEEK

This should be enough to sustain two people for one year. For every two people in your family add \$5.00 more and double or triple the amount of the item you are buying that week.

Week 1: 6 lbs. salt
Week 2: 5 cans cream of chicken soup
Week 3: 20 lbs. of sugar
Week 4: 8 cans tomato soup
Week 5: 50 lbs. wheat
Week 6: 6 lbs. macaroni
Week 7: 20 lbs. sugar
Week 8: 8 cans tuna
Week 9: 6 lbs. yeast
Week 10: 50 lbs. wheat
Week 11: 8 cans tomato soup
Week 12: 20 lbs. sugar

Week 46: 6 lbs. macaroni
Week 47: 20 lbs. sugar
Week 48: 5 cans cream mushroom soup
Week 49: 5 lbs. honey
Week 50: 20 lbs. sugar
Week 51: 8 cans tomato soup
Week 52: 50 lbs. wheat

Some weeks you will have leftover change. Save the change each week in a kitty to be used for the weeks you may exceed \$5.00 (like wheat or milk).

You will end up with:
500 pounds of wheat
180 pounds of sugar
40 pounds of powdered milk
12 pounds of salt
10 pounds of honey
5 pounds peanut butter



We gave out zip-lock bags and encouraged the use of our copy machines for document preservation.



This is Tammy, our Scheduling Manager. When we have a winter storm then we get Tammy a room at the Marriott across the street from the office and Tammy is our “Incident Commander” and Melinda (the owner), also stays at the Marriott, and is out with others who have 4-wheel drive and chains to get Caregivers to clients and to assist the Nursing Staff in seeing clients.



We also made emergency plans for the client's pets. This is Nurse Teresa evacuating Wilson when the well pump froze at Wilson's home. We needed to evacuate the Client in her wheelchair van, the hospital bed, the hoist lift, and food for Wilson and the client to the a Marriott Residence Inn during this last storm. It took 4 people 5 hours. Then we went out and purchased chains for the Caregiver and put them on her car.



**PREPARE
THE
CLIENTS**

- 1-Determine acuity levels for emergency staffing
- 2-Make individual plans for each client
- 3-Assist clients in getting prepared properly
- 4-Inform clients of the No Worries preparations and plans

These are the 4 steps of our Client Emergency Planning.



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ASSIGN ACUITY LEVELS



- Red: Must have care. Lack of care would be life-threatening
- Yellow: Needs care but perhaps not the entire shift
- Green: A phone call or visit may be sufficient

All clients are assigned an acuity level. About 15 years ago we had a respiratory virus going around that affected a lot of our staff and it lasted longer than a 24-hour virus. There was one day during this virus, that I had one of our Certified Nursing Assistants go to several of our Companionship Care Clients and visit them and make sure they had everything they needed. We were able to provide care to everyone that was a Red or Yellow acuity and the Companionship Clients who were a Green acuity received a visit and whatever they needed but it was a shortened shift.



**SEE
HANDOUT
FOR
INDIVIDUAL
CLIENT
PLAN**

Virginia Asthma Action Plan

School Division:		Date of Birth:	Effective Date:
Name:	Provider's Name #:	File #:	Last Rev. date: / /
Health Care Provider:	Address/Location/Phone:	Phone/Residential Street:	
Additional Emergency Contact:	Contact Name:	Contact Email:	

Asthma Severity: Intermittent Persistent Mild Moderate Severe

Asthma Triggers (Things that make your asthma worse):
 Cold Pollen Pets Mold Dust Smoke Strong odors Perfumes Detergents Cleaning products Air pollution Weather changes Exercise Stress Sickness Acid reflux Allergies Other: _____

Green Zone: GO! **Take Mean CONTROL (PREVENTION) Medicines EVERY DAY**

You have **ALL** of these:
 No asthma symptoms
 No cough or wheeze
 Can sleep all night
 Can sleep all night
 Peak flow _____
 Days from 80% of best or less
 Personal best peak flow _____

Yellow Zone: CAUTION! **Continue CONTROL Medicines and ADD RESCUE Medicines**

You have **SOME** of these:
 Cough or mild wheeze
 Night sleep
 Asthma symptoms, waking, or phlegm
 Peak flow _____
 Days from 80% of best or less
 Personal best peak flow _____

Red Zone: DANGER! **Continue CONTROL & RESCUE Medicines and GET HELP!**

You have **ALL** of these:
 Cough or mild wheeze
 No sleep
 Wheezing back and forth
 Blue lips and fingernails
 Rapid or shallow breathing
 Peak flow _____
 Days from 80% of best or less
 Personal best peak flow _____

Rescue Medicines:
 Albuterol _____
 Levalbuterol _____
 Salmeterol _____
 Formoterol _____
 Budesonide _____
 Fluticasone _____
 Mometasone _____
 Beclomethasone _____
 Triamcinolone _____
 Flunisolide _____
 Ciclesonide _____
 Other: _____

Control Medicines (COMPLETE HEALTH CARE PROVIDER CARE):
 Inhaled corticosteroids (ICS) _____
 Long-acting beta₂-agonists (LABA) _____
 Combination ICS/LABA _____
 Leukotriene receptor antagonists (LTRA) _____
 Theophylline _____
 Cromolyn _____
 Nedocilil _____
 Montelukast _____
 Zileuton _____
 Other: _____

Other Medicines:
 Antihistamines _____
 Decongestants _____
 Pain relievers _____
 Antibiotics _____
 Other: _____

Other Medicines:
 Antihistamines _____
 Decongestants _____
 Pain relievers _____
 Antibiotics _____
 Other: _____

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We use our electronic software for recording acuity levels and plans but we also have a written Incremental Weather Plan in the Home Chart. I have included it in my handouts. This is a plan that is developed by the Registered Nurse and the Client or Client's Family when they start service with No Worries.

pack plan practice
Emergency Preparedness Program

INFORM CLIENTS OF NO WORRIES EMERGENCY PLANS

No Worries News

Making a Difference Since 1997 March 17, 2014

The CARE you need by people who CARE

Personal Care Complex Care Skating Care Non-Medical Care Foot Care

How come no one ever told me???

DUH!

DUH!

You've probably been knowing this feature. Most aluminum foil boxes have perforations that prevent the foil in place so you don't have to worry about it flying out every time you rip off a sheet.

You've been dispensing Ty-Tac the hard way.

You know how when you vigorously shake a container of Ty-Tac into your palm it seems as though you always end up with either none or several? Avoid that altogether by setting a mini gently glide into the tiny lid crevice.

The Safety Guy

BUST!

The Safety Guy

RECALL

Recall

Ranbaxy Recalls Generic Lipitor

From the "No Worries News" by Tom Lohr

Ranbaxy Laboratories Ltd. has issued a generic drug recall based by manufacturer quality problems, the recall includes recall of generic versions of the cholesterol drug Lipitor in the U.S. due to a potential dose mix-up.

A Ranbaxy unit recalled from U.S. pharmacies more than 60,000 bottles of 20-mg generic tablets of atorvastatin calcium, the generic name for Lipitor's active ingredient. Because of the possibility that some bottles contained higher doses, Ranbaxy notified the U.S. Food and Drug Administration and is recalling certain lots of the tablets.

This is a list of the Ranbaxy recall of generic Lipitor over the past few years.

Please see Wall Street Journal for the complete article.

www.noworriescare.com 503-641-4949 503 SW Grand Dr., Beaverton, OR 97008

We continue to educate ourselves and others through our No Worries Newsletter. In this Newsletter, I was caught by Nurse Jason who is the Safety Committee Chair, standing on a step stool in the snow. The Safety Committee reviewed by violation and purchased a long-handle ice scraper.



**DON'T
REINVENT
THE
WHEEL**

Use Resources:

- Community
 - CERT/NET Training
 - SERV-OR Basic and Advanced Disaster Life Support Training
 - CDC funded programs
 - Emergency Preparedness Coordinator
 - Justin Ross Institute on Development and Disability OHSU
- Online
 - www.cdc.gov/phpr/healthcare
 - National Safety Council www.nsc.org
 - www.ready.gov
 - www.redcross.org
 - www.fema.gov

The CERT/NET training is available to anyone but you need to be a nurse or a physician to attend the Basic and Advanced Disaster Life Support Training.

There are many available resources.

It may seem overwhelming to figure out how your organization should respond to an emergency. By focusing on the 4 Key areas for organizational preparedness of:

- 1-Prepare Yourself
- 2-Prepare the Employees
- 3-Prepare the Clients
- 4-Use Resources

and by applying a practical approach, you will find that it is not only possible but will pay dividends in Client and Employee satisfaction.

Thank you, Melinda Reed RN, owner of No Worries Comprehensive In-home Care



pack
plan
practice
Emergency Preparedness Program

DON'T
REINVENT
THE
WHEEL

INCLEMENT WEATHER CARE ADDENDUM

Client: _____ DATE INSTITUTED _____

1. Who should we contact if our staff is not able to get to the home or if the home needs to be evacuated? (Name, address and phone)?
2. In case of a power outage, are there any special procedures that should be followed?
3. Are there any security measures/devices that will be disabled or need to be over-ridden in the event of a power outage?
4. Location of Main water shut off?
5. Location of Gas shut off:
6. What, if any, medically necessitated equipment is in use that requires a power source to operate?
7. Is there a battery back-up? How long will the equipment run on auxiliary power?



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