

Module #12 – Emergency Preparedness

Introduction

Planning and responding to a disaster are the responsibility of the patient, home care agency, and home care staff including the home care aide. To respond appropriately, it is important that the home care aide be informed of the home care aide's role in responding to a disaster, fire, or inclement weather. Pre-planning for these events will prove to be vital in the success of the disaster preparedness plan.

Objectives

At the end of the module, the nurse aide will be able to:

1. Identify the role of the home care aide in planning for a disaster
2. Identify the role of the home care aide in planning for inclement weather
3. Identify the role of the home care aide in responding to an emergency in the home
4. Discuss the role of the home care aide in fire safety in the home environment

Instructional Resource Materials

- Power Point for Module #12 – Emergency Preparedness
- Handout/Activities
- Phone books
- Access to internet
- Suggested guest speakers: EMS, local Red Cross, Fire Department (faculty - prep guest speakers for the type of job the employee will be performing in the home)

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Slides	Instructor's Script	Notes
Slide 1 Title Slide	Script <ul style="list-style-type: none"> • Module #12 – Emergency Preparedness 	
Slide 2	Script <ul style="list-style-type: none"> • Objectives - At the end of the module, the nurse aide will be able to: <ol style="list-style-type: none"> 1. Identify the role of the home care aide in planning for a disaster 2. Identify the role of the home care aide in planning for inclement weather 3. Identify the role of the home care aide in responding to an emergency in the home 4. Discuss the role of the home care aide in fire safety in the home environment 	
Slide 3	Script <ul style="list-style-type: none"> • Module 12-A – Planning for a Disaster • For the context of this section, disaster is considered a man-made disaster. This includes, but is not limited to, bombs, bomb threats, chemical threats, and biological threats. Natural disasters (weather-related) will be discussed in the next section. 	
Slide 4	Script <ul style="list-style-type: none"> • No one likes to think about sad things happening to themselves or loved ones. However, even though we hope nothing devastating happens, we must be prepared if a disaster happens. • For the home care aide, being aware of potential dangers and knowing how to react in the event of a disaster can make all the difference. Even if you are not with your patient at the time of a disaster, if you have pre-planned with them, the outcome will be better. • Your agency will have a disaster preparedness plan. This plan will include how to assist patients and how to communicate with each other in the event of a disaster or inclement weather. • Be sure to familiarize yourself with your agency's plan and know your part in that plan. Always inform your office of changes to your (or your patient's) phone number(s) and address to keep information up to date. 	
Slide 5	Script <ul style="list-style-type: none"> • The following are some key points to keep in mind regarding man-made disasters: <ul style="list-style-type: none"> ○ <i>Bombs threats</i> – if you happen to receive a bomb threat, get as much information as possible from the caller. Ask for details such as where the bomb is and when it is set to explode, what does it look like, 	

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	<p>what kind of bomb is it? Write down all information that is obtained. Notify your supervisor. The supervisor may instruct you to notify the police and give them all the information you collected.</p> <ul style="list-style-type: none"> ○ <i>Bombs</i> – If a bomb does go off in your area, stay away from windows and get under a table if possible. Watch out for falling debris, and do not use an elevator. Cover your nose and mouth with cloth to act as a filter as you are not aware of what may have been disturbed during the explosion. Assist your patient to the best of your ability and call for assistance. ○ <i>Chemical threats</i> – chemicals can be poisonous and be toxic to people and animals. Many will not have any tastes or odors. In the event of a chemical attack, turn off the ventilation system, close all doors and windows, seal the room with tape if available, and do not leave the home. Wait for instruction via the TV or radio. Seek medical attention immediately if you feel you or your patient have been exposed to harmful chemicals. ○ <i>Biological threats</i> – bacteria, viruses and toxins are considered biological threats. Some are dispersed into the air, which can cover many miles. Others can be found in food and water, which is why it is important to boil your water after any disastrous event to kill any microbes. Others can be transmitted via people or animals. If you or your patient happens to become exposed to a biological threat, avoid contact with anyone else, and seek medical attention right away. 	
<p>Slide 6</p>	<p>Script</p> <ul style="list-style-type: none"> ● To assist your patient with disaster preparedness, review local resources in your patient’s area. Your supervisor will assist you in preparing for disasters with your patients. Resources include the police department, fire department, local Red Cross, Salvation Army, and evacuation sites. 	
<p>Slide 7</p>	<p>Script</p> <ul style="list-style-type: none"> ● Activity #1 – Emergency Responders ● Pass out this activity and a phone book, or have the students use their cell phones, and instruct the students to find as much information as possible about a specific area – ask them to choose a location that is not their hometown. <ul style="list-style-type: none"> ○ For discussion: Was the activity easy or difficult? Were there things on the list that were not located in their own areas? Would an elderly patient or 	

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	<p>someone with a disability be able to complete this information on his or her own? Other thoughts on the activity?</p>	
Slide 8	<p>Script</p> <ul style="list-style-type: none"> • Module 12-B – Planning for Inclement Weather • For this module, inclement weather includes, but is not limited to, hurricanes, tornadoes, thunder/lightning storms, winter storms, and floods. 	
Slide 9	<p>Script</p> <ul style="list-style-type: none"> • The following are some key points to keep in mind regarding inclement weather: <ul style="list-style-type: none"> ○ <i>Hurricanes</i> – Secure the home the best you can. This includes closing doors and shutters. Stay inside and away from windows. Try to stay in an interior room on the lowest level. ○ <i>Tornadoes</i> – Tornadoes can accompany hurricanes when they hit land and can be extremely destructive. Find a safe place within the home – the lowest room the furthest away from exterior walls is best, such as a closet. Mobile homes offer almost no protection from a tornado. Find a nearby structure if you can. ○ <i>Thunder/lightning storms</i> – Lightning is unpredictable and can cause a great deal of harm and damage. Stay indoors during a storm. If you happen to be outside, avoid anything metal. It is a myth that rubber such as soles of shoes or tires will provide protection from lightening. ○ <i>Floods</i> – Floods can take days to develop or can happen quickly without any warning signs. During a flood, move to higher ground. Turn off utilities and unplug electrical appliances. Never attempt to drive through a flooded area. It takes only a small amount of water to carry away most vehicles. ○ <i>Winter storms</i> – Winter storms can leave you powerless and isolated for many days. It is important to have supplies in the home to sustain several people in the event of a winter storm such as water, food, firewood, etc. Shutting off water valves can help so that pipes do not burst. 	
Slide 10	<p>Script</p> <ul style="list-style-type: none"> • Handout #1 – Prepare your car for winter 	
Slide 11	<p>Script</p> <ul style="list-style-type: none"> • As with man-made disasters, each agency should have a plan of action for inclement weather. This plan will include how information is relayed to each employee, and how information will reach each patient. 	

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	<ul style="list-style-type: none"> • It is important for the home care aide to go over an emergency plan with each patient. This plan should include who the emergency contacts are, what medical information will be needed by the responder, etc. • The patient should be encouraged to keep supplies in their home such as canned food, water, fuel, firewood, etc. • The home care aide cannot teach the patient what to do in case of an emergency; however, the aide can assist with planning as directed by the nurse supervisor. Planning includes brainstorming and finding phone numbers or locations with the patient. Make sure your patient is prepared – ensure they have enough food, heat, medication, etc. If not, contact your supervisor immediately. 	
Slide 12	Script <ul style="list-style-type: none"> • Handout #2 – Emergency Information Sheets 	
Slide 13	Script <ul style="list-style-type: none"> • Module 12-C – Responding to an Emergency in the Home 	
Slide 14	Script <ul style="list-style-type: none"> • If a natural or man-made disaster occurs during a time that a patient is not with a home care aide, the office personnel will have a plan in place to contact each patient to check on them. Unless asked to do so, it is not the home care aide’s responsibility to check on each patient. • If you are with a patient when a natural or man-made disaster occurs, it is important to remain calm. • Ensure that you and the patient are in a safe place, away from windows and in an interior room of the house. • Put your agency’s emergency plan into action – do you need to call 911 first? When do you call the office? Is there a call tree to follow? What about the patient’s emergency contacts? • Keep a radio or TV news show on for more information on local developments of the disaster. • Do not leave your patient until it is safe to do so. This may require you to stay longer, until their emergency contact is able to arrive, or until the disaster passes and you can safely leave the house/drive again. It is important to have an emergency plan in your personal life. This plan should include care for your own family in the event of an emergency or the event that you are delayed in leaving your patient’s home or if you are unable to leave. 	

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<p>Slide 15</p>	<p>Script</p> <ul style="list-style-type: none"> • If you and your patient must evacuate, first locate the closest shelter or evacuation site. If you have discussed emergency preparedness with your patient ahead of time, you will already have this information. • Be sure to bring along medical supplies and/or equipment that is necessary for the patient. • Secure the home. Lock doors and if you have time, move essential items to a higher level. If you can, write the word EVACUATED on a piece of paper and put it on the door. This information will help rescue crews working in the area. • Turn off the utilities at the breaker box. Unplug electrical appliances; however, if you are wet or are standing in water, do not touch electrical items. • Avoid any moving water. The water could have a current and you and your patient could fall. • Never drive through flooded areas. Water can rise quickly and can easily make driving impossible or even carry a car away. • Once at the evacuation site, call your office/designated point person. Do not attempt to talk on your cell phone while driving in a disaster. Please remember that an emergency will take precedence over agency policy. Work closely with your supervisor to ensure your role in an emergency. 	
<p>Slide 16</p>	<p>Script</p> <ul style="list-style-type: none"> • Module 12-D – Fire Safety 	
<p>Slide 17</p>	<p>Script</p> <ul style="list-style-type: none"> • Older adult patients and patients with disabilities are at an increased risk of fire related injuries and deaths. <ul style="list-style-type: none"> ○ In 2018, older adults had a 2.6 times greater risk of dying in a fire than the total population. Ages 85 and older had the highest fire death rate. ○ Every year there are close to 2,400 home fires involving people with disabilities. • In addition to the possibility that their medications may affect the reaction time of the older adult patient and the patient with a disability, decreased mobility, health, sight, and hearing may limit a person’s ability to take the quick action necessary to escape during a fire emergency. • Along with disaster preparedness, the patient should be encouraged to have a fire safety plan as well. This plan would include having smoke detectors in the home and knowing what exits to use, keeping exits and paths to 	

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	<p>exits clear, and practicing getting out of the house quickly.</p> <ul style="list-style-type: none"> • If the patient is hard of hearing or vision impaired, there are smoke detectors with lights or vibrating pads to alert the patient of danger. 	
Slide 18	<p>Script</p> <ul style="list-style-type: none"> • While it is not the role of the home care aide to teach fire safety, it is ok to remind the patient of hazards that the aide may see. • For example, it is not safe to smoke in bed. Therefore, if the home care aide is with a patient and that patient wants to smoke, the home care aide should make sure that the patient is not lying down in bed. 	
Slide 19	<p>Script</p> <ul style="list-style-type: none"> • Activity #2 - Case Scenarios • Divide the class into 4 groups and assign a case scenario to each group. Have each group discuss and answer their scenario. Present answers to the class. Discuss other thoughts or differences in plans. 	
Slide 20	<p>Script</p> <ul style="list-style-type: none"> • As you can see, whether faced with a natural disaster, a man-made disaster, or a fire hazard, being prepared, and having a plan can save lives. Encourage your patients to have these lifesaving plans in place and incorporate this same level of preparedness into your own life! 	