

# Cascades East AHEC News

December 2009-January 2010

## ***Preparedness Planning Pays Off for Regional Healthcare Partners during H1N1 Surge***

***By Tiffany Stafford, Regional Preparedness Coordinator***

Preparedness Planning for all disaster and public health emergencies that began several years ago under the Oregon Hospital and Healthcare Preparedness Program has begun to pay off for our region, as evidenced during the recent surge in H1N1 cases. Region 7 includes Crook, Deschutes, Jefferson, Klamath, Lake, Wheeler, Grant and Harney counties. As a Preparedness Program, the Region 7 team has been working diligently with our hospital and other community partners for several years now to try and mitigate the affects of unpredictable events, such as a pandemic. We have purchased and stockpiled many supplies we believed would be necessary in such an event, like masks (N-95 and surgical), gloves and even ventilators and isolation equipment. We have worked with hospitals on developing plans for responding to such an event and have exercised those plans with scenario based training to provide staff an opportunity to work thru ideas and response procedures.

When the World Health Organization declared a Level VI Pandemic, the Region 7 Hospital Preparedness Program felt it necessary to take action where appropriate in responding to the affects of the H1N1 Influenza pandemic in the State of Oregon. Our hospitals first starting reporting an increase in Influenza Like Illnesses (ILI) on or around October 12, 2009. The hospitals most affected were in the Central part of our Region during this time frame. It was later brought to our attention that one of our hospitals in the Southern part of the State had experienced an influx of ILI, staff shortages and supply issues two weeks prior to this date, on or around September 28, 2009. The Region 7 Hospital Preparedness Program has worked diligently to maintain close communications with our partners including each hospital, Local Public Health Departments, Emergency Managers and the State of Oregon Public Health Emergency Preparedness Program.

Cascades East AHEC preparedness staff immediately enacted a procedure to call each hospital on a daily basis to gather information around the affects that the pandemic was having on their hospital. Two days into that process it was decided that it would be more convenient for hospital to report using electronic reporting. Thereafter, each hospital reported their data daily with information including, the number of patients admitted to the hospital with ILI, number of inpatients on ventilators with ILI, the number of Emergency Department visits and subsequently the number of ED visits with ILI, the number of staff absent with ILI, and any supply shortages they were experiencing. This report was sent to each hospital in the region on a weekly basis, as well as the State of Oregon Public Health Division to increase their awareness of the regional situation status. The decision was made to terminate further data collection after November 13th as all data indications were that the peak had passed and hospital flow was returning to normal levels. It has also been determined that if in the future hospital feel that their ILI numbers are increasing again, we may make the decision to once again track this data for further analysis at a later time. Each hospital in Region 7 has reported that they felt this information gathering was useful in allowing a broad perspective on the regional picture with respect to H1N1.

Examples of regional communication and coordination success include our ability to assist with making sure security issues were subsequently reported to one hospital system's Incident Command Structure and addressed as well as being able to respond to a hospital's call for help with shortages of masks which were able to acquire from another hospital in the region and have those masks delivered the same day. HPP Region 7 provided H1N1 educational materials to each hospital for disbursement in their local communities, to decrease phone calls and visits to the hospitals and clinics in that area. Healthcare partners also were glad there was another resource for acquiring materials to assist in their individual response.

Every day the Cascades East AHEC preparedness staff work hard to ensure that our hospitals are prepared for whatever may come their way, it is with great pride that I can say, we have succeeded in this event because of the step that each hospital has taken in the past to ensure that are ready for the future. The unsurpassed dedication and commitment on the part of this program's staff, each hospital, and all other response partners is why we can say we are proud to be Oregonians.

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*Ex-Officio Board Members  
Listed on Page 5*

## December 2009

### This Month Is:

- ▶ Safe Toys & Celebration Month  
[www.aao.org/eyemd](http://www.aao.org/eyemd)
- ▶ 1-7: National Aplastic Anemia & MDS Awareness Week:  
[www.aamds.org](http://www.aamds.org)



### Health Careers To Honor:

- ▶ 1 World AIDS Day, [www.AIDS.gov](http://www.AIDS.gov)



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27	28	29	30	31		

### **DO YOU HAVE PROGRAMS YOU WANT TO ANNOUNCE IN THIS PUBLICATION?**

Send an email or give us a call to place upcoming programs in the Cascades East Area Health Education Center Regional News! Deadline for information is the 15th of each odd month. For submissions or questions: (541) 706-2617 or email [jvalenti@cascadehealthcare.org](mailto:jvalenti@cascadehealthcare.org)

## Program Information

For additional information regarding events listed here, contact the CEAHEC office at (541) 706-2617.

For more information on programs offered by Sky Lakes Medical Center in Klamath Falls, please contact the CME Coordinator at (541) 274-4161.

<u>Dates</u>	<u>Name and Information</u>	<u>Time and Location</u>
December 1	Sky Lakes Medical Center Grand Rounds	Pavilion 7:00-8:00 a.m. ●
December 2	Sky Lakes Medical Center Tumor Board	Learning Resources Classroom 7:00-8:00 a.m. ●
December 2	Sky Lakes Medical Center Grand Rounds Telecast from Providence Portland	Blue Canyon Conference Room 8:00-9:00 a.m. ●
December 2	CPR for Healthcare Providers (HCP) Renewal (4 hour course)	SCMC-Redmond 9:00 a.m.-1:00 p.m. For information: 541-706-5845
December 4	SCMC Grand Rounds: "An Update on Invasive Fungal Infections: Diagnosis, Treatment and Prophylaxis" David A. Stevens, MD, Professor of Medicine, Stanford University School of Medicine; Chief of Infectious Disease Division, Santa Clara Valley Medical Center, San Jose	SCMC-Bend, Conf. Room C&D 7:00-8:00 a.m.
December 5-6	Pediatric Advanced Life Support (PALS) Provider (2 day course)	SCMC-Bend: Sat. & Sun. 8:00 a.m.-5:00 p.m. For information: 541-706-5845
December 8	Sky Lakes Medical Center Grand Rounds	Pavilion 7:00-8:00 a.m. ●
December 9, 11 & 14	CPR for Healthcare Providers (HCP) Renewal (4 hour course)	SCMC-Bend: Dec. 9: 6:00 p.m.-10:00 p.m.; Dec. 11: 1:00 p.m.-5:00 p.m.; Dec. 14: 8:00 a.m.-Noon. For Information: 541-706-5845

December 9	CPR for Healthcare Providers (HCP) Completion (6 hour course)	SCMC-Redmond: 9:00 a.m.-3:00 p.m. For information: 541-706-5845
December 9	Sky Lakes Medical Center Grand Rounds Telecast from Providence Portland	Blue Canyon Conference Room 8:00-9:00 a.m. ●
December 11	SCMC Grand Rounds: "Abusive Head Trauma in Children" Deanna St. Germain, DO, Medical Director, KIDS Center	SCMC-Bend, Conf. Room C&D 7:00-8:00 a.m.
December 12	Pediatric Advanced Life Support (PALS) Renewal Course (1 day)	SCMC-Bend; 8:00 a.m.-5:00 p.m. For information: 541-706-5845
December 15	Sky Lakes Medical Center Grand Rounds No Grand Rounds	
December 16	Sky Lakes Medical Center Grand Rounds Telecast from Providence Portland	Blue Canyon Conference Room 8:00-9:00 a.m. ●
December 16 & 22	CPR for Healthcare Providers (HCP) Completion (6 hour course)	SCMC-Bend: Dec. 16: 9:00 a.m.- 3:00 p.m.; Dec. 22: 8:00 a.m.-2:00 p.m. For information: 541-706-5845
December 18	SCMC Grand Rounds: "The Challenges of Anticoagulation Therapy: New and Emerging Research" Ann K. Wittkowsky, PharmD, CACP, FASHP, FCCP, Clinical Professor University of Washington School of Pharmacy; Director, Anticoagulation Services University of Washington	SCMC-Bend, Conf. Room C&D 7:00-8:00 a.m.
December 19	Advanced Cardiac Life Support (ACLS) Provider Renewal (1 day course)	SCMC-Bend; 8:00 a.m.-5:00 p.m. For information: 541-706-5845
December 22	Sky Lakes Medical Center RMT Rounds	Pavilion 7:00-8:00 a.m. ●
December 23	Sky Lakes Medical Center Grand Rounds Telecast from Providence Portland	Blue Canyon Conference Room 8:00-9:00 a.m. ●
December 25	SCMC Grand Rounds: No Grand Rounds Happy Holidays	
December 28	Heartcode™ ACLS Anywhere Part I: Independent Study Part II: Skills Verification (40 minute session)	SCMC-Bend: 6:00 p.m.-7:00 p.m. For information: 541-706-5845
December 29	Sky Lakes Medical Center Grand Rounds No Grand Rounds	
December 30	Sky Lakes Medical Center Grand Rounds Telecast from Providence Portland	Blue Canyon Conference Room 8:00-9:00 a.m. ●



For additional information regarding events listed here, including information about continuing education credit availability, contact the CEAHEC office at (541) 706-2617. CME and CE credits are available for many of the offerings listed here.

● For more information on CME or CE programs and credits offered by Sky Lakes Medical Center in Klamath Falls, please contact Amee Hartwell, Sky Lakes Medical Center CME Coordinator at (541) 274-4161. Please contact Amee for more information about Grand Rounds, RMT Rounds, Sisters of Providence Video Conference Sessions, and ER.



## January 2010

### This Month Is:

- ▶ National Birth Defects Prevention Awareness Month  
[www.marchofdimes.com](http://www.marchofdimes.com) or <http://nacersano.org>
- ▶ National Blood donor Month, [www.adrp.org](http://www.adrp.org)
- ▶ Glaucoma Awareness Month  
[www.preventblindness.org](http://www.preventblindness.org)
- ▶ 17-23 Healthy Weight Week  
[www.healthyweight.net](http://www.healthyweight.net)



### Health Careers To Honor:

- ▶ 24-30 National Nurse Anesthetists Week  
[www.aana.com](http://www.aana.com)
- ▶ 25 National IV Nurse Day  
[www.ins1.org](http://www.ins1.org)
- ▶ 25-29 National Medical Group Practice Week  
[www.mgma.com/gpw](http://www.mgma.com/gpw)

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January 1	SCMC Grand Rounds: No Grand Rounds Happy New Year	SCMC-Bend, Conf. Room C&D 7:00-8:00 a.m.
January 5	Sky Lakes Medical Center Grand Rounds	Pavilion 7:00-8:00 a.m. ●
January 6	Sky Lakes Medical Center Tumor Board	Learning Resources Classroom 7:00-8:00 a.m. ●
January 6	Sky Lakes Medical Center Grand Rounds Telecast from Providence Portland	Blue Canyon Conference Room 8:00-9:00 a.m. ●
January 8	SCMC Grand Rounds: To be Determined	SCMC-Bend, Conf. Room C&D 7:00-8:00 a.m.
January 12	Sky Lakes Medical Center Grand Rounds	Pavilion 7:00-8:00 a.m. ●
January 13	CPR for Healthcare Providers (HCP) Renewal (4 hour course)	SCMC-Redmond; 6:00 p.m.-10:00 p.m. For information: 541-706-5845
January 13	Sky Lakes Medical Center Grand Rounds Telecast from Providence Portland	Blue Canyon Conference Room 8:00-9:00 a.m. ●
January 13, 15, 18 & 28	CPR for Healthcare Providers (HCP) Renewal (4 hour course)	SCMC-Bend, Jan. 13: 6:00 p.m.- 10:00 p.m.; Jan. 15: 1:00 p.m. -5:00 p.m.; Jan. 18 & Jan. 28; 8:00 a.m.- Noon; For information: 541-706-5845
January 15	SCMC Grand Rounds: To be Determined	SCMC-Bend, Conf. Room C&D 7:00-8:00 a.m.

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|-----------------|--|---|
| January 15      | CPR for Healthcare Providers (HCP)<br>Completion (6 hour course)                   | SCMC-Redmond; 8:00 a.m.-2:00 p.m.<br>For Information: 541-706-5845                    |
| January 16-17   | Advanced Cardiac Life Support (ACLS)<br>Provider Completion (Initial 2-day course) | SCMC-Bend: Saturday & Sunday:<br>8:00 a.m.-5:00 p.m.<br>For information: 541-706-5845 |
| January 19      | Sky Lakes Medical Center Grand Rounds  | Pavilion<br>7:00-8:00 a.m. ●  |
| January 20      | Sky Lakes Medical Center Grand Rounds Telecast from Providence Portland            | Blue Canyon Conference Room<br>8:00-9:00 a.m. ●                                       |
| January 20 & 26 | CPR for Healthcare Providers (HCP)<br>Completion (6 hour course)                   | SCMC-Bend, Jan 20 & 26:<br>8:00 a.m.-2:00 p.m.;<br>For information: 541-706-5845      |
| January 22      | SCMC Grand Rounds:<br>To be Determined   | SCMC-Bend, Conf. Room C&D<br>7:00-8:00 a.m.   |
| January 25      | Heartcode ACLS<br>Practice & Testing   | SCMC-Bend: 6:30 p.m.-8:00 p.m.<br>For information: 541-706-5845                       |
| January 26      | Sky Lakes Medical Center RMT Rounds  | Pavilion<br>7:00-8:00 a.m. ●  |
| January 27      | Sky Lakes Medical Center Grand Rounds Telecast from Providence Portland            | Blue Canyon Conference Room<br>8:00-9:00 a. m. ●                                      |
| January 29      | SCMC Grand Rounds:<br>No Grand Rounds  | SCMC-Bend, Conf. Room C&D<br>7:00-8:00 a.m.   |



## Have a Great Start to the New Year 2010!



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cascadehealthcare.org  
(541) 706-2631

## Register Today!

### Upcoming Programs

#### Fall-Spring 2009-2010

PSU Human Services  
Continuing Education  
Clinical Supervision Training  
For information: 503-725-8165,  
lovrienk@pdx.edu,  
[www.ceed.pdx.edu/supervis](http://www.ceed.pdx.edu/supervis)

#### Fall-Spring 2009-2010

Central Oregon Community College  
CNA2 -Acute Care Training Course  
For information: 541-383-7270  
Nutritional Therapy Training  
For more information: <http://noncredit.cocc.edu/nutrition/default.aspx>  
Pharmacy Technician One Year Certificate  
For more information contact:  
jhussion@cocc.edu or call 541-318-3723  
<http://noncredit.cocc.edu/health/default.aspx>

#### April 15 & 16, 2010

20th Annual Kinsman Conference  
Education Event for OHSU Center for Ethics  
For information: 541-706-5845

## What's New!

### WELCOME TO OUR FIRST Cascades East News ON-LINE NEWSLETTER EDITION!

Please stay tuned to the Cascades East AHEC website [www.cascadeseast.org/education.html](http://www.cascadeseast.org/education.html) to receive updates on upcoming CE and CME programs or other continuing education opportunities.

We anticipate new 2010 brochures for Cascade Healthcare Community's AHA Training Center classes will be available sometime in December and will be posted on this site.

Feel free to continue to share your updates with us by dropping us an e-mail.



#### QUESTIONS OR COMMENTS ON THIS ISSUE?

If you have questions about information in this issue of Cascades East AHEC News, please call our AHEC office at (541) 706-2617 or send an email to [smbronson@cascadehealthcare.org](mailto:smbronson@cascadehealthcare.org).

#### DO YOU HAVE PROGRAMS YOU WANT TO ANNOUNCE IN THIS PUBLICATION?

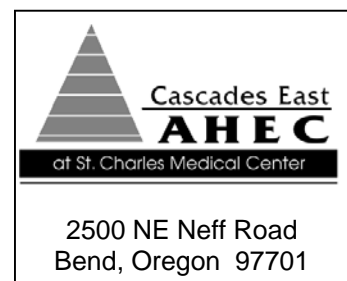
Send us an email or give us a call to place upcoming programs in the Cascades East Area Health Education Center Regional News! Deadline for information is the 15th of each odd month. For submissions or questions: (541) 706-2617 or [smbronson@cascadehealthcare.org](mailto:smbronson@cascadehealthcare.org).

# Seasons Greetings



Happy Holidays &  
Happy New Year!

From Cascades East AHEC



# REPRODUCIBLE HANDOUT

## H1N1: RECOGNIZE THE SYMPTOMS AND KNOW WHAT TO DO

***Most people will not need to seek medical care, and their symptoms will resolve over time with plenty of fluids and rest.***

### **Symptoms**

The symptoms of novel H1N1 flu virus in people are similar to the symptoms of seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been, infected with novel H1N1 flu virus also have reported diarrhea and vomiting.

### **Avoid Contact With Others**

If you are sick, you may be ill for a week or longer. You should stay home and keep away from others as much as possible, including avoiding travel and not going to work or school, for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of fever-reducing medicine.) If you leave the house to seek medical care, wear a facemask, if available and tolerable, and cover your coughs and sneezes with a tissue. In general, you should avoid contact with other people as much as possible to keep from spreading your illness, especially people at increased risk of severe illness from influenza. With seasonal flu, people may be contagious from one day before they develop symptoms to up to 7 days after they get sick. Children, especially younger children, might potentially be contagious for longer periods.

### **Treatment**

Treatment is Available for Those Who Are Seriously Ill, but it **is expected that most people will recover without needing medical care.** If you have severe illness or you are at high risk for flu complications, call your health care provider or seek medical care. Your health care provider will determine whether flu testing or treatment is needed. For relief of fever, fever reducing medications are recommended such as acetaminophen or non steroidal anti-inflammatory drugs.

Check ingredient labels on over-the-counter cold and flu medications to see if they contain aspirin.

Children 5 years of age and older and teenagers with the flu can take medicines without aspirin, such as acetaminophen (Tylenol®) and ibuprofen (Advil®, Motrin®, Nuprin®), to relieve symptoms. Children younger than 4 years of age should NOT be given over-the-counter cold medications without first speaking with a health care provider.

### **Emergency Warning Signs**

If you become ill and experience any of the following warning signs, seek emergency medical care.

Children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

Adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

Source: Deschutes County Health Department

