



The BVRC News

February, 2018

The Burlington Volunteer Reserve Corps (MRC) (BVRC) is sponsored by the Burlington Board of Health
61 Center Street, Burlington, MA www.boh@burlington.org

What's an Emergency Dispensing Site Drill?

By Sylvia Musoke, RN, BOH Supervisory Nurse



year, the drill was held at the Burlington High School and also served as a flu vaccination clinic for town residents. Forty nine BVRC volunteers participated in the drill and 468 vaccinations were dispensed.

For the past few years, this drill was held at the Memorial School. The location was changed in order to test an alternative site. Other areas tested included the use of Incident Command, the dispensing process, and inventory management procedures.

BVRC volunteers are assigned to different areas, each with defined responsibilities. They participate in Just-in-Time training conducted by their team leaders. Just-in-Time training is used to familiarize volunteers with job responsibilities in

which they may not be familiar. Volunteers filled the positions of registrars, greeters, medical screeners, flow maintenance, form reviewers, inventory management, and dispensers.

During the drill, the Burlington Board of Health and the BVRC volunteers practiced a set of core doctrines outlined by the National Incident Management System (NIMS) and Incident Command System (ICS) to enable an effective, collaborative, efficient and unified approach to the drill.

The EDS drill provided a learning experience for community evidence based emergency response and offered real life experience to learn and practice the necessary skills in case of a medical disaster.

Every year the Burlington Board of Health and the Burlington Volunteer Reserve Corps (MRC) conducts an Emergency Dispensing Site (EDS) drill to practice emergency response procedures for mass vaccination and/or dispensing of medication. Last

Upcoming Events:

Annual Meeting: March 7, 6 pm, 61 Center Street, Murray-Kelly Room—Voting for Executive Committee Members. Also, Burlington Police will be discussing the collaborative response of Police and Fire in the event of an active threat situation. RSVP by responding to MaResponds message or call 781-270-1955.

CPR Training: March 14—RSVP by responding to MaResponds message or call 781-270-1955 to sign up and for further details.

Psychological First Aid Training: April (date to be determined), 8:30am-4:30pm. CEUs available. RSVP by responding to MaResponds message or call 781-270-1955 to sign up and for further details.

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Board of Health Encourages Homeowners to Test for Radon

By Christine Mathis, Environmental Engineer

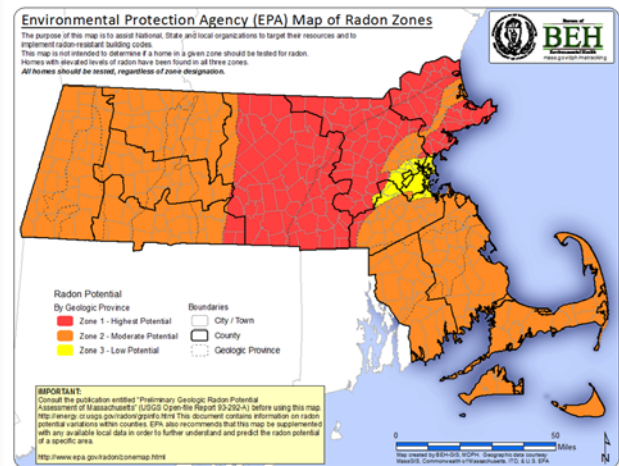
The Environmental Protection Agency (EPA) and the U.S. Surgeon General urges all Americans to protect their health by testing their homes for radon. Radon is the number two leading cause of lung cancer. It is a naturally occurring radioactive gas that is colorless, odorless and tasteless. The primary source of radon is the breakdown of uranium in soil, fractured bedrock and ground water. It can get into your home and any home regardless of the age of the home or the presence of a basement. Radon is present across the United States and is very common in New England. Burlington is in a geological area of Massachusetts that has the highest potential for radon.

The Burlington Board of Health is encouraging all residents to test their homes for radon. The only way to be sure your home and family are safe is to test the radon level in your home. Testing for radon is quick, simple and inexpensive. Radon test kits can be purchased at local hardware stores, home improvement stores or online. Residents should be sure to buy a test kit this is EPA certified and includes laboratory fees. Exposure to radon

increases your risk for lung cancer. The EPA action guideline for radon is 4 pCi/L.

If you find elevated levels of radon in your home, there are several options for remediation. Residents should use a certified contractor to select the remediation system that is best for their home. Reducing radon levels in your home is easy and the cost is similar to other routine home repairs.

For more information about radon, please visit the following Board of Health webpage: http://www.burlington.org/departments/board_of_health/radon_education_program.php



BVRC to Offer Psychological First Aid Training in April

In April, the BVRC will be offering its members an opportunity to attend a full day classroom training on Psychological First Aid (PFA). The goal of this comprehensive training is to prepare individuals to deliver basic behavioral health disaster response skills following large scale disasters or smaller scale critical incidents such as homicide, suicide, accidental death, and similarly distressing events. PFA is the current standard of care for trauma recognized by the US government (FEMA) and the World Health Organization (WHO). It is an one-on-one intervention, meant to be delivered in the immediate aftermath of a potentially traumatic event. This training will provide opportunities for participants to engage in large group discussions, table top exercises as well as role-plays.

6.0 CEUs will be available for Psychologists, Social Workers, LMHC's, LMFT's, and Nurses.

Riverside Trauma Center

Psychological First Aid Training

PFA Training – Sample Agenda (full day):

8:30	Sign-in
9:00	Welcome & Introductions; Housekeeping Training Agenda and Goals; Ground Rules for Safety
9:15	History of Critical Incident Response Who are we in the work? [Group Exercise] National Incident Management System (NIMS) Overview and Planning Community Based Incident Command System (ICS) Post-Traumatic Stress Management (PTSM) Spectrum of Interventions
10:30	15 minute break
10:45	Stress: Definition and Dynamics of the Human Stress Response Neurophysiology of Traumatic Stress Subjective Experience of Psychological Trauma Grief & Mourning [with Cultural Implications discussion] Invent PFA [Tabletop Exercise]
12:15	30 minute Lunch (provided)
12:45	Detailed Instruction of the 8 Core Actions of Psychological First Aid (PFA) Practice of PFA Core Action 1 [Dyadic Exercise] Continued Instruction on the 8 Core Actions of PFA
2:15	Large Scale Critical Incident PFA [In-Vivo Role Play] Discussion/Debrief the Large Scale PFA
3:00	15 minute break
3:15	What would you need to know before responding? [Table Top Exercise]
3:45	Final Questions & Wrap Up
4:00	Adjourn