

The CA-6 Chronicles

The latest news and information from the
San Francisco Bay Area Disaster Medical Assistance Team, DMAT CA-6
— Visit us at www.dmatca6.org —

Vol. 6, No. 11

November, 2006

Caregivers to the Nation...Building a bridge between hope and despair



Founded in 1997

Mark Your Calendars

- **02 Dec** – Holiday Party!
Details below.
- **20 Jan '07** – Team meeting,
1000 – 1500 hrs, Menlo Park
Operations Center. Prospective
Member Orientation 0900 –
1000 hrs.

Commander's Corner

By David Lipin, Commander

Welcome to the November issue of our newsletter, just in time for this coming weekend's annual holiday party! (See the next article for details.)

There's a lot of information in this issue and some of it requires follow-up from our team members, so please read carefully!

Katrina Interviews

The New Orleans Historical Society will be present at our January team meeting in order to interview members who deployed to Hurricane Katrina. They are building an archive of the event, and would like first-person accounts. It's optional participation, and they might select only a few for interviews, based on whoever shows up.

Distinguished Member of the Year

There's still time to vote for our Distinguished Member of the Year – the person that you feel best personifies the spirit, commitment and mission of the team.

The elected member receives a Distinguished Member ball cap, their name on the plaque at the operations center, and (hopefully) an all-expenses-paid trip to next year's NDMS Conference in Nashville. (I say "hopefully" because it's not clear whether we'll

be permitted to fund this person this year; if not, I'm sure we can find another appropriate way to say "thanks"!).

The rules are simple:

Only team members are eligible (duh!), and the following previous Distinguished Members are not eligible:

- 2005 – Brian Buckhout
- 2004 – Terry Holbrook
- 2003 – Bill Bush
- 2002 – Bonnie Atencio
- 2001 – Steve La Plante
- 2000 – Walt Sanders
- 1999 – Barb Center
- 1998 – Dave Lipin
- 1997 – Don Cheu

E-mail your vote to Bonnie Atencio (administration@dmataca6.org) by the end of the year.

MD Pain Management Reminder

Our Medical Director sends a reminder to all team physicians – you need 12 hours of pain management CME's to keep your CA medical license in good standing. It's a one-time deal mandated in California and must be completed by 12/31/06 or your license will lapse. Let me know if you need more clarification (medical@dmataca6.org).

2007 Dues

Dues for the SFBAY DMAT (non-profit) 2007 calendar year are due by the end of this year to avoid a late fee. See the form attached to this newsletter.

Something new for this year – pay with your Visa or MasterCard! Just fill in the form and fax it back to us. Couldn't be easier!



Holiday Party!

Come one, come all! Bring your family, and invite potential new team members!

This year the team holiday party is at Brian Blaisch's house, 5195 Parkridge Dr. in Oakland, Saturday, December 2nd, 3pm to whenever.

Brian's house is at the end of a cul-de-sac that happens to be a trailhead for a local park. Parking should not be a problem.

Bring a potluck dish for 6. Drinks and utensils will be provided by the team (but feel free to BYOB!). Oven, stove and fridge are available.

Feel free to bring photos, scrapbooks or other DMAT memorabilia. And if you've got a favorite CD, bring that too.

From the South

Take I-880 North to I-238 South (towards Castro Valley) to I-580 West (to Oakland). Exit Keller Ave, turn left at the exit, then right onto Keller and take it to the top. Turn left on Skyline Blvd, and follow Skyline for 2 miles. Turn right onto Parkridge (there is a fire station on the corner as a landmark). 5195 is the 2nd house from the end on the left.

From the East

Take I-580 West (towards Oakland) and follow the above directions.

From the North

Take I-80 West (towards Berkeley/Oakland) to I-580-East (towards Hayward) to CA-24 (towards Walnut Creek) to CA-13 South (towards Hayward). Exit Redwood Rd right away (towards Carson St). Turn left on Redwood Rd, continue to the top where it intersects Skyline Blvd. Turn right on Skyline, and go for 1.5 miles, turn left onto Parkridge Drive (fire station on the corner). Follow the above directions.

From San Francisco

Take the Bay Bridge to I-580 East, then follow the From the North directions above.

From CoCo and Sacramento

Take I-680 South to CA-24 (towards Oakland). Follow the From the North directions above.



NDMS News

By David Lipin, Commander

Individual Travel Cards

One of the improvements that the Department of Health and Human Services (HHS) is making for our transition is to issue each team member an individual government travel credit card.

We'll still do as much group-billed travel as possible on team missions, but we've had several instances in the past where individuals or a small group of team members have deployed without the full team, or team members have traveled separately from the team (e.g., they live outside of the Bay Area, or rotated in/out of the mission on a different day). Arranging travel for these individuals was difficult, and required a third-party to get involved.

Under HHS, each member will carry a government travel card that can be used for airfare, lodging, rental vehicles, meals, laundry, to obtain cash at an ATM, and other travel-related purchases.

Each member will be responsible for the purchases that they make (just like any other credit card). The differences are that the government card helps get you government rates, and HHS can make payments directly to your credit card for big-ticket items (especially helpful if you're on a prolonged deployment). Other charges will be reimbursed to your bank account when you submit a travel voucher (similar to the way it works today).

All team members should apply for an HHS card as soon as possible, following the instructions [on our team website](#). There's a 45-minute "how to use the credit card" course that you can take later at your leisure. The application itself is quick and painless, and you won't be able to deploy without it!

Online Credentialing System

If you have a medical license or certification, expect to be contacted by NDMS requesting that you go to a new online medical credentialing website from CredentialSmart (<https://www.emergencycredentialing.net/ndms>) to credential yourself with NDMS. They'll send you a username and password to access this site.

This credentialing process is very similar to what hospitals and other healthcare providers put employees through when they first join and then periodically thereafter.

Expect the process to take a few hours of your time, as you'll need to submit copies of all of your licenses, certifications, medical diplomas, and so on, required to verify your credential. You'll be able to save and resume your work so you can do this over separate sessions as fits your schedule.

If you don't have copies of any of the documents they're requesting, contact Bonnie at administration@dmatac6.org; we can e-mail you a copy of the document if we've got it in your personnel file.

We strongly encourage everyone to go through this credentialing process within a week or so of being contacted. This will help speed up our deployment time, and at some point you won't be deployable without a verified credential.

Security Clearances

Don't be surprised to learn that someone has been snooping around your neighborhood asking questions about you! Part of the new badging process includes running a background check. People who have recently applied to the team may already be familiar with this process, as it started with them. Now we've heard that some of our older members (that is, members who have been with us for a while!) are starting to go through the process. You'll be contacted directly if they need anything from you.



Operations Update

By Terry Holbrook, Operations Section Chief

Omigosh....here it is right in the Holiday season already. Even though we haven't been lucky enough to have been deployed to take up our fall season, the time has gone so quickly!!

Let me bring you up to date on how the Ops Section has been spending its time. So much to do, and this energetic bunch has really done a bang up job of getting it sliced away piece by piece. At this rate, we should be done just about the

time someone changes all of the requirements for policies or procedures, so we will feel needed again. Anyway, here it is for this month:

Skills Check-off

Le Nai has skillfully and efficiently completed the Skills Check Off lists, and they have been forwarded to Crystal and Leia for formatting to conform to the Policy and Procedure manual. Le Nai will begin to refine her table of contents for submission by the end of the month.

Nursing Standing Orders

Aileen and Andreas have completed their Nursing Standing Orders and are soliciting “pearls” of medical wisdom be submitted to either of them for inclusion on the backs of these cool, colored, laminated sheets which will be in each of our caches. They address the most common conditions or symptoms we see in a clear and easy to follow manner, and will no doubt be a huge help in the chaotic early days of a big disaster. They will serve as a reminder of care for those not usually handling the conditions addressed, and will help us to ensure consistency of care. They now go to the Board for review and to the Commander and Medical Director for signature. So, send those things you have learned thru experience and have helped you to remember or to provide more efficient or complete care, or to interpret what you see or find on test results. We would love it, and it will be, I’m sure, a model for other teams. Aren’t we always????!!!!

Member Health Requirements

The completion of forms for members regarding deployment health issues has been deemed to be their own responsibility. You will be expected to have your own physician “clear” you in general terms on an annual basis prior to deployments...this should be done and submitted in advance for

inclusion in your confidential health records at the warehouse, much as your immunization or respiratory status information is kept. Stay tuned for further refining of this process and completion of the form to be completed.

PCR Review

The Patient Care Record review is on hold, because we may change the form altogether, and don’t want to make more work for ourselves. This, of course, refers to patient contacts in the 501c3 arena, and not in the Federal one, since we have no authority to change anything of the Federal form.

Training and In-service

It was decided by Ops that we would begin to hold training sessions more frequently and in smaller groups to facilitate getting everyone up to date and signed off on our requirements. This is to help cut down on the influx to one trainer at the meetings, and to re-establish more important agenda items to the list of things to cover at the meetings, and which everyone should have the opportunity to hear. Much more information later.

Immunizations

Bobbie reports that the FOH nurse will only come to meetings a limited number of times a year since most of our members are now (nearly) complete and the immunization numbers at team meetings have dropped dramatically. Flu shots will be offered at the meeting on Jan 20th, so bring your yellow federal immunization cards for documentation. Please take this requirement seriously...it is far too late to jump in and get your immunizations up-to-date when the deployment notification has been sent out, and there you are, missing some of your shots. And a huge opportunity to deploy.

Respiratory

Leanne says “nothing new”! Some members have been contacted

directly by FOH to provide additional information for their clearances.

Upcoming Plans

Both the Operations group and the Clinician’s group have many irons in the fire, and are doing lots of important and interesting work. We can always use the input and efforts of new and old members, and would welcome your interest and assistance.

Operations meetings as planned for the coming year are as follow: Mar 14, Jun 13, and Aug 12. We will decide on a fall meeting date at a later time. Meetings for Ops are usually at my home, and you can call for information at (925) 935-7075 (h) or (925) 788-5241 cell. They are always pot lucks.

Clinician’s meetings are at various locations and often precede the team meeting. That will be the case this coming meeting, Jan 20, at the warehouse. Meetings usually commence at 8 a.m.



Administrivia

By Bonnie Atencio, Administration Section Chief

Contact Info

We need to make sure your information is accurate in order to be able to call you if we get activated. Please complete the [Change of Address form](#) and change your profile on the team website if you have changed any of your demographic information. If you have changed your banking information, you’ll need to change it on the [National Finance Center website](#) as well.

There will most likely be changes in some of the things we currently are doing, with time and travel,

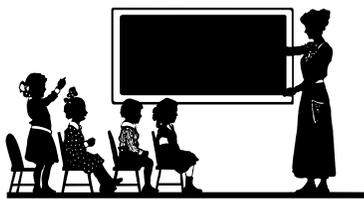
after we transition to DHHS. I'll have more information for you in the coming newsletters.

Scrapbook Update

Leanne Andrews has generously agreed to re-do our photo album and scrapbook. She has the album and is in the process of converting it to great-looking recruiting tool for recruiting events, and a reminiscing tool for the rest of us. She may need to contact some of you for information on who is who in some of the photos. Brush off your memory cells and see if you can help her out.

Application Process

NDMS has stopped accepting new applications for processing. This won't start again until after the first of the year. If you're caught in this limbo, try to be patient. The process may be a little, or a lot, different with a new parent agency. Steve La Plante will be conducting interviews for several people who have completed applications (so far) in December, so we should be ready for just some paperwork changes (hopefully) when they start processing again.



Training News

By Sam Bradley, Training Officer

We will likely have to postpone or cancel our Winter training exercise in February, since this will be right in the middle of the fiscal transition from DHS to DHHS and funding won't be available for us. Stay tuned for more.



What Would MacGyver Do?

Tent Accommodations Made Somewhat More Accommodating

By Ron Lopez, RN

AUTHOR'S COMMENT: This column is about patient care and deployment activities made easier through the innovative use of non-traditional methods and materials. The other name for this is Medical MacGyverism. You will find many MacGyverisms throughout the administrative, logistical, and clinical functions that keep CA-6 going. So with that in mind, if any of you have ideas, gadgets, methods, or comments that would positively contribute to this column, feel free to send 'em my way. You can reach me at ron@disasterhit.com. Now on to our tip for the month:

(For clarity, the "tent" as used in this article refers to the DMAT standard Western Shelter tents we have in our supply cache. "Head" and "foot" of the cot refer to ends of the DMAT cots nearest the tent wall and the center of the tent, respectively, when the cots are placed in the maximum-personnel-in-the-tent configuration.)

Let's face it: there are times on a DMAT deployment - or overnight training mission for that matter - when you're far from home, in too cold or too hot conditions for comfort, totally sleep deprived, and you're just too tired to think about little things that go a long way towards increasing your comfort level. For you engineering and scientific types, we call this the Coefficient of Comfort (C_c), where C_c is directly proportional to the amount of advance planning (A_p).

Another side-benefit to this little "comfort" plan includes keeping your personal gear more organized and therefore more rapidly deployable for those times when you're unexpectedly called back into service after having just laid down for a snooze, or when you get elected to staff a strike team while in the middle of lunch and you have to hustle back to your tent, grab your stuff, and be on a vehicle within minutes.

What you'll need for this little plan are a few items that can easily pack into your day pack or web gear:

- Parachute cord
- Carabiners
- Shower curtain hooks
- Duct tape
- Prusik cords

Some of this stuff is already in the official personal gear load for all CA-6'ers, and those items not on the list serve multiple purposes and therefore justify the packing weight and volume necessary to carry them. For the non-rescue-tech folks, a Prusik cord or Prusik knot is a loop of rescue-quality rope tied in such a way that you have a loop of rope able to grab onto another rope or cord, and this loop tightens the more load you put onto it (see illustration on "How To Tie a Prusik Hitch" below). I use a 3 1/2' length of 7/16" rescue rope pre-tied in a double fisherman's knot and I just carry this loop around in my web gear or backpack. It has LOTS of uses, but for purposes here, just keep reading...

Take a length of parachute cord and tie loops into it about every 6 inches. Be sure to leave enough on the end so you can tie it off somewhere. Once all the loops are tied, take each end of the rope and tie it onto the horizontal tent frame member above the head of your cot such that the finished cord length - complete with loops - is approximately even with the cot width. (Refer to the arrows to the left of Chris' head in the picture).



Be sure not to interfere with power distribution cords or tent roof support bar pins (the pin-on-a-chain that locks the tent frame joint) when you tie off the parachute cord.

Then, you can use these loops as a gear-hanging device. The process is facilitated by placing carabiners in the loops you've created, or Prusiks placed between the loops. You then using them to quickly hang or

remove gear without fear of things falling off or sliding around on the cord. I've used this set up for:

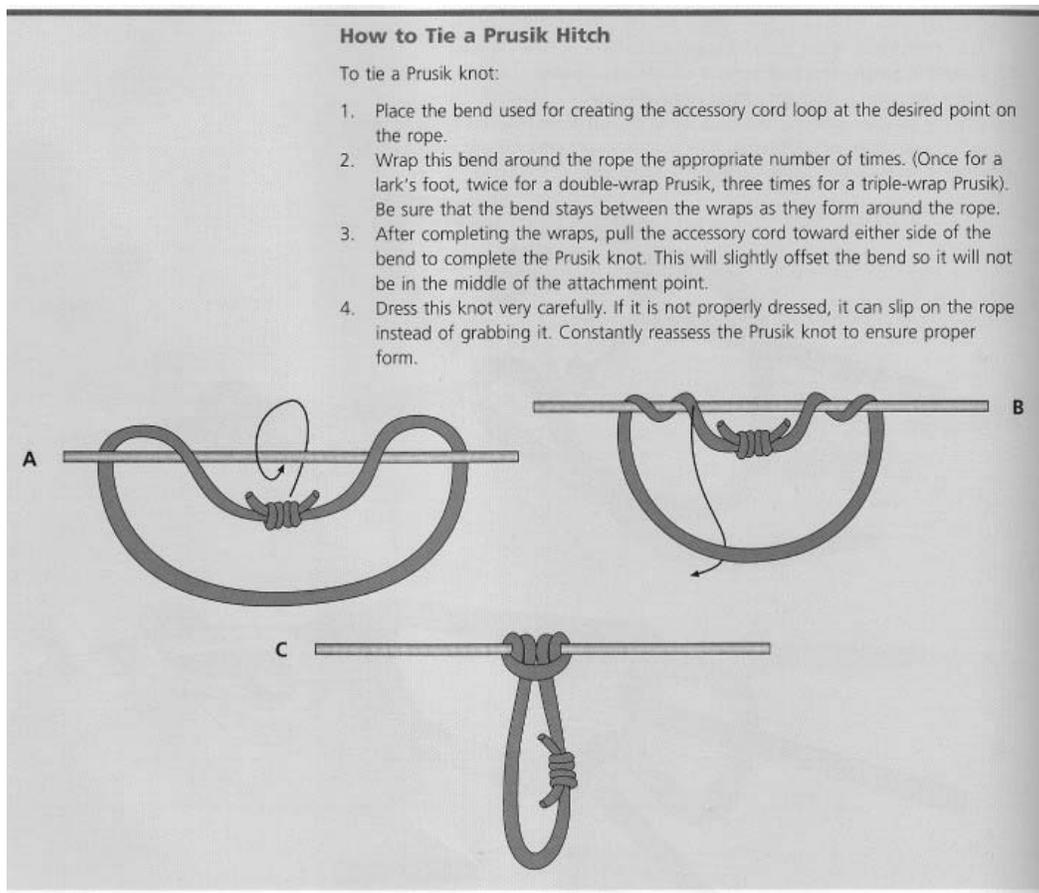
- Drying out things
- Quick access to flashlight or headlamps
- Hanging my MP3 player without fear of laying on top of it if it were placed in the cot
- 2-way radio
- Hanging web gear
- Making people think I'm getting too comfortable

A caveat: I wouldn't hang more than four or five pounds of gear on any single loop or Prusik hitch. I haven't formally tested this, but intuition tells me that it's a reasonable weight limit for this

scenario. Understand that means if you want to hang a fifteen-pound web gear setup or a twenty-pound backpack, you're going to have to use two or three loops to support the weight. This is where the shower curtain hooks come in; you can use them to tie into the little holes on your web gear and distribute weight among several loops. You can also rig custom, weight-bearing straps using duct tape and shower curtain rings.

Well that's it for now. Keep those cards, letters, and e-mails coming in!

Ron





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2007 Regular Member Annual Dues Statement

Covers Period from January 1, 2007 through December 31, 2007

Name: _____ Email: _____

Regular Member Dues if paid by January 1, 2007 = \$25.00	\$25.00
Late fee if paid between January 1 and January 31, 2007 = add \$5.00	\$ _____
Late fee if paid between February 1 and February 28, 2007 = add \$10.00	\$ _____
Late fee if paid after February 28, 2007 = add \$15.00	\$ _____
If dues in arrears for 2006 = \$40.00 per overdue year	\$ _____
<i>Tax-deductible Voluntary Donation to SFBAY DMAT (not required)</i>	\$ _____
TOTAL AMOUNT:	\$ _____

Check #: _____

Visa / MasterCard (circle one) #: _____ Exp. Date: _____

CVV: _____ Signature: _____ Date: _____

Members will receive the San Francisco Bay Area Disaster Medical Assistance Team monthly newsletter and receipt of email related to disaster medicine, field deployments and other activities of the team. Email addresses and all other member information are kept confidential. No mailing lists are ever sold to third parties. Information may be shared with NDMS, the State of California EMS Authority, the California Department of Motor Vehicles, law enforcement, and/or the SFBAY DMAT insurance agencies as needed for documentation of certification, licensure, background suitability, and ability to be deployed.

Dues are not required for participation and membership in the federal entity DHS/FEMA/NDMS/DMAT CA-6. Dues are required for participation and membership in the non-profit entity San Francisco Bay Area Disaster Medical Assistance Team and its non-profit activities.

Payment may be made by check, money order, Visa or MasterCard in US funds only. Checks should be made out to 'SFBAY DMAT' and mailed to the DMAT office address listed above. There has been no increase in dues for the current year. Late fees are added for those paying dues late to encourage members to pay at the beginning of the year and to save the additional effort and cost of issuing further reminders.

The San Francisco Bay Area Disaster Medical Assistance Team is a 501(c)3 corporation, and is registered in the State of California as a non-profit public benefit corporation. Donations are deductible to the fullest extent of the law. Donations over \$100.00 will be acknowledged by a receipt. All other donations will be acknowledged by receipt if requested. Copies of the Financial Statement for the latest filed year are available upon request.