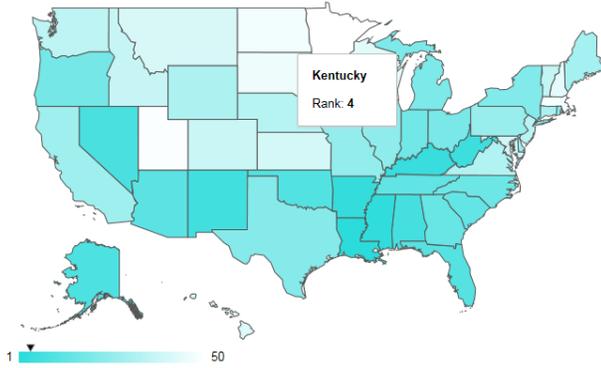




# Kentucky Hospital Research & Education Foundation Emergency Preparedness Update for April 2, 2019

## 2019's Most & Least Stressed States Kentucky & West Virginia in top 10

(Wallethub) stress affects everyone. Although we cannot eliminate stress entirely from our lives, we can minimize it by choosing to live in the least toxic environments. American stress levels **have been rising** for many demographics since their low point in 2016. Common stressors include the future of America and money, along with **health insurance costs**. But not all demographics are affected in the same way. For example, millennials have the **highest average stress levels**.



But certain states have contributed more than others to elevating — or decreasing — stress levels in the U.S. WalletHub compared the 50 states across 40 key indicators of stress to determine the places to avoid and achieve a more relaxing life. Our data set ranges from average hours worked per week to personal bankruptcy rate to share of adults getting

adequate sleep.

Read on for their findings, expert insight from a panel of researchers and their full methodology.  
<https://wallethub.com/edu/most-stressful-states/32218/>

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### 'Breaches Everywhere' Flooding Bursts Midwest Levees, and Tough Questions Follow



(NY Times) The widespread, severe flooding in the Midwest over the last month has exposed the vulnerabilities in a **levee system** that is now **so full of holes** that many here ruefully describe it as "Swiss cheese."

With dozens of costly breaks across Nebraska, Iowa, Missouri and nearby states, the surging waters have left large areas without even cursory flood protection.

The levee situation has become so grave that **the American Society of Civil Engineers** gave the country's levee system a D grade in 2017, suggesting \$80 billion in investment over 10 years.

According to the United States Army Corps of Engineers, which oversees infrastructure on the Missouri River and some of its tributaries, at least 62 levees had been breached or overtopped in the Midwest in March, and hundreds of miles of levees had sustained damage.

The situation has been exacerbated by wetter rainstorms, which are expected to worsen over time and have been attributed to **climate change**.

Read the full NY Times story: [https://www.nytimes.com/2019/03/31/us/midwest-floods-levees.html?emc=edit\\_th\\_190401&nl=todaysheadlines&nid=155680910401](https://www.nytimes.com/2019/03/31/us/midwest-floods-levees.html?emc=edit_th_190401&nl=todaysheadlines&nid=155680910401)

Link to USACR Levee info: <https://levees.sec.usace.army.mil/#/>

[NOTE: There is an interactive map at this site, and you can pick Kentucky, or any other state of interest, and see where the US Army Corp of Engineers has levees.]

**[R Bartlett editorial note:** We should make it clear that while the NY Times story above is about our neighbors west and northwest of us, this could easily be a Kentucky tale.

The US Department of Homeland Security has been working with a large group of government and private sector groups on a review of plans and preparations for a breach along the section of levees and flood walls in the Louisville area. This protection system is about the same age and design as the network around New Orleans that failed during [Hurricane Katrina in 2005](#), and the [Ohio River flood of 1937](#) that saw damage from Pittsburgh to Cairo, Illinois. Reportedly, one million people were left



New Orleans, Louisiana  
August 30, 2005



Louisville, Kentucky  
January 27, 1937

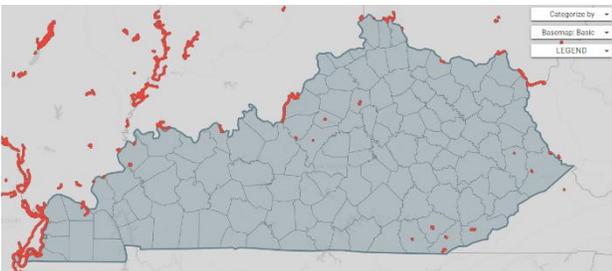
homeless, and 385 died. Today, those numbers could be much higher since communities have developed behind this aging network of levees and flood walls. Check out this interesting picture from the National Weather Service that makes a side-by-side comparison of New Orleans in 2005 and Louisville in 1937.

[Louisville had portions of the city flooded](#) in 1937. The waters reached from the Ohio, almost to the main campus of the University of Louisville. [Churchill Downs, most of the west end of town](#), and what is now the Rubbertown industrial complex, were all covered.



From a healthcare perspective, today there are four major hospitals, and several critical medical facilities, in that area, including two major regional trauma centers. That's almost 1,886 hospital beds! There are also a number of nursing homes and senior citizen housing developments, and we'll let Betty Shields team count those. If there is a breach, the DHS and Metropolitan Sewer District teams models project that the downtown medical center complex will most likely have "wet feet", and some will essentially be "islands".

What the healthcare team has been discussing in tabletop exercises are things like, "How much notice will we have?" "Do we evacuate, or shelter-in-place?" "If we shelter-in-place, how long can we stay like that, and how will we get resupplied?"



But the bigger one, that has statewide implications, is... "If we have to evacuate, how will we do it?" ...and "Where will we send the patients?" Assuming ALL the other hospitals in Louisville are empty at the time, we are still over 100 beds short. Oh yea, and then there is the fact that we have those tertiary care and trauma centers in the mix. Some of those patients may have to be shifted to facilities in Lexington and other states.

There will be a need for ambulance strike teams, and they are going to have problems getting in and out of the flooded areas. Since the northern border of Kentucky, from end to end, is virtually all a river

system, we have to assume that if a major weather event were to park over this region and dump a steady deluge of water, there will be a need for medical transportation response teams that will likely extend across multiple state lines - and depending on the status of bridges approaches - could be impeded from crossing into/out of Kentucky.

Take another look at that Kentucky map above. We may see challenges like this in Paducah, Ashland, Pineville, and Owensboro. Other parts of the state, especially in western Kentucky, could see large areas under water. The planning discussions you will be having around the June 6th "Shaken Fury" exercise, and the potential extreme weather scenario planned for the [August 21st EarthEx 2019 exercise](#), have never been more relevant - especially when you think that except for a little good luck and the grace of God, what the breadbasket of the US is facing right now could have been us!]

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**[EarthEx 2019](#) - Health and Medical Partners Training Session**  
April 10, 2019 at 1 O'clock PM (ET)

**Topic:** **Complex Catastrophes and the Medical, Health, and Long-Term Care Sectors**

Please register at: <https://attendee.gotowebinar.com/register/5131045131718059021>

After registering, you will receive a confirmation email containing information about joining the webinar.

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**More people might survive cardiac arrest if more bystanders tried hands-only CPR**

(Reuters Health) - More lives could be saved after cardiac arrest if bystanders applied cardiopulmonary resuscitation (CPR), even if it's just the hands-only version, a new study suggests.

With hands-only CPR emerging as an alternative to the traditional method - chest compressions coupled with mouth-to-mouth rescue breaths - Swedish researchers decided to investigate the impact of the simpler method.

They found that when rates of either type of CPR increased, the chances of surviving a sudden cardiac arrest doubled.

Full story: <https://www.reuters.com/article/us-health-cpr/more-people-might-survive-cardiac-arrest-if-more-bystanders-tried-hands-only-cpr-idUSKCN1RD37U>

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**CPPS Offers Info on Free Video Related to School Violence**

The Center for Personal Protection and Safety (CPPS) has released a newsletter and a free video related to School Violence. Bruce Gillooly, a Vice President at CPPS, said in the release, "As we know, active shooters are not confined to gangland territory. Every type of territory in America has been touched by senseless acts of violence against our country's students and teachers. Regardless of where they occur, every one of our students and teachers deserve to be protected from these acts. If ever there was a bi-partisan issue our politicians could agree on, this is it. But this is not just a political issue, it's a social issue. We all suffer when an active shooter strikes and we all benefit when one is stopped, or at least curtailed. Therefore, it is not just up to our politicians to fix it, it is incumbent upon us all."

The CPPS CEO, Mr. Randy Spivey, having had his own children go through an active shooter incident, understands the horror students and teachers go through during these events. Although his children were unharmed, thank God, the incident left an indelible scar on his soul. That is one of the many good reasons he decided to offer his program, called "Beyond Lockdown", to students and teachers for free. Any school can ask for it and we will provide it at no cost. This is a video presentation and can be used from anywhere.

Click the links below to watch the video, gain more information, and find out how you can get involved.

[Watch the video](#)

[Download Supporting Documents](#)

[Visit our website](#)

Please note: If your firewall blocks the document download, contact them and they will email the material to you.

## Students start campaign to share images of their deaths if they're killed in gun violence

(CNN & WLKY) Nearly 20 years after the mass shooting at Columbine High School captured the nation's attention, some of the school's current students are using its legacy to combat gun violence.



Their campaign, [#MyLastShot](#), asks students to put a sticker on their ID or cellphone that indicates their desire for images of their body to be publicized and shared if they are killed as a result of gun violence.

The campaign encourages advocates to print off and sign the sticker, which reads, "In the event that I die from gun violence please publicize the photo of my death. #MyLastShot."

The hope is that even in death they can be the catalyst for change, using the power of photography to bring attention to the scourge of gun violence.

Full story: <https://www.wlky.com/article/students-start-campaign-to-share-images-of-their-deaths-if-theyre-killed-in-gun-violence/27004895?src=app>

## Doctors sound the alarm on the dangers of kids swallowing magnets

(CBS) While the dangers of children accidentally [ingesting batteries](#) and [laundry detergent pods](#) are well known, doctors are sounding the alarm on the risks of another common household item: tiny, high-powered magnets. Federal safety officials tried to ban them several years ago, but they're now back on the market and raising concerns of more injuries. Two magnets could clamp together and pinch internal organs, potentially causing severe problems.

Read more: <https://www.cbsnews.com/news/doctors-sound-the-alarm-on-the-dangers-of-kids-swallowing-magnets/>

## Healthcare-Associated Infection/Antibiotic Resistance (HAI/AR) Prevention Program Quarterly Webinar

### Multidrug-resistant Organisms (MDROs) in Healthcare: A Primer.

April 24, 2019 at 11:30-12:30 (EDT)

Objectives include:

- 1) review the problem and impact of multidrug-resistant organisms (MDROs) in healthcare settings
- 2) discuss approaches to identification and control of MDROs
- 3) explain the containment strategy as an approach to control of emerging pathogens

The webinar will be presented by

Kevin Spicer, MD, PhD, MPH

Medical Officer, Division of Healthcare Quality Promotion, CDC

Antibiotic Resistance Coordinator, HAI/AR Prevention Program, Kentucky DPH

Registration link for the webinar: <https://attendee.gotowebinar.com/register/5888503089379598091>

For questions contact Kevin Spicer ([kevin.spicer@ky.gov](mailto:kevin.spicer@ky.gov)) or Andrea Flinchum ([andrea.flinchum@ky.gov](mailto:andrea.flinchum@ky.gov)).

## Doctors need to do better at talking to families about critically ill patients

(Reuters Health) - Doctors' conversations with families about care for critically ill patients often fail to address patients' values and preferences, according to a study that suggests there's plenty of room for improvements in communication.

These conversations are an essential component of so-called shared decision making, which depends on clinicians taking the time to explain the benefits and harms of treatment options and also listening to patients and families explain what they hope to gain from any interventions. When it's done right, shared decision making improves patient satisfaction and helps ensure that care plans are designed to achieve outcomes most important to patients and families.

Learn more: <https://www.reuters.com/article/us-health-icu-wishes/doctors-need-to-do-better-at-talking-to-families-about-critically-ill-patients-idUSKCN1RD3DU>

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### **Most parents would support age restrictions for tackle football**

(Reuters Health) - Even though there are no age restrictions on tackling in youth football in the U.S., a new survey suggests most parents would support rules prohibiting this for younger players because of the injury risk.

While there are many physical and mental health benefits of playing youth sports and the risk of concussions is relatively low, as many as 1.9 million kids ages five to 18 get concussions from sports and other recreational activities each year, researchers note in Pediatrics. Many young athletes recover without lasting problems, but kids who suffer repeated head injuries and get hurt at younger ages can be more likely to have long-term challenges with academics, cognitive skills, and behavioral and emotional health, some previous research suggests.

Other popular youth sports recommend against certain plays that carry a high risk of concussions. Ice hockey discourages body checking for players under 13, for example, and soccer recommends against heading for players under 11.

Learn more: <https://www.reuters.com/article/us-health-kids-tackling/most-parents-would-support-age-restrictions-for-tackle-football-idUSKCN1RD39D>

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### **U.S. safety agency to probe thousands of Hyundai and Kia fires**

- The U.S. highway safety agency is investigating non-crash fires involving Hyundai and Kia vehicles
- More than 3,100 fires were reported from both consumer complaints and automaker data
- Of the more than 100 injuries were reported, one death occurred involving a Kia vehicle, according to documents

Read more: <https://www.cbsnews.com/news/national-highway-traffic-safety-administration-probes-hyundai-and-kia-noncrash-fires/>

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### **Webinar: Introduction to the Pandemic Influenza Vaccine Campaign Planning Tool April 10 @ 1:00 pm - 2:00 pm**

This presentation will cover the use and functionality of the new interactive pandemic influenza vaccine campaign planning tool (PanVax). The tool is designed to help jurisdictions estimate pandemic influenza vaccination administration capacity, as highlighted in Domain 4 of the Public Health Emergency Preparedness (PHEP) Notice of Funding Opportunity, and improve their pandemic influenza vaccine campaign planning for the general public.

Participants can log onto <https://adobeconnect.cdc.gov/r60oog3mlz5/> to view the webinar. To listen to the audio portion via a phone line, dial 1-888-455-3007 and enter participant passcode 4330935.

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### **Johns Hopkins: Preparedness Pulsepoints for April 2, 2019**

**Senate Bill Would Allow State, Local Law Enforcement to Easier Detect Drugs.** A bill was introduced in the US Senate that would equip state and local law enforcement with high-tech devices to detect dangerous drugs like fentanyl. (Homeland Preparedness News, 3/29/19)

**FDA Finalizes Requirements to Help Foster Access to Safe and Effective Tests to Detect Anthrax-causing Bacteria.** The US Food and Drug Administration issued a final rule classifying in vitro diagnostic devices for the detection of Bacillus bacteria into class II (moderate-risk) with special controls, which means the agency will continue to require a premarket notification (510(k)) for these devices. (FDA, 3/29/19)

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### **Johns Hopkins: Health Security Headlines Extracts from [April 1, 2019](#)**

**[Why New York Hasn't Contained the Largest and Longest Measles Outbreak in Decades](#)** (CNN)

To contain a measles outbreak, a newly infected person has to work in tandem with state and local health authorities, providing information on when their symptoms began and whom they may have exposed during the nine days they are contagious. Most people do. Then there are those who refuse. [Go to article](#)

### Hospital-Based Incident Command Systems: Small and Rural Hospitals Webinar

[This webinar](#) (the second in our series) was hosted in March and featured speakers from small and rural hospitals who have experienced a recent emergency and activated their hospital-based incident command systems. The speakers provided a brief overview of the incident, described how they implemented their incident command system, shared lessons learned and tools for small and rural hospitals, and discussed how they have incorporated these lessons into their current systems and plans. A [summary of the Q and A session](#) is also available.

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### UofL lab produces robots for intricate surgery

The University of Louisville robotics lab is producing robots to do intricate surgery, break up cholesterol in your bloodstream and manufacture the tiniest parts for cellphones.

Learn more: <http://www.uoflnews.com/section/science-and-tech/uofl-lab-developing-tiny-robots-for-big-jobs/>

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### A 2-year-old couldn't walk on his own.

#### So a high school robotics team built him a customized toy car

Due to a genetic condition, Cillian Jackson, 2, can't walk. But the Minnesota boy now motors around in style, thanks to some enterprising students at his local high school. It all started when Cillian's physical therapist told his parents about a program called [Go Baby Go](#), which provides modified toy cars to children with limited mobility. They looked into it, but there wasn't a Go Baby Go chapter near the Jackson family's home in Farmington. And motorized wheelchairs can cost more than \$1,000.



So the parents turned to the robotics team at Farmington High School and asked if the students would be willing to take on the project. The students accepted the challenge. Using plans and models from Go Baby Go, they got to work, modifying a Power Wheels toy car to fit little Cillian and give him

more freedom in his movements.

Read more: <https://www.cnn.com/2019/04/01/health/minnesota-boy-robotics-car-trnd/index.html>

Got questions? <https://www.udel.edu/udel-search/?cx=013351329533778082783:fdysbzydiy&cof=FORID:10&ie=UTF-8&q=gobabygo&sa=Search>

GoBabyGo Nation list: <https://sites.udel.edu/gobabygo/contact/>

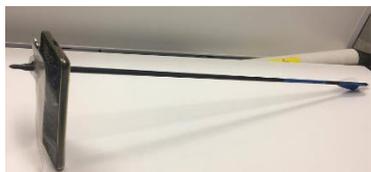
Want to start one? <https://sites.udel.edu/gobabygo/start-your-own-program-2/>

GoBabyGo Manual: [https://cpb-us-w2.wpmucdn.com/sites.udel.edu/dist/f/3415/files/2017/07/GoBabyGo\\_Manual-1m8z16m.pdf](https://cpb-us-w2.wpmucdn.com/sites.udel.edu/dist/f/3415/files/2017/07/GoBabyGo_Manual-1m8z16m.pdf)

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### Hit by an arrow, mobile phone dies saving Australian man

(Reuters) An Australian man had a lucky escape while confronting a man armed with a bow outside his home, as a loosed arrow pierced the mobile telephone he was holding to take a photograph of the incident, Australian police said. "It's alleged the man fired the arrow at the resident which pierced through the man's mobile phone causing the phone to hit him in the chin. It left a small laceration that didn't require medical treatment." A 39-year old man was arrested at the scene and charged, police said.



Source: <https://www.reuters.com/article/us-australia-crime-arrow/hit-by-an-arrow-mobile-phone-dies-saving-australian-man-idUSKCN1QV0KO>

The KHREF Emergency Preparedness Update is assembled several times a week. When events make it necessary, the Update may be sent out several times a day to keep our hospital and the healthcare community advised on preparedness news and information. Most of this information is compiled from open sources, and where possible reference links will be provided. There is an archive of [Emergency Preparedness Updates available here](#). If you would like to add or delete, or have something you would like to contribute to a future edition of the Emergency Preparedness Update, please contact [rbartlett@kyha.com](mailto:rbartlett@kyha.com) (include your current email address). The preparedness program for the Kentucky Hospital Association (KHA) and KHREF are supported by US DHHS ASPR HPP funds through a contract with Kentucky Public Health.