



# Kentucky Hospital Research & Education Foundation Emergency Preparedness Update for May 3, 2019

## **May is Mental Health Month Raising Mental Health Awareness**

Learn more: <http://www.mentalhealthamerica.net/may>

### **Cocaine deaths up in US, and opioids are a big part of it**

(AP) — Cocaine deaths have been rising in the U.S., health officials said Thursday in their latest report on the nation's deadliest drug overdose epidemic.

After several years of decline, overdose deaths involving cocaine began rising around 2012. And they jumped by more than a third between 2016 and 2017. The increase at least partly reflects trends in deaths from heroin, fentanyl and other opioid drugs

Read full AP story: <https://apnews.com/2c23eac1fbc3439cb095e54d8d5f1016>

### **As Meth Use Surges, First Responders Struggle To Help Those In Crisis**

(NPR) While public health officials have focused on the opioid epidemic in recent years, another epidemic has been brewing quietly, but vigorously, behind the scenes. Methamphetamine use is [surging in parts of the U.S.](#), particularly the West, leaving first responders and addiction treatment providers struggling to handle a rising need.

Across the country, overdose deaths involving methamphetamine [more than quadrupled from 2011 to 2017](#). Admissions to treatment facilities for meth are up 17%. [Hospitalizations related to meth](#) jumped by about 245% from 2008 to 2015. And throughout the West and Midwest, 70% of local law enforcement agencies say meth is their biggest drug threat.

More from NPR with podcast: <https://www.npr.org/sections/health-shots/2019/05/01/716404677/as-meth-use-surges-first-responders-struggle-to-help-those-in-crisis>

Related: Pharmaceutical exec guilty of bribing doctors to push opioid  
Read more: <https://apnews.com/82f638d6dfcf4193ad28ddf0e65897e1>

### **FDA strong warnings on common sleeping pills**

(CBS) Millions of Americans suffer from [insomnia](#), and many of them depend on [sleep medications](#) to get them through the night. Federal health officials have warned for years about the possible side effects, and now they've issued their strongest warning so far. The [FDA ordered](#) that several popular types of prescription sleeping pills, including Ambien, Lunesta and Sonata, will now come with a prominent "black box" warning slapped on the box

Video report and more info: <https://www.cbsnews.com/news/fda-sleeping-pills-warning-ambien-lunesta-sonata/>

### **CDC: Most e-scooter injuries could be prevented**

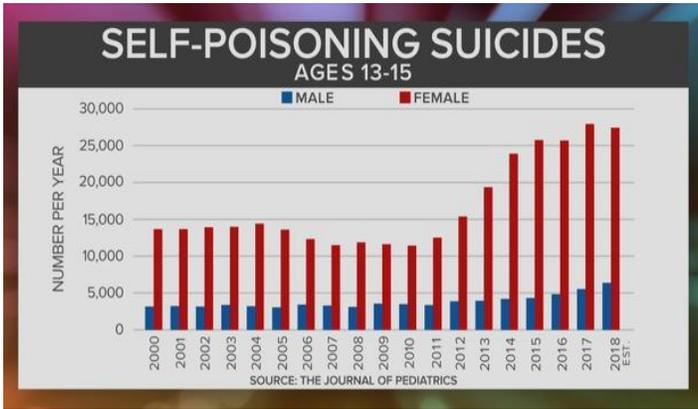
(CBS) Electric scooters are a global phenomenon, but they're not without risks — especially for those who don't take the proper safety precautions. According to a recent [Centers for Disease Control and Prevention report](#), learning how to properly ride an e-scooter and wearing a helmet while doing so might be the key to preventing injuries.

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The CDC partnered with the Public Health and Transportation departments in Austin, Texas, to analyze 936,110 e-scooter trips between Sept. 5, 2018 and Nov. 30, 2018. There were 271 people involved in some type of e-scooter incident that resulted in an injury. The CDC was able to confirm 130 such cases, amounting to an injury rate of 14.3 per 100,000 trips. Nearly half of those hurt in e-scooter crashes sustained head injuries, 15 percent of which were traumatic. The CDC said less than one percent of the riders it studied wore helmets.

Learn more: <https://www.cbsnews.com/news/most-e-scooter-injuries-preventable-cdc-report-finds-2019-05-02/>

## Suicides by self-poisoning soars among teenage girls



(CBS) The number of suicides by self-poisoning between 2000 and 2018 has soared especially among teenage girls, according to a new study published in the [Journal of Pediatrics](#). The study examined those between the ages of 10 to 24 years old and showed suicide is the second leading cause of death in that age group.

According to the researchers, suicide among 10- to 19-year-olds increased 56 percent from 2007 to 2016, but among 10- to 14-year-old girls, the suicide rate nearly tripled.

Learn more: <https://www.cbsnews.com/news/suicides->

[by-self-poisoning-soars-among-teenage-girls-study-shows/](#)

## What mass shootings on college campus all have in common?

(Philly Inquirer) Over the past half-century, more than 70 percent of campus shootings happened near the end of the school year. [Tuesday's shooting at the University of North Carolina at Charlotte](#), in which two students lost their lives, was no exception as it took place on the last day of classes.

While the UNC Charlotte incident doesn't fit the FBI's definition of a mass killing, which involves three or more deaths, it follows the same tragic pattern as decades of campus shootings, researchers found striking similarities among college campus shooters included in the study:

- They are male, and 83 percent were in their 20s.
- Most are non-white. Specifically, 50 percent were Asian, 33 percent were mixed-race (yet among high school shooters, most are white).
- All but one of the shooters was a current or former student.
- All were suicidal before the shooting; a history of mental illness was present and half had been previously hospitalized.
- All experienced childhood trauma; two-thirds had been bullied and the majority had a history of previous violence.
- All planned the incident and leaked those plans ahead of time. Some showed troubling signs on social media, to mental health professionals or to people they knew.
- All legally purchased their weapons.

The researchers found that prevention is possible. Learn more: <https://www.philly.com/health/campus-mass-shootings-guns-mental-illness-bullying-universal-background-checks-20190503.html>

## Ebola deaths top 1,000 in increasingly dangerous outbreak

(CIDRAP) This year has seen 119 violent attacks, with 85 health workers injured or killed —as cases continue to mount and deaths top 1,000.

Full story: <http://www.cidrap.umn.edu/news-perspective/2019/05/ebola-deaths-top-1000-increasingly-dangerous-outbreak>

## Experts urge approval of hospital antibiotic stewardship requirement

(CIDRAP) A panel of experts that advises the US government on antibiotic resistance is calling for the finalization of a policy that would make antibiotic stewardship programs mandatory in US hospitals.

In an Apr 8 letter to Department of Health and Human Services (HHS) Secretary Alex Azar, members of the Presidential Advisory Council on Combating Antibiotic Resistant Bacteria (PACCARB) urged immediate finalization of the proposed Centers for Medicare and Medicaid Services (CMS) conditions of participation rule before the June deadline.

The rule requires all hospitals that take part in CMS programs to adopt infection and prevention control and stewardship programs.

Learn more: <http://www.cidrap.umn.edu/news-perspective/2019/05/experts-urge-approval-hospital-antibiotic-stewardship-requirement>

## Doctors newly define another type of dementia, sometimes mistaken for Alzheimer's

(CNN) Doctors have newly outlined a type of dementia that could be more common than Alzheimer's among the oldest adults, according to a report published Tuesday in the journal [Brain](#).

The disease, called LATE, may often mirror the symptoms of Alzheimer's disease, though it affects the brain differently and develops more slowly than Alzheimer's. Doctors say the two are frequently found together, and in those cases may lead to a steeper cognitive decline than either by itself.

The acronym LATE stands for limbic-predominant age-related TDP-43 encephalopathy. The full name refers to the area in the brain most likely to be affected, as well as the protein at the center of it all.

Learn more: <https://www.cnn.com/2019/04/30/health/dementia-late-alzheimers-study/index.html>

## Measles Outbreak Digital Toolkit for Healthcare Providers

(CDC) To support healthcare providers during the current [multi-state measles outbreak](#), CDC has developed a [digital toolkit](#) with products for you and your patients about vaccines and measles. These products include accurate, science-based evidence that we hope can help you counter misinformation about measles and MMR vaccine.

Please check the [measles toolkits website](#) regularly; CDC will add new resources as they become available.

For up-to-date answers to your patients' frequently asked questions about measles, visit [Frequently Asked Questions about Measles in the U.S.](#)

Please join us as CDC measles experts discuss the current multi-state outbreak during a COCA Call on **Tuesday, May 21, 2019 at 2:00 p.m. ET**. More information about the call will be available soon on the [COCA Calls/Webinar webpage](#).

## Johns Hopkins: Health Security Headlines Extracts from [May 3, 2019](#)

[Why Researchers in Rochester Are Testing a New Smallpox Vaccine](#) (*WHAM*) For 40 years, generations of parents have not had to be concerned with the disease. It is the only disease eradicated by vaccine. Yet, testing will soon be underway in Rochester on a new vaccine to replace outdated and potentially dangerous stockpiles. "Stockpiles of a similar, live virus have been kept in storage," explained Dr. Matthew Davis of Rochester Clinical Research. [Go to article](#)

[High-tech Fix Offers Hope for Tackling H3N2 Vaccine Problems](#) (*CIDRAP*) Slow to grow and apt to mutate during production, the H3N2 flu vaccine strain is the problem child of vaccine manufacturing, especially egg-based versions, but a new cell line developed at the University of Wisconsin offers the potential to rein in the strain for a better match and improved efficacy. [Go to article](#)

[The US Urgently Needs New Genetic Privacy Laws](#) (*Wired*) Twenty years ago, you had about a 1 in 6 billion chance of knowing someone who'd had their DNA sequenced. Today, almost every American can name someone who's had some form of genetic testing. The rise of DNA data has legal experts increasingly concerned that the US is not effectively protecting consumers from the many privacy risks that now loom before them. [Go to article](#)

## **Teach your kids about hydration this summer...** **Teen Dies After Boy Scouts Run Out of Water**

Read the story: <http://newser.com/s274703>

## NIST issues draft framework to help organizations manage data privacy risk

(AHA Today for May 3) The Department of Commerce's National Institute of Standards and Technology this week released for comment a [draft framework](#) to help organizations that deliver or use data processing systems, products or services manage privacy risk. The draft framework aligns with NIST's [framework](#) for reducing cybersecurity risks to the nation's critical infrastructure, which includes health care and public health. NIST seeks feedback on whether the draft framework could be readily used as part of an organization's risk management processes.

## CISA Releases Security of Soft Targets and Crowded Places Resource Guide

The DHS Cybersecurity and Infrastructure Security Agency (CISA) has released the [Security of Soft Targets and Crowded Places-Resource Guide](#), including a welcome letter from Assistant Director Harrell and new resources. ([Link](#))

### Red Cross's Day 7 of Sound the Alarm

Dan Wirth reports that "Wow, just wow! ...midway through the campaign we've installed 1,311 alarms through rally events alone. That's over halfway to our overall goal of installing 2,500 alarms."



Rally event totals are as follows: Muhlenberg County 81 alarms; Lexington 403 alarms; Cynthiana 289 alarms; Georgetown 233 alarms; Versailles 144 alarms; Radcliff 161 alarms.

If you would like to support the program, there are still 9 more days of the campaign, with opportunities to volunteer and donate \$\$\$. To help support this lifesaving cause. **Text STAKY to 41411 and choose your donation amount.**

More info on Sound the Alarm, events and more: <https://www.redcross.org/local/kentucky/about-us/our-work/home-fire-campaign.html>

### 2020 campaigns grappling with how to manage cybersecurity

(AP) — While candidates were focused on campaigning in 2016, Russians were carrying out a devastating cyber operation that changed the landscape of American politics, with aftershocks continuing well into Donald Trump's presidency. And it all started with the click of a tempting email and a typed-in password.

Whether presidential campaigns have learned from the cyberattacks is a critical question ahead as the 2020 election approaches. Preventing the attacks won't be easy or cheap.

Read more: <https://apnews.com/f6e1fa96f925432d95366249dab5bf66>

### Swarm of bees discovered on car in Virginia, prompting response from fire dept.

*(Do you have a team for this in your department?)*



(Fox) A [swarm of bees](#) was found covering part of a [car](#) in [Virginia](#) this week, prompting the response of the local [fire department](#) who happened to have a "hobbyist beekeeper" in their midst, officials said Wednesday.

Full story: <https://www.foxnews.com/us/swarm-of-bees-discovered-on-car-in-virginia-prompting-response-from-fire-officials>

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.