In this issue:

Communications

What This Alphabet Soup Stuff Means.

The incident command system was developed in the 1970's after several catastrophic fires in urban California caused death, injury and millions of dollars in property damage (ICS 100). In 1980's the Hospital Emergency Incident Command System (later changed to Hospital ICS) was developed. In 2010 Nursing Home ICS was developed to provide guidance for LTC facilities in the event of an emergency. The ICS system was designed to be organized and flexible, meet the challenges of any size incident, and be useful for planned and emergency events.

Did you know that the NHICS guidebook was updated in 2017? NHICS link It was streamlined for easier use, the HICS guidebook was last updated in 2014. HICS link The important thing to remember is the information is available with a click of a link. All three types of ICS are easy to follow and with few differences in the primary objective. Management of an emergency within your community. It is designed to be integrated into other systems, with common terminology, forms, and job aids. Regardless of the type or scope of the incident a 201 is an incident briefing form in all levels of ICS. Not all forms and numbers are the same but there are enough similarities that Incident Commanders can speak to each other with understanding. It is important to ensure staff members understand the structure, process, and forms when managing

an incident.   It will help keep things organized, prevent important tasks from being forgotten, and in the end help with the documentation of the incident.

HRT- Service Reliability Plan

Source: Hampton Roads Transit, Beginning Sunday, May 9, Hampton Roads Transit will start operating a scaled-down version of its normal bus service to enhance overall transit reliability as the impacts of the COVID-19 public health emergency are still being felt. The Service Reliability Plan will be in place until at least July 1, with bus frequencies ranging from 30 to 60 minutes on most routes. Major employment centers throughout the region will continue to be served. For more information, please see the document attached to the email that delivered this edition of the digest. (11:29 AM)

Attachment-HRT- Service Reliability Plan
PDF 158 KB

Cyber Security

CISA and NIST release new interagency resource; defending against software supply chain attacks. From CISA

A software supply chain attack—such as the recent Solar Winds Orion attack—occurs when a cyber threat actor infiltrates a software vendor's network and employs malicious code to compromise the software before the vendor sends it to their customers. The compromised software can then further compromise customer data or systems.

To help software vendors and customers defend against these attacks, CISA and the National Institute for Standards and Technology (NIST) have released Defending Against Software Supply Chain Attacks. This new interagency resource provides an overview of software supply chain risks and recommendations. The publication also provides guidance on using NIST's Cyber Supply Chain Risk Management (C-SCRM) framework and the Secure Software Development Framework (SSDF) to identify, assess, and mitigate risks.

CISA encourages users and administrators to review Defending Against Software Supply Chain Attacks and implement its recommendations. Link

Cybersecurity Issues In Long-Term Care and Senior Living: Know The Threats, Adopt Safe Practices.

This article discusses the different types of cyber threats that may affect our Long-Term Care facilities and steps to protect themselves and their residents. Link

Inventory and Maintenance

PPE Distribution

On April 28th, the Resource Management Specialist conducted a PPE supply distribution in order to support facilities as they continue to combat the pandemic. Total PPE on hand: 630,417, total PPE distributed for the week: 40,280, total PPE distributed to date: 2,920,038.

From our Resource Manager:

Any facility that is still conducting fit testing, we have plenty of both sensitivity and fit test solutions. We also have several fit test kits with hoods available for check-out.

If you are having issues with N-95 masks, we have the half-face respirators with filters available to issue. We also have thermometers in stock for any facility that might need some.

Please contact Scott if you need either at smaynard@vaems.org if you need anything.

Training and Exercise

Nursing Research- Hospital-Based Simulation

Source: Annual Review of Nursing Research, Medicine and Ethics, This chapter discusses the current state of hospital-based simulation, including the unprecedented events of 2020's global COVID-19 pandemic. Hospital-based simulation training requires a new approach. The realities of social distancing and the operational demands of hospital staffing ratios warrant creative adaptations of traditional simulation training methods. Hospitals used simulation to improve patient outcomes by training healthcare staff and students through telesimulation, and tested systems and equipment using in situ simulation (ISS). Latent safety threats (LSTs) were identified and corrected to improve patient outcomes. Hospital-based simulation has been incorporated into newly licensed registered nurses (NLRNs) residency programs to prepare them

for competent practice. Simulations are also used for preparing staff for low-incidence, high-risk medical emergencies or disasters, such as active shooter events. Hospital-based simulation training adds value to healthcare systems, but requires more evidence of its quantitative and qualitative impacts. For more information, please use the following link.

Upcoming Training

- Lunch and Learn: Hurricane Season is here! May 13 from 12:00 to 1:00 https://us02web.zoom.us/j/88545135287?pwd=U3lrN0Q1UW9rdm54Z0o4RTNLdTRKZz 09
- Exercise and Training workgroup meeting: Wednesday, May 19st at 9:00 – if you are interested in participating in the workgroup please email Mary at mmorton@vaems.org
- Sentinel XL PAPR training for LTC and Acute Care: June 2nd and 3rd see link for times and sign-up. https://www.eventbrite.com/e/papr-training-classes-by-eastern-virginia-healthcare-coalition-tickets-152528431645
- Lunch and Learn: Cyber Security Part 2: June 10th 12:00 to 1:00 https://us02web.zoom.us/j/83692805192?pwd=QTIrWUUzSWZ3R1YvRHJLSElzYUtV dz09
- ICS 300 June 22, 23, and 24 at TEMS Contact 757-963-0632

Emergency Operations Planning

J Law Med Ethics- Should I Stay or Should I Go? A Bioethical Analysis of Healthcare Professionals' and Healthcare Institutions' Moral Obligations During Active Shooter Incidents in Hospitals - A Narrative Review of the Literature

Source: The Journal of Law, Medicine and Ethics, Active shooter incidents (ASI) have unfortunately become a common occurrence the world over. There is no country, city, or venue that is safe from these tragedies, and healthcare institutions are no exception. Healthcare facilities have been the targets of active shooters over the last several decades, with increasing incidents occurring over the last decade. People who work in healthcare have a professional and moral obligation to help patients. As concerns about the possibility of such incidents increase, how should healthcare institutions and healthcare professionals understand their responsibilities in preparation for and during ASI? For more information, please use the following link.

Violence and Security in Skilled Nursing/Assisted Care Facilities

Source: IAHSS Foundation was established to fostered and promote the welfare of the public through education, research, and development of healthcare security and safety body of knowledge. This article discusses types of facilities, types of violence, and security challenges faced. It was a very interesting article and seems to be a good resource of information. Link

Mental Health Awareness

Hump Day Resilience Tip from our friends at Medical Reserve Corps

How often have you lost sleep in the past year because of stress? Are you waking up feeling sluggish? A recent survey by the American Psychological Association found that 67% of Americans reported sleeping more or less than they want since the pandemic began. When you are *not* well rested, you may not be as effective in the support you're providing (here's some research!). Morning activities such as getting dressed, commuting to work or school, and even packing lunches are helpful in waking up. Many of these routines have been impacted by the pandemic. So what *can* you do to promote good sleep hygiene?

One strategy is the RISE-UP method, which is evidence based and consists of six principles that can help minimize the experience of sleepiness. **Encourage your team to try out at least three of the strategies below this week and see what works**.

R - Resist the urge to hit the snooze button.
I - Increase your activity for the first hour upon waking — even just walking around the block or inside your home.
S - Shower (or wash your face and hands with cold water).

E - Expose yourself to sunlight — this is especially important if you're not planning to leave the house for the day (Pro Tip: If you feel sluggish near the middle of the day, getting sunlight can help with that too).
U - Upbeat music — Listen to music, a podcast, or even an audio book.
P - Phone a friend — Any kind of social contact you can have in the first hour has been shown to promote alertness.

Tools 2 Thrive

From Mental Health America: The COVID-19 pandemic has had a profound impact on the mental health of people of all ages. Now, more than ever, it is critical to reduce the stigma around mental health struggles, because that stigma often prevents individuals from seeking help.

In 2021, we will continue with our theme of *Tools 2 Thrive*, providing practical tools that everyone can use to improve their mental health and increase their resiliency regardless of their personal situation.

Our toolkit includes sample materials for communications and social media as well as printable handouts on the following topics: **Adapting after trauma and stress, dealing with anger and frustration, getting out of thinking traps, processing big changes, taking time for yourself, radical acceptance. link**