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“Gone With the Wind”

**DISASTER PREPAREDNESS
FOR
PERSONS WITH DIABETES**



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Learning Objectives

- List the 4 psychological stages of a disaster
- State components of a disaster action plan for persons with diabetes
- Identify disaster training opportunities



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Diabetes

Special Needs and Challenges

- Medication
- Nutrition
- Monitoring
- Activities
- Foot care
- Vision
- Mental health



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Medication Challenges

- Medication schedules not being followed
- Inability to locate, purchase, re-fill Rx due to pharmacies and MD offices being demolished
- Power failure causing inability of pharmacies to open
- Lack of refrigeration



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Nutrition Challenges

- Contaminated or spoiled food and water
- Limited food supply
- Skipped or delayed meals or snacks
- Inability to cook due to power failure
- High “carb” meals at shelter or mobile meal van sites



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Glucose Monitoring Challenges

- Lost meter and supplies
- Inability to obtain new supplies
- Forgetting or not taking time to test



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Activity Challenges

- Over-exercise when doing cleanup and repair work (hypoglycemia)
- Disruption of regular activity patterns while living in a shelter (hyperglycemia)



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Foot Care Challenges

- Lost footwear
- Inadequate foot protection, unsafe conditions-nails
- Inadequate foot first aid resulting in infected lacerations and broken bones



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Vision Challenges

- Lost eye wear
- Broken eye glasses



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Mental Health Challenges

- Lack of sleep and rest causes increase in stress levels
- Separation from family members and support systems
- Isolation due to communication breakdown and lack of transportation as roads not cleared
- Coping skills impaired-causing anger, depression, anxiety, frustration, grief, fear, resentment, and/or insecurity



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Psychological Phases of a Disaster

- Heroic
- Honeymoon
- Disillusionment
- Reconstruction



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Heroic Phase

(Emergency or Acute Phase)

- Occurs immediately after the disaster
- Consists of the heroic rescue efforts of the community
- Individuals aroused physically and emotionally, preoccupied with thoughts about their experience, discussing their anxieties



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Honeymoon Phase

- Occurs one week to 3-6 months after the disaster
- A time of sharing and helping
- Social attachment is high
- Some may have social withdrawal



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Disillusionment Phase

- Occurs 2 months to 1-2 years afterward
- Feeling of anger, disappointment, resentment, and bitterness if/when expectations for recovery and support are not met



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Reconstruction or Adaptation Phase

- May occur several years after the disaster
- Physical as well as emotional reinvestment takes place
- Troubling health symptoms disappear



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Assistance for Disaster Recovery

Red Cross Service Centers

- Assist in handling the survivors immediate needs
- Financial assistance for clothing, bedding, medication, eye glasses
- Reconnect with community and support systems



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Assistance for Disaster Recovery

FEMA (Federal Emergency Management Agency)

- Created in 1979 as a disaster relief organization
- Responsible for individual assistance (housing, low interest loans, crises counseling)
- Responsible for public assistance (debris clean up and removal, provision of emergency public services), and providing assistance to states where disaster has overwhelmed the local and state government



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Stop Panic- Be Prepared!





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Diabetes Disaster Planning

- Planning ahead is crucial!!
- The first 72 hours are most critical in a disaster.



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Role of the Diabetes Educator

- Pre-planning and preparation are the keys to survival- do the “leg work” ahead of time.
- Review Disaster Planning with your clients before the disaster actually happens!
- Encourage problem-solving skills and preventive thinking.



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Be Ready!



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Components of a Disaster Plan

- Important Disaster Information
- Key Emergency Information
- Diet Considerations During a Disaster
- Food Supply and Storage
- Medical and Other Supplies
- Medication Storage
- Sick Day Rules



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Important Disaster Information

- Safest places to go, depending on type of disaster
- Location of utility cut-off valves and switches
- Alternate places to stay, should client need to evacuate
- Plans for any pets



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Key Emergency Information

- Local emergency contacts
- Out-of-town contacts
- Medical providers
- Medication list, including allergies
- Extra copies of prescriptions
- Medical equipment needs



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Diet Considerations During a Disaster

- If activity is reduced, most healthy people can survive on half of their usual intake for an extended period, and even go without food for a few days if they have to.
- With diabetes, these same rules do not apply. There must be a balance of food groups and adequate calories, especially when taking insulin and/or oral agents.



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Food Supply for 7 Days

Lg box of crackers	1 jar soft cheese or 2 pk of 6 cheese crackers	1 gallon of water per day
1 jar peanut butter	6 cans regular soda	6 pk Parmalat milk
Sm box powdered milk	6 cans diet soda	6 cans lite or water-packed fruit
1 pkg dry, unsweetened cereal	6 pk. canned orange or apple juice	1 can of prepared meat



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Food Supply and Storage

Don't forget to include the following:

- Eating utensils
- Mechanical can opener
- Disposable cups

Food items should be stored in rubber tote or duffle bag, and replaced yearly.

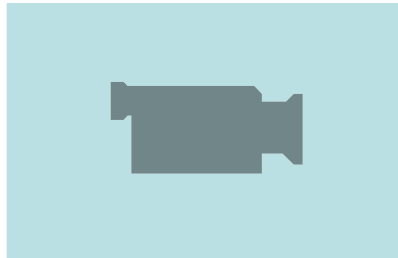


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Build a Kit!





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Have a “Be Prepared” List with these supplies available:

- Emergency information (copy)
- Insurance information (copy)
- Prescriptions (copy)
- Insulin and/or pills (include OTCs)



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Medical Supplies

- Syringes
- Alcohol Swabs/ anti-bacterial wipes
- Cotton balls and tissues
- Blood Glucose Log
- Insulin Pump supplies (if a “pumper”)
- Glucometer & Urine Ketone Strips
- Lancing device and lancets



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Medical Supplies, cont.

- First Aid Kit
- Quick-acting CHO (glucose tabs, OJ)
- Glucagon Emergency Kit
- Empty hard plastic detergent bottle with cap (for used lancets and syringes)



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Other supplies

- Flashlight with extra batteries
- Whistle/ noisemaker
- Extra pair of glasses
- Female sanitary supplies
- Heavy work gloves
- Tools
- Cooler with dry ice or freezer packs



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Other Supplies, cont.

- Radio with extra batteries
 - Pad/ pencil
 - Watch
 - Matches/ candles
 - Clothing and bedding
 - Extra socks; comfortable shoes
 - Cell phone
- **Check batteries every 2-3 months to prevent expiration**



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Medication Storage

- Insulin may be stored at room temperature (59-86°) for 28 days
- Insulin pens in use can be stored at room temp. according to manufacturer's instructions.
- In case of power failure, have small cooler with dry ice or freezer packs
- Special insulin cooler on market requires water to activate chemical coolant gel



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Sick Day Rules

- Remind client to take all medicines on time, or as close to schedule as possible
- Instruct client to eat at times appropriate to work with their insulin
- Reinforce importance of not skipping meals
- If nausea or vomiting occurs, instruct client to sip regular cola, and suck on hard candies since they cannot eat.



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Sick Day Rules, cont.

- Advise client to notify MD if blood sugar averages over 240 mg.
- Instruct to test for ketones if blood sugar averages over 240 mg., is vomiting, or has symptoms of hyperglycemia



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If Medical Assistance Needed

Advise clients to:

- Go to nearest hospital
- Contact the police
- Contact the American Red Cross
- Go to an Emergency Medical Center



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Using a NOAA Weather Radio

- Best way to receive warnings from the weather service
- Broadcasts warnings, watches, forecasts, and other hazard information 24 hrs/day
- Average reception range is 40 mile radius from transmitter



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Radio Features to Look For

- Does it include battery back-up?
- Have a Specific Area Message Encoder feature?
- Receive all seven NOAA Weather Radio frequencies?

Can be purchased at retail electronic and sporting goods stores.



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Training Saves Lives!



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How Can I Help?

Contact your local Red Cross or visit www.redcross.org to find out how your knowledge, skills, abilities and enthusiasm can be matched with a meaningful experience.



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A.R.C. Opportunities for Nurses

Teaching classes in:

- Community Disaster Education
- First Aid
- CPR

Providing:

- Translating Services
- Community services for seniors, the disabled, and the homeless



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Disaster Nursing

Provide services on a local level for emergencies in your county:

- Power outages
- Victims of fire or accidents needing shelter
- Disaster relief



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Disaster Nursing, cont.

After getting comfortable on the local level, sign up for national assignments when disaster strikes other areas.



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Thank You !

Questions??

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