

## BDPNN Meeting Minutes - 10 March 2011

Norine Smith opened the meeting and discussed the recent activities of the network.

- We are in need of some volunteers to help with specific tasks. We will make requests in small bite size pieces, for a few hours of your time per month. Please help out.
- We are in the process of having our 501(c)3 paperwork submitted by this summer. The process to become a non-profit will take at least a year, but the Fellowship has agreed to be the BDPNN fiscal agent.
- The Fellowship has also donated some money to get the organization started. So far, the money for copies, rentals, etc., has come from the steering committee or staff. With this new funding, we will soon open our own checking account.
- If you would like to donate yourself, the donation box is always available at the meetings, and now with the checking account the BDPNN can take donations by check.

Lynn discussed the summit meeting with city officials to meet the needs of vulnerable populations such as the aged and disabled. This was a very successful first meeting to address how to approach these populations and help them prepare. Lynn also discussed the new documents now available on the Yahoo group for mentoring and communication.

Our guest speaker was Barbara Morita from the Alameda Co Health Consortium and the Disaster Medical Assistance Team (DMAT) which is a federal disaster agency. Her presentation, "Disaster Medical Care under Austere Conditions," covered her experiences responding to various disasters, including the World Trade Center, Hurricane Katrina (specifically the airport and the Superdome), California wildfire support, and Haiti in 2010. Here are some of the more pertinent facts that were presented.

- An average of 70% of all disaster victims can be treated as outpatients. Only 30% require hospitalization
- About 85% of all victims are able to transport themselves (either by walking or by other transportation that they procure) to medical facilities. Only 10% require EMS or ambulances.
- About 85% of all rescues on the Oakland freeway in 1989 were performed by ordinary citizens.
- Many of the injuries seen after an earthquake will be fractures due to heavy objects falling on body parts. However, the most important thing to address is the OPEN WOUND (bleeding and infection), not the broken bone, in terms of taking care of the life-threatening aspects.
- There will be many partial amputations in an earthquake, and again the most important point is to control the bleeding and prevent infection.
- If you encounter people (especially children) in the days after an earthquake that have fever, vomiting, and/or diarrhea, their most likely problem will be dehydration. Using a small amount of sugar and salt in water, given in small amounts, will help solve the problem.
- The overall motto for any disaster is **DOING THE BEST FOR THE MOST USING THE LEAST.**
- There is no time for CPR in a disaster, unless that victim is your only victim, and then you'll need several people to take turns often until help can arrive.
- You may have to make the call that someone can't be saved with the resources available. Make them comfortable and give them a dignified place to die.
- The most good can be done at even a basic level for people who will die within several hours without help. Bleeding and shock are the two biggest killers that can be stopped with basic first aid.
- If you have trouble controlling bleeding, press the body part against the ground and use your body weight if you have to. Elevating the wound is secondary.
- It took 7-10 days to transport the wounded out of Katrina.
- About 49% of all Katrina victims were over the age of 70.

- If the injury is already dirty, then a sterile bandage isn't as important. Do the best you can to clean the wound before wrapping it, unless bleeding is the main problem.
- To clean a wound, the best method is to take a sealed bottle of water and poke a very small hole (with a needle, if available) in the top of the soft cap. Then you have a very narrow and powerful stream of semi-purified water when you squeeze the bottle.
- About 40% of all disaster victims can be saved with basic first aid intervention.
- Most pharmaceutical needs are solved by over-the-counter medications.
- Satellite phones are fairly useless because they consume a great deal of energy. You can't leave it on all the time, and you have to use it only when necessary, otherwise you can't keep it charged with the generator power that is used for other needs.
- You must work together as a team, talking to each other, ensuring mental stability and team cohesion at a time when stress will be VERY high and you will feel overwhelmed. Talk it out, take breaks, and know that your work is appreciated and life-changing.

Barbara was invited to come back and give everyone a refresher on first aid techniques and to show us what her team does to save lives in the field. Stay tuned!

The next meeting will be on Thursday, 19 May 2011 at the Unitarian Fellowship at 1924 Cedar. The question and answer session for newer groups is from 6 to 6:30 pm, with the meeting starting at 6:30 pm. See you there!