

2019-2020 COMMUNITY HEALTH CONTRACT
355 CPR/AED Upgrades & Instructor Training

Quarter 3 (January-March) Reporting Form

Goal 3	
Train 1 additional certified instructor for a total of 3 to teach AED, CPR, and first aid and continue advertising classes.	
S.M.A.R.T. Objective 3a	
Offset time needs of other instructors by adding additional instructors to carry the load of training and other tasks.	
Projected Cost:	Contract Dollars Expended to Date:
\$300	\$0.00
S.M.A.R.T. Objective 3b	
Continue to keep the public's interest aware and provide repetitive information to keep the information out in front of people to remember and sign up for classes to prepare and stay updated.	
Projected Cost:	Contract Dollars Expended to Date:
\$150	\$0.00

3rd Quarter Fallbrook Regional Health District (FRHD) Goal Report REVISED 041620

NOTE: Report revised on 041620 to reflect that 3rd quarter advertising had not yet been officially billed or paid for, and will be brought forward to the next quarter.

Progress of Goals and Objectives

In review of events so far in the first and second quarters, North County Community Emergency Response Team (NCCERT) trained two cardiopulmonary resuscitation (CPR) instructors and acquired some new Automatic Emergency Defibrillator (AED) training machines and manikins, and began placing ads and distributing flyers for CERT classes, culminating in the 3rd quarter's successful completion of two CERT training classes, which includes a refresher on cardiopulmonary resuscitation (CPR) techniques; and one Pediatric CPR class. This quarter saw the advertising as a bigger influence to reach more of the target population.

Then the worldwide coronavirus pandemic hit in full force in the United States, which affected NCCERT thusly: 1) no groups were advised to meet, first no more than 10 people, then essentially none at all, leading to: a) no in-person classes, and b) a drop in advertising for the in-person classes; and 2) no CERT Board meetings for two months thus far. At this writing, the NCCERT Board is just beginning discussions on alternative ways to possibly host classes. Overall, we await further instructions from the Federal Emergency Management Agency (FEMA) on this developing situation and if CERT in general needs to be called up, NCCERT volunteers and the organization stand ready to help.

Overall, NCCERT is extremely gratified to be able to accomplish replacing manikins, acquiring AED training machines and pads, training instructors, and placing ads for classes; and to have begun new CERT classes and CPR classes and advertising – all with updated equipment and freshly-trained instructors for both the CERT refresher training component of CPR, and just solely CPR training. Students are enthused, and feel more capable in their skills, which is something that is difficult to quantify. Nevertheless, the impact is positive and there is a story attached that attests to that.

Contract Dollars Expended to Date

NCCERT ran advertising this quarter, but the invoice has not yet been billed/paid and will therefore be included in the last quarterly report. NCCERT expected to spend \$150 on advertising, but actually spent \$0.00. Therefore, no funds were expended this quarter.

3rd Quarter Fallbrook Regional Health District (FRHD) Goal Report REVISED 041620

Department, who became aware of NCCERT's trainings, and told the participants that these were the only trainings happening in the County at that time. Also, some students actually participate in the Fallbrook Amateur Radio Club in-person meetings in town and on-air locally. Others commented to NCCERT that their communities had no active CERT groups and/or they spent a significant portion of their time in Fallbrook anyway for one reason or another.

The bell curve of age ranges was thus:

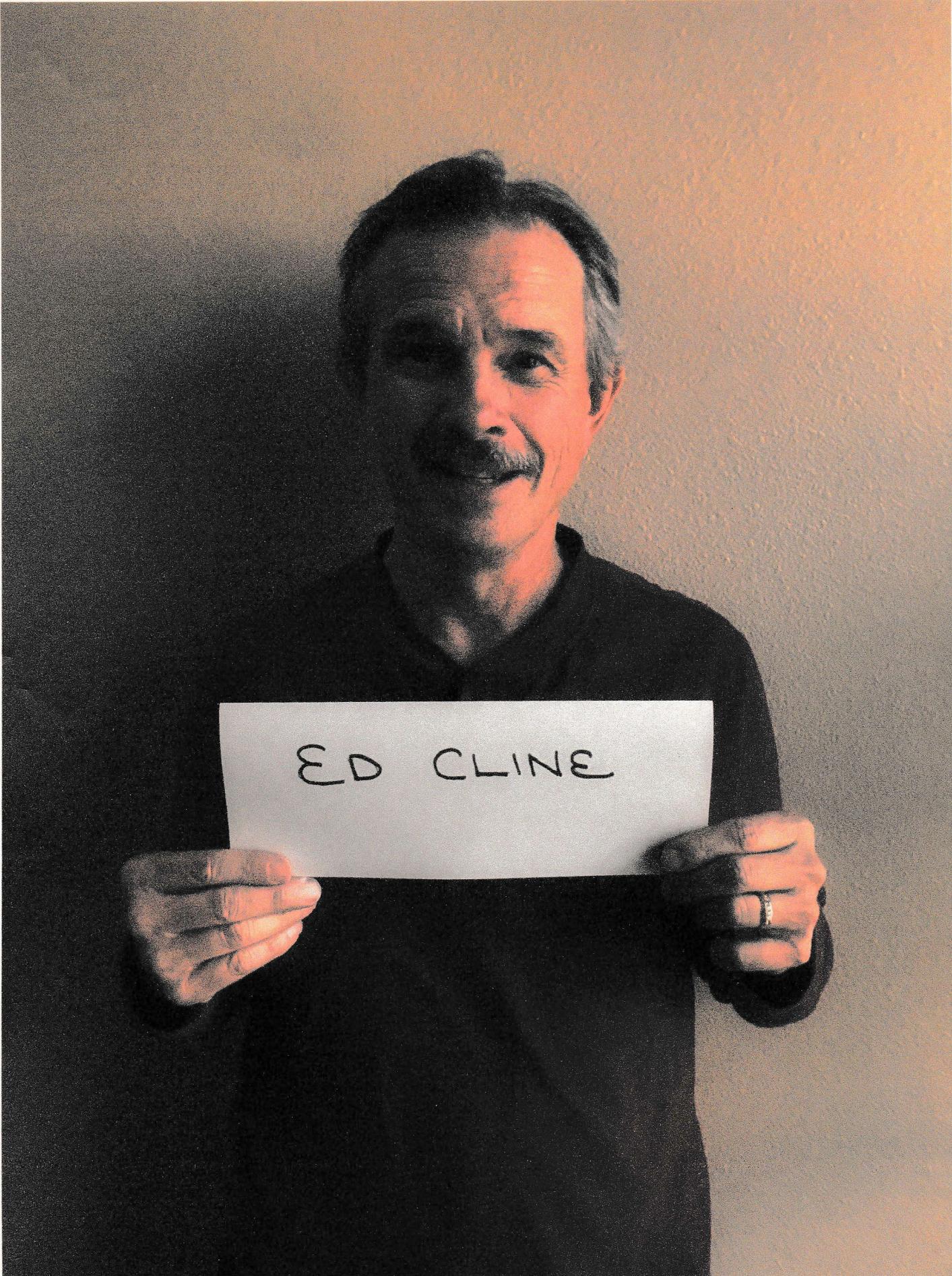
1 – 20s, 3 – 30s, 4 – 40s, 6 – 50s, 5 – 60s, 5 – 70s, with the peak in their 60s. 15 males, 9 females. 11 – Fallbrook 92028; 2 – Carlsbad 92010; 2 – Spring Valley 91977; 2 – Temecula 92591, 92592; 1 – Oceanside 92057; 2 – Murrieta 92563; 1 – Riverside 92503; 2 – Rancho Santa Fe 92567; 1 – San Diego 92126.

Impact Narrative

Please see attached narrative of personal story and photo. We received permission to use his information. This is the story of Ed Cline, who actually started to take the January CERT class, but was interrupted by a real-life event that he relates, and then he continued and finished his class in February.

District Recognition

Please see attached ads that gave recognition to FRHD.



ED CLINE

21 January 2020

The CERT training, I received on 11 January 2020 greatly helped me handle my wife's medical emergency until the paramedics arrived at our house. On the evening of 12 January 2020, I heard my wife calling out for me from her bathroom. Upon getting there, I found her semiconscious sitting upright on the toilet and she quickly went into an unconscious state. Fortunately for my wife and I, as mentioned earlier I had just attended my first day of CERT training the day before. Since this was an eight-hour class (was attending the 16-hour course over two days), the instructors Pam and Arlynn had time to cover medical operations in great detail. I had learned about airway obstructions and how one's tongue could block their airway when they're unconscious. This became my first priority so I immediately checked to see if my wife was breathing and noticed her chest rising and I could also hear her breathe. I also remembered from the training to check for shock and circulation. During this entire time, she would come in and out of consciousness which was very scary to me. I called 911, informed the dispatcher of her situation and the paramedics from North County Fire Department arrived within 10 minutes. Even though still very concerned about my wife situation as I didn't know what had caused her to lose consciousness, it was a big relief to see the paramedics at our house. The paramedics took my wife's blood pressure, it was 80/40 (her normal BP is 140/80). They administered an IV with a medication to boost up her BP and transported her to Palomar Medical Center in Escondido. My wife was released approximately six hours later. The emergency room doctor attributed her passing out to severe dehydration resulting from having the flu.

In conclusion, I believe by having had the CERT training I was more effective, confident and comfortable in handling and rendering medical aid to my wife. I would like to thank not only the CERT Program but also their very knowledgeable instructors.

Sincerely,



Ed Cline

(760) 626-8162



Don't be scared, be prepared!

Take Disaster Preparedness Classes for Adults and Teens

In two FREE Saturday sessions, you will learn how to:



- Put out small fires
- Perform an orderly search and rescue in damaged buildings
- Lift or "crib" heavy objects off of people
- Turn off power and gas
- Assess/triage or "sort" wounded
- Assemble an emergency go-bag

**Join us on Two Saturdays
February 15 & 22, 9am to 6pm**

Ages 16 & Up

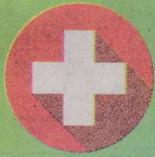
The two Saturday classes and drill will be held at
Christ the King Lutheran Church
1620 S. Stagecoach Lane, Fallbrook

Get prepared – for free!

For more information, call (760) 723-2046

Free classes and equipment are thanks to grants from the Fallbrook Regional Health District, the San Diego Board of Supervisors, and SDG&E.

Fallbrook Regional
HEALTH  DISTRICT



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Fallbrook Regional
HEALTH DISTRICT





**Includes Automated External Defibrillator (AED) Instruction –
Now Required by the American Heart Association (AHA)**

Taught by North County CERT CPR Trainer

You will learn:

- How to position a person to perform chest compressions.
- The exact process for properly administering the technique, including the amount of time you have to perform rescue measures.
- Whether or not you should: the AHA teaches that before beginning CPR you should first check to see if the person is conscious or unconscious.
- How to start CPR first and employ an automatic external defibrillator (AED) defibrillator if available.
- How to use an AED to deliver a shock to a patient before beginning CPR as well.

**Call 760-723-2046 to
schedule a class**



Thanks to funding by SDG&E & Fallbrook Regional Health District

