Emergency Preparedness
For School Nurses
Presented by Barbara Pamboukes, RN, M Ed
NHSNA School Nurse Essentials 3/11/17

Barbara Pamboukes
• 18 years as a School Nurse in the Portsmouth School District
• 22 years as Emergency Nurse at Portsmouth Regional Hospital
• PSD Nursing Department Head since 2010

My first school fire drill in October 1997. I knew at this moment it was time for school nurses to influence a change in emergency practices.

Objectives
• To understand Comprehensive Emergency Management Planning for NH Schools
• To identify the school nurse roles in Emergency Preparedness
• To share our knowledge together and to have a great day

NASN
• National Association of School Nurses

Position Statement
School nurses represent a unique and vital perspective relative to the successful creation and implementation of emergency preparedness plans for schools. 2001
The need for emergency planning for schools

- In 2000, surveys of school emergency response plans revealed a number of problems:
  - plans were developed in isolation from emergency responders
  - Plans were vague and responsibilities were not clearly defined
  - School staff were not aware or did not understand the plans.
  - Plans were not exercised appropriately

Importance of Planning

Why should we plan for emergencies?

- Schools are responsible for ensuring safety
- Parents/communities are looking for safety
- Response to emergencies is improved
- State laws and rules require planning
- Benefits extend to home and community

What should we plan for?

- Using an All-Hazards Approach, we plan for:
  - Natural Disasters and Severe Weather
  - Fires
  - Active Shooter Scenario
  - Medical Emergencies
  - Infectious Disease
    - Influenza
    - GI Virus (noro-virus)

How do we Plan

- Current Policy Review
- Needs identification
- Using Survey monkey to determine staff needs for safety supplies and education
- Development of Protocols and Procedures
- Training and Education
- Drill and Debrief
Public and nonpublic schools are required to have site specific Emergency Response Plans (July 2009)
Based on and conform to the Incident Command System
Must cover All hazards
Coordinated with local emergency officials
NH Homeland Security and Emergency Management responsible for assisting schools
Review and updated at least annually

Many of our NH schools have been positively impacted by the education and instruction given by Gregg Champlain, Natural Hazards specialist, NH Office of Emergency Management
Gregg retired in April 2014
His messages about preparedness and the important role of school nurses continues in our work.

The care of our children is a primary responsibility of school personnel
During emergencies school personnel are primary emergency responders.
Everyone must know their roles in advance.
Emergency Plan must be user friendly and team built.
Through drills, roles and guidelines are tested and refined
Drill, practice, debrief. Repeat.

CEMPS is the basis for all school safety and emergency planning efforts in school.

CEMPS phases include:
1. Prevention
2. Mitigation
3. Preparedness
4. Response
5. Recovery
Prevention

What kind of incidents might be prevented?
- Disruptive/dangerous behavior
- Bullying
- Injuries caused by hazards, chemical, tripping or falling

Promotion of good health and safe and respectful classrooms
- Teachers and staff create a safe and respectful school environment and foster a culture of respect and care
- Health education curriculum covers safety and accident/injury prevention
- Bully programs, TIGER
- Open Circle program

Mitigation

- To identify possible hazards in the classroom and throughout the school building. What staff can do to lessen the impact of hazards
  - Staff should report possible hazards to school principal or designee
  - The Portsmouth Workplace Safety Team (Joint Loss) conducts a yearly building walk through to inspect and identify hazards.
    - Book shelves not secured to walls
    - Electrical cords as trip hazards
    - Blocked classroom exits
    - Hazardous materials store improperly

September is School Safety Month

Annual review of procedures during September Staff meeting
- Review of Fire Drill/Building evacuation
- Review of Lock Down procedures
- Review of Response to a Medical Emergency
  - Teachers bring classroom safety bag to staff meeting.
  - Nurses update teachers with first aid kit supplies and supplies to refresh “go kits”

Preparation and Planning

- Everyone in your family as well as your classroom should know what to do in case of emergency
  1. Prepare and plan ahead
  2. First aid supplies for your home, class, car
  3. Review building evacuation directions
  4. Know the locations of first aid supplies, fire extinguisher and pull station, AED.
  4. Take a refresher CPR/first aid class
Emergency Plan Development

- Nurse’s responsibilities may include:
  - Identifying potential problems in the school environment
  - Leading the development of Medical Team procedures, kits and supplies
  - Coordinating first aid and CPR teaching
  - Evaluating first and emergency care training and exercises
  - Developing emergency protocols for students with known health problems

Portsmouth Safe Schools Guide

- Evacuation
- Reverse evacuation
- Lock Down
- Secure campus
- Shelter in Place
- Drop and Cover
- Response for a medical emergency

Responses

- Evacuation
- Reverse evacuation
- Lock Down
- Secure campus
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Building evacuation/Fire drill

Upon hearing a fire alarm or an announcement for a building evacuation, students and staff will follow emergency directions as posted in each classroom.

- Children or staff with disabilities or limitations, to follow their protocol as designed. (crutches/wheelchairs/sensory issues)
- Teacher takes the classroom School Safety Bag or “Go Kit”
- Close classroom door upon exit
- Check with buddy teacher
- Proceed to assembly area quickly, quietly and orderly
- Teacher takes attendance at assembly area
- Teacher posts red or green card attendance card
- Staff representative collects accounting and reports to school command
Lessons learned

Class hazards

- Refer to the school’s evacuation assembly area map which is posted in each classroom
- Be aware of your individual role
  - Checking nearby bathrooms upon exit
  - Following posted exit directions
  - Holding exterior doors until all have exited safely
  - None classroom staff report to first aid or the staging area for assignment.

Drill once a month

- Quiet and Orderly
- Each classroom has an assigned location at the assembly area “X”
- Green card for accounting

Practice. Every drill better than the first

Building Lock Down

- This technique is used to clear the hallways and common areas of all students and staff
  - Unauthorized or unsafe situation in building
  - Active shooter
  - Students and staff seek refuge in the nearest classroom and move to safe area in room
  - Secure doors and windows. Draw shades/cover windows
  - Remain quiet and wait for instructions
Response during Lock down

- Limited movement
- Limited supplies
- Limited assistance
- Delays in assistance

Especially important for staff to have a working knowledge of emergency plans, have medical supplies on hand and have first aid knowledge.

Medical Emergency response

- In case of an emergency situation:
  
  **Remain calm. It is OK to call 911**

- If person is unresponsive: Shout for help, Call 911, get the AED and start CPR.
- Call or designate someone to contact school nurse and inform the school secretary.
- Secretary will assign someone to stand at entrance to escort Fire Rescue to scene
- Follow procedures in Flip Chart

What Should We Have?

- Supplies

Do you know where the fire extinguisher and fire pull station are?
Do you know how to use them?
At the beginning of our preparedness journey, we supplied each staff with a sandwich bag with bandaids, gauze and gloves.

Today, each classroom has a School Safety Bag with a first aid kit and

Trauma supplies are stocked in the nurse’s office and in trauma cabinets next to each AED.
Security Changes

- 2012-2014
- Airphone intercom and video system, monitor school entry
- Red Button
  When activated automatically closes all fire doors to lock down
- Alert Now message

How can a school nurse influence change?

- A school nurse, the school’s health professional may take a leadership position in the planning and management of emergency care.
  
- But it can not be done alone
  
- It must be a team effort with community partnerships within the fire, police, school administration and each nurse in the district.
  
- Don’t reinvent the program: use common language that has been developed for you.
Why we do what we do!

Keeping Children Safe

Thank you SAU #50 #52 Nurses

Resources
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readyNH.gov
Incident Command

- Incident Objectives
  1. Life Safety  
  2. Incident Stabilization  
  3. Property Preservation

- ICS Organization
  - Unique ICS position titles and organizational structures are designed to avoid confusion during incident responses
  - Emergencies require certain tasks or functions to be performed

- School Incident Commander (lead, usually principal)
  - Medical Team (nurse is usually team leader)
    - Triage
      - Immediate care
      - Delayed care

This is an entire class in itself. For more information:
NIMS.gov