Kentucky Hospital Research & Education Foundation
Emergency Preparedness Update
for March 12, 2022

Don't forget time change

(WAVE/WBKO) Daylight Saving Time will start at 2 a.m. on Sunday, March 13. That means you will need to adjust your clocks one hour ahead. The time will advance instantly on many of our phones, but it will take longer for our body clocks to adjust.

Waking up and falling asleep can be hard enough as it is. The added challenge of darker mornings, brighter evenings, and jet-lag-like symptoms make the undertaking that much more difficult. While the one-hour time difference between standard and Daylight Saving Time may be inconsequential for some, others certainly feel the shift, particularly those with preexisting physical and mental health conditions.

Daylight Saving Time ends on November 6 at 2:00 a.m.

Story: https://www.wbko.com/app/2022/03/11/dont-forget-spring-forward-sunday

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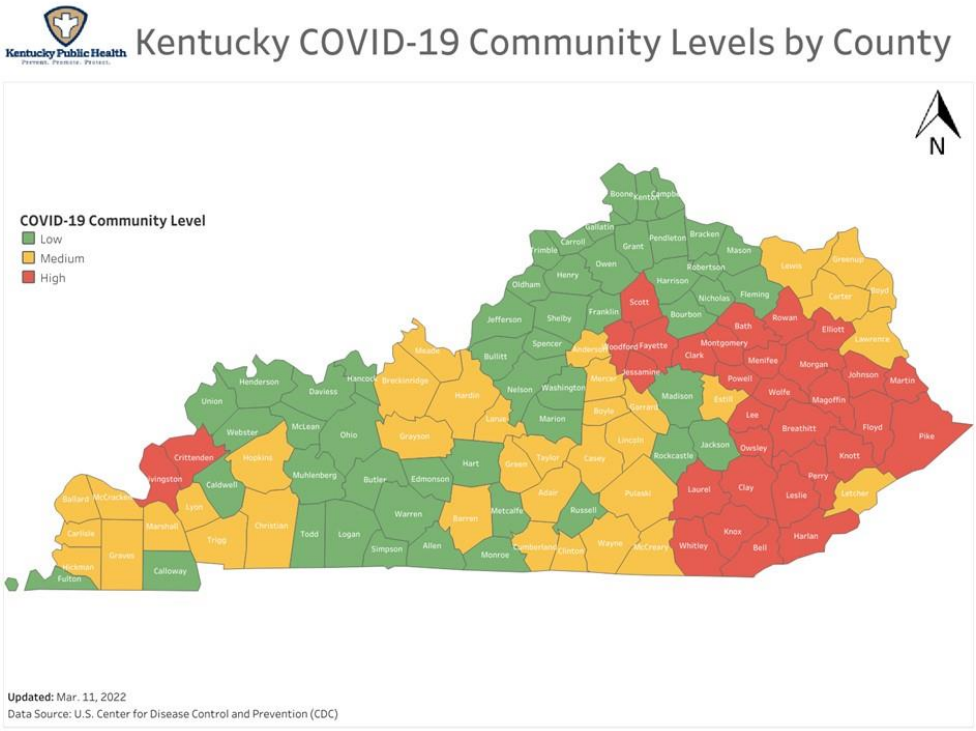

KDPH Change: CDC: COVID-19 by County Community Levels Map is updated with the new CDC data weekly on Friday mornings.

Closed hospital in Ashland area to become drug-treatment center

(KY Health News) A major drug-treatment company says it has completed its purchase of part of Our Lady of Bellefonte Hospital in Greenup County and will make it a comprehensive center for treating substance-use disorder. Addiction Recovery Care bought part of the hospital campus from Bon Secours Mercy Health, which closed it in April 2020. ARC announced its plan in December, saying it would create 250 local jobs.

Russian cyberattacks could threaten U.S. healthcare system, experts warn

(UPI) Sick people seeking lifesaving care in the United States could fall victim to a hidden part of Russia's war on Ukraine -- vicious cyberattacks aimed at sowing disruption, confusion and chaos as ground forces advance.

Cybersecurity experts warn that attacks launched against Ukrainian institutions have the potential to spill over into America's healthcare systems, potentially endangering patients' lives. The cybersecurity program at the U.S. Department of Health and Human Services last week issued an analysis warning healthcare IT officials about two pieces of Russian malware that could wipe out hospital data vital to patient care.

Nearly a quarter of healthcare organizations hit by a ransomware attack during the past two years said the attack resulted in increased patient death rates, according to a September 2021 report sponsored by the cybersecurity company Censinet.

Further, about two in five (37%) said such attacks caused an increase in complications from medical procedures, while more than two-thirds (69%) said delays in procedures and tests have led to poor patient outcomes, the report says.

The nonprofit healthcare think tank ECRI recently listed cybersecurity attacks as the top health technology hazard for 2022. "All healthcare organizations are subject to cybersecurity incidents," the ECRI wrote. "The question is not whether a given facility will be attacked, but when."

Full story: https://www.upi.com/Health_News/2022/03/11/Russian-hackers-healthcare-system/7981647024316/

OSHA assessing COVID-19 readiness at certain hospitals, skilled nursing facilities

(AHA Today) The Occupational Safety and Health Administration will conduct focused inspections through June 9 to assess compliance and readiness at certain hospitals and skilled nursing facilities that treat or handle COVID-19 patients, the agency March 7 announced.

Louisville nonprofit sending medical supplies to Ukraine

(WFPL) A local nonprofit is sending medical necessities to Ukraine. Earlier this week, Congress passed a bill authorizing more than $13 billion in aid following Russia's invasion of the country. Officials have also requested medical supplies be sent directly to the area.

Supplies Overseas (SOS), a Louisville-based nonprofit organization, has stepped up to the challenge. The organization works with area hospitals and healthcare providers to collect would-be medical waste. Instead of sending gently/unused medical supplies to landfills, SOS gets them to those in need. Since receiving the list of supplies needed, SOS has gathered nearly 20 pallets of requested supplies to be shipped out. The supplies include bandages, defibrillators, pulse oximeters, and anesthesia and orthopedic supplies. SOS will also be sending personal protective equipment supplies to Ukraine as COVID-19 concerns grow with people migrating and gathering in congregate settings.

SOS has worked with local philanthropist Christina Brown to secure funding for the initiative and officials from UPS have offered their services to help transport the supplies. The first shipment of supplies to Ukraine is expected to leave Louisville early next week.

Full story: https://wfpl.org/louisville-nonprofit-sending-medical-supplies-to-ukraine/

NPR: Coronavirus FAQ: What does endemic mean — and are we there yet?

https://www.npr.org/sections/goatsandsoda/2022/03/11/1085839027/coronavirus-faq-what-does-endemic-mean-and-are-we-there-yet

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NPR: Therapy dogs can help relieve pain in the ER

https://www.npr.org/2022/03/10/1085740790/therapy-dogs-er-pain

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Teens and young adults overdosing on drugs for common mental health issues

(Science Magazine) A high number of teens and young adults with an overdose involving a benzodiazepine (BZD), like Xanax, or psychostimulant, like Adderall – medications commonly used to treat mental health issues like attention deficit hyperactivity disorder and anxiety disorders – have a recent medical prescription for a BZD or stimulant, according to Rutgers researchers who say physicians need to weigh the risks and benefits of these medications more closely.

The study, published in *Pediatrics*, examined how often youth who overdosed on a BZD or stimulant had a recent medical prescription for that drug. According to the Centers for Disease Control and Prevention, in 2019, 4,777 youth died from a drug overdose in the United States — 727 from overdoses involving BZD and 902 from overdoses involving psychostimulants.

They found that 29 percent of youth with overdoses involving BZD had a doctor-written prescription dispensed in the prior month and 42 percent in the prior six months while 25 percent of youth with an overdose involving stimulants had a stimulant prescription dispensed in the prior month and 39 percent in the prior six months.

Read full story to learn more: https://scienmag.com/teens-and-young-adults-overdosing-on-drugs-for-common-mental-health-issues/

Related article **- Answers to Whether Mobile Apps Can Prevent Suicide**

Mobile apps (or applications) can provide "a seamless tool for crisis response" to individuals experiencing suicidal thoughts and behaviors — however, more research is needed to establish their effectiveness. This research was concluded in the March/April issue of *Harvard Review of Psychiatry* published by Wolters Kluwer.

So far, mixed evidence or reviews on effectiveness of the prevention of suicide has been received using mobile applications. Amid concerns that suicide rates may increase during the current COVID-19 epidemics, suicide is the leading cause of death worldwide. Mobile health interventions provide the best opportunity to provide "low cost, 24/7 support" to individuals at high risk for suicide, especially those with previous suicidal attempts or thoughts. Read more: https://www.medindia.net/news/answers-to-whether-mobile-apps-can-prevent-suicide-206048-1.htm

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Wanting to build a storm shelter?
It's easier than you may think

(WBKO) After the tornadoes struck Bowling Green back in December, many are inquiring about how to create a storm shelter in their own home. WBKO News talked to Edd Decker with Holdfast Technologies, a company that specializes in ICF construction. He explained that it's easier than you may think to have a storm shelter involved. ICF stands for Insulated Concrete Form.

Decker and his crew were working on a house back in a new neighborhood in Bowling Green Thursday morning. They were building the frame of the house with a product called Nudura. It uses styrofoam blocks with concrete poured inside to create a sturdy structure. Not only is it known for being energy efficient, but it can withstand winds up to 250 mph.

Aside from a residential structure, Warren County Public Schools also uses Nudura in eight of their school buildings, making them ICF buildings.

Story: https://www.wbko.com/app/2022/03/11/wanting-build-storm-shelter-its-easier-than-you-may-think/

KDPH Preparedness Branch Emergency Preparedness Job Openings

- COVID-19 Homeless Services Mitigation Coordinator
- Long Term Care and Congregate Care Coordinator

These positions are through GoHire. However, if any state/county retirement vested employee is interested, please have them contact Grant Gillion, Emergency Preparedness Section Supervisor [Cell: 502-319-1023].

Center for Homeland Defense and Security
Executive Education Program Lecture and Webinar Series
This is a two-part webinar series

America's Evolving Homeland Security Threats – A World Divided

Wednesday, March 16, 2022

Note new program time: 4:00 PM Eastern / 1:00 PM Pacific

America's Evolving Homeland Security Threats – A Nation Divided

Thursday, March 24, 2022

3:00 PM Eastern / 12:00 PM Pacific

Register

Participants are encouraged to submit questions for the panel in advance on the webinar registration page or by emailing them to chds-eep@nps.edu. After registering, participants will receive a confirmation email containing information about joining the webinar.

The KHREF Emergency Preparedness Update is assembled several times a week. When events make it necessary, the Update may be sent out several times a day to keep our hospital and the healthcare community advised on preparedness news and information. Most of this information is compiled from open sources, and where possible reference links will be provided. There is an archive of Emergency Preparedness Updates available here. If you would like to added or deleted, or have something you would like to contribute to a future edition of the Emergency Preparedness Update, please contact preparedness@kyha.com (include your current email address). The preparedness program for the Kentucky Hospital Association (KHA) and KHREF are supported by US DHHS ASPR HPP funds through a contract with Kentucky Public Health.