

Caring for Patients under Extreme Heat Conditions

[http://homecareprepare.org/files/NYC OEM Extreme Heat Tips.pdf](http://homecareprepare.org/files/NYC_OEM_Extreme_Heat_Tips.pdf)

When the mercury rises 10 degrees above normal temperature, it is considered extreme heat conditions. In metropolitan areas, these conditions are exacerbated by the large number of buildings and roadways.

Does your agency have a plan for employees and patients under extreme heat conditions? The document linked above entitled “*Extreme Summer Heat: Tips for Service Providers who work with Special Needs Individuals*” from the New York City Office of Emergency Management (NYC OEM) details extreme heat risk factors and how service providers, such as home care agencies, can help patients prepare for extreme heat conditions.

Heat wave conditions are particularly dangerous to the elderly. It is imperative to have a plan in place to be sure that patients homes or apartments are suitably prepared to keep cool. It is also important that staff travelling to and from patients homes are prepared and protected during heat waves.



Blackouts and Rolling Power Outages

Often, heat emergencies are coupled with power outages. When the heat rises, energy use spikes higher with the increased use of air conditioners. The lack of energy conservation can cause rolling brown and black outs. Power outages come along with their own set of safety concerns for your patients and your staff. The best way to be prepared is to include Extreme Heat and Power Outages along with other summer hazards such as Hurricanes when creat-

Emergency Preparedness Survey

<http://www.surveymonkey.com/s/GNNK93P>

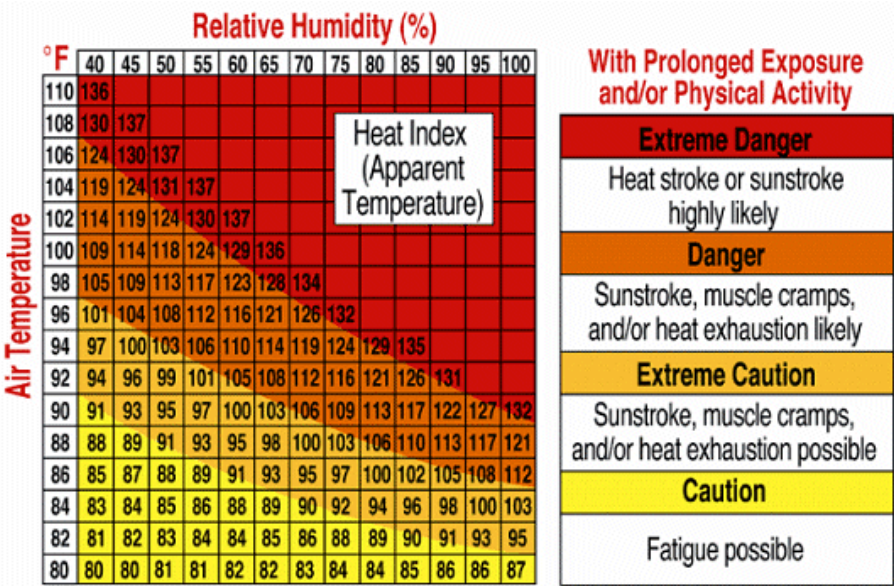
As part of the decision making basis for emergency preparedness education and support for the home care industry, we are doing a brief survey of the level of home care agency’s perceived levels of preparedness in different areas as well as education practices.

To help us identify home care agency Emergency Preparedness needs, please follow the link above to fill out the survey.

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Fast Facts - Extreme Heat Stress and the Elderly

- In a normal year, approximately 175 Americans die from extreme heat. Young children, elderly people and those who are sick or overweight are most at risk.
- Because men sweat more than women, men are more susceptible to heat illness. They become more quickly dehydrated.
- Sunburn can significantly slow the skin's ability to release excess heat.
- People living in urban areas may be at a greater risk from the effects of a prolonged heat wave than people living in rural regions. An increased health problem can occur when stagnant atmospheric conditions trap pollutants in urban areas, thus adding contaminated air to excessively hot temperatures.



Courtesy of the National Weather Service

Staff Print and Share from NYSDOH

<http://www.nyhealth.gov/publications/1243.pdf>



Cooling Centers Provide Relief from the Heat

Many county and city governments designate Cooling Centers to provide residents with a cool place during extreme heat conditions. While moving home bound individuals can be difficult, it may be necessary for safety reasons. Visit your city or county government website for Cooling Center locations in your area to share with patients, their families and your staff.

What Your Patients and Staff Need to Know when the Power Goes Out

<http://www.bt.cdc.gov/disasters/poweroutage/>
http://www.nyc.gov/html/oem/html/hazards/utilities_power.shtml

- Before a disaster, enlist family or neighbors to check in on home-bound patients with special needs.
- Be sure your patient has safe drinking water and encourage them to keep hydrated.
- Stay indoors if possible.
- Prevent food spoilage by keeping the refrigerator and freezer closed. If power is out for more than 2 hours, throw away any perishable food that reaches a temperature of more than 40° F.



- If power is to remain out for an extended period of time, consider having patient go to a neighbor or family member's home where it may be cooler.
- For patients with life support equipment, have them register with their power company's critical care program. Contact information can be found on the last page of this e-newsletter.

On August 14, 2003 several major cities from Detroit to New York in the northeastern US and parts of Canada lost power. The blackout spread across eight states and portions of Canada in about three minutes--shown in the ISAT map to the left. Some were without power for two days.

Protect your Vaccine Supply During a Power Outage

<http://www.cdc.gov/vaccines/recs/storage/poweroutage.htm>

The Centers for Disease Control (CDC) offers advice to health care providers in protecting vaccine supplies during a power outage. It is imperative to keep all refrigerators and freezers closed, helping to conserve the cold mass of the vaccines. It is also important to monitor the temperatures, if it can be done without opening the storage unit. Otherwise, record the temperatures when the power is restored. You shouldn't discard or administer affected vaccines until you have consulted with public health authorities.



July 6, 2010

HCS Coordinator 100 Webinar Training Available

This webinar is designed to assist new HCS Coordinators in the management of HCS accounts and role assignments.

To sign up for this webinar:

- Go to “**Topics**” and set your “**Group**” to “**Coordinator**”. (If it is not a choice, go to “**Edit Groups**” and follow the directions to add it to your “**Groups**.”
- Select the “**Training**” folder.
- Choose “**Live Training Classes Available**.”
- Choose “**HCS Coordinator 100 Training**.”

In support of the deliverables on a DOH grant, HCA Education & Research makes this e-newsletter available, free of charge, to all NYS home care providers.

Questions or comments concerning the grant deliverables may be directed to Lexi Silver, Vice President of Policy and Clinical Affairs, at (518) 810-0658 or asilver@hcanys.org; or Mandy Fallon, Emergency Preparedness Coordinator, at (518) 810-0666 or mfallon@hcanys.org.

~Clip and Share with employees and patients~

Notify Power Companies about Patient Life Support Equipment

Power outages can be particularly frightening for those who rely on life support equipment in their homes. Assisting your patients with registering their life support equipment status with their power company may aid in shortening time without power. Below is a list of the major New York power companies:

Central Hudson Gas & Electric

http://www.cenhud.com/pdf/life_support.pdf

Consolidated Edison Special Services

<http://www.coned.com/customercentral/specialservices.asp>

Long Island Power Authority (LIPA)

<http://www.lipower.org/residential/custserv/services-care.html>

National Grid Life Support Customer

Call the company’s Customer Service Contact Center at 1-800-642-4272.

New York State Electric & Gas (NYSEG)

<http://www.nyseg.com/YourAccount/payyourbill/serviceandassistance/default.html?menu=1188>

Orange and Rockland

<http://www.oru.com/programsandservices/specialneedsandassistance/lifesupportequipment.html>

Rochester Gas & Electric Critical Customer Program

Call the company at 1-800-743-2110.