



the  
**WATCH**  
coalition

## TEPS CONFERENCE NEWS

AFTER MONTHS OF PREPARATION, NOT EVEN THE SNOW, ICE, AND COLD TEMPERATURES COULD STOP THE CONFERENCE FROM TAKING PLACE, ALTHOUGH WE WERE A LITTLE WORRIED AT FIRST. WE STARTED THE CONFERENCE OFF WITH AN ABUNDANCE NUMBER OF DONUTS AND COFFEE AND STARTED OUR SPEAKERS OFF DISCUSSING PEDIATRICS IN DISASTERS AND LESSONS LEARNED FROM MAJOR DISASTERS.

BEFORE LUNCH, THE WATCH TEAM PUT TOGETHER A TRIAGE PATIENT TRACKING ACTIVITY TO INTRODUCE OUR READYOP SYSTEM. MANY ENJOYED THIS ACTIVITY AND SEEING EXACTLY HOW THE SYSTEM COULD WORK WITHIN THEIR FACILITY. WE MOVED ON TO HCA HURRICANE RESPONSE AND PEDIATRIC TOXICOLOGY. WE ENDED THE NIGHT WITH DINNER IN THE PARK. WE ENJOYED DINNER BY GOURMET YOUR WAY WITH THE DINOSAURS AND WERE ABLE TO WALK AROUND AND LOOK AT THE EXHIBITS.

MANY OF US WENT ON THE EARTHQUAKE SIMULATOR, WATCHED SOME MOVIES IN THE 3D THEATER, AND EVEN WENT DOWN THE GIANT, SUPER-FAST SLIDE. ON THE FINAL DAY OF THE CONFERENCE, WE STARTED WITH OUR READY OP SYSTEM PRESENTATION, IDENTIFYING HUMAN TRAFFICKING AND HEARING ABOUT THE 2023 BELVIDERE, IL TORNADO. AFTER LUNCH, WE ENDED THE DAY WITH CMS EMERGENCY PREPAREDNESS REGULATIONS. DESPITE THE WEATHER, THE COALITION LOVED NETWORKING WITH OTHERS AND HAVING A GREAT TWO DAYS OF LEARNING.

FEBRUARY 1, 2024  
ISSUE 7

## THIS ISSUE:

TEPS CONFERENCE  
SECRETARY VOTING  
SAVE THE DATE  
COALITION MEETING LINK  
SEPSIS EDUCATION  
SOCIAL MEDIA  
FEBRUARY AWARENESS MONTH  
FEBRUARY FUN!





**February 6th - ALL Caucus Groups**  
Meetings 1:00 PM at  
Jackson Madison County Regional Health  
Department

**February 8th - CHEMPACK Exercise**  
at 9:00 AM at Jackson Madison County  
Regional Health Department - Lunch  
Provided (**Deadline to register 2/5/24**)

**February 21st - Coalition Meeting**  
at 1:00 PM at the Jackson Madison County  
Regional Health Department

**April 17-19th - EMAG + R4 ASPR Meeting**  
in Savannah Georgia

**April 30th- May 2nd - EMAT in**  
Murfreesboro. Registration is now open.



WE WILL BE VOTING  
ON A NEW SECRETARY  
AT OUR FEBRUARY  
COALITION MEETING.



**NEW COALITION  
MEETING LINK**

WHILE WE WOULD LOVE TO SEE  
YOU ALL IN PERSON, WE  
UNDERSTAND NOT EVERYONE  
CAN MAKE IT TO THE COALITION  
MEETINGS. BELOW IS THE ZOOM  
LINK TO USE WHEN LOGGING IN  
TO THE MEETING.

[HTTPS://US06WEB.ZOOM.US/J/83  
369510599?](https://us06web.zoom.us/j/83369510599?pwd=WERVdWxIS214ZFFOD3BQKZHQY3LRUT09)  
[PWD=WERVdWxIS214ZFFOD3BQK  
ZHQY3LRUT09](https://us06web.zoom.us/j/83369510599?pwd=WERVdWxIS214ZFFOD3BQKZHQY3LRUT09) MEETING ID: 833  
6951 0599  
PASSCODE: 073389

# GET AHEAD OF SEPSIS

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

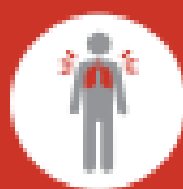
**Sepsis starts outside the hospital in 80% of cases.**

Your fast recognition and treatment can increase your patients' chances of survival.

**IF ONE OR MORE OF THE FOLLOWING SIGNS AND SYMPTOMS ARE PRESENT AND INFECTION IS SUSPECTED, THEN CONSIDER SEPSIS:**



Confusion or  
disorientation



Shortness  
of breath



High  
heart rate



Fever, or shivering,  
or feeling very cold



Extreme pain  
or discomfort



Clammy or  
sweaty skin

**Gather the following information and communicate it to hospital healthcare professionals:**

- **Medications**
- **Allergies**
- **Pre-existing conditions**
- **Other risk factors**

## SEPSIS STATS

Each year:

About  
**1.7 MILLION**  
adults in America  
develop sepsis.

At least  
**350,000**  
adults who develop sepsis die  
during their hospitalization or  
are discharged to hospice.

**1 IN 3 PATIENTS**  
who dies in a hospital  
had sepsis during  
that hospitalization.

Sepsis, or the infection causing  
sepsis, starts before a patient  
goes to the hospital in nearly

**87% OF CASES**

## HOW CAN I GET AHEAD OF SEPSIS?

As a long-term care nurse, you can:

- **Know sepsis signs and symptoms** to identify residents early and get them immediate treatment.
- **ACT FAST** if you suspect sepsis.
- **Prevent infections** by following infection control practices (e.g., hand hygiene, appropriate indwelling medical device management, communicating signs and symptoms of infection to the healthcare professional overseeing care of the resident, cleaning and disinfection) and ensuring residents receive recommended vaccines.
- **Educate your residents, their families, and other staff about:**
  - Preventing infections
  - Keeping cuts and wounds clean until healed
  - Managing chronic conditions
  - Recognizing early signs and symptoms of worsening infection and sepsis and seeking immediate care if signs and symptoms are present

**Sepsis is a medical emergency.** You play a critical role. Protect your residents by **ACTING FAST.**

## WHAT SHOULD I DO IF I SUSPECT SEPSIS?

- **Know your facility's existing guidance for diagnosing and managing sepsis.**
- **Immediately alert the healthcare professional overseeing care of the resident if it is not you.**
- **Start antibiotics as soon as possible in addition to other therapies appropriate for the patient.** If a specific bacterial cause of sepsis is known, therapy should be targeted to optimize treatment and broad-spectrum antibiotics might not be needed.
- **Check resident progress frequently.** Treatment requires urgent medical care, usually in an intensive care unit in a hospital, and includes careful monitoring of vital signs and often antibiotics. Early and frequent reassessment of residents with sepsis should be undertaken to determine the appropriate duration and type of therapy.

To learn more about sepsis and how to prevent infections, visit [www.cdc.gov/sepsis](https://www.cdc.gov/sepsis) or call **1-800-CDC-INFO**.

**KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.**



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CDC/ST08-A | 08/04/2022

# PROTECT YOUR RESIDENTS FROM SEPSIS.

**GET AHEAD**  
OF SEPSIS

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

Sepsis is a medical emergency. You play a critical role. Protect your residents by **ACTING FAST**.

Infections put your residents at risk for sepsis. Anyone can get an infection, and **almost any infection, including COVID-19, can lead to sepsis**. With your fast recognition and treatment, most residents survive.

## WHAT CAUSES SEPSIS?

Bacterial infections cause most cases of sepsis. Sepsis can also be a result of other infections, including viral infections, such as COVID-19 or influenza, or fungal infections. The most frequently identified pathogens that cause infections that can develop into sepsis include *Staphylococcus aureus* (staph), *Escherichia coli* (E. coli), and some types of *Streptococcus*. COVID-19 can have a similar presentation and a similar clinical course to some forms of sepsis. Many residents who require hospitalization for COVID-19 have signs or symptoms that meet the definition of sepsis. Infections that lead to sepsis most often start in the:



Lung



Urinary tract



Skin



Gastrointestinal tract

## WHO IS AT RISK?

Anyone can develop sepsis, but some people are at higher risk for sepsis:

**65+**

Adults 65 or older



People with weakened immune systems



People with chronic medical conditions, such as diabetes, lung disease, cancer, and kidney disease



People with recent severe illness or hospitalization, including due to severe COVID-19



People who survived sepsis



Children younger than one

## WHAT ARE THE SIGNS AND SYMPTOMS OF SEPSIS?

A resident with sepsis might have one or more of the following signs or symptoms:



High heart rate or low blood pressure



Fever, shivering, or feeling very cold



New onset or increased confusion or disorientation



Shortness of breath



Extreme pain or discomfort



Clammy or sweaty skin

Residents with sepsis should be urgently evaluated and treated by a healthcare professional.





WE ARE ON SOCIAL MEDIA!! GO LIKE OUR FACEBOOK AND INSTAGRAM PAGES!!! YOU MIGHT SEE YOURSELF FROM EVENTS!!



**WATCH Coalition**

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50 posts

45 followers

127 following

WATCH Healthcare Coalition

We are the WATCH Healthcare Coalition. We serve 17 Counties in strengthening the regional response to disasters.

[www.watchcoalition.org](http://www.watchcoalition.org)

## AMERICAN HEART MONTH

1 IN EVERY 3 DEATHS IN THE UNITED STATES IS RELATED TO CARDIOVASCULAR DISEASE. THIS #HEARTMONTH, EXPLORE SHAREABLE RESOURCES FROM CDC TO HELP YOU, YOUR PEERS, AND PATIENTS MAKE HEART-HEALTHY CHOICES AND REDUCE THE RISK OF CARDIOVASCULAR DISEASE.  
[CDC.GOV/HEARTMONTH](http://CDC.GOV/HEARTMONTH)



## 7 Days of Self-Care

### #MindfulMonday



Know your **blood pressure** numbers and other heart stats

### #TastyTuesday



Try a **tasty, heart-healthy** recipe

### #SelfcareSunday



Create your **self-care checklist** for the week

### #WellnessWednesday



Put your **heart** into your wellness routine

### #TreatYourselfThursday



Treat your heart to some **relaxation** and fun

### #FollowFriday



Share who **inspires** you to show your heart more love

### #SelfieSaturday



Post about your favorite way to take care of **your heart**



#OurHearts

## CAUCUS GROUP NEWS!

WHAT CAUCUS GROUPS DOES THE COALITION HAVE AND WHERE DO I FIT IN?

### GROUPS

DIALYSIS / HOSPICE / HOME HEALTH

MENTAL HEALTH

LONG TERM CARE / ASSISTED LIVING / SKILLED NURSING

EMS

FEBRUARY 6TH WILL BE A COMBINED MEETING AT 1:00 PM AT JACKSON MADISON COUNTY REGIONAL HEALTH DEPARTMENT. WE WILL DISCUSS HVA, HAZARDS OF WEST TENN AND SOME NEW HRTS INFO!

# FEBRUARY



SUNDAY, FEBRUARY 11TH AT 5:30 PM

Did You  
Know?



FEBRUARY 2ND IS GROUND HOG'S DAY (WILL WE KEEP THIS COLD TREND GOING?)

FEBRUARY IS THE ONLY MONTH IN THE YEAR THAT CAN PASS WITHOUT A FULL MOON (EVEN THOUGH PARENTS BEG TO DIFFER)

VIOLET IS THE FEBRUARY FLOWER THAT REPRESENTS FAITHFULNESS AND LOYALTY

# CONTACT US

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**VISIT OUR  
WEBSITE**

[WWW.WATCHCOALITION.ORG](http://WWW.WATCHCOALITION.ORG)

GOT ANY IDEAS OR ANNOUNCEMENTS YOU NEED IN THE NEWSLETTER? SEND THEM TO GINGER.RODGERS@TN.GOV AND WE WILL GET THEM IN THE NEXT NEWSLETTER.

