

MARO MONTHLY

with Northwell Health's Crisis Management Team

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OUR MISSION

To lead the health system and community in an efficient and effective way before, during, and after emergency situations.

OUR VISION

Northwell's Crisis Management Incident Response Team is committed to providing the surrounding community with a high-quality learning environment, training resources, and promoting an environment of collaboration with our training partners.

HELLO!

Welcome to another month of Northwell Health Crisis Management Team's newsletter, where you can share, learn about, and explore emergency management topics! Each month we will highlight different topics in emergency preparedness and emergency management, as well as healthcare administration. We encourage you to review our upcoming course offerings and other relevant information!

As always, we look forward to sharing our resources, hearing your suggestions, and getting to know you at our trainings.

The January 2024 newsletter will be centered around *First Responder and Healthcare Workers' Health & Wellness!*



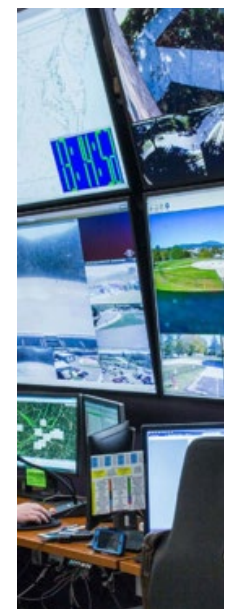
Scan Here to Register for our courses!



"Wellness is not a destination, it's a way of life."



Health & Wellness: *Who is at risk and how can we mitigate health risks?*



First responders face a variety of challenging conditions that place them at high risk for both physical and mental health difficulties. Exposure to traumatic incidents, long and irregular working hours, and the physically demanding nature of their roles can contribute. Post-traumatic stress disorder (PTSD) is a prevalent concern among first responders due to their frequent exposure to distressing events. Additionally, first responders are at a higher risk for substance use disorders. Sleep disorders also pose a significant threat, given the irregular work schedules and the need to remain alert during prolonged emergencies. The cumulative impact of these conditions underscores the importance of prioritizing the mental and physical well-being of first responders to ensure they can effectively carry out their critical roles in emergency situations.

To mitigate health risks and promote mental wellness, first responders should prioritize work-life balance, with regular breaks and sufficient rest between shifts. Additionally, mindfulness and stress-reduction techniques, such as meditation or yoga can be used to enhance resilience and manage the cumulative impact of exposure to traumatic incidents. Overall, these strategies contribute to a comprehensive approach to mitigating health risks and promoting the overall well-being of first responders.

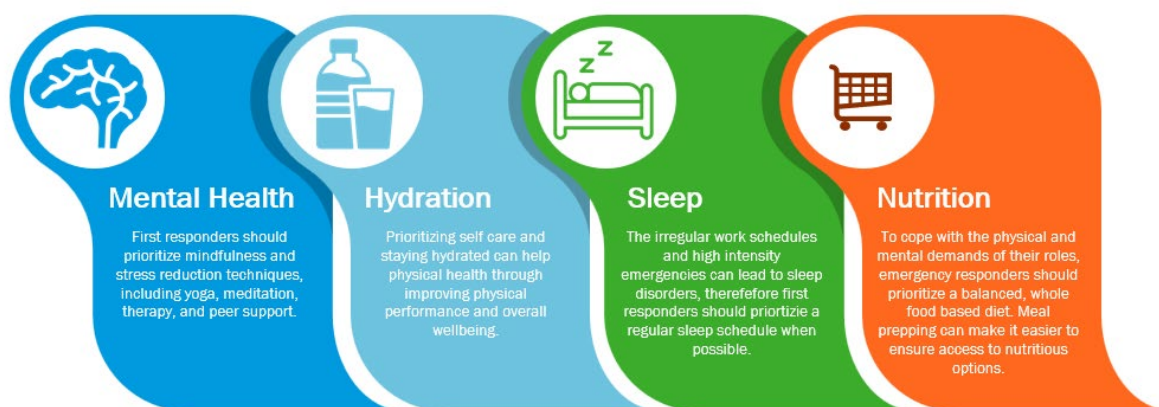
The Role of Health Care Organizations in Health & Wellness

At an organizational level, targeted interventions can be implemented to mitigate behavioral health risks for first responders. There are a variety of counseling and training programs that can be implemented to assist first responders' mental health, including workshops that equip first responders with coping skills and resilience-building, and peer support programs to provide a network for first responders to share their own lived experiences and receive support from colleagues who understand the unique challenges of their profession. Additionally, access to confidential counseling services has been shown to be a valuable intervention, ensuring that first responders have readily available resources for addressing psychological stressors.

Organizational commitment to culture change that encourages open discussions about mental health issues, promotion of mental health awareness, and developing intervention programs directed towards first responder mental wellness has the potential to significantly reduce behavioral health risks and enhance the overall well-being of first responders.

Source: (SAMHSA, 2018)

Important Health & Wellness Practices



Source: (SAMHSA & TAHA 2024)

Interesting Fact:



“An estimated 30 percent of first responders develop behavioral health conditions, such as posttraumatic stress disorder (PTSD)”

Source: (SAMHSA 2024)

Maintaining optimal health is crucial for emergency responders to cope with the physical and mental demands of their roles. A well-balanced diet can contribute to increased resilience, enhanced energy levels, and improved overall well-being. Proper nutrition can positively impact cognitive function, which is essential for making critical decisions during emergencies.

Several key strategies can help first responders improve their diets:



Meal Planning: Plan and prepare meals in advance, ensuring access to nutritious options during shifts.



Balanced Nutrition: Prioritize a balanced diet with whole foods, lean proteins, and a variety of fruits and vegetables to provide essential nutrients.



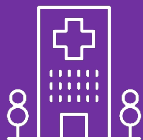
Hydration: Adequate water intake is crucial for physical performance and overall well-being.



Mindful Snacking: Choose nutrient-dense options like nuts, fruits, and yogurt to sustain energy levels.

(Taha, 2023; Zamzow, 2022)

UPCOMING COURSES



Course: ICS 700 & 800 Webinar

Date: 02/06/2024

Location: Webinar- Register through the Crisis Management Website



Course: Foundations of Emergency Management

Date: 03/04/2024

Location: Nassau- Register through Northwell Crisis Management Website



Course: MGT-345

Date: 02/07/2024

Location: Suffolk- Register through the Crisis Management Website

For the full list of upcoming courses visit the Crisis Management Website!

February 2024 MARO Monthly Topic:
Emergency Communication Platforms and Operations



Submit your questions for First Responder Health & Wellness by scanning the QR code!



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