



# Medical Reserve Corps

## Letter From the Medical Director, *Dr. Felix Schletter*

On October 30, 2007 some of us were privileged to hear an address by Nancy Berlinger, from the Hastings Center, Garrison N.Y.

The topic of her address was "The Five People You Meet in an Influenza Pandemic." The five people are: the truck driver, the gatekeeper, the triage officer, the janitor and the public health official.

The pivotal issue is the fact that in the event of either a moderate or severe pandemic, 35% of

the population will become ill during a six week period. The severe pandemic scenario assumes more virulent illness and a much higher mortality rate.

The basic fact is that in either case there will not be enough ICU beds and availability of respirator care would be even more limited.

Each of the five people above present a set of different challenges for planners to consider. The key elements being considered

are:

- Pre-triage requirement
- Patient categories for triage
- Implication of triage for facilities
- Clinical evaluation
- Triage decision-makers
- Palliative care
- Appeals process
- Communication about triage

For this county, Dr. Berlinger's presentation has given us much to consider.

### Inside this issue:

from the Coordinator	2
Spanish in a Pinch	2
Ready or Not?	2
Pertussis	3
Test Yourself	4



## Health Matters: The Cancer Prevention Study

Did you know that an estimated 559,650 United States men and women died last year from cancer? You can help reduce this number as residents will have the opportunity be a part of a historic cancer research study. The American Cancer Society is looking for adults to participate in a study called Cancer Prevention Study-3 (CPS-3). New Jersey has been selected as one of these sites to recruit study participants.

The purpose is to determine the lifestyle, behavioral, environmental, and genetic factors that cause or prevent cancer. Previous studies have contributed to tobacco-related research, to the understanding of obesity, diet, physical activity, and hormone use in relation to cancer. A new study with new participants is needed since the environment and individuals' lifestyles are constantly changing. CPS-3 aims to identify new and different exposures that may help to

ultimately eliminate cancer as a major health problem for this and future generations.

Enrollment for CPS-3 will take place during a Relay For Life event at Morristown High School from 6 p.m. to 10 p.m. on May 16<sup>th</sup>. Participants must be between the ages of 30 and 65 and have no personal history of cancer. The new study members will provide brief lifestyle, medical, and behavioral information, a waist measurement, and a small blood sample. The

participants will be mailed follow-up surveys periodically for the next 20 to 30 years, each survey taking no longer than 45 minutes to complete. These follow-up surveys will be used to assess the member's health outcomes and to understand how those outcomes are related to the previously collected data.

To get involved call:

Paul Dulek, 973-331-3494 x 5141. You can visit:

[www.cancer.org/cps3](http://www.cancer.org/cps3).

## FROM THE COORDINATOR

I am pleased to announce that our roster of MRC volunteers is continuing to grow and that many of you have registered in response to requests that have come through your municipality, OEM, and/or health departments.

Our County database has been updated so that we can track essential information such as MRC training courses and individual volunteer training records. And while on the subject of training, **SAVE THE DATE**-we are offering an

**MRC Training Day on Saturday, April 26, 2008 at the Morris County Fire & Police Academy from 9 a.m. – 2 p.m.** Details will follow regarding keynote speaker and workshop topics. Other trainings to be offered throughout the year will be AED/CPR, Universal Precautions, N-95 Fit Testing, Basic Orientation, and Point of Dispensing (POD); we will be coordinating this with local MRC units and you will be notified by e-mail as to when and where these will be available.

Additionally, we have a new

Morris County MRC brochure available that has been placed in local health departments, libraries and other public locations. If you are interested in having some brochures to distribute in your local communities, please contact me and they can be mailed out to you.

**PHOTO I.D.s** - I am also pleased to announce that the Office of Health Management has moved to a new location at 634 West Hanover Ave., Morris Twp. (just west of the Fire & Police Academy on Hanover Ave.). To obtain an I.D. you can make an appointment by

calling 973-631-5492 (**YOU MUST MAKE AN APPOINTMENT**), then come to the office on **Monday, March 10<sup>th</sup> between the hours of 9:30 a.m. – 7 p.m.**, or have an ID made at our **MRC Training Day Saturday, April 26<sup>th</sup>.**

*REMINDER!!! Please be sure and contact me if you have a change of e-mail address or other pertinent contact information.*

*Barbara Flint*  
973-631-5492  
[bflint@co.morris.nj.us](mailto:bflint@co.morris.nj.us)



*Is America safer than  
before September 11,  
2001?*

*44% say yes*

*54% say no*

### Ready or Not?

Trust for America's Health has issued the Ready or Not? Protecting the Public's Health from Diseases, Disasters and Bioterrorism since 2003. The report examines the progress made to improving America's ability to respond to health threats. There is a need to increase

accountability, strengthen leadership, enhance surge capacity and the public health workforce, modernize technology and improve community engagement. N.J. scores very well on the health indicators used to assess preparedness. Yet public perception still questions

the ability of government to handle emergencies. 31% think the country is prepared for the possibility of a pandemic flu. 28% think their community is prepared to handle a bioterrorism attack.



### Spanish In A Pinch

**Work Shop-May 6,  
2008, 9AM-3:30 PM**

During an emergency, information dissemination is challenging enough when individuals speak the same language. For those individuals who don't it can be extremely overwhelming in addition to the emergency itself. It is a known fact that during an emergency many limited language speakers will re-

vert to their primary language and struggle to recall that of the second language. Being able to communicate through written material coupled with verbal intervention provides the best means of communication outcome. This workshop will provide the skills and materials to eliminate some of these barriers.

In Morris County, over 100,000 people speak Spanish,

which is a little over 14% of the population. The focus will be on communicating in a POD, medical issues and there will be a component for food handlers.

Look for information regarding registration in April, 2008.





# Preventing the Burden of Pertussis

Pertussis, an acute, infectious cough illness, remains endemic in the United States despite routine childhood pertussis vaccination for more than half a century and high coverage levels in children for more than a decade. A primary reason for the continued circulation of *Bordetella pertussis* is that immunity to pertussis wanes approximately 5-10 years after completion of childhood pertussis vaccination, leaving adolescents and adults susceptible to pertussis.

Among the diseases for which universal childhood vaccination has been recommended, pertussis is the least well-controlled reportable bacterial vaccine-preventable disease in the United States. Since the 1980s, the number of reported pertussis cases has been steadily increasing, especially among adolescents and adults. Possible reasons for the increase in reported pertussis cases include a true increase in the burden of disease and an increase in

the detection and reporting of cases; the relative contribution of each of these factors to the increase observed is unclear.

Preliminary data from the CDC indicate that there were nearly 19,000 reported cases of pertussis in 2004, a 63 percent increase over 2003 and the highest number of case reports in four decades. Among adults aged 20 years and older, the number of reported cases of pertussis nearly doubled to 5,365 cases in 2004 from 2,854 cases in 2003.

The increase in the number of reported cases of pertussis is of great concern to the public health and medical communities.

Adults and adolescents may suffer from a severe and prolonged cough, vomiting and complications, as well as disrupted home and school routines. Some have relatively minor symptoms but all adults and adolescents with pertussis are capable of spreading the infection to vulnerable populations, par-

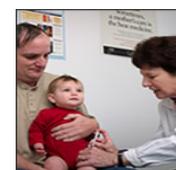
ticularly infants who are too young to have been fully immunized.

Infants are at higher risk for severe illness, complications and death, and 90 percent of unvaccinated children living with someone with pertussis will contract the disease.

In 2005, a tetanus toxoid, reduced diphtheria toxoid and acellular pertussis vaccine, adsorbed (Tdap) product formulated for use in adults and adolescents was licensed in the United States for persons aged 11-64 years (ADACEL®, Sanofi Pasteur, Toronto, Ontario, Canada) (11). The Advisory Committee on Immunization Practices (ACIP) reviewed evidence and considered the use of Tdap among adults in public meetings during June 2005-February 2006. On October 26, 2005, ACIP voted to recommend routine use of Tdap among adults aged 19-64 years. For adult contacts of infants, ACIP recommended Tdap at an

interval as short as 2 years since the previous Td. On February 22, 2006, ACIP recommended Tdap for health-care personnel (HCP), also at an interval as short as 2 years since the last Td.

The availability of Tdap for adults offers an opportunity to reduce the burden of pertussis in the United States. The primary objective of replacing a dose of Td with Tdap is to protect the vaccinated adult against pertussis. The secondary objective of adult Tdap vaccination is to reduce the reservoir of pertussis in the population at large, and thereby potentially 1) decrease exposure of persons at increased risk for complicated infection (e.g., infants), and 2) reduce the cost and disruption of pertussis in health-care facilities and other institutional settings.



## SAVE THE DATE- MRC EDUCATION DAY

**April 26, 2008**

This will be the second education and training day held by the Office of Health Management for MRC volunteers.

We are looking for a motivating key note speaker in the morning and then we will be offering 4 workshops, each offered twice. Volunteers can select 2 workshops that inter-

est them the most.

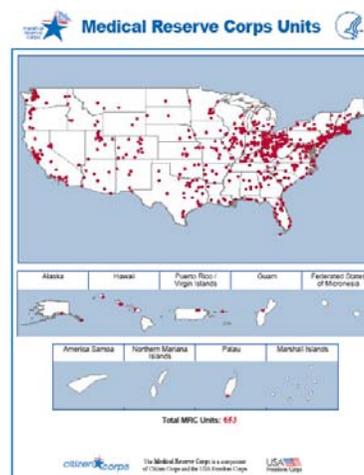
As we are still in the planning stages, we are hoping to offer:

- ICS 100 and IS 700: Incident Command and the National Incident Management System
- Disease Investigator Training
- Populations with Special Needs

- Point of Dispensing Training

We will offer MRC identification cards for those who don't have one already and we will offer N-95 fit testing.

Over 75 people enjoyed the first training day we offered. Lunch will be included as well as other materials.



# Test Yourself

- What is the purpose of a POD?
- What is the general flow through a POD?
- How do POD operations function within ICS/NIMS?
- How will PODS be activated?
- Who staffs a POD?
- What are the functional roles within a POD?



Much of the focus of the MRC is to be trained on POD operations and functions that it is important to know the answers to these questions.

The answers to these questions can be found in the online training: Working In A Pod,

<http://www.nycepce.org/CourseList.htm>. Other online trainings of interest are:

<http://www.medicalreservecorps.gov/Webinars>

<http://www.nachho.org>

## MORRIS COUNTY OFFICE OF HEALTH MANAGEMENT

PO Box 900

Morristown, NJ 07960

Phone: 973-631-5484

Fax: 973-631-5490

E-mail: [astoller@co.morris.nj.us](mailto:astoller@co.morris.nj.us)

*Howard Steinberg, Health Officer*

*Felix Schletter, Medical Director*

*Barbara Flint, MRC Coordinator*

*Namitha Narayan, Epidemiologist*

*Cindie Bella, Public Health Nurse*

*Arlene Stoller, Education Specialist*

*Ted Taukus, PHENS coordinator*

*Peter Summers, State Planner*

*Denise Maddaloni, Administrative:*

973-631-5484

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



*Clean Hands Save Lives.*