



Capitol Region

Medical Reserve Corps (CR-MRC)

Training Guide

APPROVED

CREPC CHAIRMAN

DATE

CR-MRC COMMANDER

DATE

CR-MRC MEDICAL DIRECTOR

DATE



THANK YOU!

Volunteerism has a long history in America, and in today's uncertain times citizen volunteers play a **big** role in ensuring a more secure and safe homeland via citizen involvement in support of first responders. In January 2002, President George W. Bush launched USA Freedom Corps to capture the spirit of service that has emerged throughout our communities following the terrorist attacks of September 11, 2001. By accepting the Capitol Region Medical Reserve Corps' invitation to voluntarily participate as a skilled medical professional or support staff, you have become part of this nation-wide effort. Congratulations, and thank you for helping to make our communities safer, stronger, and better prepared to respond to any emergency situation!

Now that you have been recruited to provide medical care or logistical support during an emergency affecting your community, we invite you to become oriented and trained on how we conduct our important mission. Only through proper training can we safely, effectively and efficiently maintain response efforts. We are committed to provide you with all of the resources and partnerships needed to make a positive impact when most needed. The CR-MRC is structured, trained and equipped to deploy a medical emergency response team to manage, for the first 48-96 hours, the health consequences of an incident occurring in the Capitol Region. CR-MRC personnel bring their existing skills together and train to respond, establish operations, and safely operate in support of medical operations related to any anticipated type of threat.

As our pledge to you, we strive to make the environment you will be working in as a CR-MRC volunteer more similar to a community emergency room or ambulatory care center, rather than a harsh field environment. You could, however, be receiving patients from any conceivable environment, so a large part of our training deals with understanding the potential situations that may require mobilization of the CR-MRC. This ensures the CR-MRC can provide the best possible patient care for any disaster. Your communities need your medical and logistical skills in a disaster and this training will prepare you to mobilize and work effectively for the CR-MRC for any hazard situation.

CR-MRC MISSION

"The Capitol Region Medical Reserve Corps is dedicated to establishing teams of local volunteer medical and public health professionals to contribute their skills and expertise throughout the year as well as during times of community need."

Once again, THANK YOU for your commitment! Our task now is to build a strong team to battle the worst case scenario that we hope will never happen. It is our aspiration that you find the journey with us productive, meaningful and fun as we learn and prepare together!



Our Commitment to You

- Regular opportunities to team with other medical professionals to build an effective emergency response organization via training and response activities
- Meaningful, structured learning opportunities
- Recognition for your volunteer efforts
- Support in maintaining your status as a CR-MRC medical professional

Capital Region Medical Reserve Corps (CR-MRC) Training Program

CR-MRC training is structured to provide or verify your individual knowledge and/or competencies *above and beyond* your current medical training to allow safe operation in a *volunteer based* medical response operating environment. We recognize that our volunteers do not have unlimited time and we have tried to carefully structure our program to minimize the impact on professional and personal lives of volunteers while building the needed medical capability. Outlined below is the CR-MRC expectation of your required commitment to be successful in this effort. We expect the bulk of this training will occur during regularly scheduled CR-MRC meetings, but some additional effort may be required of you to meet the recommended training timeline. CR-MRC leadership expects each member will;

- Progress continuously towards program completion
- Complete MRC training requirements in a 2 year period of time

Prerequisites

- Willingness to participate
- Medical or other expertise as appropriate to support the CR-MRC mission

Administrative Provisions for Participation

- Acceptance based upon:
 - Completed application
 - Copies of pertinent medical licensing/certification documents
- Issuing of:
 - Required Gear/ Clothing/ Credentials
 - CR-MRC Training Guide
- Proficiency of Core Competencies (as outlined by this guide)

Training

CR-MRC core competencies training is provided in the major categories of Readiness and Operating Environment. Readiness Training (Attachment 1) is contained in 4 modules with a total of 5 lessons. Operating Environment Training (Attachment 2) is contained in 3 modules with a total of 7 lessons. A typical 2 year training schedule is



shown in Attachment 3. Documentation of the completion is made on Attachment 4, Core Competency Training Log.

Drills/Exercises/Events

In addition to unplanned emergency mobilizations, the CR-MRC will periodically participate in drills, exercises and planned events within the Capitol Region. In an effort to maintain proficiency and interest, volunteers are encouraged to participate in all of these events, and are required to participate in one event every two years.



Attachment 1: CR-MRC Readiness Training

Module 1: THE BASICS

Lesson 1: INTRODUCTION/ORIENTATION TO THE MRC*

Welcome from the Commander, CR-MRC
Introduction of CR-MRC Leadership
MRC and America's Citizen Corps
CR-MRC Mission, History & Organization
CR-MRC Partners for Medical Readiness
Expectations of CR-MRC Volunteers
CR-MRC Mobilization Process
Tasking of the CR-MRC
CR-MRC Member Certificates

Module 2: PERSONAL READINESS

Lesson 2: IS-22 Are you ready? An In-depth Guide to Citizen Preparedness

Lesson 3: Standard Precautions and Respiratory Hygiene*

Module 3: MENTAL HEALTH CONSIDERATIONS

Lesson 4: Mental Health Preparedness* (NOTE: The MRC will provide an annual presentation to discuss individual mental preparedness, and dealing with mental health issues with patients of the MRC.)

Ref: Psychological First Aid: Field Operations Guide (MRC version)

Module 4: PUBLIC HEALTH AND THE MRC

Lesson 5: Public Health 101 (N/A for Logistics Unit)

*Indicates a lesson that will be provided annually for both initial and recurring training.



Attachment 2: CR-MRC Operating Environment Training

Module 1: THE NATIONAL RESPONSE SYSTEM

Lesson 1: IS-700: National Incident Management System (NIMS), An Introduction

Lesson 2: IS 100: Introduction to the Incident Command System or Equivalent

Lesson 2a: IS 100: Introduction to the Incident Command System for Healthcare/Hospitals

Lesson 2b: Hospital Incident Command System (HICS)

NOTE: Lesson 2, 2a, OR 2b is required, not all three.

Module 2: LOCAL PLANNING CONSIDERATIONS

Lesson 3: The RED Plan

Lesson 4: Mass Casualty Event Management and the CR-MRC (N/A for Logistics Unit)

Lesson 5: Setup and Operation of the CR-MRC*

Module 3: UNDERSTANDING EXTREME DISASTER ENVIRONMENTS

Lesson 6: WMD Awareness

Lesson 7: Medical and Operational Considerations in a Harsh Environment

*Indicates a lesson that will be provided annually for both initial and recurring training.

Attachment 3: Typical Two-Year MRC Training Cycle

Note: CR-MRC members are credited with existing training. Attendance at all meetings is not mandatory, but continuous involvement is recommended to ensure the readiness of the CR-MRC to respond when needed. In addition, CR-MRC members are reminded that completion of the training program is normally expected in 2 years. This schedule provides a recommended 24 month program with 11 meetings per year to complete the required training. One month each summer there are no meetings scheduled.

Month	MRC Training Schedule
1	Readiness, Module 1, Lesson 1, Introduction/Orientation to the CR-MRC Readiness, Module 2, Lesson 2, Are you ready? (Part 1)
2	Readiness, Module 2, Lesson 2, Are you ready? (Part 2) CR-MRC Concept of Operations Discussion
3	Readiness, Module 2, Lesson 3, Standard Precautions and Respiratory Hygiene Operating Environment, Module 2, Lesson 4, MCE Management
4	Operating Environment, Module 1, Lesson 1, NIMS
5	Operating Environment, Module 2 Lesson 5, MRC Setup & Operations
6	CR-MRC Operating Procedures Review
7	Operating Environment, Module 1, Lesson 2a, Part 1, ICS
8	Operating Environment, Module 1, Lesson 2a, Part 2, ICS
9	Readiness, Module 3, Lesson 4, Mental Health Preparedness
10	Operating Environment, Module 2 Lesson 3, RED Plan
11	Readiness, Module 4, Lesson 5, Public Health 101
12	OPEN/Annual Drill/No meeting scheduled
A/R	Annual CR-MRC Drill, Exercise or Event Participation
13	NOTE: Readiness Module 1 repeats as needed to properly welcome new members. Readiness, Module 1, Lesson 1, Introduction/Orientation to the CR-MRC CR-MRC Exercise Critique
14	MRC Concept of Operations Discussion
15	Operating Environment, Module 2 Lesson 5, CR-MRC Setup & Operations
16	NOTE: Same as month 3 to properly orient new members. Readiness, Module 2, Lesson 3, Standard Precautions and Respiratory Hygiene Operating Environment, Module 2, Lesson 4, MCE Management
17	Operating Environment, Module 3 Lesson 6, Part 1, WMD Awareness
18	Operating Environment, Module 3 Lesson 6, Part 2, WMD Awareness
19	Operating Environment, Module 3, Lesson 7: Medical and Operational Considerations in a Harsh Environment
20	Readiness, Module 3, Lesson 4, Mental Health Preparedness
21	CR-MRC Exercise Preparation
22	CR-MRC Exercise/Drill
23	CR-MRC Exercise Critique
24	OPEN/Annual Drill/No meeting scheduled
A/R	Annual CR-MRC Drill, Exercise or Event Participation

October 25, 2007

MEMORANDUM FOR RECORD CR-MRC TRAINING ASSESSMENT

Submitted:

Dr. Ronald Buckman, CR-MRC Medical Director

Daniel R. Scace, CROCG Training Coordinator

Background

Training recommendations for the Capitol Region Medical Reserve Corps (CR-MRC) come from the national MRC program. The expectation at the national level is that local MRCs conduct an analysis of their training needs and adjust their local training as needed, keeping in mind the need to meet all of the seven national level competencies. This analysis for the CR-MRC was completed on October 24, 2007 by Dan Scace, Capitol Region Council of Governments Training Coordinator, and Dr. Ron Buckman, CR-MRC Medical Director.

CR-MRC Training Structure

- The CR-MRC training program will include all seven competencies identified in the national MRC program. (Reference Office of the Surgeon General, MRC Core Competencies Matrix, April 2007)
- The CR-MRC training program is structured in a two year cycle. CR-MRC members are expected to complete initial training during a two year period.
- The CR-MRC training program should be reviewed and revised as needed every two years.
- Portions of the training program are identified as recurring training requirements and must be completed on an annual basis.
- The two year training cycle is a guideline and does not imply a specific required order for training. While the identified training should be completed during a two year period, schedules for monthly meetings should be established based on the availability of appropriate high quality instructors and other CR-MRC requirements, for example, exercises, planned events, disaster response, etc.
- The CR-MRC training program is structured into two main categories; Readiness Training, and Operating Environment Training.
- Drills, exercises, planned events and responses to incidents all enhance CR-MRC competencies and are required for all members.
- Completion of competencies by CR-MRC members will be documented on the "Capitol Region Medical Reserve Corps Training Log". This log is a modified version of the national log that contains specific requirements for CR-MRC members.

CR-MRC Analysis by Competency

Competency #1
Describe procedures and steps necessary for the MRC member to protect health, safety, and overall well being of themselves, their families, the team and the community.
CR-MRC Training Requirement
CR-MRC Readiness Training, Lesson 1: Introduction/Orientation to the MRC* CR-MRC Readiness Training, Lesson 2: Are you ready? CR-MRC Readiness Training, Lesson 3: Standard Precautions and Respiratory Hygiene*
NOTES: <ol style="list-style-type: none"> 1. Lesson 1: Introduction outline is spelled out in the “Capitol Region Medical Reserve Corps (CR-MRC) Training Guide”. 2. Lesson 2 refers to IS-22 located at https://training.fema.gov/EMIWeb/IS/is22.asp 3. Lesson 3 will be locally developed by the Medical Director. This is completed routinely by all medical professionals. Lesson should also include provisions for donning masks and insuring proper fitting.

Competency #2
Describe the impact of an event on the mental health of the MRC member, responders, and others.
CR-MRC Training Requirement
CR-MRC Readiness Training, Lesson 4: Mental Health Preparedness*
NOTES: The MRC Core Competencies Matrix identified several different lessons available to complete this requirement. Completion of all recommendations is not required for the CR-MRC to be prepared from a mental health perspective. It is the intent of the CR-MRC to bring in a mental health expert on an annual basis to complete this requirement.

Competency #3
Describe the MRC member’s communication role(s) and processes with response partners, media, general public, and others.
CR-MRC Training Requirement
CR-MRC Operating Environment Training, Lesson 1: IS-700, NIMS CR-MRC Operating Environment Training, Lesson 2, 2a or 2b CR-MRC Operating Environment Training, Lesson 3

Competency #4
Demonstrate the MRC member’s ability to follow procedures for assignment, activation, reporting, and deactivation.
CR-MRC Training Requirement
CR-MRC Readiness Training, Lesson 1: Introduction/Orientation to the MRC* CR-MRC Operating Environment, Lesson 5: Setup and Operation of the CR-MRC

Competency #5
Identify limits to own skills, knowledge, and abilities as they pertain to MRC role(s).
CR-MRC Training Requirement
CR-MRC Readiness Training, Lesson 1: Introduction/Orientation to the MRC* CR-MRC Screening Process, Exercises and Drills

Competency #6
Describe the chain of command (e.g., Emergency Management Systems, ICS, NIMS), the integration of the MRC, and its application to a given incident.
CR-MRC Training Requirement
CR-MRC Operating Environment Training, Lesson 1: IS-700, NIMS CR-MRC Operating Environment Training, Lesson 2, 2a or 2b CR-MRC Readiness Training, Lesson 1: Introduction/Orientation to the MRC*

Competency #7
Describe the role of the local MRC unit in public health and/or emergency response and its application to a given incident.
CR-MRC Training Requirement
CR-MRC Readiness Training, Lesson 5: Public Health 101

*Annual Training Requirement

NOTES:

1. Participation in drills, exercises, planned events and real world incidents assists in meeting all competencies.
2. Refer to “The Capitol Region Medical Reserve Corps (CR-MRC) Training Guide” for a complete description of CR-MRC training requirements.

Additional Recommendations

1. Separate meetings for doctors to efficiently and effectively accomplish their training requirements are desirable.
2. Logging of completion of training requirements should occur at each monthly meeting.
3. Credit for existing training should be granted based on a review by the Training Coordinator and/or Medical Director.
4. Some lessons in the “Capitol Region Medical Reserve Corps (CR-MRC) Training Guide” are not listed as required for meeting competencies. These include Operating Environment lessons, 4-Mass Casualty Event Management, 6-WMD Awareness, and 7-Medical and Operational Considerations in a Harsh Environment. These lessons are deemed important for the MRC understanding of the environment victims they may treat are exposed to and to enhance the MRC capability to operate effectively.

5. Members of the CR-MRC may want to go beyond the training requirements listed in the “Capitol Region Medical Reserve Corps (CR-MRC) Training Guide”. This is encouraged and should be documented in the individual Training Log.
6. CR-MRC leadership training requirements may go beyond the requirements listed in the “Capitol Region Medical Reserve Corps (CR-MRC) Training Guide” for ICS. Not all members of the CR-MRC are involved in the management of events.
7. Logistics personnel involved in the CR-MRC should participate in additional training that provides them the ability to complete logistic requirements.
8. CR-MRC Operations Plans should be developed that briefly outline the mobilization, execution and demobilization process for the CR-MRC.