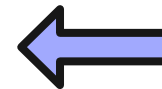




Preparedness Health Education Series (PHES):

Readying Bystanders to Intervene in Medical Crisis

Caitlyn Horton
December 8, 2021





RUTGERS

Institute for Women's Leadership

The Leadership Scholars Certificate Program is a two-year selective, interdisciplinary certificate program that prepares Rutgers undergraduate women to be informed, innovative, and socially responsible leaders.

Leadership Scholars design and implement social action projects to expand their understanding of issues and problems and to develop leadership skills.

This project gives Scholars the opportunity to apply the theoretical knowledge they have gained about leadership, advocacy, and social change with the practical and experiential knowledge they have developed about a particular policy issue or problem through the field site placement. It also further develops leadership skills by giving undergraduates the opportunity to *practice* leadership *through* action.

To find out more please visit the Institute for Women's Leadership's website at <http://iwl.rutgers.edu>.



- ✘ **PHES Goal: Address the lack of bystander preparedness in medical crisis through various health education workshops**

The Need for PHES:

- Four public health epidemics (**Mental Health/Suicide, Gun Violence, Cardiac Events, and Opioid Overdose**) account for nearly $\frac{1}{3}$ of **all deaths**¹ in the United States
- In many cases, **trained bystanders can intervene** in crisis to perform live-saving actions until medical attention can be sought



PHES Partners & Funders

RUTGERS

Institute for Women's Leadership



Naloxone Training	Mental Health First Aid Training	Severe Bleeding Response	CPR Session
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kate spade new york



American Red Cross

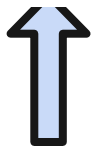


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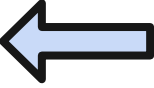
Robert Wood Johnson Medical School

FOUNDATION

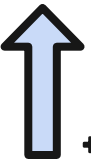
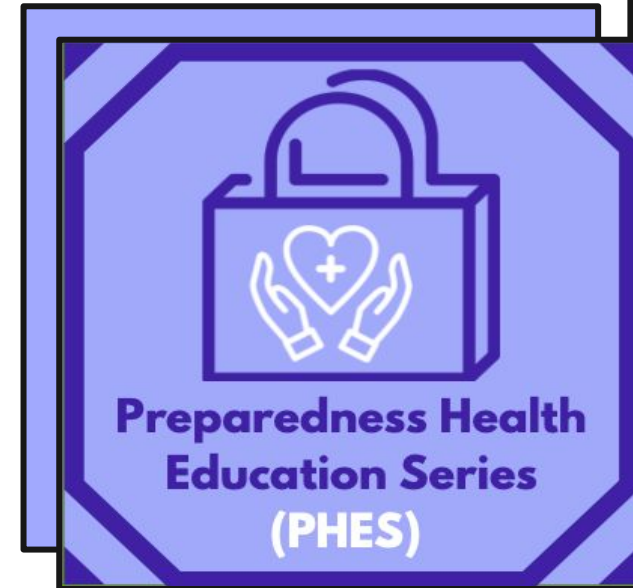
The Douglass WiSE Program



PHES & Feminist Leadership



- Project designed in a **multidisciplinary approach combining Women & Gender Studies, Public Health, Psychology, Education, and more**
- Researched each training and medical crisis through a **gendered lens**
- Registration into each program gave **preference to women and nonbinary individuals**
- Women and nonbinary individuals deserve and require the opportunity to learn these life-saving skills



Naloxone Training

- Teaches how to **react in an overdose** situation, **administer Naloxone** (an opioid-overdose reversal agent), and perform **rescue breaths**
- Provides participation **certificate**, two doses of Naloxone, gloves, and a CPR shield
- Gendered Lens: **women are more likely to carry** Naloxone kits²
- Results:
 - >140 students interacting; **30 students trained** in Naloxone administration
 - Participants- >80% Non-men

Images from RWJMS presentation, Narcan.com



KEY STEPS TO ADMINISTERING NARCAN® NASAL SPRAY*:

PEEL



PLACE



PRESS



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+
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Mental Health First Aid Training

- Trains students how to **identify and respond to mental illness and Substance-Use Disorders**
- Students receive a **certificate** in Mental Health First Aid
- Gendered Lens: Women are **more likely to be diagnosed** with a mental illness.³ Women are **more likely to recognize** mental illness in a peer.⁴
- Results
 - Nearly 100 interested women;
25 enrolled in training

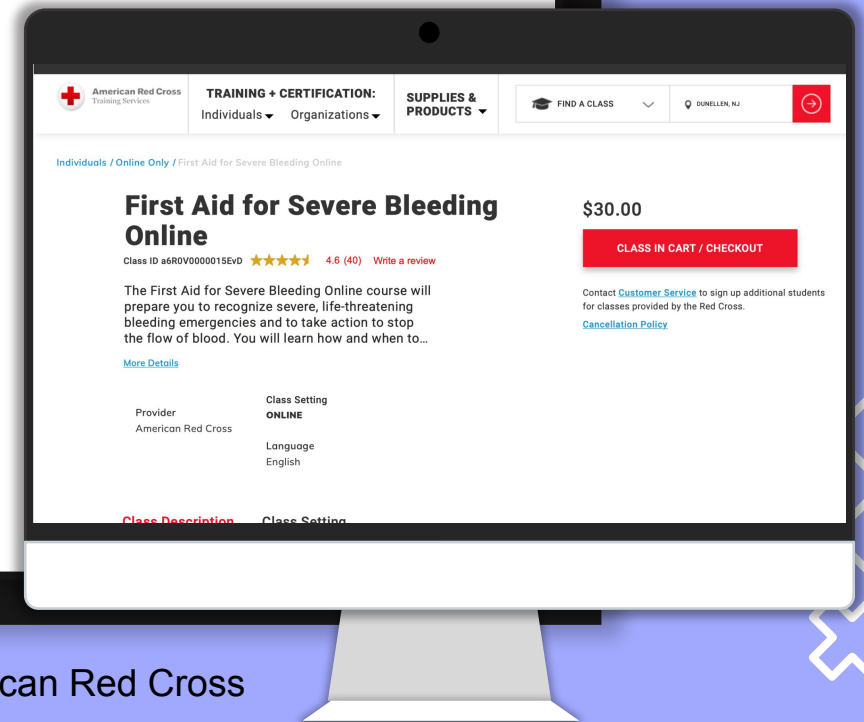


The course will teach you how to apply the **ALGEE** action plan:

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- **Encourage** self-help and other support strategies.

Severe Bleeding Training

- Trains students how to **identify severe bleeding situations and take action** to stop the flow of blood
- Gendered Lens: Women with severe bleeding injuries are **more likely to also be diagnosed with a mental illness** ⁵
- Goal: Train 14 individuals



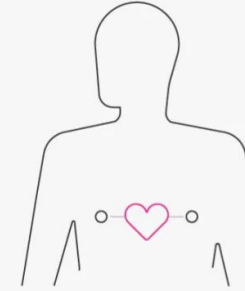
Images taken from American Red Cross

CPR Session

- Trains students how to **clear airways, perform CPR**, use an **automated external defibrillator** (modeled after Hero in 30)
- Gendered Lens: women are **less likely to receive bystander CPR**⁶
- Talks being held to hold session at the Dr. Jewel Plummer Cobb S.T.E.A.M. Women's Empowerment Conference in March and potentially collaborate with Rutgers MedicOne

hand placement & position

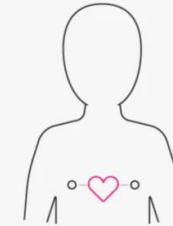
ADULTS



BOTH HANDS
interlocked
between nipples



CHILDREN 1 - 8



ONE HAND
between nipples



INFANTS



TWO FINGERS
just below
nipple line



chest compressions



press down
2 inches



press down
2 inches



press down
1.5 inches

30 compressions at

100 - 120 compressions per minute

allow chest to recoil between compressions

Immediately follow with **rescue breaths**



PHES Outreach Timeline

Aug 2020 - Apr 2021	May - Aug 2021	Sept - Oct 2021	Nov 2021	Dec 2021
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Initial
Ideation

Reach out
to partners

Reach out
to Partners

- Reach out to Partners
- Hold **Naloxone** Training
- Schedule + Market Mental Health First Aid
- Outline Severe Bleeding Response

Hold **Mental Health First Aid**

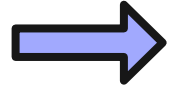


Schedule + Market Naloxone Training

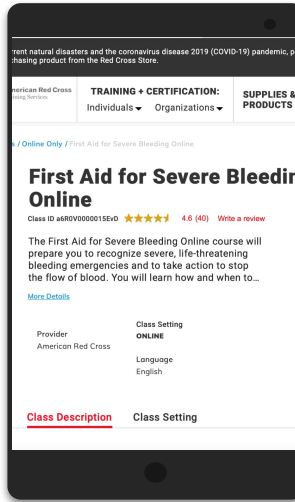
Hold + Schedule + Market **Naloxone** Trainings

Market + Hold **Severe Bleeding**

Plan CPR Session



What's Next For PHES?



December 3

Mental Health First Aid Training is Complete

December 6-20

Severe Bleeding Response Program is Complete

Late March

CPR Education Session Potentially at a Women's Empowerment Conference





Building on PHES

- Collaborate with more student organizations and reach out to departments for additional funding and support
 - Demonstrated interest in PHES
- Incorporate additional trainings, i.e VPVA Bystander Prevention





Reflecting on PHES

- Lessons learned
 - Constant and consistent **communication**
 - **Adaptability**
 - Utilizing **networks**
- How I've used my trainings in the past





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Tatyana Aguilar- for their incredible support in marketing Naloxone events

Everyone within the Institute for Women's Leadership, without which this project would not be possible, especially Sasha Taner and Professor Mary Trigg, and all of the spectacularly talented Leadership Scholars who inspire me and my project to be better every day



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Images cited on each slide