

Focus Spotlight: Richard Dugas, DPH

This week Focus talks with Richard Dugas, Strategic National Stockpile Coordinator. Dugas has worked for the state a year and a half.



How does your job allow you to impact the lives of your fellow Kentuckians?

During the last year, the Department for Public Health Preparedness Branch has made great strides in increasing the Cabinet's preparedness and ability to respond to a public health emergency. Some examples of this are: working closely with our FEMA Region IV partner states to coordinate multi-state responses to major events that happen in our region; working at the state level more closely with other Cabinets and agencies to integrate responses to emergencies that involve a public health threat such as pandemic influenza; and the recent formation of the Cabinet's Emergency Support Team, a group of CHFS employees that have chosen to receive extra training to enhance the Cabinet's ability to fulfill its responsibility to coordinate the health and medical response to emergencies. These are only a few of the many initiatives the preparedness branch is continually working to improve.

What's the best part of your job?

Training and educating others. The more information we can share, the better we can respond as a Commonwealth, as we saw with Katrina. If there is a catastrophic event that takes place in Kentucky, every citizen will be affected in some way. So the more prepared each citizen and agency is to respond, the smaller the impact will be from the event.

Describe the Strategic National Stockpile program and the full-scale exercise.

The Strategic National Stockpile (SNS) is a national repository of life-saving pharmaceuticals and medical supplies. During an emergency, state and local health care systems, including public health, may be overwhelmed. The SNS is designed to supplement and re-supply state and local health care systems in the event of such an emergency within hours of the request for assistance. The full-scale exercise is the culmination of more than a year's worth of planning and training. It will test the Commonwealth's ability to efficiently receive, sort and redistribute SNS assets across the state. The exercise will also test the ability of multiple Cabinets and agencies within state government to coordinate the response with federal and local agencies.

Tell us about your work in the National Guard and your background.

I have 17 years of military intelligence experience, the last 9 years in the Kentucky Army National Guard. I am currently assigned as the brigade intelligence officer for the 138th Fires Brigade, where my role is as the principle intelligence advisor to the commander. I deployed with the 138th last year to New Orleans to assist in security and recovery in the aftermath of Hurricanes Katrina and Rita. I also deployed to Afghanistan in 2002 while assigned to the 20th Special Forces Group and to Saudi Arabia and Iraq in 1990-91 while assigned to the 82nd Airborne Division.

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Before coming to DPH, I was working for Lexington-Fayette County Division of Environmental and Emergency Management as a biological terrorism preparedness coordinator.

What do you do in your spare time?

I try and spend most of my spare time with my family. One of my sons is very active in sports, so practice and games takes up a lot of time.

Drill Tests Ability to Receive and Distribute Life-Saving Medicine

By Barbara Fox

The Kentucky Department for Public Health (DPH) participated in a major statewide disaster preparedness exercise Nov. 8-9, involving local health departments and several state and federal partners. The two-day drill was designed to test the state's ability to order, receive and distribute medicines and supplies from the Strategic National Stockpile (SNS) in the event of a statewide public health emergency, such as a major flu outbreak or other national health disaster.

Simulated supplies from the Centers for Disease Control and Prevention (CDC) were received on the first day of the exercise by DPH officials at a designated location. The supplies were then transported to points of dispensing (PODs) locations throughout the state, allowing local health departments to practice dispensing the simulated medications. The state's overall performance on the exercise was evaluated by the CDC.

"This exercise was critical to ensuring our state's preparedness in the event of any type of health emergency," said William D. Hacker, M.D., commissioner for public health and acting undersecretary for health at the Cabinet for Health and Family Services. "By planning, preparing and practicing for disasters, we are taking significant steps to ensure a successful deployment of the SNS should the need arise for the stockpile to be deployed to Kentucky."

The federal government initially established the CDC's SNS program in 1999 to assist states and communities in responding to public health emergencies, including those resulting from terrorist attacks and natural disasters. The SNS program can deploy medicines, antidotes, medical supplies and medical equipment to any U.S. location within 12 hours. Each state has plans to receive and distribute SNS medicine and medical supplies to local communities as quickly as possible.

State and federal agencies that participated in the exercise with DPH included: the Kentucky Office of Homeland Security; Kentucky Army and Air National Guard; Kentucky Division of Emergency Management; Kentucky Transportation Cabinet; Kentucky Justice and Public Safety Cabinet; State Fire Commission; local law enforcement and emergency management agencies; the CDC; and the U.S. Marshals Service.

More information on the Strategic National Stockpile program is available at:

<http://www.bt.cdc.gov/stockpile/>.

Social Work Group to Hold Year's Final Meeting in Lexington

By Anya Armes Weber

The Kentucky Society for Clinical Social Work is holding a general membership meeting later this month.

Dinner and social hour begin at 6:30 p.m. on Tuesday, Nov. 21, at Joseph-Beth Booksellers in Lexington. The bookstore is in the Lexington Green shopping center off Nicholasville Road, and the meeting is in the café's conference area.

Guests can order dinner from the café menu.

At 7:30 p.m., a program titled "Scary Stuff for New Clinicians (and the Rest of Us)" begins. Lane Veltkamp, LCSW, will lead a discussion on court testimony, licensure complaints, angry clients and other difficulties.

Veltkamp is a director of the Child and Adolescent Forensic Clinic in the University of Kentucky's Department of Psychiatry. His interests include child abuse, mediation and child custody.

There is no charge to attend the meeting other than cost of meals.

Attendees will receive one social work continuing education unit credit.

Because of space limitations, RSVPs are encouraged. Send an e-mail to kscsw1@yahoo.com or call (859) 276-5285 and give your name, phone number and the number of people attending.

This is the group's last meeting of the year.

Learn more about the Kentucky Society for Clinical Social Work online at <http://home.insightbb.com/~kscsw/>.

Adoption Blue Ribbon Panel Meeting Set

The next meeting of the Kentucky Cabinet for Health and Family Services' blue ribbon panel is later this month.

The meeting will be from 1:30 to 3:30 p.m. in room 169 of the Capitol Annex on Thursday, Nov. 16, and is open to the public.

This will be the panel's third meeting.

Thursday's agenda will include presentations by parent advocates, guardians ad litem and Foster Care Review Board members.

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The 12-member group's goal is to review the process and current practices that lead to the termination of parental rights and adoption of children in the state's child welfare system and to identify opportunities for improvement.

Cabinet Secretary Mark D. Birdwhistell is the group's chairman.

2007 Holidays for State Personnel

The following is a list of holidays for state employees for the year 2007.

Martin Luther King Jr.'s Birthday: Monday, Jan. 15

Good Friday, one-half day: Friday, April 6

Memorial Day: Monday, May 28

Independence Day: Wednesday, July 4

Labor Day: Monday, Sept. 3

Veterans Day: Monday, Nov. 12

Thanksgiving: Thursday and Friday, Nov. 22 and 23

Christmas: Monday and Tuesday, Dec. 24 and 25

New Year's Day: Monday and Tuesday, Dec. 31 and Jan. 1, 2008

Living Well

Get F.I.T.

By Kris Hayslett, Worksite Wellness Coordinator

Many people today are talking about getting fit. As I wrote last week, there is not one prescription that will work for everyone. However, if we break the word fit down into an acronym, we may have a better idea of how to become fit.

F – Frequency – Three to five days per week

I – Intensity – 50-85 percent of your maximum heart rate

*40-50 percent of maximum heart rate for unconditioned people

T – Time – 20-60 minutes of continuous or intermittent cardiovascular activity

The FIT Principle is somewhat easy to follow but the key to any workout is determining which type of workout to do, at what intensity and for how long.

The type of exercise is often called “the mode” by fitness professionals. When thinking of the mode, be sure that it is something that you like to do or something that you might like to try. Also, be sure the activity is something you can do given your current physical condition. Remember to be realistic in choosing your activity.

Intensity or effort will determine the amount of time you exercise as well as how frequently you exercise. Lower intensity activities like brisk walking can be done everyday and for long periods of time. However, higher intensity exercises like running are usually limited to a shorter duration and are done less often due

to the increased impact and absorption of force at about two to three times your body weight with each foot strike.

When looking at the FIT principle model, the intensity ranges in percentages. The guideline to follow is to start with a lower intensity percentage and gradually increase the percentage as you become more fit. Calculate your target heart rate to make sure you are exercising in your target heart rate zone.

- First, determine your resting heart rate. In a rested state, take your pulse for one minute counting the number of heart beats you feel by placing your pointer and index finger either on the side of the neck or on the wrist. Do not use the thumb because it also transmits a pulse and may alter your reading. Do not place both hands on your neck at the same time. This can alter blood flow and cause you to faint.
- Normal resting heart rates should be between 60 and 100 beats per minute.
- Use the formula below to calculate where your heart rate should be during exercise.

220
-age
Maximum heart rate
-resting heart rate

Multiply the answer by .5 (for 50% of your target rate) and .85 (for 85% of your target rate)

Add your resting heart rate to both answers.

Example: A 20 year old with resting heart rate of 80 beats per minute.

220
-20
200

200
-80 (resting heart rate)
120

$120 \times .5 = 60$

$120 \times .85 = 102$

$60 + 80$ (resting heart rate) = 140 beats per minute at 50% max heart rate

$102 + 80$ (resting heart rate) = 182 beats per minute at 85% max heart rate

Time is often an issue when it comes to exercise. Nonetheless, there are many things that people can do to increase their activity and log in some exercise time. The guideline is for 20 to 60 minutes of continuous or intermittent exercise. Notice the second part of that recommendation says intermittent exercise. A 30 to

60 minute session can be broken up into smaller segments of 10-15 minutes sessions twice a day. The shorter sessions broken up may make exercise seem more like an attainable task and therefore easier to do more often. Here are some other tips to becoming more active:

- Park further from the building and walk briskly to the building
- Use the stairwells in place of the elevators and escalators
- Walk during your lunch hour behind the CHR building or after work with a friend or co-worker

*If conditions are too cold or rainy, head to the basement and walk four laps which is equivalent to one mile.

Tech Tips

Keyboard Shortcuts

Have you ever seen a co-worker use a few strokes on the keyboard to accomplish a task that usually takes you several clicks of the mouse to do? Familiarize yourself with some of these keyboard shortcuts to save time while working.

Here are some of the most useful keyboard shortcuts:

Copy. CTRL+C

Cut. CTRL+X

Paste. CTRL+V

Undo. CTRL+Z

Delete. DELETE

Select all. CTRL+A

Highlight a block of text. CTRL+SHIFT with any of the arrow keys

Select more than one item in a window or on the desktop, or select text within a document.

SHIFT with any of the arrow keys

Switch between open items. ALT+TAB

Display the Address bar list in My Computer or Windows Explorer. F4

Display the shortcut menu for the selected item. SHIFT+F10

Display the System menu for the active window. ALT+SPACEBAR

Display the Start menu. CTRL+ESC

Display the corresponding menu. ALT+Underlined letter in a menu name

Refresh the active window. F5

Cancel the current task. ESC

SHIFT when you insert a CD into the CD-ROM drive Prevent the CD from automatically playing.

CHFS Focus Health Tip of the Week

Recognize Family Caregivers

Submitted by Anne Parr, R.N.

Family caregiving is the act of assisting someone you care about who is chronically ill or disabled and unable to care for him or herself. There is nothing simple about family caregiving.

More than 50 million people, provide care for a chronically ill, disabled or aged family members or friends during any given year. Caregiving is no longer predominantly a women's issue. Men now make up 44 percent of the caregiving population.

If you know someone who cares for family or friends, recognize them for their hard work and dedication during November, National Family Caregivers Month.

Employee Enrichment

By Anya Armes Weber

Employee Enrichment is a weekly feature for CHFS staff. These tips for making work better focus on team building, customer service and personal development.

With the winter holidays approaching, many employees will be taking leave from work. Sometimes preparing for a vacation makes work even more frantic and can negate the relaxing vibe a vacation is supposed to provide. These ideas from Careerjournal.com writer Marshall Loeb may help ease the worry of leaving the office and let you enjoy your time off.

Tell people you will be away. Of course your boss and immediate co-workers should know, but you should also tell other staff and appropriate clients. Cover your bases so no one will be counting on you to complete a project or attend a meeting while you are out.

Designate a contact person. Tell people who they can call for help. Make sure the message on your outgoing phone message announces the duration of your leave and gives a name and contact numbers to call for assistance. Set up an automatic reply on your electronic mailbox, too. Be sure to hand off any necessary information to your contact person.

Prioritize your work assignments. It can be hard to concentrate on work when vacation time has arrived. Dig into the most pressing tasks well before you leave the office so you aren't cramming work in on your last day and you don't have to worry about these items while you are away.

Stay in touch. If it's feasible and won't ruin your vacation, check your e-mail and phone messages and pass along any important information

CHFS Services Café Menu Nov. 13-17

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Monday

Rich & Savory Chicken Alfredo Bake

The Lighter Side

Apricot & Rosemary Glazed Pork Loin-NEW ITEM!

Tuesday

Southern Fried Chicken Breast w/ Gravy

The Lighter Side

Chargrilled Veggie Enchilada

Wednesday

Spicy Sausage & Shrimp Jambalaya

The Lighter Side

Orange & Ginger Glazed Chicken Curry-NEW ITEM!

Thursday

Slow-Smoked Pork Roast-NEW ITEM!

The Lighter Side

Zesty Lemon & Herb Oven Roasted Cornish Hen Half-NEW ITEM!

Friday

Clam Basket w/ Fries-\$4.25 or

Clams Ala Carte for \$3.95