



TEXAS  
Nursing

2022 UTMRC

Quarterly Newsletter

Summer Edition

medical  
reserve  
corps



## 5 STEPS TO RESPOND TO AN OPIOID OVERDOSE

STEP 1		<b>SHOUT &amp; SHAKE</b> their name their shoulders
STEP 2		<b>CALL 9-1-1</b> If unresponsive.
STEP 3		<b>GIVE NALOXONE:</b> 1 spray into nostril or inject 1 vial or ampoule into arm or leg.
STEP 4		<b>PERFORM RESCUE BREATHING AND/OR CHEST COMPRESSIONS.</b>
STEP 5		<b>IS IT WORKING?</b> If <b>no</b> improvement after 2-3 minutes, repeat steps 3 & 4. <b>Stay with them.</b>

**RECOVERY POSITION** If the person begins breathing on their own, or if you have to leave them alone, put them in the recovery position.

head should be tilted back slightly to open airway  
hand supports head  
knee stops body from rolling onto stomach

### SIGNS OF OPIOID OVERDOSE

- Person can't be woken up
- Breathing is slow or has stopped
- Snoring or gurgling sounds
- Fingernails and lips turn blue or purple
- Pupils are tiny or eyes are rolled back
- Body is limp

ontario.ca/OpioidOverdose

## Welcome to the Summer Newsletter!

With Summer here and abundant outdoor activities in full swing, it's always helpful for personal readiness and emergency preparedness to be a part of our lives if the need arises. We focus on three areas in this edition, including opioid overdose, stopping the bleed and upcoming training for psychological first aid response. **Enjoy and have a safe and productive Summer!**



## What if....???

- *A visitor on the UT campus suddenly collapses for no apparent reason - they may need CPR*
- *You are walking back home from a night out and hear someone shouting for help - the person shouting thinks their friend may have overdosed on oxycodone*
- *The scaffolding at a construction site topples over and causes a worker to fall two stories to the ground - one of the worker's legs is bleeding heavily*
- *A friend of yours is extremely distressed and struggling to cope with a recent loss – you suspect they may hurt themselves*

**These situations are not uncommon.**

**How would you respond???**

**UTMRC can help!**

## Additional Naloxone Access Point Now Available

The Perry-Castañeda Library is a distribution hub and emergency access point.

Provides naloxone to take home (in case you need it later).

Provides naloxone for an emergency (you need it NOW).

Available to all current UT students, faculty and staff at the security guard desk while supplies last.

**Naloxone** is also available at Walgreens and CVS Pharmacies

**Visit our website!**

<https://sites.utexas.edu/utmrc/>

**Connect with Us!**

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## Events and Outreach

**Congratulations to our Faculty for the following awards that allow us to offer critical training and emergency preparedness for the UT community:**

**RISE Award- Respond, Innovate, Sustain, and Equip**

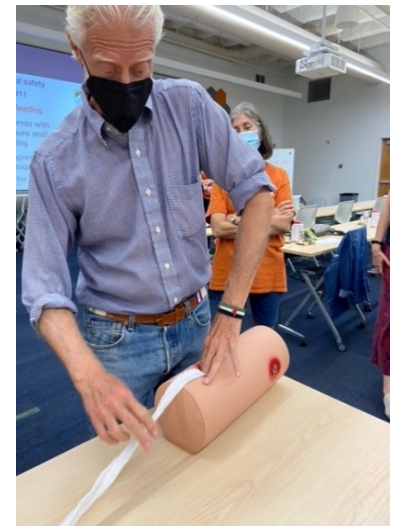


**NACCHO Award- Operational Readiness**



**May 2022 training for Stop the Bleed and Psychological First Aid** was made possible by the **NACCHO Operational Readiness Award**, one of the multiple grants the UTMRC faculty has been awarded this year for outstanding service during the COVID-19 pandemic.

Thank you to everyone who participated. The training was invaluable, and the feedback was extremely positive.



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## Tips for self-care:

### Focus on Breathing:

Often anxiety can sneak up on us when it's least expected. With times as they are, if you start feeling worried or anxious when thinking about the future, a very simple and effective tool is *mindful breathing*. Mindfulness meditation involves focusing on your *breathing* and bringing your attention to the present without allowing your mind to drift off to the past or future. Choose a calming focus as a sound ("om") or calming word ("peace") or phrase ("breath in calm/ breath out tension") to repeat silently as you inhale or exhale. Let go and relax. When you notice your mind drifting, take a deep breath and gently return your attention to the present.



From [verywellmind.com](https://www.verywellmind.com)



## Spotlight on Volunteers

**Pam Ballard**

(Pam with UTMRC members)



I spent my nursing career as an operating room nurse after graduating from the University of Texas School of Nursing at Austin. I worked at the only trauma hospital in Austin at the time, Brackenridge. I was in charge of Cardiovascular Surgery. We also went through another pandemic during that time, AIDS. It was a frightening time to be working with blood every day. Facts about transmission came slowly, and there was no remedy.

In part because of surgeon's and patient's concern about blood bank blood, I went to work for my husband's perfusion company. I was the first nurse to perform autotransfusion in Austin, and eventually started covering operating rooms at all the hospitals.

After retirement, it became obvious that Covid would become a global pandemic and make its way to Austin.

I received my first vaccine early at the UT Health Discovery Building. I was so impressed with the program that I knew immediately that I wanted to volunteer with UTSON/UTMRC.

[For the full article, click here!](#)

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