

Engaging the CB Disaster Team: Implementation of Plan Puerto Rico 2022

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The Problem

Natural disasters, which include all types of severe weather, have the potential to cause significant damage to human health. On average, there are ~100 natural disasters in the US each year. They frequently strike in places like Puerto Rico, affecting the health and safety of those with diabetes. Glycemic control oftentimes deteriorates after a disaster due to increased stress, lack of access to healthcare, medication, healthy food and clean water.



Objective

The Virginia CB wanted to provide supplies, resources and support to the Sugar Free Kids Foundation and “Yo Soy Tipo 1” support group in Puerto Rico after Hurricane Fiona

Methods

As a CB we reached out to multiple contacts to identify where the need was in Puerto Rico. The VA Caribbean Healthcare System (VACHS) led us to the Sugar Free Kids Foundation. We were able to identify the needs of the foundation. Based on the electrical outage they had the greatest need for insulin cooling bags, glucometers and test strips as well as insulin. We then were able to coordinate through our state CB with the Diabetes Disaster Relief Coalition (DDRC), Insulin for Life USA and Frio to get supplies and resources sent.



We were able to get the needed supplies to the Sugar-Free Kids Foundation. The foundation then was able to impact 250-300 families who have a child with Type 1 Diabetes (and/or adults).



Through their support group “Yo Soy Tipo 1” (I'm Type 1) they impact about 640 adults with type 1. Through these groups they advocate, educate, empower and assist in the event of an immediate emergency.



Conclusions

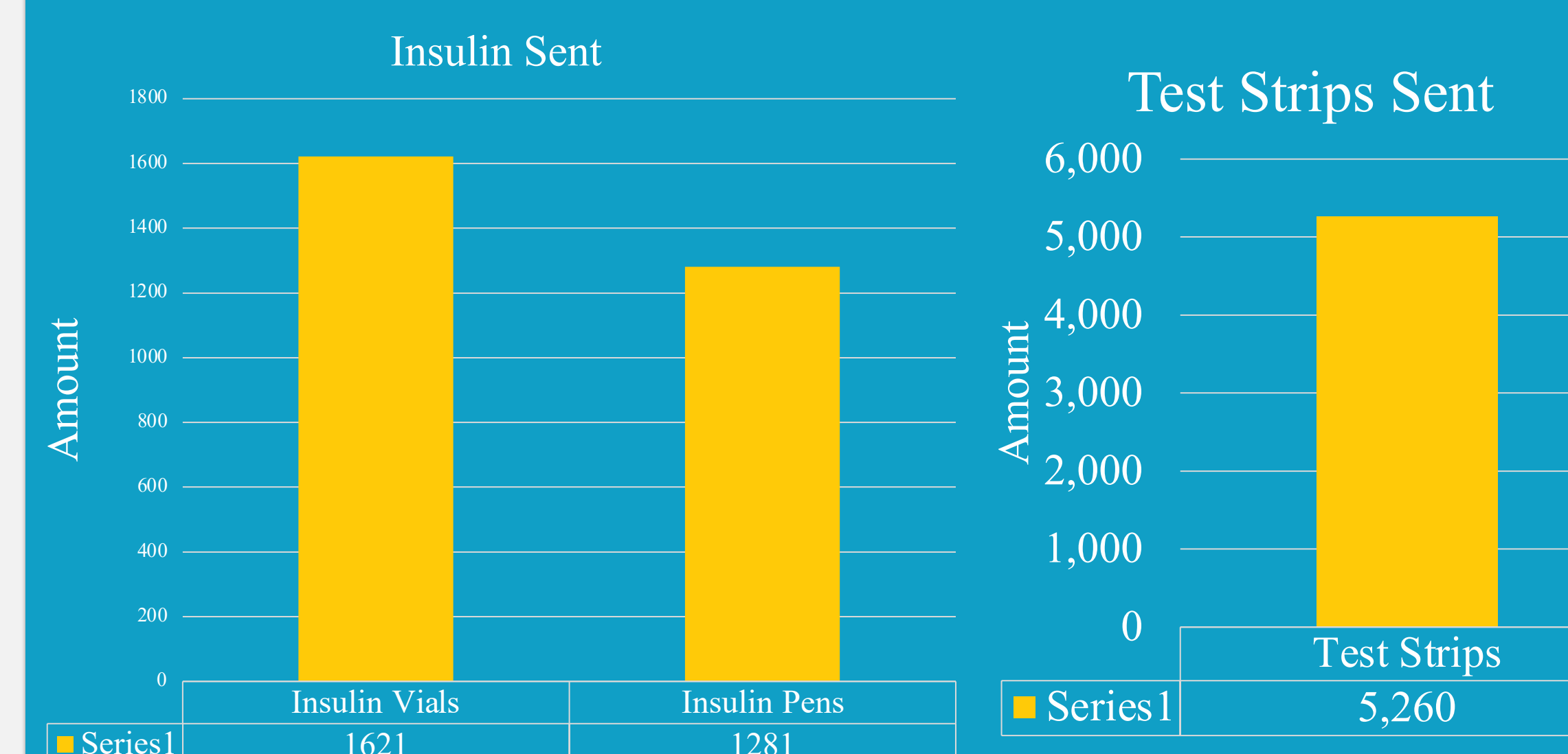
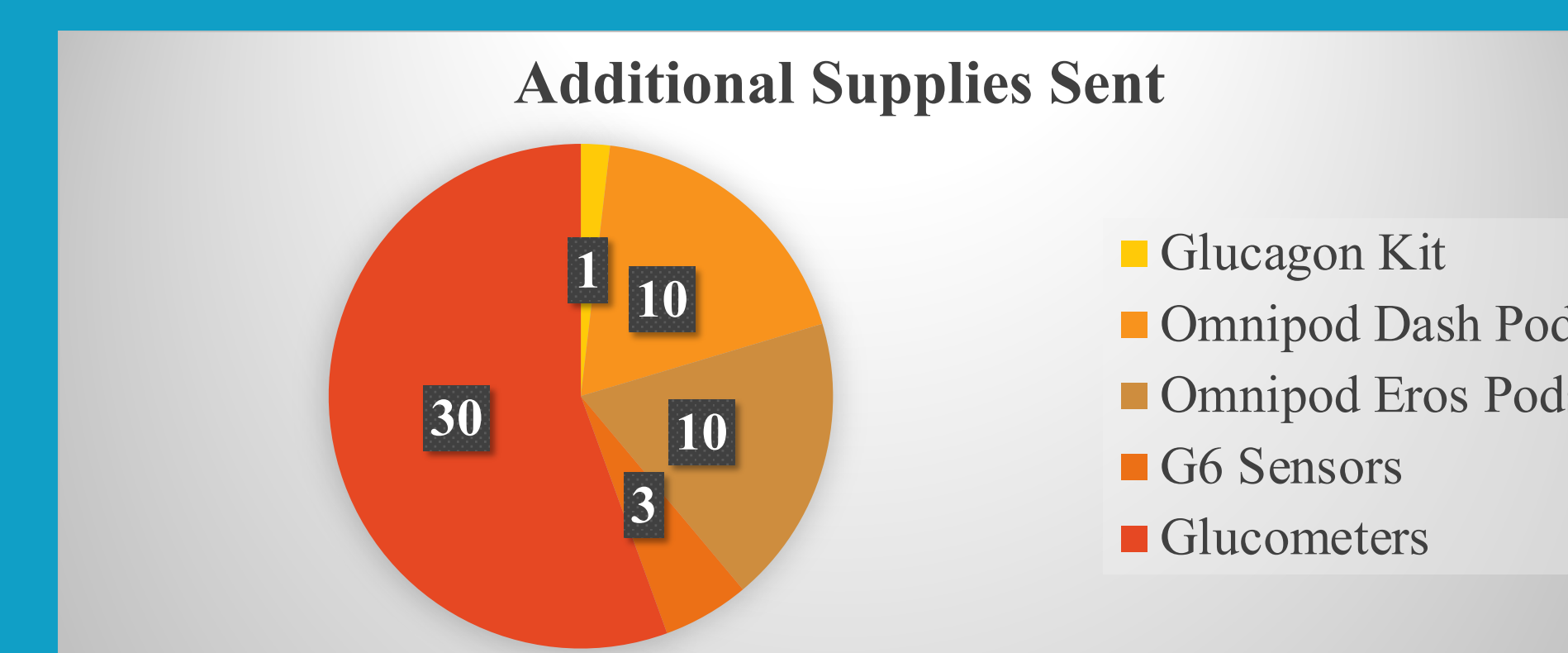
- 1) Your state CB CAN make an impact
- 2) Consider setting up an emergency fund in your finances to be able to help in situations like these
- 3) Having a Disaster Preparedness community amongst all states will allow us to have a bigger reach with a greater impact

***Planning is key to preventing catastrophes after a disaster!**

“Seeing a mother's face of disbelief at being able to meet the need for insulin, pen needles, strips, glucose tablets for her little girl simply left us speechless and all thanks to you.”



How large was the impact?



Preparing for a Disaster

- All persons with diabetes (PWD) should have a diabetes emergency kit which includes:
 - An easy-to-carry bag or waterproof container
 - Extra insulin, syringes, pump supplies, glucose tablets, glucometer or CGM supplies, reusable cold pack, sharps container (that can hold 1-2 weeks of sharps)
 - Documentation: type of diabetes, current medication list with dosages, copy of insurance, allergies, doctors' name, etc.
 - Additional supplies: water, non-perishable food (for at least 2 days), first aid kit, cash & telephone (charger)



Acknowledgments

