Shakeout Your CMS Emergency Preparedness Exercise Requirements

#ShakeoutCMS

August 28, 2019
How to Ask Question on GoTo Webinar

WELCOME!

GoTo Webinar Logistics
Click on the “+” sign to expand panels

Control Panel features
“Grab tab”: click on the arrows to open/close control panel throughout the presentation.

How to ask a question
Type a question for presenters into the text box at the bottom of the question pane and hit “SEND”

Also Tweet Questions to @ShakeOut and @EngagePrepRecov using the #ShakeoutCMS hashtag
Get Ready to ShakeOut!

Mark Benthien
Director for Communication, Education, and Outreach
Southern California Earthquake Center

SC/EC
AN NSF+USGS CENTER

Earthquake Country Alliance
We’re all in this together.
Great ShakeOut Earthquake Drills

- Schools, organizations, and families practice earthquake safety and other aspects of their emergency plans
- All participants "Drop, Cover, and Hold On" as a one-minute drill; many do much more
- 2008: First ShakeOut (Southern California)
- 2018: 62+ million people worldwide
- 2019 International ShakeOut Day: October 17
- Learn more and register: ShakeOut.org
Earthquakes Across America
Why *Drop, Cover, and Hold On*?

- Get down before being thrown to the ground
- Provides protection from falling or flying items... including structural elements
- Exterior of buildings (brick, glass, etc.) often fall, even when no collapse
- More chance of surviving collapse

EarthquakeCountry.org/step5
Know How to Protect Yourself

In *most* situations and building types:

- **DROP!**
- **COVER!**
- **HOLD ON!**

**Drop** on to your hands and knees, where you are.

See [EarthquakeCountry.org/step5](http://EarthquakeCountry.org/step5) for advice for a variety of settings.
Know How to Protect Yourself

In *most* situations and building types:

**DROP!**

**COVER!**

**HOLD ON!**

**Cover** your head and neck with one arm and hand.

- *If a sturdy table or desk is nearby,* crawl underneath it for shelter
- *If no table/desk,* crawl against a wall or next to low furniture for sideways protection

See [EarthquakeCountry.org/step5](http://EarthquakeCountry.org/step5) for advice for a variety of settings
Know How to Protect Yourself

In *most* situations and building types:

**DROP!**

**COVER!**

**HOLD ON!**

Hold On to your shelter until shaking stops

- Be ready to move with your shelter
- *If not under a shelter*, hold on to your head/neck with both arms and hands

See [EarthquakeCountry.org/step5](http://EarthquakeCountry.org/step5) for advice for a variety of settings
• If you can’t get back up, don’t get down
  - Bend over and cover your head and neck with your arms/hands

• Instruct others how to assist you

• Practice is key

• EarthquakeCountry.org/disability
Earthquake Safety Video Series

- Separate short videos:
  - indoors, nearby table/desk
  - indoors, no table/desk
  - theater/stadium
  - near the shore
  - in a car
  - in bed
  - people with mobility disabilities

- View at Youtube.com/greatshakeout

- Download at www.ShakeOut.org/messaging
Protect Yourself During Earthquakes

1. Stay inside. If you are inside a building, stay indoors and take cover in a small room like a bathroom. Do not use elevators.

2. Get under a table. If you are at a desk or table when the earthquake occurs, get under the table and hold on. If there is no table, get under a sturdy desk or table and hold on.

3. Cover your head and neck. If you are in bed, get to the low corner of the room and cover your head and neck. If you are in a vehicle, pull off the road and come to a stop in a clear area.

4. Cover your face and mouth. If you are in a vehicle, cover your face and mouth with a handkerchief or cloth. If you are in a building, cover your face and mouth with your hands.

5. Stay away from items that could fall. If you are in a building, stay away from windows, mirrors, and heavy furniture.

6. Stay calm. Earthquakes can be scary, but staying calm can help you stay safe.

7. After the earthquake, check for injuries. If you are injured, seek medical attention immediately.

8. Do not use elevators or fire lifts. Elevators and fire lifts can become stuck and may not be able to move down.

9. Do not leave your home until the shaking stops. Once the shaking stops, you can start to look for damage.

Do you know what to do, wherever you are, when the earth begins to shake?
ShakeOut Goals

Increase resilience at all levels!

Shift the culture about earthquakes and preparedness

Encourage people worldwide to practice earthquake safety
Everyone Can ShakeOut
State, Regional, and National Customized Websites

ShakeOut websites are now online in English, Spanish, French, Italian, and Japanese.
By Registering, You Will:

- Be **counted** in the world’s largest earthquake drill
- Be **updated** with news and safety tips
- Be **listed** with other participants (optional)
- Be an **example** that motivates others
- Have **peace of mind** that you have taken action and helped others
- Be **better prepared** to survive and recover!

**NOTE:** Registering does not complete the CMS requirements... you need to also do an exercise!
## Example Statistics and Participant List

### 2014 participation by ShakeOut Region

<table>
<thead>
<tr>
<th>Region</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>All Regions</strong></td>
<td>2,761,667</td>
</tr>
<tr>
<td>Alaska (Mar. 27)</td>
<td>103,931</td>
</tr>
<tr>
<td>Alaska (Oct. 16)</td>
<td>80,536</td>
</tr>
<tr>
<td>American Samoa</td>
<td>5,102</td>
</tr>
<tr>
<td>Arizona</td>
<td>123,595</td>
</tr>
<tr>
<td>British Columbia</td>
<td>743,126</td>
</tr>
<tr>
<td>California</td>
<td>10,410,401</td>
</tr>
<tr>
<td>Central U.S.</td>
<td>2,761,667</td>
</tr>
<tr>
<td>[AL AR IL IN KS KY MO MS OH OK IN]</td>
<td></td>
</tr>
<tr>
<td>CNMI</td>
<td>12,508</td>
</tr>
<tr>
<td>Colorado</td>
<td>35,971</td>
</tr>
<tr>
<td>Guam</td>
<td>76,281</td>
</tr>
<tr>
<td>Hawaii</td>
<td>30,007</td>
</tr>
<tr>
<td>Idaho</td>
<td>75,220</td>
</tr>
<tr>
<td>Japan</td>
<td>4,453,244</td>
</tr>
<tr>
<td>Montana</td>
<td>157,189</td>
</tr>
<tr>
<td>Nevada</td>
<td>571,494</td>
</tr>
<tr>
<td>New Mexico</td>
<td>106,838</td>
</tr>
<tr>
<td>NorthEast U.S.</td>
<td>508,590</td>
</tr>
<tr>
<td>[CT MA ME NH NJ NY PA RI VT]</td>
<td></td>
</tr>
<tr>
<td>Oregon</td>
<td>398,815</td>
</tr>
<tr>
<td>Puerto Rico</td>
<td>595,954</td>
</tr>
<tr>
<td>Quebec</td>
<td>152,608</td>
</tr>
<tr>
<td>SouthEast U.S.</td>
<td>2,192,111</td>
</tr>
<tr>
<td>[DC DE FL GA MD NC SC VA WV]</td>
<td></td>
</tr>
<tr>
<td>Southern Italy</td>
<td>12,285</td>
</tr>
<tr>
<td>U.S. Virgin Islands</td>
<td>7,249</td>
</tr>
<tr>
<td>Utah</td>
<td>835,729</td>
</tr>
<tr>
<td>Washington State</td>
<td>1,069,820</td>
</tr>
<tr>
<td>Wyoming</td>
<td>10,698</td>
</tr>
<tr>
<td>Yukon</td>
<td>9,770</td>
</tr>
<tr>
<td><strong>Other States and Countries</strong></td>
<td>1,105,606</td>
</tr>
</tbody>
</table>

### Catagory

<table>
<thead>
<tr>
<th>California</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individuals/Families</td>
<td>11,941</td>
</tr>
<tr>
<td>Childcare and Pre-Schools</td>
<td>50,111</td>
</tr>
<tr>
<td>K-12 Schools and Districts</td>
<td>6,366,514</td>
</tr>
<tr>
<td>Colleges and Universities</td>
<td>1,954,438</td>
</tr>
<tr>
<td>Local Government</td>
<td>461,805</td>
</tr>
<tr>
<td>State Government</td>
<td>149,993</td>
</tr>
<tr>
<td>Federal Government (Including Military)</td>
<td>221,009</td>
</tr>
<tr>
<td>Tribes/Rancherias</td>
<td>3,402</td>
</tr>
<tr>
<td>Businesses</td>
<td>2,331</td>
</tr>
<tr>
<td>Hotels and Other Lodging</td>
<td>185,402</td>
</tr>
<tr>
<td>Healthcare</td>
<td>17,445</td>
</tr>
<tr>
<td>Senior Facilities/Communities</td>
<td>9,727</td>
</tr>
<tr>
<td>Disability/AFN Organizations</td>
<td>82,167</td>
</tr>
<tr>
<td>Non-Profit Organizations</td>
<td>30,737</td>
</tr>
<tr>
<td>Neighborhood Groups</td>
<td>13,498</td>
</tr>
<tr>
<td>Preparedness Organizations</td>
<td>166,366</td>
</tr>
<tr>
<td>Faith-based Organizations</td>
<td>8,407</td>
</tr>
<tr>
<td>Museums, Libraries, Parks, etc.</td>
<td>258</td>
</tr>
<tr>
<td>Volunteer/Service Clubs</td>
<td>1,993</td>
</tr>
<tr>
<td>Youth Organizations</td>
<td>273</td>
</tr>
<tr>
<td>Animal Shelter/Service Providers</td>
<td>1,340</td>
</tr>
<tr>
<td>Agriculture/Livestock</td>
<td>931</td>
</tr>
<tr>
<td>Volunteer Radio Groups</td>
<td>5,096</td>
</tr>
<tr>
<td>Science/Engineering Organizations</td>
<td>13,671</td>
</tr>
<tr>
<td>Media Organizations</td>
<td>24,598</td>
</tr>
<tr>
<td>Other</td>
<td></td>
</tr>
</tbody>
</table>

### Businesses

- **Del Norte**
  - Mary Dorman - State Farm Agent, Crescent City
    - Walmart 1910, Crescent City
- **El Dorado**
  - AAA Northern California, Nevada and Utah, Folsom Branch, Folsom
- **Fresno**
  - ADT Security Services, LLC, Fresno SSO, Fresno
  - DaVita Healthcare
  - DaVita Sanger, Sanger
  - F & F Contracting, Inc / Exte Trucking/Golden Eagle Charter, Inc, Fresno
  - F&F Supply
  - HD Supply White Cap, Fresno Branch, Fresno
  - Humanscale, Fresno facility, Fresno
  - Kohl's Department Stores
    - Kohl's Department Store, Fresno
    - Kohl's Department Store, Fresno
    - Kohl's Department Store, Clovis
- **Humboldt**
  - Cafe Nooner, Cafe Nooner Too, Eureka
  - Cal-Ore Life Flight, Humboldt Base, Eureka
  - GHD, Inc., Eureka
  - Kohl's Department Stores
    - Kohl's Department Store, Eureka
  - Pacific Gas and Electric Company
  - Pacific Gas and Electric Company, ISFSI & Humboldt Bay Generators
  - PMFW Productions, Eureka
  - Stewart Telecommunications, Eureka
- **Imperial**
  - Kohl's Department Stores
    - Kohl's Department Store, El Centro
- **Kern**
  - United States Gypsum, Plaster City Plant, El Centro
  - AEG
    - Rabobank Arena, Theater & Convention Center, Bakersfield
  - Allstate, Sales, Ridgecrest
  - DaVita Healthcare
    - Davita-Bakersfield Dialysis Center, Bakersfield
    - Environmental Resources Management
    - Environmental Resources Management Bakersfield, Bakersfield
  - ERM-Bakersfield, Bakersfield
  - Golden Empire Transit, Bakersfield
  - FedEx Ground, Bakersfield
  - HD Supply White Cap, Bakersfield Branch
ShakeOut.org/messaging

- Social media messaging #ShakeOut
- News release templates
- Downloadable earthquake safety videos
- Animated GIFs and more!
- ShakeOut Manual for Healthcare Organizations
- CMS Requirements FAQ
- Other resources for planning and promoting your drill/exercise
Connect with ShakeOut

- info@shakeout.org
- Twitter.com/shakeout (#ShakeOut)
- Facebook.com/greatshakeout
- 213-740-3262
- benthien@usc.edu  @markbenthien
Shakeout Your CMS Emergency Preparedness Exercise Requirements

Nora O’Brien, MPA, CEM
Chief Executive Officer
Connect Consulting Services

#ShakeoutCMS
CMS Emergency Preparedness
Exercise Clarifications

• What **DOES NOT** count towards your exercise requirement:
  • Registering for this webinar
  • Registering for the Great Shakeout Earthquake Drill

• What **DOES** count towards your exercise requirement:
  • Complete the drill or exercise and
  • Complete the after action report (AAR)
CMS Emergency Preparedness Core Requirements

1. Develop Emergency Plans Based on a Risk Assessment
2. Develop Policies and Procedures
3. Create Communications Plan
4. Conduct Training and Plan Testing
CMS EP Rule Updates Since 2017

- **June 2017**: CMS releases the Emergency Preparedness Interpretative Guidance to clarify “Full Scale Exercise” requirements.
- **Sept 2017**: CMS Releases Surveyor Training Available for Providers.
- **Nov 2017**: All CMS providers and suppliers needed to meet all the 4 core requirements.
- **Feb 2019**: CMS providers must now add an Infectious Disease response plan to their emergency operations plans.
- **Sept 2018**: CMS asked for public comment on proposed EP rule changes to relating to the exercise requirements.
CMS Training and Plan Testing Requirements

CMS says you must conduct and document annual training and test plans with two (2) exercises annually (365 days)

- **Training:** Conduct and document initial and annual training on your emergency preparedness policies and procedures to all staff, participants, volunteers, and contractors

- **Exercises:** Must conduct and document two (2) exercises annually (365)
  - One must be a community-based CMS Defined Full-Scale Exercise
  - The other exercise can be a second Full-Scale or Tabletop Exercise
What Does CMS Mean by Community Based Exercise?

CMS has not defined what “community” is however, “the goal of the provision is to ensure that healthcare providers collaborate with other entities within a community to promote an integrated response.”
Had Emergency Plan Activations?

- Organizations who have had a disaster plan activation ARE EXCUSED from the community based full scale exercise requirement for 12 months after the activation.

- As of the March 2019 CMS Appendix Z release, if you have 2 activations in a year, it can count towards both exercise requirements if documented.
Conduct a **Shakeout Tabletop Discussion Based Exercise** to test issues such as:

- Post-earthquake patient movement
- Evacuation
- Emergency operations plan activation
- Communication systems
- Business continuity plan activation
- Triage protocols
- Incident command system roles
Shake it up & add a Functional Exercise Element to Your Shakeout Tabletop Discussion Based Exercise
CMS Definition of a “FULL SCALE EXERCISE”

The term full-scale exercise may vary by sector, facilities are not required to conduct a full-scale exercise as defined by FEMA or DHS Homeland Security Exercise and Evaluation Program (HSEEP)

CMS defines a Full-scale exercise:

• Any operations-based exercise (drill, functional, or full-scale exercise) that assesses a facility’s functional capabilities by simulating a response to an emergency that would impact the facility’s operations and their community
How Can Your Shakeout Exercise Participation Count Towards your CMS Full-Scale Exercise Req?

- Coordinate your ShakeOut Exercise with others in your community
- Physically evacuate your facility
- Activate your Emergency Plan and Incident Command Team at your facility
- Communicate with the other facilities about the possibility of moving clients/patients/residents to other facilities or accepting patients/residents in your facility
- Evaluate your exercise based on your exercise objectives
- Document your exercise and what was noted as improvement items. i.e. After-Action Report (AAR)
- Implement your Improvement Plan (IP)
ShakeOut With Your Healthcare Coalitions

• **Emergency Preparedness Healthcare Coalitions** are great sources to help you meet the “community” exercise requirement

• Health care coalitions (HCCs) are groups of individual healthcare and response organizations – such as hospitals, EMS providers, emergency management organizations, public health agencies, and more – working in a defined geographic location to prepare for and respond to disasters and emergencies

• They often host annual trainings and exercises
Poll #2- CMS EP Survey

• Have you had your CMS EP Survey Yet?
  A. Yes
  B. If so, please share with us how it went
  D. Not surveyed yet
Also Tweet Questions to @ShakeOut and @EngagePrepRecov using the #ShakeoutCMS hashtag
About Us

Connect Consulting Services is a woman-owned national emergency management and business continuity consulting planning firm based in Sacramento, CA with 20+ years of experience to:

• Make your emergency program CMS compliant AND
• Makes your organization more disaster resilient when disaster strikes

Want to a copy of today’s webinar recording? Email us at Connect@ConnectConsulting.biz and we will send you a link to the recorded webinar.
Want More Information and Webinars from us?

• Want to know more about passing your next CMS EP Survey? Book a call with us here to learn more about our CCS CMS Compliance support options

• Want to learn your CMS EP Compliance Gaps? Take our self-assessment!

• Register now for our next free webinar September 24 10amPST/1pmEST
  • CMS Emergency Preparedness Policies and Procedures: Food Planning, Evacuation, and Alternate Power- Co-hosted with Meals for All

• Join our monthly newsletter
CMS Emergency Preparedness Compliance Coaching Program

- A comprehensive Do It Yourself CMS Compliance Planning Toolkit with all required P & Ps
- On-Demand Webinar training modules
- Monthly Live Group Coaching Calls with our experts
- Guarantee you will pass your CMS Emergency Preparedness Survey
- Want a compliance easy button? That’s Connect Consulting Services!
Thank you!

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Linkedin: Nora O’Brien

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Linkedin: Connect Consulting  
Facebook: @ConnectConsultingServices  
Instagram: @connectconsultingservices

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