

Central New York Regional Medical Reserve Corps Core Competency Matrix

Specific Competency	Knowledge	Skill	Attitude	Training/Tools	Assessment
Describe the procedures and steps necessary for the MRC member to protect the health, safety, and overall well-being of themselves, their families, the team, and the community	<ul style="list-style-type: none"> Identify the key components of a personal and family preparedness plan Identify and recognize the potential barriers to executing the plans and identify contingencies Identify key components of a variety of preparedness kits (i.e., home kit, work kit, Go-Kit) Identify key components to keeping one's self, family, team, and community safe from environmental and incident hazards and risks 	<ul style="list-style-type: none"> Prepare a personal and family preparedness plan Review plan with family, neighbors, and friends Set up occasions to implement the drill and measure its efficacy or need for revision Utilize recognized methods of protection (i.e., hand washing hygiene, cough etiquette, masks, and other personal protective measures) 	<ul style="list-style-type: none"> Embrace and promote the value of personal, family, and work life preparedness 	<ul style="list-style-type: none"> FEMA Independent Study Program: <i>IS-22 Are You Ready? An In-depth Guide to Citizen Preparedness</i> www.mrc.train.org (Course 1014732) OR UAlbany Center for Public Health Preparedness: <i>Personal Preparedness</i> www.ualbanycphp.org/learning/registration/tab.cfm?course=pep&s=Overview OR Kentucky DOH: <i>Family Disaster Planning</i> www.mrc.train.org (Course 1009110) Note: This course is listed as a prerequisite for <i>Risk Communication</i> (Course 1009111) OR American Red Cross Citizen Preparedness In-class Training Standard Precautions and Respiratory Hygiene www.nursing.umn.edu/MERET/MERET_Courses/standardprecautions_module.html N-95 Respirator Fit Testing 	<ul style="list-style-type: none"> Document that the MRC member has a personal and family preparedness plan in place (Yes or No) Possess a disaster kit (Yes or No) Document participation in respiratory hygiene course Document physician approval for fit test/Fit tested for N-95 respirator

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<p>Describe the impact of an event on the mental health of the MRC member, their family, team, and others</p>	<ul style="list-style-type: none"> Identify the range of anticipated stress reactions experienced by disaster survivors, MRC members, responders, and others in the early aftermath of disaster Identify when, how, and where to refer disaster survivors, MRC team members, and others for additional mental health support and care Identify the basic elements of Psychological First Aid and the key ways to provide emotional care and comfort to all present in the early aftermath of disaster 	<ul style="list-style-type: none"> Provide psychological first aid to disaster survivors, MRC members, and others 	<ul style="list-style-type: none"> Acknowledge that disasters and other public health emergencies are stressful events Acknowledge that MRC members are in a unique role to provide emotional care and comfort to disaster survivors, MRC team members, and others Embrace the concept that providing emotional care and comfort in the early aftermath of disaster may mitigate short and long-term psychological consequences in disaster survivors, MRC members, and others 	<ul style="list-style-type: none"> Psychological First Aid In-class Training OR Psychological First Aid: Helping People Cope During Disasters and Public Health Emergencies www.centerfordiastermedicine.org/pfa/PFA_Start.html 	<ul style="list-style-type: none"> Document participation in a Psychological First Aid training (online or classroom)

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Describe the MRC member's communication role(s) and processes with response partners, media, the general public, and others.	<ul style="list-style-type: none"> Understand the role of the Public Information Officer (PIO) or other authorized agent. Understand an individual MRC member's role and responsibilities in communicating with response partners, media, the general public, and others. Understand legislative requirements related to the sharing of protected information (i.e., HIPPA, personal information, etc.) 	<ul style="list-style-type: none"> Perform your roles and responsibilities in position you are assigned Communicate effectively with response partners, media, the general public, and others 	<ul style="list-style-type: none"> Respect privacy and confidentially Promote consistent and approved messaging Embrace high ethical standards 	<ul style="list-style-type: none"> IS 100.a: Introduction to the Incident Command System www.mrc.train.org (Course 1016067) OR IS 100.HC: Introduction to the Incident Command System for Healthcare/Hospitals www.mrc.train.org (Course 1007579) Risk Communication www.mrc.train.org (Course 1009111) Customer Service Training (in-class training) 	<ul style="list-style-type: none"> Document the completion of IS 100 or equivalent Document the completion of a HIPAA training or equivalent Document the participation in an interpersonal communication skills training or equivalent
Demonstrate the MRC member's ability to follow procedures for assignment, activation, reporting, and deactivation.	<ul style="list-style-type: none"> Describe the local MRC guidelines or procedures for assignment, activation, reporting, and deactivation 	<ul style="list-style-type: none"> Participate in a drill, exercise, or public health activity 	<ul style="list-style-type: none"> Support the mission of the MRC Honor a sense of duty Develop a commitment to personal accountability 	<ul style="list-style-type: none"> Local unit-specific training Drill, Exercise, Training, or actual event Public Health activities (i.e., participating in health fairs, disease screenings, and community education events) 	<ul style="list-style-type: none"> Document the completion of unit-specific training Direct observation of compliance
Identify limits to own skills, knowledge, and abilities as they pertain to MRC role(s).	<ul style="list-style-type: none"> Identify the physical and emotional challenges for various types of duties, assignments, and activities Identify personal and professional liability Identify gaps in own knowledge-base and training need 	<ul style="list-style-type: none"> Engage in self-assessment Communicate limitations when appropriate or necessary 	<ul style="list-style-type: none"> Have realistic expectations Accept one's limitations Accept responsibility for personal or professional growth and development 	<ul style="list-style-type: none"> Local unit orientation Drill, Exercise, Training or actual event Public Health activities CPR/AED Training First Aid Training 	<ul style="list-style-type: none"> Document completion of local unit orientation Volunteer screening Document completion of CPR/AED training

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Describe the chain of command (i.e., Emergency Management System, ICS, NIMS), the integration of the MRC, and its application to a given incident.	<ul style="list-style-type: none"> • Understand NIMS and NIMS compliance • Understand the role of the MRC in ICS • Understand how ICS is interdisciplinary and organizationally variable • Identify five ICS Management Functions • Understand the Principles of Span of Control • Identify the roles and responsibilities of key ICS positions • Indentify the key facilities and locations described in ICS 	<ul style="list-style-type: none"> • Operate within the structure of the incident command system • Notify the Chain of Command when safety action is required 	<ul style="list-style-type: none"> • Respect the command structure by relinquishing personal authority to operational authority 	<ul style="list-style-type: none"> • IS 100.a: Introduction to the Incident Command System www.mrc.train.org (Course 1016067) OR IS 100.HC: Introduction to the Incident Command System for Healthcare/Hospitals www.mrc.train.org (Course 1007579) • IS 700: National Incident Management System (NIMS), An Introduction mrc.train.org (Course 1016070) • IS 200: ICS for Single Resources and Initial Action Incidents mrc.train.org (Course 1016063) 	<ul style="list-style-type: none"> • Document the completion of IS 100 or equivalent • Document the completion of IS 700 or equivalent • Direct observation of compliance
Describe the role of the local MRC unit in public health and/or emergency response and its application to a given incident.	<ul style="list-style-type: none"> • Understand your community's public health system and the role of the MRC in local public health activities • Understand the public health role of the MRC in emergency response • Understand who has the authority to activate and authorize the local MRC unit 	<ul style="list-style-type: none"> • Perform your roles and responsibilities in your MRC as they integrate within the public health or emergency response system 	<ul style="list-style-type: none"> • Respect your role within the unit's operation 	<ul style="list-style-type: none"> • Local unit-specific training 	<ul style="list-style-type: none"> • Participation in local Points of Dispensing (PODs), Special Needs Shelter (SpNS) training, or other local unit-specific training