Medical Reserve Corps

Team Members: Manan Patel and Priya Patel

Advisor: Dr. Patrick Doranski
Division: Secondary
South Elgin High School #20091

Chapter Leadership: Kane County Health Department
1240 N. Highland Ave.
Aurora, IL 60506
Direct: 630-444-3362
Cell: 224-605-0453
www.kanehealth.com
HOSA/MRC Partnership Verification Form

1. This form must be completed and uploaded to STEAM Pianist by each member of the team by the date published regional and state deadlines, and by May 15th for the International Leadership Conference.

2. A copy of this form must also be submitted as part of the portfolio. Note that a second signature from the MRC unit leader is needed, following their review of the completed portfolio.

3. If there is not an MRC unit in your local community, contact HOSA Future Health Professionals for next steps.

4. The MRC Partnership event is designed to encourage HOSA chapters to engage and represent a partnership with their local Medical Reserve Corps unit. Through active engagement with the MRC, HOSA chapters and concurrent events bring will be infused in their community and demonstrate the support and contribution of the MRC and HOSA partnership.

5. The HOSA competitive events team will actively engage with the Medical Reserve Corps by participating in activities that improve public health, increase emergency response capabilities, and strengthen the resiliency of their communities while demonstrating an impact on their local community. This active engagement will typically involve the HOSA team working directly (and often side-by-side) with MRC members, though the occasion may consist of working on activities under the direction or guidance of the MRC unit leader.

Inventive organizations include:

HOSA Chapter: [Address]
Adviser Name: [Name]
Adviser E-Mail Address: [Email]

MRC Unit: [Name of Unit]
Address: [Address]
Unit Leader Name: [Name]
Unit Leader E-Mail Address: [Email]
Unit Leader Phone Number: [Phone]
Unit Leader Mailing Address: [Address]

By signing here I verify that I have read the HOSA MRC Partnership Event Guidelines and agree to the attached agreement terms of the partnership, as presented in the Partnership Guidelines Document.

[Signature] 6/23/18
Date

MRC Unit Leader Signature:

At the conclusion of this project period, the HOSA team should share their portfolio with the MRC unit leader for review. A signature is required from each applicable regional, state, or international conference.

By signing here, I verify that I have reviewed the HOSA team's portfolio and find it to be an accurate representation of the HOSA/MRC partnership activities.

MRC Unit Leader Signature (before regional conference):

MRC Unit Leader Signature (before state conference):

MRC Unit Leader Signature (before international conference):

MRC Partnership Guidelines (August 2017)
HOSA/MRC Partnership Logistics Document

1. Describe how HOSA chapter and MRC unit will maintain contact throughout this competitive events year?
   a. HOSA chapter and MRC unit will maintain contact throughout this competitive events year by email, phone, and meeting up in person.

2. How frequently will MRC and HOSA chapter be in contact with each other?
   a. MRC and HOSA chapter be in contact with each other as needed to continue. Our goal is to have at least 5-6 activities by state and and 8-10 activities by nationals.

3. Who is responsible for initiating and maintaining contact?
   a. As this is a partnership between HOSA and MRC, both sides will be responsible for initiating and maintaining contact.
HOSA/MRC Partnership Description

Partnership Level

The Kane County Medical Reserve Corps strives to be a robust team of regularly engaged, well trained volunteers dedicated to improving health, building resilience, and reducing vulnerability in their community one day. Our HOSA team conducted MRC activities at the local level. We worked in alliance with our school and neighboring locations which had a major impact on our community’s health.

Quality of Partnership Interactions

In September 2017, we met with Claudia Reginato, the Kane County MRC coordinator. Kane County has a policy of engaging only volunteers who are 18 or older, for liability reasons. Considering that our school did not have a past experience with the HOSA partnership, we had to establish an agreement between Kane County Health Department and South Elgin High School addressing liability/waivers/insurance policy issues at this initial meeting. Through this partnership, we were able to participate in a variety of activities, which included training, community
preparedness, mass dispensing exercises, as well as local health initiatives such as
blood pressure screening, presentations regarding the flu, psychological issues that
come with bullying, and heart disease. In active partnership with the community, HOSA
and The Kane County MRC improved the well-being and safety of all residents by
organizing and utilizing public health, medical, and other volunteers. As participants in
the HOSA initiative, we received training to better prepare ourselves in order to respond
to natural disasters as well as public health emergencies and activities.

Quantity of Partnership Interactions

After the initial meeting, we brainstormed a couple ideas over email and began to
initiate them in December. As we began to reach the high point of our activities, HOSA
began to work with other volunteers from our
school and surrounding institutions like the
St. Charles Police Department, Victory
Center etc. in person more often instead of
through just emails. Through this
partnership, we were able to learn about the
different health issues that arise within a
community. We also learned how we can conduct numerous activities to create bigger
changes in the long run. In the course of all these activities, we received extensive
guidance from our MRC coordinator, Claudia Reginato and our HOSA advisors,
Dr. Doranki and Ms. Malin.
Activity One: Blood Pressure Screening

Impact: Strengthened public health, served a vulnerable population (within South Elgin High School), supported a non-emergency community event, improved community preparedness or resilience and trained or exercised to improve community response capability.

Partnership: HOSA team members set up a booth at South Elgin High School where teachers could come in and get their blood pressure taken by HOSA members and CNA students.

Activity Two: Partnership with Erika’s Lighthouse

Impact: Strengthened public health and served a vulnerable population

Partnership: We partnered up with a Erika’s Lighthouse. This club strives to be the beacon of hope for adolescents who are alone and depressed. During the week of January 23-26th, an anti-bullying prevention spirit week was held. We handed out blue ribbons and had a blue out on the last day.

STUDENT BULLETIN

GOOD MORNING SOUTH ELGIN HIGH SCHOOL

TODAY’s:

Monday, January 22, 2018

- Robert Morris University will be visiting SEDS this morning at 11:00AM. Please see Mr. Perez in the Guidance Office to obtain a pass to attend this presentation.

- Jan 22 - 11:00AM Robert Morris University
- Feb 13 - 11:00AM University of IL-Chicago
- Feb 16 - 11:00AM University of IL-Springfield

- kickoff to Winter Spirit Week...Jan 23-26
- Thursday: Wear your class colors (HR: Gray, TR: Red, BL: Blue, and BR: White)
- February 6: Hawaiian Day
- Thursday: College Apparel (represent your universities and schools)
- Friday: Blue Out (Bullying awareness)
**Activity Three:** Closed College Living Space Education  
**Impact:** Strengthened public health, served a vulnerable population, and improved community resilience/preparedness  
**Partnership:** HOSA team members collected information from Kane County Health Department and created a powerpoint for seniors which showed how to not spread bacteria and other forms of germs when living in tight spaces. In addition to this, we also included information on how to maintain a healthy diet and the effects of substance abuse and sleep deprivation.

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**Activity Four:** Emergency Training for Seniors  
**Impact:** Strengthened public health, supported a non-emergency event, improved community preparedness or resilience and trained to improve community response capability.  
**Partnership:** We went to Victory Center located in Bartlett and handed out red cards that had tips on how to avoid the flu by doing simple things such as washing hands longer or coughing into the elbow.
Activity Five: Booth Donation Presentation
Impact: Strengthened public health, served a vulnerable population, improved community preparedness or resilience and supported a non-emergency community event.
Partnership: HOSA team members and MRC teamed up to educate the community on why people should donate blood.

Activity Six: Food Bank
Impact: Strengthened public health, served a vulnerable population, supported a non-emergency community event, developed and strengthened MRC/HOSA partnership and improved community preparedness or resilience.
Partnership: HOSA members went to local place called Feed My Starving Children the community gets together to pack food for people in other countries that do not have a great food source.
**Activity Seven:** Fire Safety Speaker  
**Impact:** Strengthened public health, served a vulnerable population, trained or exercised to improve community resilience.  
**Partnership:** We asked a firefighter paramedic to give a presentation to our school. Through this, students stayed after school and were able to learn about his experience and explore more careers in the health care field.

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**Activity Eight:** Heart Disease Presentation  
**Impact:** Strengthen public health and serve a vulnerable population.  
**Partnership:** We presented to sophomore health classes at South Elgin High School. We talked about the types of heart-related diseases and how to respond to common situations. After the slideshow, we asked them to take a quick survey with no names to ensure truthful responses. Results from the data showed that 72% have a heart related disease in their family and 83% do not know what steps to take if an incident occurs. This proved to us that high school students know what the issue is but do not know how to react.
**Activity Nine:** Flu/Vaccine Powerpoint

**Impact:** Strengthened public health, served a vulnerable population, improved community preparedness or resilience and supported a non-emergency community event.

**Partnership:** HOSA team members created a powerpoint mainly directed to parents and adults in their 30-40s. We wanted to educate on why people should take the flu shot in order to prevent the seasonal flu.

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**Activity Ten:** Scrubs day

**Impact:** Developed/strengthened HOSA/MRC partnership.

**Partnership:** By wearing scrubs during the school day at South Elgin High School, we demonstrated that we were a part of HOSA and it was an incentive for people to join. We involved students who are currently in health care classes, CNA's and HOSA.
**Activity Eleven:** Hand Washing Techniques

**Impact:** Strengthened public health and served a vulnerable population

**Partnership:** HOSA team members collected information from Kane County Health Department and created a powerpoint which demonstrated proper hand washing skills and presented them to middle school health classes at Kenyon Woods Middle School on January 29th. The purpose of this activity was to lower the risk of transmitting the disease and preventing the seasonal flu.

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**Activity Twelve:** The Heart Project

**Impact:** Strengthened public health and improved community preparedness or resilience

**Partnership:** Early February, we asked students in grades 9-12 at South Elgin High School to draw a heart on their wrist representing a certain heart condition. This allowed the community to see how much of a issue this is within the community.
**Activity Thirteen:** Psychology Fair  
**Impact:** Strengthened public health, served a vulnerable population and improved community preparedness and resilience.  
**Partnership:** Every year at South Elgin High, the psychology classes reserve a day to do simple experiments done on students all day. A lot of teachers come down with their class and so we asked the principal if we could also be a part of this. Our main focus was to see if kids would pick fruit or candy before the presentation and if they would still pick the same item after learning more about cholesterol. We also took surveys and about 86% claimed they had someone diagnosed with a health related issue in their family but do not know the proper precautions to take in order to decrease their chance in receiving it. By directing this activity amongst the younger society, we were able to show how their decisions today, will impact their future lives.

**Activity Fourteen:** Recruiting for MRC  
**Impact:** Strengthened public health and developed MRC/HOSA partnership.  
**Partnership:** We gave out basic information to students in HOSA at meetings. We told our peers what our goals were and what the MRC strives for and how their volunteering will impact the community. In multiple of our activities, HOSA students helped us by assisting us in taking blood pressure etc.
Activity Fifteen: ICS 100 certification

Impact: Strengthened public health, developed and strengthened MRC/HOSA partnership, improved community preparedness or resilience and trained to improve community response capability.

Partnership: The ICS 100 is an administrative framework that allows handling effectively any type and size of emergency or incident.

Emergency Management Institute

FEMA

This Certificate of Achievement is to acknowledge that

MANAN PATEL

has reaffirmed a dedication to serve in times of crisis through continued professional development and completion of the independent study course:

IS-06100.h
Introduction to Incident Command System
ICS-100

[Signature]

Emergency Management Institute

Activity Sixteen: Social Media

Impact: Strengthened public health.

Partnership: We used many different forms of social media such as Instagram, Snapchat, YouTube and Twitter to raise awareness about heart disease, each day we posted ways to live a healthy lifestyle. Most of our images and information came from the American Heart Association.
**Activity Seventeen:** Saint Charles Police Department

**Impact:** Strengthened public health, improved community preparedness or resilience and trained to improve community response capability.

**Partnership:** We met with Officer Burden, a local police officer at the Saint Charles Police Department. He is involved in teaching grade school children about bullying, drugs, and health. He informed us how to deal with an individual who may be having problems with the heart.

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**Activity Eighteen:** Explore 2017 at Elgin Community College

**Impact:** Developed and strengthened MRC/HOSA partnership

**Partnership:** We met with Dave Kaptain, the mayor of Elgin, regarding our health issue at one of the largest district class conventions. We discussed the growth of heart disease in our society and he referred us to the social department at the local police unit and partook great interest in our selection.
Activity Nineteen: "Hearts are meant to Love, not Break" Awareness Shirts  
Impact: Developed and strengthened MRC/HOSA partnership.  
Partnership: We sold shirts related to heart disease in order to raise awareness and donated the funds to Sherman Hospital through Manan Patel’s mom (current employee there).

Activity Twenty: Taught CPR/first aid to middle schoolers  
Impact: Strengthened public health, developed and strengthened MRC/HOSA partnership, improved community preparedness or resilience and trained to improve community response capability.  
Partnership: We went to a middle school nearby and taught the kids how to perform CPR.