Healthcare Training Programs

Active Shooter in Healthcare
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Do YOU have the right to Defend Yourself?

Self-defense is the right to use reasonable force to protect one's self or members of one's staff/family from bodily harm from the attack of an aggressor, if you have reason to believe that you or they are in danger.

Active Shooter

The most extreme incidence of violence in today's society is the active shooter who enters, work, school or public place and opens fire on innocent people.

160 incidents occurred between 2000 and 2011

1,043 casualties, including killed and injured

486 wounded in 140 incidents

557 wounded in 140 incidents

An average of 11.4 incidents occurred annually, and 135 were occurring between 2000 and 2011.

*All data is from攝影或從調查報告 incidental to the event, such as those that for which information was not available or was deleted.

Source: Shooting Incidents, 2011.
More than 75% of workplace violence victims DID NOT Fight back !!!

List 3 reasons people don’t take action
1. ___________________________________
2. ___________________________________
3. ___________________________________
**“Fight-Flight”**

A reaction to a threat with a general discharge of the sympathetic nervous system, priming the organism for fighting or fleeing.

**Freeze**

If completely overwhelmed a person may Freeze.

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**FEAR**

Fear is a distressing emotion aroused by a perceived threat. It is a basic survival mechanism that occurs in response to a specific stimulus, such as pain or the threat of danger.

Fear may be induced whether the threat is real or imagined.

Planning mitigates FREEZING and holds FEAR at bay

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**MENTAL ATTITUDE**

“Survivor” – the Movie

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Is there a Sixth Sense?

1-21-15

Surgeon Slain in Boston Shooting Survived by Pregnant Wife, 3 Kids

The doctor who died of the assassin after a.44 caliber entered a Boston hospital this week. He was

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Trust Your Intuition

Intuition is like a personal security system that is always on and ever-vigilant, surveying not only danger, but everything else as well.
Situational Awareness

I + R = O

Incident + Response = Outcome

Proactive Response Planning = Prevention and Intervention

Proactive vs. Reactive
The Amazing Mind

The Human Mind is complex and powerful.

Properly preparing your mind through mental movie exercises is one of the most important aspects of violence intervention.

Your physical body’s performance is increased through mental training.
ARMED SYMPTOMS

A GUN IS SEEN AT ANY TIME

Knife or other "weapon" displayed in a threatening manner

ArmedPrescription

• Leave the Area
• Take Cover
  Safe Distance from a knife?
  Concealment or Cover
  "Cover" – Solid - Thick
  EXIT(S)
• Call Police (911)

WATCH THE HANDS
What would YOU do?

Time & Distance = Safety

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Weapons and Time/Distance

• Unarmed Attacks = 4-6’ (minimum)
• Clubs/Sticks
• Knives/Edged or Sharpened Weapons
• Thrown Objects
• Guns

Time and Distance = Safety

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HEALTHCARE ACTIVE SHOOTERS

Targeted v. Random
Motivation for violence
Who makes the best target?
Gunman ID of target
• Scrubs
• Lab Coats
• ID

PLAN -PLAN -PLAN
HEALTHCARE ACTIVE SHOOTERS

Response
Medical Considerations

Critical Conditions
Patients not ambulatory
ICU
Post Partum
Surgery
How many usual?
How many necessary?

PLAN - PLAN - PLAN

Respond

People down
Code?
Secured area?

Critical Conditions

How many usual?
How many necessary?

PLAN - PLAN - PLAN

What do they all have in common?

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What do they all have in common?
Active Shooter Situations

- Are Unpredictable!
- Evolve quickly!
- Continue until stopped by:
  - Law Enforcement
  - Suicide
  - Intervention

Active Shooter Characteristics

- Are motivated by:
  - Anger
  - Ideology
  - Religion
  - Revenge
  - Retaliation
  - Mental Illness
  - Media stardom

ACTIVE SHOOTER

4 A's
- Accept
- Assess
- Act
- Alert
ACCEPT

REALITY
denial in not a River in Africa... It is deadly.

JUSTIFICATION
applying logic over reality to reach the desired result

Use your senses
Rely on your instinct
Review the possibilities of your explanation /justification
Weigh against the results of not accepting REALITY.

ASSESS

Situational Awareness

Your location
Gunman/shots fired location
Escape route options
Secure location options
Ability to protect self and others

Continually ASSESS

ACT

Options with most likely desired outcome (your safety) based on assessment

Run - What path, Where to,
Hide - Keep out, Safe Rooms, Barricading Pt Rooms, Barricading offices/break rooms
**ACT**

Options with most likely desired outcome (your safety) based on assessment (continue)

**Hide.**

Keep out - Safe Rooms, Barricading Pt Rooms, Barricading offices/break rooms

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**ACT**

Options with most likely desired outcome (your safety) based on assessment (continue)

**Fight- Last Resort** –

Often not an optional action but a necessary one.

Prepare for fight

Objects –
- Fire Extinguishers
- Chairs
- IV poles
- Scissors

Planning assists in alleviating Freeze (from Fear)

Knowledge is power (Strength –Action)

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If escape is not possible and danger is imminent, attack the attacker.

As an absolute last resort:

- Act as aggressively as possible
- Improvise weapons and disturb items
- Yell and Scream
- Commit to your actions

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**ALERT**

Police 911

**Initial**
- Description of gunman, details
- Weapons
- Number of shots
- Last known location
- Victims locations and injuries

**Location**
- Hide out
  - Search of building room by room
  - Limit or eliminate surprises (panic or fear)
- Open line if not able to speak
  - Extensions can be tracked
  - Cell phones cannot

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**Law Enforcement’s Role**

- Immediate purpose:
  - Stop the active shooter!
  - Proceed to area where last shots heard
  - First priority is to eliminate the threat

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**When Law Enforcement Arrives**

- Remain calm and do what they tell YOU!
- Put down any items in your hands
- Raise hands and spread fingers
- Avoid quick or sudden movements
- Avoid pointing, screaming, or yelling
- Proceed in direction from which officers are entering

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