 **“Be Prepared” Emergency Plan – General Practice**

**(What you can do now!)**

# First Things First

* Appoint a ‘lead’ emergency planner in the team
* Find where your mains water is connected
* Find your electricity control box and gas shutoff valve (if you have one)
* Complete your emergency plan and put it with your emergency kit
* Draw up your emergency evacuation plan and post it where it’s visible
* Run an emergency drill with all the team

# Key Contacts (templates attached)

* Ensure staff contact details are up-to-date; update at least twice a year. Put their phone numbers in your cell phone directory.
* Compile a list of key contacts with physical address, email, land line and mobile numbers; update twice a year
* Keep electronic copy of all contacts on front desk computer; keep copy on a ‘flash’ drive
* Keep copy near the designated ‘lead’ emergency planner
* Copy available in a readily accessible emergency folder

# Equipment and Supplies (list attached)

* List essential supplies to be readily available for use in the practice/pharmacy or which can be taken to an alternate site for basic operation
* Do you need a generator? What services do you think you’ll be supplying in an emergency?
* Charge your cell phone(s)
* Everybody should have a penlight to put on their keychain; torches throughout the building

# Computer Back-Up

* Back up your computer weekly or daily (according to your usual schedule)
* Keep copy of back up **off site**
* Install server shadow software – check with IT support team

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| **Staff Details** |
| Name:  |  |
| Position: |  |
| Home address: |  |
| Travel time from practice:  | □ within 5 mins | □ within 15 mins | □ within 30 mins |
| Home phone:  |  | Mobile:  |  |
| Home email address: |  |
| Frequency home email accessed:  | □ daily | □ weekly | □ monthly |
| Preferred method of contact out of hours |
| Additional skills: |
| **Next of Kin Details** |
| Name: |  | Relationship: |  |
| Address: |  |
| Home phone:  |  | Mobile:  |  | Work: |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Form completed by (name): |  | Date: |  |

| **Emergency/Health related****contacts** | **Email Address** | **Phone** | **Fax** | **Contact Person** |
| --- | --- | --- | --- | --- |
| Police Communications |  | 0800 POL INFO LINE |  |  |
| Ambulance Communications |  | 0800 ST JOHN (78 56 46) |  |  |
| Fire Communications |  | 03 371 3600 |  |  |
| Civil Defence | civildefence@ccc.govt.nz | 03 941 8999 or 0800 800 169 |  |  |
| ChCh City Council |  | 03 941 8999 |  |  |
| Community and Public Health |  | 03 364 1777 | 03 379 6125 |  |
|  |  |  |  |  |
| Christchurch PHO |  | 0800 746 242 | 03 974 9854 |  |
| Pegasus Health PHO |  | 03 379 1739 | 03 365 5977 |  |
| Rural Canterbury PHO |  | 0800 800 743, 03 357 4970 | 03 357 4372 |  |
| HealthOne, ERMS | ServiceDesk@pegasus.org.nz | 03 353 9777 |  |  |
| Emergency Operations Centre (Primary Care) | eoc@cprg.org.nz | 03 353 9966 |  |  |
| Local Emergency Group (LEG) Leader |  |  |  |  |
|  |  |  |  |  |
| Moorhouse Medical Centre |  | 03 365 7900 |  |  |
| Pegasus Health 24Hr Surgery |  | 03 365 7777 |  |  |
| Riccarton Clinic |  | 03 343 3661 |  |  |
|  |  |  |  |  |
| Ashburton Hospital |  | 03 307 8450 |  |  |
| Christchurch Hospital |  | 03 364 0640 |  |  |
| Princess Margaret Hospital |  | 03 337 7899 |  |  |
| Rangiora Health Hub |  | 03 313 7299 | 03 313 7683 |  |
| Hillmorton Hospital |  |  | 03 339 1081 |  |
| Kaikoura Health |  | 03 319 3500 | 03 319 3513 |  |
|  |  |  |  |  |
| Nearest General Practice (1) |  |  |  |  |
| Nearest General Practice (2) |  |  |  |  |
| Nearest Community Pharmacy (1)  |  |  |  |  |
| Nearest Community Pharmacy (2) |  |  |  |  |
| Nearest Dentist  |  |  |  |  |
| District Nursing Provider |  |  |  |  |
| Community Laboratory |  |  |  |  |
| Courier Service |  |  |  |  |
| Other tenants who use premises |  |  |  |  |
|  |  |  |  |  |
| **Utilities and Services** |  |  |  |  |
| Landlord |  |  |  |  |
| Power Company |  |  |  |  |
| Telecommunications |  |  |  |  |
| Waste Management |  |  |  |  |
| Cleaner |  |  |  |  |
| Security |  |  |  |  |
| Electrician |  |  |  |  |
| Builder |  |  |  |  |
| Building Engineer |  |  |  |  |
| Plumber |  |  |  |  |
| Drainlayer |  |  |  |  |
| Portaloo Hire |  |  |  |  |
| Generator Hire |  |  |  |  |
| Water Supplier |  |  |  |  |
| Diesel Supplier |  |  |  |  |
| Lawyer |  |  |  |  |
| Accountant |  |  |  |  |
| Insurance Company |  |  |  |  |
|  |  |  |  |  |
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| Medical Supplies  | Set Up  | 6/12 Kt Check |
| Stethoscope/Sphyg |  |  |
| Thermometer |  |  |
| Hand sanitizer |  |  |
| Masks |  |  |
| Gloves |  |  |
| Disposable aprons |  |  |
| O2 masks (portable O2 in easy reach of kit) |  |  |
| IV fluids and giving sets – normal saline |  |  |
| Emergency drugs - +analgesia/antiflams/Ventolin |  |  |
| Dressing packs/wound care products/bandages, slings |  |  |
| Local anaesthetic |  |  |
| Suture set |  |  |
| Selection syringes/needles |  |  |
| Sharps container (mini) |  |  |
| Other |  |  |
| **Back-Up Equipment**  |  |  |
| Torches  |  |  |
| Analogue phone |  |  |
| Battery operated radio |  |  |
| Spare batteries  |  |  |
| Car phone charger |  |  |
| **General Supplies** |  |  |
| Bottled water |  |  |
| Snack food e.g. muesli bars, barley sugars |  |  |
| Blankets  |  |  |
| Plastic rubbish bags |  |  |
| other |  |  |
| **Paperwork** |  |  |
| ACC forms |  |  |
| WINZ forms |  |  |
| Script pads/CD pads |  |  |
| File to keep paper notes |  |  |
| Pens |  |  |
| Clip Boards |  |  |
| Other |  |  |
| **Back-Up Equipment to consider** |  |  |
| Generator  |  |  |
| Water pump and tank |  |  |
| Chemical toilet |  |  |
| Multi plug box and extension cord |  |  |