



March 6, 2026

Weekly Situational Awareness Brief

Daylight Saving Time



Spring Forward
Sunday, March 08, 2026

Awareness Topics

Mar 8, 2026 - Daylight Saving Time Starts

“When local standard time is about to reach Sunday, March 8, 2026, 2:00:00 am clocks are turned forward 1 hour to Sunday, March 8, 2026, 3:00:00 am local daylight time instead.”

Severe Weather Preparedness Week 2026 is March 8-14

“Each year, IDHS collaborates with the National Weather Service (NWS) during Severe Weather Preparedness Week to remind and educate Hoosiers about seasonal severe weather threats and how to effectively prepare for them.”

Is It Aging, or Is It ADHD?

“Realizing that your brain is slowing down can be jarring. After the age of, say, 45, anyone might start forgetting names, misplacing items, or struggling to pay attention, and the onset of such symptoms can often prompt a visit to a doctor, if only to confirm a patient’s hunch that the passage of time is to blame. Yet, as ever more of the United

States' aging population enters the "What's happening to my brain?" stage of life, many patients are asking a new question, providers told me: Am I just getting old, or do I have ADHD?"

Growing Shortage of Pediatric Healthcare Workforce

"A decade ago, workforce researchers painted a grim picture that persists today: Without a change in demand or a shift in provider production, we will continue to have a frightening gap between the need for pediatric practitioners and the available supply."

Prevalence and predictors of prediabetes/type 2 diabetes mellitus among adolescents in the United States

"Prediabetes and type 2 diabetes mellitus (T2DM) are emerging public health concerns among adolescents in the United States (U.S.), with early onset increasing the risk of lifelong complications."

Unprecedented Wildfire Pollution Linked to Higher Stroke Risks

"The 2023 wildfire season, the deadliest in Canada's history, caused unprecedented declines in air quality across the northeastern US, providing a unique opportunity to evaluate how sudden spikes in ozone and fine particulate matter (PM2.5) influence stroke etiology and outcomes."

Hospitals urged to review cybersecurity amid Iran conflict

"Hospitals and health systems should increase cybersecurity and physical security vigilance amid the ongoing conflict involving Iran, John Riggi, national adviser for cybersecurity and risk at the American Hospital Association, told Becker's."

2 deadly shootings in US hospitals this week

"When it comes to violence prevention in hospitals and other medical settings, studies have shown that hospital units with worksite-based violence prevention plans designed specifically for them experienced significantly lower rates of violence against healthcare workers than units without specific plans."

Upcoming MESH Educational Offerings

Emergency Preparedness & Resilience Coach

It doesn't take a hurricane to disrupt a life. When resources are already limited, even small disruptions can have big consequences. This course helps you understand where real needs begin—with everyday vulnerabilities—and how to meet them through simple, powerful steps. **This isn't just disaster training. It's people training—practical, human-centered, & real.**

Limited seats open in April, & June 2026 | 4-week program | One 3-hour session per week | Virtual via Zoom | Free, Grant Funded

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Talk Saves Lives TM: An Introduction to Suicide Prevention

Because starting the conversation can save a life.

March 11, 2026 | 3-4pm EST | Virtual via Zoom | Free

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**Naloxone Administration
Opioid Overdose Death Prevention Training**

You can learn how to save a life in just one hour!

March 26, 2026 | 11 am or 1 pm EST | Live, In-Person | Free

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**MESH Grand Rounds Quarter 2
Bruised, but Better: A Cyberattack Survival Story
with Justin Mast, MA, BSN, RN, NREMT, CEM, CFN, FAWM, and Eric W.
Schmidt, MST**

This presentation will:

- Highlight the critical role of collaboration with the FBI and third-party experts in accelerating cyberattack response and recovery.
- Examine the communication barriers faced during a cyber incident and explore strategies to maintain effective internal messaging.
- Identify operational and organizational challenges in transitioning from crisis response to a new normal post-cyberattack.

April 7, 2026 | 1 pm EST | Live via Zoom | Free

[Visit our Website](#)

Upcoming MESH Conference Presentations

International Association of Police Chaplains - Region 4 Conference

Dr. Jim Floyd is presenting "The Chaplain's Toolkit for Grief Group Leadership."

March 9-11, 2026

Events

[Click Here for Current and Upcoming Events List](#)

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MESH serves as the designated Medical Multi-Agency Coordination Center for Marion County, Indiana. The MESH Intelligence Program is a joint-effort between the City of Indianapolis Emergency Management Agency and the Marion County Public Health Department designed to provide real-time information and support to the healthcare sector in the Indianapolis area. Assistance with info or questions at: MESHintel@meshcoalition.org

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