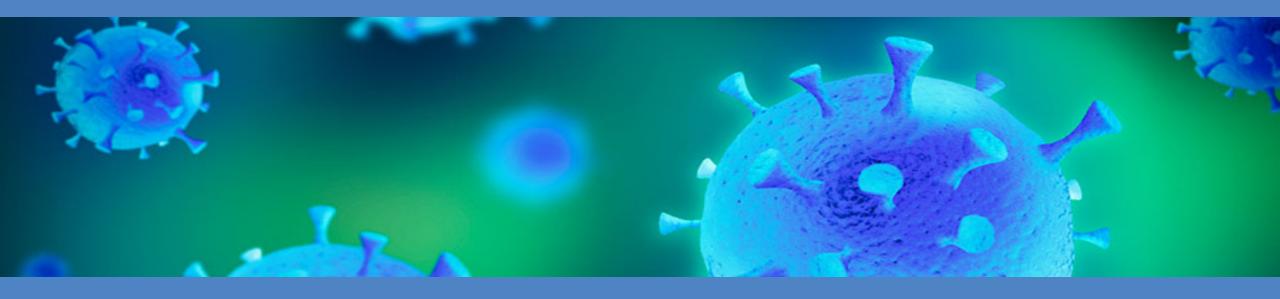
VCHIP / CHAMP / VDH COVID-19 UPDATES



Wendy Davis, MD FAAP - Senior Faculty, Vermont Child Health Improvement Program, UVM Breena Holmes, MD FAAP – VCHIP Senior Faculty & Physician Advisor, MCH Division, VDH November 13, 2020









Technology Notes

1) All participants will be muted upon joining the call.

If you dialed in or out, unmute by pressing #6 to ask a question (and press *6 to mute).

Presenters: Please avoid the use of speakerphone and make sure your computer speaker is muted if you dialed in via phone.

2) To ask or respond to a question using the *Chat* box, type your question and click the licon or press Enter to send.







Overview

DEPARTMENT OF HEALTH

- Celebrating World Kindness Day
 - Consider our health care & all essential workers, teachers, those counting votes.
 - And please take (at least) a few moments to be kind to yourself!
- Reminder: weekly event schedule
 - VCHIP/CHAMP/VDH calls: Mon/Wed/Fridays; Gov. Media Briefings Tues/Fri; VMS call with Comm. Levine Thursday
- Situation, VDH, AAP, UVM HN updates; media briefing
- Practice Issues: Supporting the Mental Health of Young
 Adults during the Pandemic
- □ Q & A, Discussion [Please note: the COVID-19 situation continues to evolve very rapidly so the information we're providing today may change quickly]



Situation update

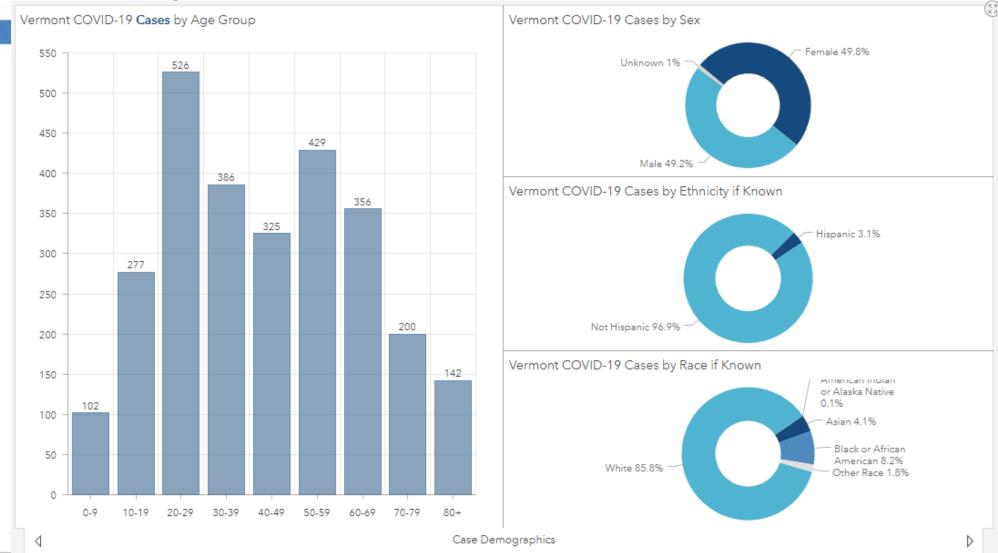
New Cases		
84		
2,743 Total		
Currently Hospitalized		
21		
Hospitalized In ICU		
3		
Hospitalized Under Investigation		
3		
Percent Positive 7-day Avg.		
1.1%		
People Tested		
198,607		
Total Tests		
461,509		
Recovered		
1,977		
72.1% of Cases		
Deaths		
59		
2.2% of Cases		
Travelers Monitored		
222		
Contacts Monitored		
241		
People Completed Monitoring		
10,574		
Last Updated: 11/13/2020, 11:03:54 AM		

Chittenden County New Cases: 14 Recent Cases 14 days: 157 Essex County New Cases: 1 Recent Cases 14 days: 15 Franklin County New Cases: 3 Recent Cases 14 days: 16 Grand Isle County New Cases: 1 Recent Cases 14 days: 16 Lamoille County New Cases: 8 Recent Cases 14 days: 25 Orange County New Cases: 10 Recent Cases 14 days: 45 Orleans County New Cases: 4 Recent Cases 14 days: 24 Pending Validation New Cases: 0 Recent Cases 14 days: 1 Rutland County New Cases: 1 Recent Cases 14 days: 23 Washington County New Cases: 26 Recent Cases 14 days: 24 Recent Cases 14 days: 23 Washington County New Cases: 26 Recent Cases 14 days: 144	
New Cases: 1 Recent Cases 14 days: 15 Franklin County New Cases: 3 Recent Cases 14 days: 16 Grand Isle County New Cases: 1 Recent Cases 14 days: 16 Lamoille County New Cases: 8 Recent Cases 14 days: 25 Orange County New Cases: 10 Recent Cases 14 days: 45 Orleans County New Cases: 4 Recent Cases 14 days: 24 Pending Validation New Cases: 0 Recent Cases 14 days: 1 Rutland County New Cases: 1 Recent Cases 14 days: 23 Washington County New Cases: 1 Recent Cases 14 days: 23	
New Cases: 3 Recent Cases 14 days: 16 Grand Isle County New Cases: 1 Recent Cases 14 days: 16 Lamoille County New Cases: 8 Recent Cases 14 days: 25 Orange County New Cases: 10 Recent Cases 14 days: 45 Orleans County New Cases: 4 Recent Cases 14 days: 24 Pending Validation New Cases: 0 Recent Cases 14 days: 1 Rutland County New Cases: 1 Recent Cases 14 days: 23 Washington County New Cases: 1 Recent Cases 14 days: 23	
New Cases: 1 Recent Cases: 14 days: 16 Lamoille County New Cases: 8 Recent Cases: 14 days: 25 Orange County New Cases: 10 Recent Cases: 14 days: 45 Orleans County New Cases: 4 Recent Cases: 14 days: 24 Pending Validation New Cases: 0 Recent Cases: 14 days: 1 Rutland County New Cases: 1 Recent Cases: 14 days: 23 Washington County New Cases: 26	
New Cases: 8 Recent Cases 14 days: 25 Orange County New Cases: 10 Recent Cases 14 days: 45 Orleans County New Cases: 4 Recent Cases 14 days: 24 Pending Validation New Cases: 0 Recent Cases 14 days: 1 Rutland County New Cases: 1 Recent Cases 14 days: 23 Washington County New Cases: 26	
New Cases: 10 Recent Cases: 14 days: 45 Orleans County New Cases: 4 Recent Cases: 14 days: 24 Pending Validation New Cases: 0 Recent Cases: 14 days: 1 Rutland County New Cases: 1 Recent Cases: 14 days: 23 Washington County New Cases: 26	
New Cases: 4 Recent Cases 14 days: 24 Pending Validation New Cases: 0 Recent Cases 14 days: 1 Rutland County New Cases: 1 Recent Cases 14 days: 23 Washington County New Cases: 26	
New Cases: 0 Recent Cases 14 days: 1 Rutland County New Cases: 1 Recent Cases 14 days: 23 Washington County New Cases: 26	
New Cases: 1 Recent Cases 14 days: 23 Washington County New Cases: 26	
New Cases: 26	
Windham County New Cases: 1 Recent Cases 14 days: 17	
Windsor County New Cases: 3 Recent Cases 14 days: 21	

- Election Day +10 (still counting...)
- U.S. 10.6 million+ cases; 242,861 deaths
 - https://www.nytimes.com/interactive/2020/us/coronavirus-uscases.html (updated 11/13/20)
 - 11/12/20: **163,402** new cases & **1,172** deaths
 - Past week: average 134,078 cases/day (increase of 72% from average 2 weeks ago)
 - 1.2 million+ deaths worldwide
- ¬ VDH Weekly Data Summary (11/13/20):
 - https://www.healthvermont.gov/covid-19/current-activity/weekly-data-summary
 - Weekly Spotlight Travel Reported Among Cases



Situation update





COVID-19 Cases in VT K-12 Learning Communities (While Infectious)

- COVID-19 Cases in Vermont K-12 Learning Communities While Infectious (dashboard)
 - https://www.healthvermont.gov/sites/default/files/documents/pdf/COVID19-Transmission-Schools.pdf
 - Table updated **Tuesday** w/data through previous Sunday: as posted 11/10/20: 54 total cases; 15 cases reported in preceding 7 days (up from 39 total & 11 past 7d.)

Cases in Vermont K-12 Learning Communities While Infectious

Learning Community Schools with less than 25 students are reported in the "Total for all Suppressed Schools" row at the end of the table.	Cases Reported In the Past 7 Days	Total Cases
TOTAL FOR ALL SCHOOLS	15	54

- VT College & University dashboards:
 - https://dfr.vermont.gov/about-us/covid-19/school-reopening
 - St. Michael's College outbreak (part of ice sports): 76 cases as of media briefing 11/10/20





VDH Update: Testing Recommendations

From VDH – HAN to follow:

- Near and Close Contacts for households, worksites, and events where there is a case: ask all individuals to be tested immediately in addition to at 7 days (previously, contacts were not advised to get tested immediately)
- Index Case: individuals who were in contact (not close contacts) of a case within the 14 day period prior to them being a case
- Gatherings: Anyone who plans to participate in a gathering; or anyone who has attended a social or mass gathering
- Travel: <u>Anyone</u> traveling out of state (not just testing to end quarantine); anyone who has a visitor from out of state in their home; or college students returning to Vermont





VDH Update: Opening for State School Nurse Consultant

Announcing with mixed feelings . . .

- □ Position currently held by Sharonlee Trefry, MSN RN NCSN (MCH/VDH)
- Nurse Program Coordinator I: State School Nurse Consultant
- Link to the job posting: https://careers.vermont.gov/job/Burlington-Nurse-Program-Coordinator-I-Limited-Service-State-School-Nurse-Consultant-VT-05401/691168800/
- Support Vermont's School Nursing community of practice; provide nursing leadership to ensure effective school health services within the state; act as liaison to Vermont's School Nurse (SN) community; develop/promote quality standards for school health services programs.





In other Vermont news . . .

- VDH requests for event-related testing:
 - Halloween gatherings: Marshfield & Milton
 - Bowling at Spare Time (Colchester) November 4 & 5
- Middlebury College
 - Mandatory campus quarantine as of 6 p.m. this evening
 - Current on-campus services/activities/room capacity will continue
 - □ Holiday break commences November 20, 2020
- FAH ORs closing
- Ongoing updates re: restoration of services following cyber attack on UVM MC/HN





CDC Scientific Brief: Use of Cloth Masks (11/10/20)

- SARS-CoV-2 transmitted predominately by respiratory droplets
- CDC recommends community use of masks, (non-valved multi-layer cloth masks), to prevent transmission.
- Masks primarily intended to reduce emission of virus-laden droplets ("source control"); esp. relevant for asymptomatic or presymptomatic infected wearers who may be unaware of their infectiousness to others (& estimated to account for more than 50% of transmissions).
- Masks also help reduce inhalation of droplets by wearer ("filtration for personal protection").
- Community benefit of masking for SARS-CoV-2 control is due to the combination of these effects; individual prevention benefit increases with increasing numbers of people using masks consistently and correctly.

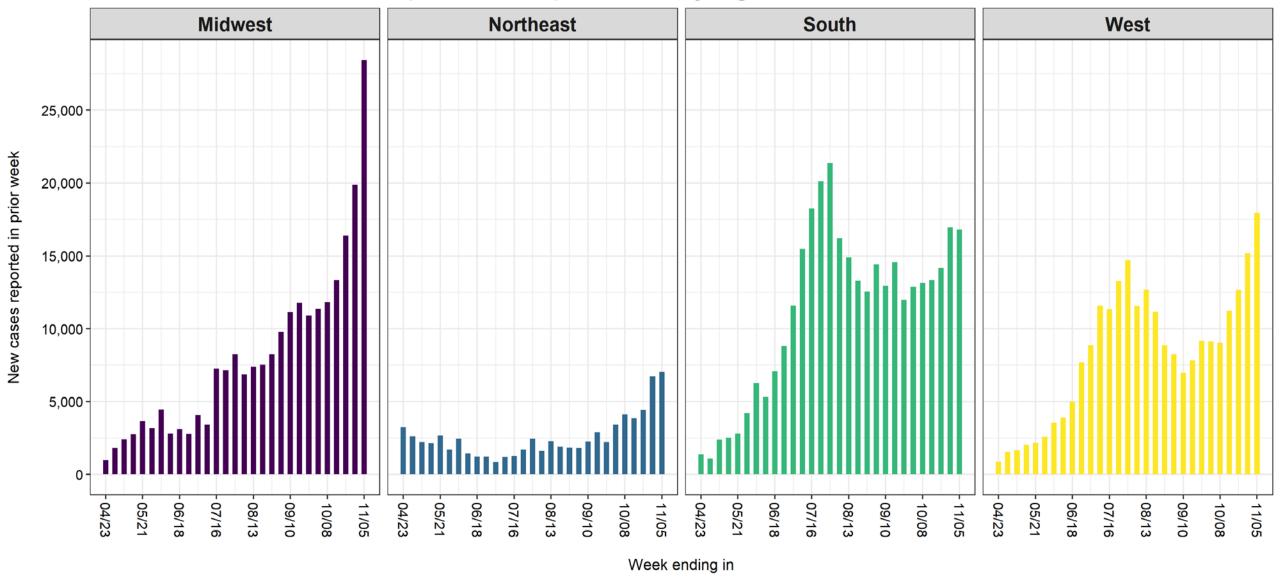
AAP COVID-19 and Children: State Level Data Report

As of 11/5/20 – **927,518** cumulative child COVID-19 cases

An increase of over 74,000 cases in the past week



New child COVID-19 cases reported in the prior week, by region



COVID-19 Town Hall Series

- Next Session: Resiliency in the Time of COVID-19
 - Thursday, November 19, 2020 at 7:00 pm CT
- Town Hall Web Page
 - Access past session recordings and register for future sessions
 - Recorded sessions include questions discussed and time stamp

COVID-19 Payment

- AAP Letter to all National and Regional Payers on 99072
 - Sent 11/6/20 with follow-up to occur this week
 - 99072 effective on September 8, 2020, values not yet published by CMS
 - Word template for members to download and use with local payers:
 https://downloads.aap.org/DOPCSP/99072MemberTemplateLetter.d
 https://downloads.aap.org/DOPCSP/99072MemberTemplateLetter.d
- "Living" COVID-19 Coding Fact Sheet https://downloads.aap.org/AAP/PDF/COVID%202020.pdf



Today's Media Briefing (11/13/20)

Governor Phil Scott

- □ Continued rise in cases "going in the wrong direction."
 - "We're in a new phase of this pandemic the days of very low risk are over."
 - Many cases cont. to be traced to social gatherings/travel
- Effective today: multi-household gatherings indoor/outdoor in public/private spaces are prohibited.
- □ Tomorrow: bars/social clubs **closed to in-person svc**.
- Restaurants open for in-person but must close at 10 pm; may offer to-go after 10 pm.





- Restaurants, museums, gyms, other customer-facing establishments to keep daily log of all who enter.
- Vermonters MUST comply w/requests by VDH contact tracing and provide honest information.
- Returning college students MUST comply w/quarantine guidance; strongly encouraged to get tested on day 7.
- Requiring telework for those who can do so.
- Essential workers may continue to work in-person.
- "Pausing recreational sports leagues outside of VT
 Principals' Association (VPA) sanctioned sports."





- Will review weekly hope youth sports will be among first to return when situation improves.
- Hope adults recognize their role & help get cases down.
- At a tipping point but have the opportunity to get our arms around this alarming case growth.
- We're expanding contact tracing & testing protocols.
- Thank Vermonters who have complied with guidelines/strategies.
- □ If we dig deep & double our efforts, we CAN get this under control."
- Priorities: keep kids in school; protect hospitals from becoming overwhelmed; keep workers working.





VDH Commissioner Levine

- Data has shown clear picture of rising tide that could have serious consequences.
- □ New daily case counts this week: 46, 72, 109, 84 "hitting new highs."
- Hospitalizations also on the rise: 21 total today.
- □ Focus today on real-time data: 7d. average % positivity rate = 1.3-1.5%
 - Syndromic surveillance: some change, but not a marked uptick; Eds in some counties "exceedingly busy."
- Slope of epi curve <u>has</u> markedly changed.
- Ice Sports Team outbreak has "settled down" but not extinguished completely – still seeing tertiary infections.





- New situations being followed by contact tracers: usually involve a facility
 - This week: 8 new one day; 16 next d.; total >80; outbreaks = 17.
 - Too many to describe in detail here.
- Rising # of gatherings leading to clusters
- Since 10/1, 71% of cases associated w/outbreak from private party or social gathering.
- Cautionary tale from multiple stories: "Max" attends dinner party w/ friends/new acquaintances: eat/drink (w/o mask) & one attendee is infectious; Max becomes ill; impacts work site (auto svc. shop); wife (teacher: pod of 5th graders, other staff) & daughter (nursing home worker).





VDH Commissioner Levine

- We need to make these sacrifices now: if so, our actions will make a difference.
- Know when you need to quarantine, and what that means.
- Applies to travelers & close contacts of positive cases. Critical w/college students coming home: we strongly encourage testing, & they must quarantine.
- Get tested: if COVID symptoms, close contact, social gatherings.
- Know how to prevent further spread.
- Answer any call from VDH & be forthcoming w/information.





Practice Issues

Supporting the Mental Health of Young Adults During the Pandemic







SUPPORTING THE MENTAL HEALTH OF YOUNG ADULTS DURING THE PANDEMIC

ERICA GIBSON, MD. ADOLESCENT MEDICINE
LOGAN HEGG, PSYD. UVMCH PEDIATRIC PRIMARY CARE
KATE CAPPLEMANSINZ, LICSW. CHT. UVMCH PEDIATRIC
PRIMARY CARE

AAP RESOURCES

- Building Resilience in Children and Teens, Giving Kids Roots and Wings. 4th Edition. Dr. Ken Ginsburg. FREE BONUS CHAPTER AVAILABLE FOR DOWNLOAD.
- Town Hall on Emotional Behavioral Health, Thurs Nov 5; Recording available 5 pediatricians with different backgrounds including adolescent medicine physician.
- Interim Guidance on Supporting the Emotional and Behavioral Health Needs of Children, Adolescents and Families During the Covid-19 Pandemic
- ***All above authors and speakers acknowledged for this talk

AAP RESOURCES

Healthychildren.org:

- How to Help Children Build Resilience in Uncertain Times
- A Remedy in Turbulent Times: Helping Families Build "Relational Health"
- Teens & Covid-19: Challenges and Opportunities During the Outbreak
- Mental Health for Teens: Watch for Danger Signs
- Mental Health During Covid-19: Signs Your Child May Need More Support
- Working and Learning from Home During the Covid-19 Outbreak.
- Parenting in a Pandemic: Tips to Keep the Calm at Home
- Importance of Self-Care: Why Parents Need Time Out to Recharge.
- ***All above authors and speakers acknowledged for this talk

NATIONAL INSTITUTE OF MENTAL HEALTH RESOURCES

• COVID-19 YOUTH Clinical Pathway

Ask Suicide-Screening Questions (ASQ) Tool

"THIS TOO SHALL PASS AND YOU'LL GET THROUGH THIS WITH ME BY YOUR SIDE"

PERSIAN ADAGE ADAPTED FOR "HOW TO HELP CHILDREN BUILD RESILIENCE IN UNCERTAIN TIMES"

DR. KEN GINSBURG

THINGS TO REMEMBER FOR YOURSELVES

- Acknowledge that almost everyone is having a hard time right now including ourselves
- We don't have all the answers and all the treatments; even though that is part of what might have drawn us to medicine to help fix things, make people better
- Just being there and listening is really important and powerful
- You can provide reassurance
- Sharing your own vulnerabilities, challenges, coping can be powerful if done appropriately (and you are comfortable with this)
- Get creative about your own self care

NAVIGATING CONVERSATIONS WITH YOUR AYA PATIENTS

- Go into every visit assuming/acknowledging everyone has been touched by the pandemic and associated stressors.
- Ask in an honest and curious way how people are managing/coping/etc.
- Acknowledge that people feel "uncomfortable" right now; which is different than feeling unsafe. Try to differentiate between the two in your questions and assessment.
- Realize that some folks think they are not distressed enough to merit attention; that others are worse off than they are.
- Consider screening more frequently. I.e.: PHQ9 or ASQ (see links above)
- Ask them about an average day, organization/structure?
- Focus on (a) time outside, (b) exercise, (c) time with peers

DEPRESSION AND ANXIETY

- Depression and anxiety are emotions, not diagnoses
- "Having emotions is good, talking about them can be helpful and being honest with them is healing"
- More people may be open to admitting depression and anxiety in this current environment than they have been before, but keep in mind that the key is DISTRESS or IMPAIRMENT in functioning
- Good opportunity to acknowledge and validate that it is okay to feel this way and it is okay to talk about it, but when the thoughts/feelings/behaviors dominate their distress or functioning it is more problematic.
- Some may have never wanted, needed, been able to open up in this way before.

DEPRESSION AND ANXIETY

- Help them to understand how anxiety and depression is making them feel:
 - In their body?
 - In their behaviors?
 - In their relationships?
 - In their substance use?
 - How is this affecting their health and well being?
- Be careful about just recommending folks "breathe it away", this can come off as tone deaf.

DECIDING ON NEXT STEPS

- Distress?
- Impairment?
- Safety?

• Are they coping okay? Any unhealthy coping mechanisms?

BUILDING RESILIENCE

Ask what is going well in addition to what is difficult

Acknowledge strengths

- Review self compassion, don't be too hard on yourself
- Review how physical health strengthens emotional health
- Talk about staying present. Build new routines, find new distractions.

BUILDING RESILIENCE

Do what you can now.Adapt.

• Find joy, give service and maintain purpose. This can ease disappointment.

• Ask where they can find safe "sanctuary", peace; a place? an activity?

Healthy relationships strengthen you. Find new ways for Covid-safe connections

SPECIFIC PRACTICAL INTERVENTIONS/NOTES

- Make little changes with COVID guidelines in mind:
 - short walk breaks
 - safe social breaks
- What are the little things that make you feel good:
 - warm shower
 - watch a funny show
 - listen to music
- We are not seeking a "cure" for depression/ anxiety state
 - We are working on coping with an unchangeable situation
 - Identify specific strategies with the patient based on individual preference

SPECIFIC PRACTICAL INTERVENTIONS/NOTES

- No news from a patient is not necessarily good news:
 - follow up is essential
 - If possible for your office, refer to care coordinator (SW, RN)
- Get additional support if needed
 - mental health counseling through school or community
 - academic support when applicable- Access/disability office at college
 (providers can help with diagnoses necessary to access accommodations)
- Some AYA's don't find telehealth support helpful. Some in person supports are available:
 - Chittenden County: Centerpoint and Spectrum- seeing clients in person

CASES: IMPACT OF STRESS VARIES FOR DIFFERENT INDIVIDUALS & SITUATIONS

College student- out of state

Working youth- in state

Youth needing quarantine, no place to go

THANKS!

THOUGHTS?

THIS TOO SHALL PASS AND WE'LL GET THROUGH IT TOGETHER

CHAMP Learning Session (10/13/20) Materials Now Posted!

- Thank you, Avery Rasmussen and Angela Zinno!
- Learning session website with recordings and slide decks:
 http://www.med.uvm.edu/vchip/champ/champ_2020_learning_session
- □ Link directly to Dr. Berwick's keynote recording: https://uvm-vchip.adobeconnect.com/champ2020learningsessionmoraldeterminantsofhe-alth/event/registration.html
- □ Link directly to Dr. Berwick's keynote slide deck (NOTE this will be removed from the website 30 days from the date posted):

 http://contentmanager.med.uvm.edu/docs/keynote_berwick/vchip-documents/keynote_berwick.pdf?sfvrsn=5b9b1922_2





AAP Updates



AAP National

- □ New this week Transition Plan: Advancing Child Health in the Biden-Harris Administration
 - Outlines specific policy recommendations to support our children
 - Offers comprehensive steps to address wide range of pressing child health issues: COVID-19 pandemic, vaccinations, immigration, health equity and racism, environmental health and more! (26 child health issues; >140 recommendations. Builds on AAP Blueprint for Children (October)
- Gearing up to address vaccine hesitancy

AAP Vermont

□ Leah Costello – interview on WCAX



Questions/Discussion

- Q & A Goal: monitor/respond in real time; record/disseminate/revisit later as needed.
- For additional questions, please e-mail: vchip.champ@med.uvm.edu
 - What do <u>you</u> need how can we be helpful (specific guidance)?
- □ VCHIP CHAMP VDH COVID-19 website:

 https://www.med.uvm.edu/vchip/projects/vchip_champ_vdh_covid-19_updates
- □ Next CHAMP call: *Monday, November 16, 12:15-12:45* (current schedule: M-W-F)
- □ Please tune in to VMS call with VDH Commissioner Levine:

Thursday, November 19, 12:30-1:00 p.m. – Zoom platform & call information:

Join Zoom Meeting:

https://us02web.zoom.us/j/86726253105?pwd=VkVuNTJ1ZFQ2R3diSVdqdlJ2ZG4yQT09

- Meeting ID: 867 2625 3105 / Password: 540684
- One tap mobile +1 646 876 9923, 86726253105#, 0#, 540684# Dial In- +1 646 876 9923 / Meeting ID: 867 2625 3105 / Password: 540684



