Covid-19 Update

Maryland Department of Health
Maryland Primary Care Program
Program Management Office

9 December 2020

Now this is not the end. It is not even the beginning of the end. But it is, perhaps, the end of the beginning.
Winston Churchill 1942

Before Alamein we never had a victory. After Alamein we never had a defeat."
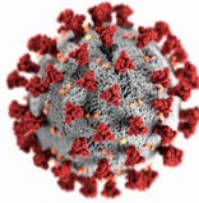
Maryland
DEPARTMENT OF HEALTH

A Good Plan violently executed today is better than a perfect plan executed tomorrow

- General George Patton

This is our enemy - heartless, soulless and only intending to hurt us

These are the weapons you have to combat this enemy

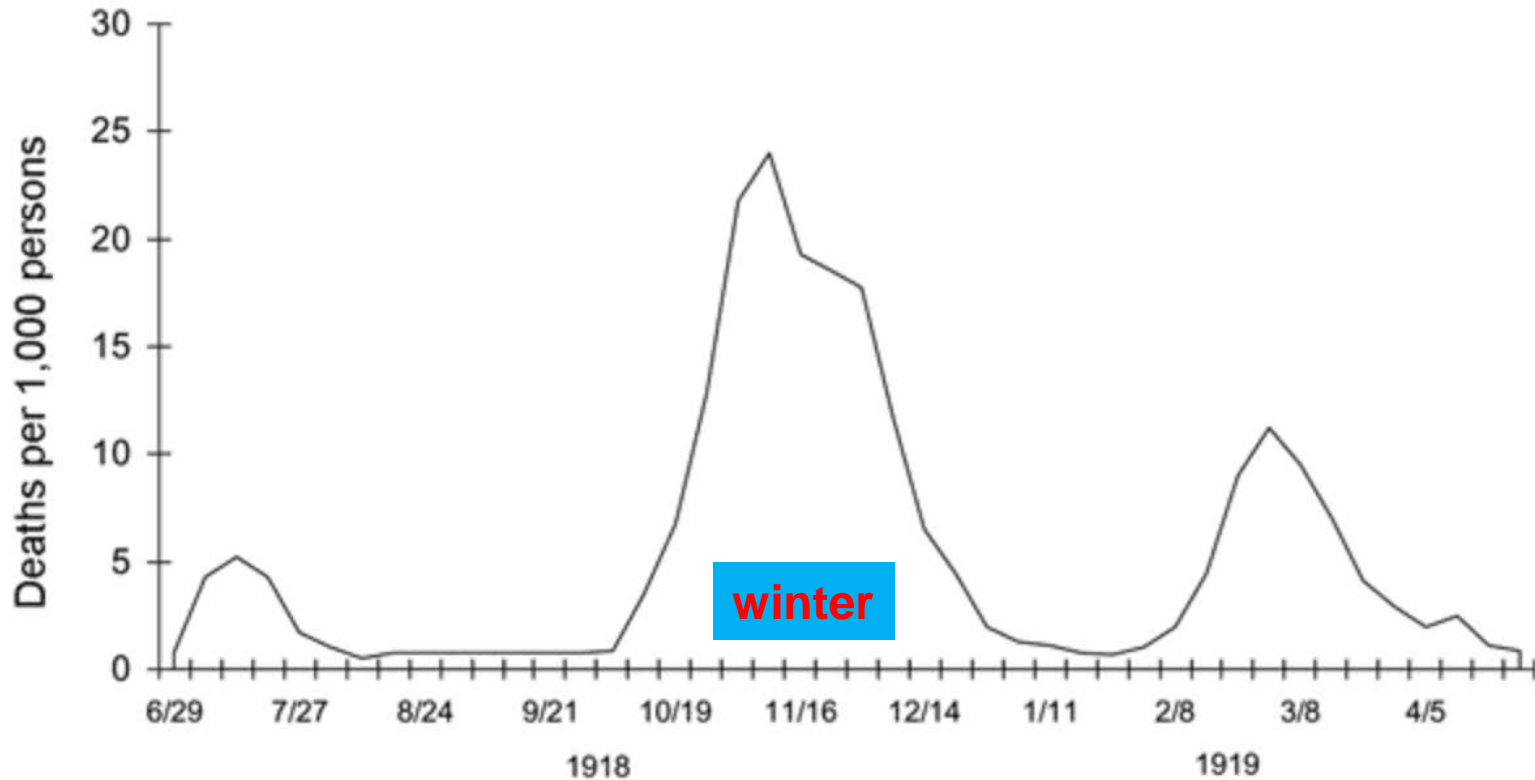It is **<u>now</u>** up to you to use them to the best of your ability through a lens of equity

Maryland
DEPARTMENT OF HEALTH

1918 Flu Pandemic

Figure 1. Three pandemic waves: weekly combined influenza and pneumonia mortality, United Kingdom, 1918–1919 (*21*).

4

Maryland
DEPARTMENT OF HEALTH

Agenda

- ❖ Maryland Morbidity and Mortality Data
- ❖ National Status and Projections
- ❖ Additional Information
  - ➢ Continue Testing – office based – patient administered testing
  - ➢ Prepare to Vaccinate
  - ➢ Medical Countermeasures- monoclonal antibodies
  - ➢ Prepare Safe workflows and stock sufficient PPE
  - ➢ CDC Updated Guidance on quarantine
- ❖ Guest Speaker and Extended Q & A
- ❖ Resources Appendix

Maryland
DEPARTMENT OF HEALTH

Morbidity and Mortality Update

	United States 🇺🇸	Maryland
New Daily Cases (7-day rolling average)	201,756	2,705
Cumulative Cases	15 million+	219,961 (MDH)
New Daily Deaths (7-day rolling average)	2,259	32
Cumulative Deaths	283,835	4,755 (MDH)

Cases

Deaths

Maryland
DEPARTMENT OF HEALTH

Source: All data from the New York Times unless otherwise noted, MDH

Updated 12/8

COVID-19 Daily Report - Maryland Department of Health

Data reported as of 12/9/2020

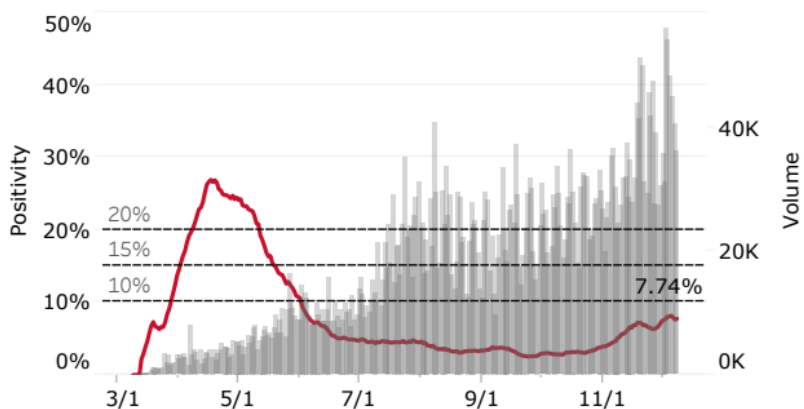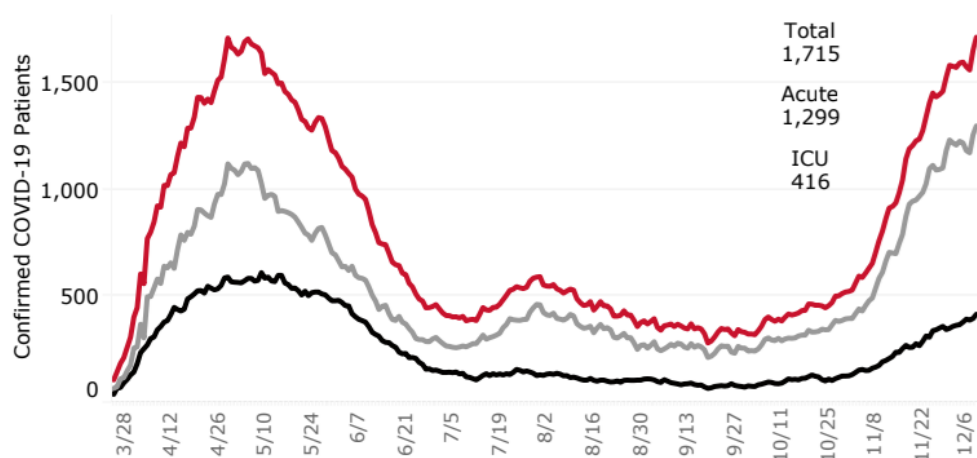| **222,653**	**36,013**	**4,806,845**	**4,801**
confirmed cases	tests reported 12/8	cumulative tests	confirmed deaths
+2,692	**8.98%**	**7.74%**	**+46**
cases reported on 12/8*	daily positivity reported 12/8	7-day avg. positivity** reported 12/8	deaths reported on 12/08

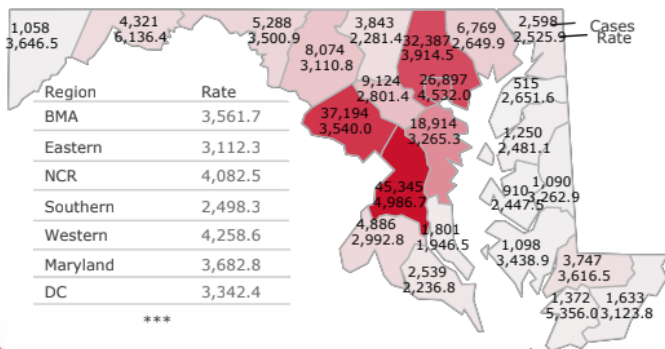## 7-Day Avg. Percent Positive Testing** and Total Testing Volume

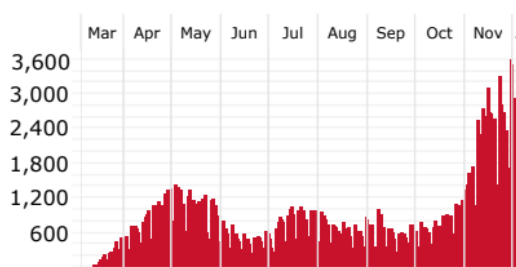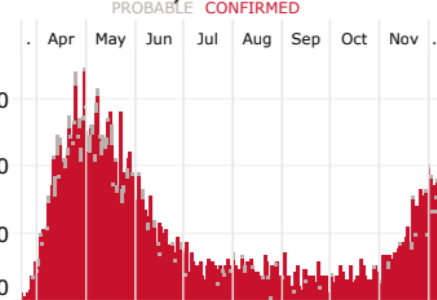## Statewide Acute/ICU Beds Occupied by COVID Patients

Total 1,715
Acute 1,299
ICU 416

Cases and Rates by County of Residence

	1,058	4,321	5,288	3,843	6,769	2,598	Cases
	3,646.5	6,136.4	3,500.9	2,281.4	2,649.9	2,525.9	Rate
			8,074	32,387			
			3,110.8	3,914.5			
			9,124	26,897	515		
			2,801.4	4,532.0	2,651.6		
		37,194	18,914	1,250			
		3,540.0	3,265.3	2,481.1			
		45,345	1,090				
		4,986.7	3,262.9				
	4,886	1,801	910				
	2,992.8	1,946.5	2,447.5				
	2,539	1,098	3,747				
	2,236.8	3,438.9	3,616.5				
		1,372	1,633				
		5,356.0	3,123.8				

Region	Rate
BMA	3,561.7
Eastern	3,112.3
NCR	4,082.5
Southern	2,498.3
Western	4,258.6
Maryland	3,682.8
DC	3,342.4

***

Daily Cases
by Specimen Collection Date

Daily Deaths
PROBABLE CONFIRMED

All case-related counts on this dashboard are of individual people infected with COVID-19.
Report date: the day a case was reported to the Maryland Deptartment of Health.
Specimen date: the day the initial lab specimen was collected.
BMA: Baltimore Metro Area; NCR: National Capital Region. DMV: DC, Maryland, and Virginia Area
Rates calculated using total confirmed cases and 2019 population estimates. Rates do not exclude recovered cases. Rates are calculated as cases per 100,000 population. 2019 Maryland Population estimates from the Maryland Department of Planning, March 2020.
*Daily case increase uses report date.
**Positivity calculated using a 7-day rolling average
***DMV Virginia includes Alexandria, Arlington, Fairfax, Fairfax City, Falls Church, Loudoun, Manassas, Manassas City, and Prince William.
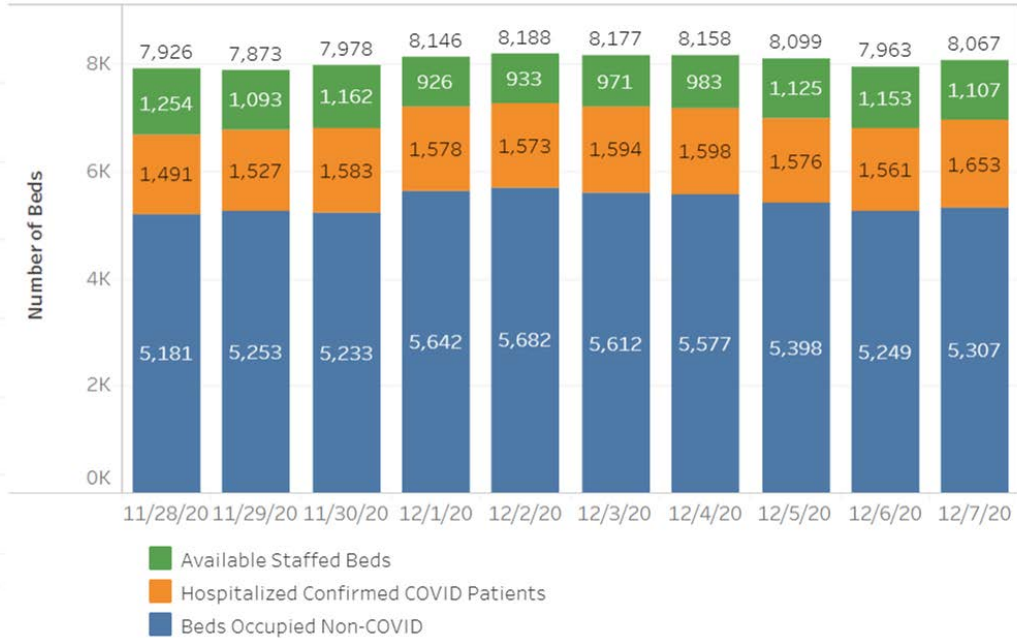
Maryland
DEPARTMENT OF HEALTH

Hospital and ICU Beds Approaching Saturation

Hospitalized COVID-19 Patients

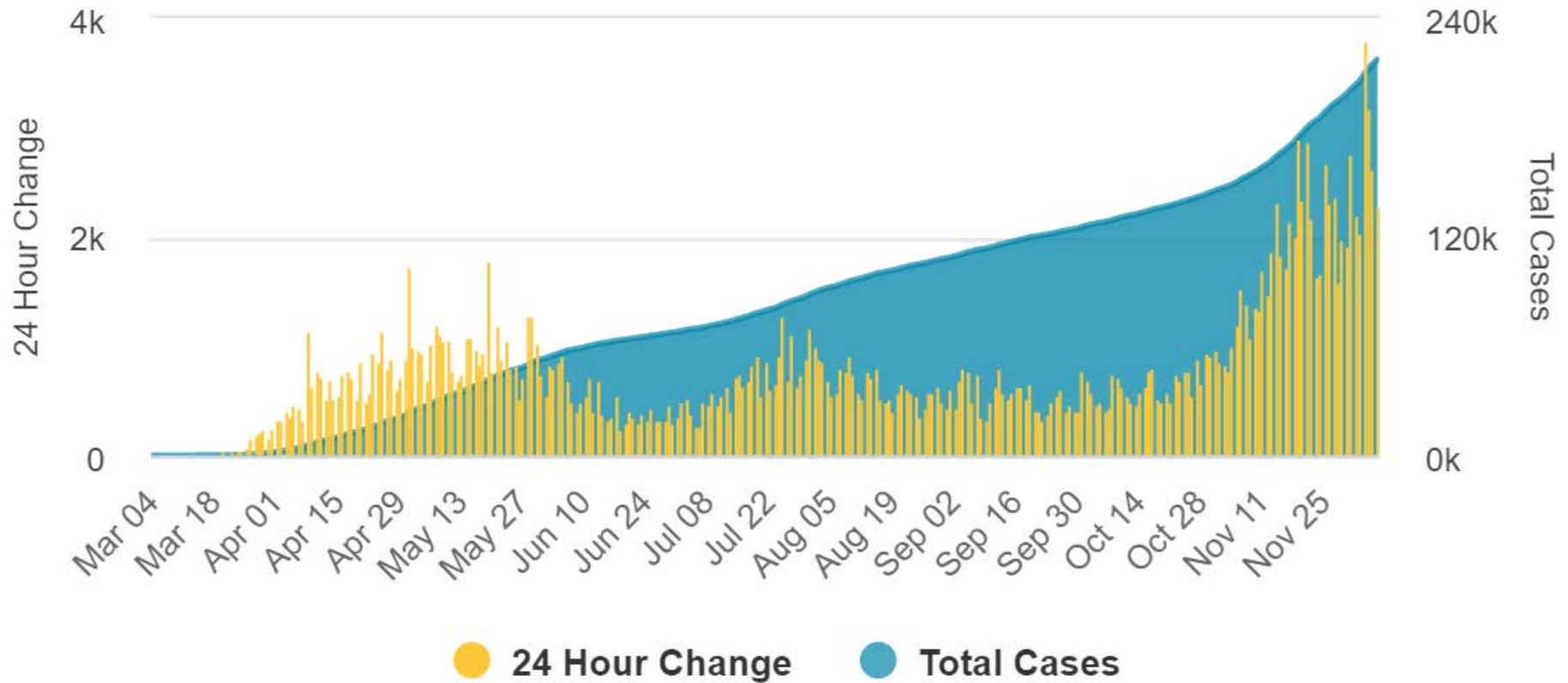Number of COVID-19 Positive Patients in Acute Care and ICU

Statewide Occupied Staffed - Adult Acute Care and ICU - Last 10 Days

Daily New Cases in Maryland Remain High

Confirmed Cases, Total over Time

24 Hour Change

Total Cases

● 24 Hour Change   ● Total Cases

Updated 12/8

New Covid-19 Cases in the United States Continue to Increase

Hot spots | Total cases | Deaths | Per capita

Average daily cases per 100,000 people in past week

8   24   40   56   Few or no cases

Double-click to zoom into the map.
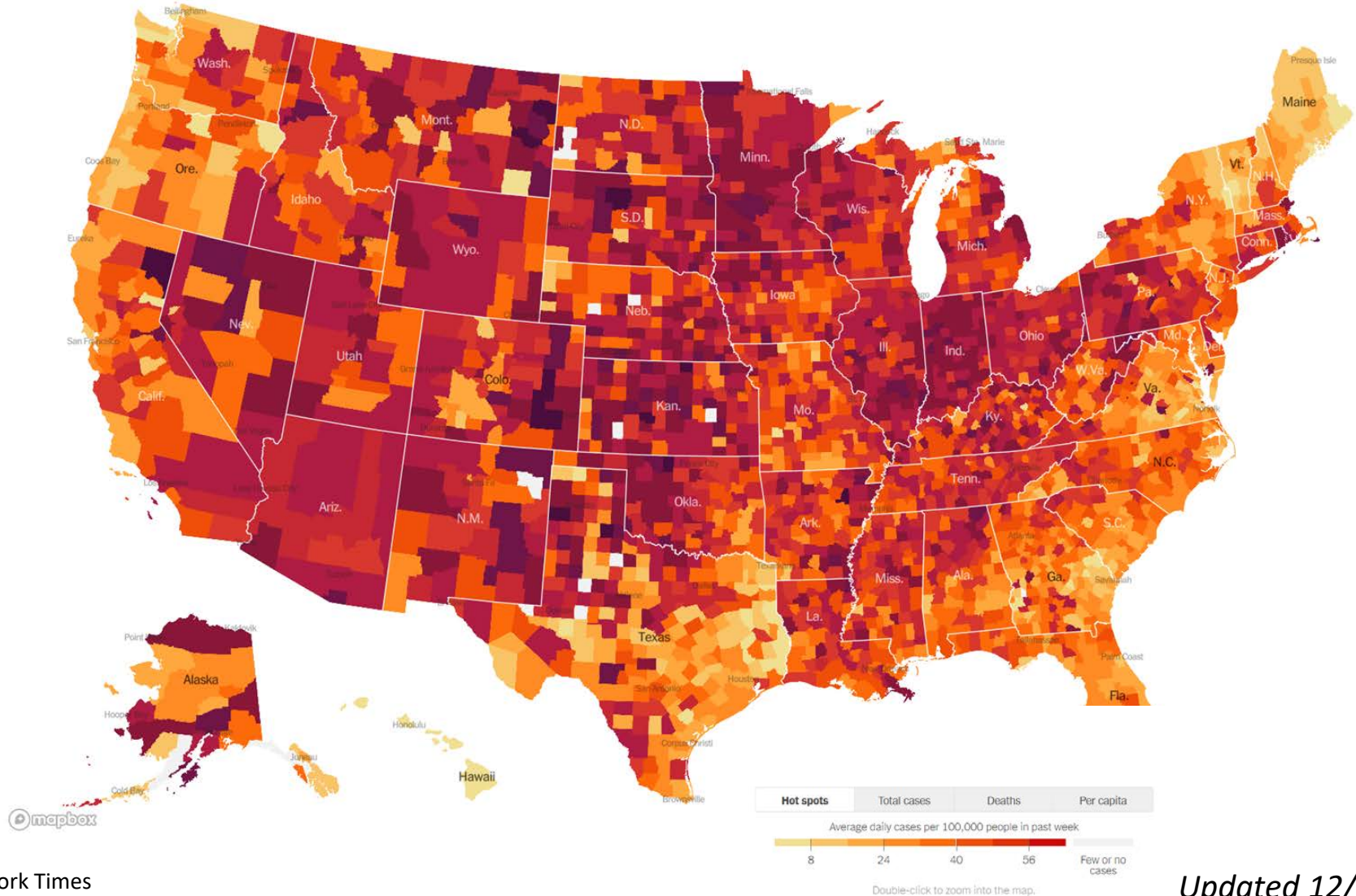
Source: New York Times

Updated 12/8

Primary Care: Call to Action

Now is the time to act. The fight against this virus belongs to all healthcare professionals.

❖ Continue to care for your **most vulnerable patients by continuing to use the CVI tool**
❖ Ensure your patients are being safe (masks, social distancing) and they know they can call on you
❖ **Test** as much as possible
❖ **Immunize** when called to do so, be fully prepared
❖ **Priority referrals** to therapeutics like monoclonal antibodies

Covid Testing Adoption Teams

❖ Teams will support office-based Covid testing with technical assistance and best practices starting now. Support includes guidance on:

➢ Workflows
➢ New safe PPE requirements
➢ Patient self administered testing
➢ Shallow nasal testing
➢ Saliva testing
➢ Testing patients at home

➢ Identifying highly vulnerable patients
➢ Coding and reimbursement support
➢ Testing supplies
➢ Testing reports
➢ Point of Care testing options

❖ **The Testing Adoption Team will be in the field and virtual over the next 4 weeks. Reach out to your MDPCP Practice Coach if you are interested in working with Testing Adoption Teams.**

12/1 Governor's Announcements

❖ Expectation that there will be a record high for Covid hospitalization in the coming days

❖ More than 130 beds in use at expansion sites

❖ 21 Maryland hospitals are at more than 90% capacity

❖ Announcement of various measures to try to meet Maryland's health care needs, including

➢ The establishment of the MarylandMedNow program to recruit clinicians

➢ By 12/8, hospitals must submit by Patient Surge Plan to expand hospital beds and make staffing surge adjustments

➢ If and when there are 8,000 hospitalizations statewide, all hospitals will be required to expand their staffed bed capacity by 10% within seven days

➢ Hospitals must immediately begin making adjustments by adding or redeploying staff, reducing elective procedures that require a bed or ventilator, and transferring patients to appropriate treatment facilities

➢ The Health Services Cost Review Commission is reinstating emergency policies to provide more financial stability

Maryland
DEPARTMENT OF HEALTH

13

11/17 Governor's Order & MDH order 2020-11-17-01

❖ Hospital visitation prohibited (with exceptions)
❖ Guidance to hospitals to avoid elective procedures (does not mean refraining from administration of primary care services)
❖ Hospital surge plans and patient transfer
  ➢ Hospitals nearing capacity may transfer patients to hospitals with capacity
  ➢ Both Covid-19 positive and Covid-19 negative patients
  ➢ Daily transfer reporting to Maryland Institute for Emergency Medical Services System (MIEMSS)

❖ Bars and restaurants required to close by 10pm
❖ Statewide mask order remains in effect, required in indoor public areas

Maryland
DEPARTMENT OF HEALTH

Updated Quarantine Guidance

❖ MDH updated quarantine guidance for asymptomatic individuals in alignment with CDC:

1) <u>After Day 7 with a Negative Test</u>: When diagnostic testing resources are sufficient and available, quarantine can end after Day 7:
   a) If no symptoms were reported during daily monitoring; AND
   b) if a diagnostic specimen tests negative

1) <u>After Day 10 Without a Test</u>: Quarantine can end after Day 10 without testing if <u>no symptoms have been reported during daily monitoring.</u>

Inform your patients to quarantine within guidelines whether or not they hear from a contact tracer

Maryland
DEPARTMENT OF HEALTH

Updates on Vaccines

❖ Pfizer and Moderna EUAs submitted

❖ FDA meets December 10 for Pfizer; December 17 for Moderna
❖ Anticipate 4-6 additional vaccine candidates

❖ Maryland will receive about 155,000 vaccines during first round, enough to cover about half of frontline healthcare workers

❖ ACIP emergency meeting recommended prioritizing health care workers and long-term care facility residents and staff for Phase 1a

  ➢ Will be official CDC recommendations on immunization if they are approved by HHS leadership

  ➢ ACIP will make recommendations about other priority groups at future meetings

❖ FDA Covid Vaccine Site

Maryland
DEPARTMENT OF HEALTH

Source: Office of the Governor of Maryland, Stat News, CNN, Washington Post, Maryland Matters

Update on Vaccines
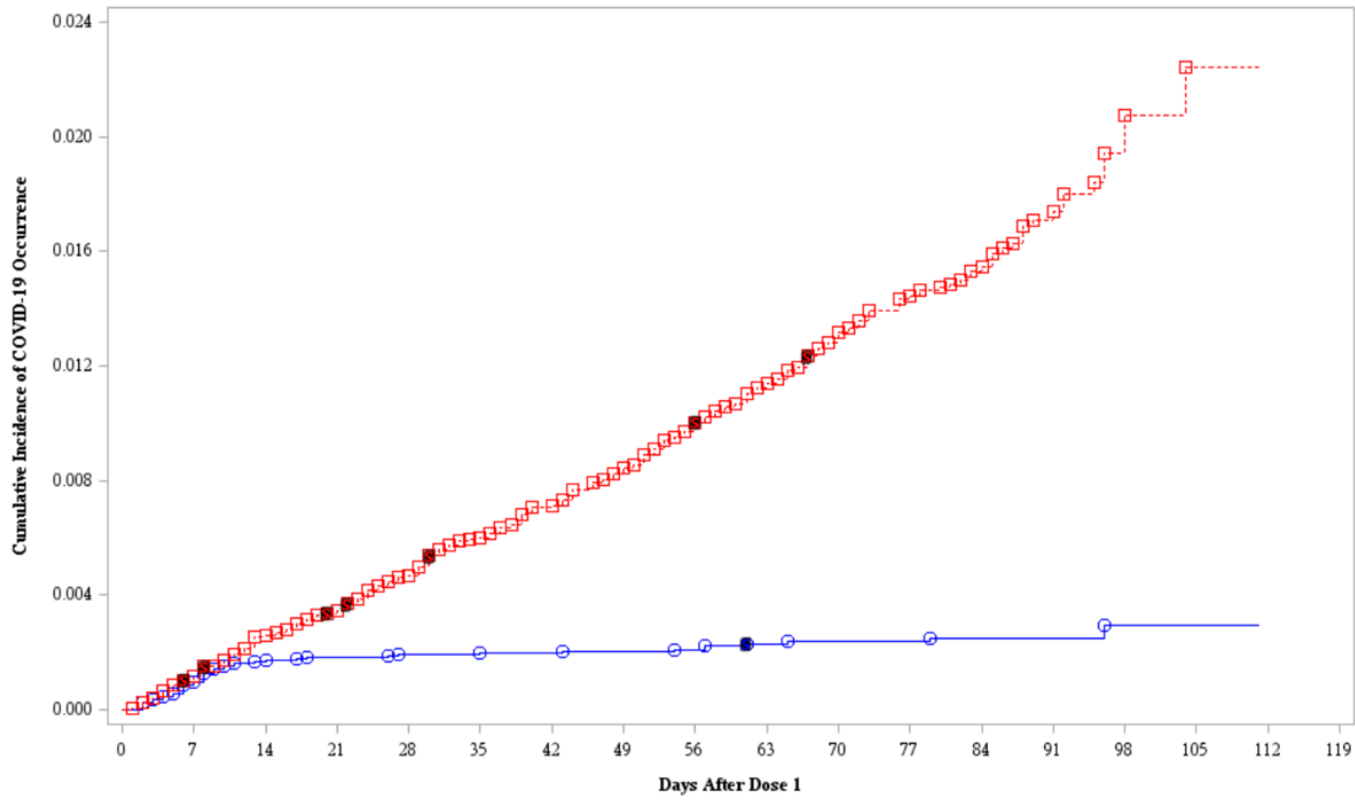
❖ Covid vaccines and cold storage

➢ Pfizer vaccine

✓ Needs to be stored at -70 degrees celsius

✓ Can be be refrigerated for five days after thawing, but needs to be used within five days of thawing

➢ Moderna vaccine

✓ Needs to be stored at -20 degrees celsius

✓ Can be stored at -20 degrees celsius for up to six months

✓ Can be stored in a regular refrigerator for 30 days after thawing

✓ Can be kept at room temperature for 12 hours

➢ Length of time for both vaccines to thaw is unclear

Maryland
DEPARTMENT OF HEALTH

Source: National Public Radio, Stat News

Pfizer Vaccine Efficacy - from FDA Briefing Document

Figure 13   Cumulative Incidence Curves for the First COVID-19 Occurrence After Dose 1 – Dose 1 All-Available Efficacy Population

AstraZeneca Vaccine

❖ Data from trials in Brazil and the UK showed:

  ➢ 62% efficacy in groups receiving 2 full doses of vaccine

  ➢ 90% efficacy in group receiving half dose, then full dose (3,000 participants)

❖ Results from US-based clinical trial with 30,000 participants expected in January, with two full doses

❖ Viral-vectored vaccine

❖ Does not require super cold storage (normal fridge temperatures) so is easier to distribute

Maryland
DEPARTMENT OF HEALTH

Source: Yahoo, BBC

Phased Approach

	Phase 1 (1-3 months)	Phase 2
Vaccine availability	Limited	Widespread
Approach	Targeted	Universal
Vaccine available to:	• Frontline healthcare workers • Other essential workers • Those at highest risk of developing complications from Covid-19 (ACIP high risk conditions)	• General public
Vaccine distribution by:	• Local health departments • Hospitals • Vaccination clinics (through LHDs) • Essential employer work sites	• Local health departments • Hospitals • Pharmacies • Primary care practices • Urgent care centers • School vaccination clinics

Provider Recruitment and Enrollment

Maryland healthcare providers interested in receiving Covid-19 vaccine will have to take two steps:

1. **Onboard with ImmuNet** to report vaccination data
   - **EHR connected to ImmuNet** to report all vaccine doses administered
   - *MDPCP Practices:* **if you are not yet enrolled in ImmuNet, you can sign up for a video call with ImmuNet staff to complete enrollment. Use this link to sign up:**
     https://calendly.com/cherry-angeles/immunet-mdpcp-practice-enrollment?month=2020-12

2. **Register with ImmuNet as a vaccine provider** in order to receive and administer vaccine.
   More information soon

Where is your practice?

Enrolled and reporting

Enrolled, but not reporting

Not enrolled and not reporting

Verify patients' records in ImmuNet are being accurately transmitted to ImmuNet by:
> logging in, and
> viewing a recently immunized patient's record for completeness.

Follow the steps on the Immunet website under "Providers with Electronic Health or Medical Records Systems (EHR/EMR)" to be added to the ImmuNet queue.

Put in a ticket with EHR vendor to implement immunization interface.
Be sure to include:
> ImmuNet-assigned Org ID (contact HelpDesk for Org ID)
> Technical specs for interface
> ImmuNet HelpDesk contact information

Complete ImmuNet enrollment form

Wait for email containing username and password. Review links.

Congratulations!
You are enrolled and reporting to ImmuNet.

Register as a Covid-19 vaccinator
Registration for ambulatory providers not yet open

Vaccine Payments

- ❖ [CMS website link: Covid-19 Medicare Billing and Coding](#)

- ❖ No cost sharing for patient

- ❖ Vaccines will be provided at no cost to provider

Medicare Payment	Category
$28.39	Single-dose Covid-19 vaccine
$16.94; $28.39	First and second dose of a two-dose Covid-19 vaccine

Maryland
DEPARTMENT OF HEALTH

[Monoclonal Antibodies](#) Clinician Letter

❖ Bamlanivimab and Regeneron monoclonal antibody EUAs

❖ Limited supplies- ~ 1500 doses/week

❖ **For ambulatory Covid positive at risk of hospitalization within 10 days on onset of symptoms**

❖ 6 infusion centers + SNFs open - more to follow
- ➢ Baltimore Convention Center Field Hospital
- ➢ Peninsula Regional- Tidal Health
- ➢ Meritus Health
- ➢ Adventist – Takoma Park
- ➢ UPMC
- ➢ Atlantic General
- ➢ SNFs

Referrals are currently low. Refer your patients using [this referral form](#)

Monoclonal Antibody Treatment Screening Tool

Source: Minnesota Department of Health
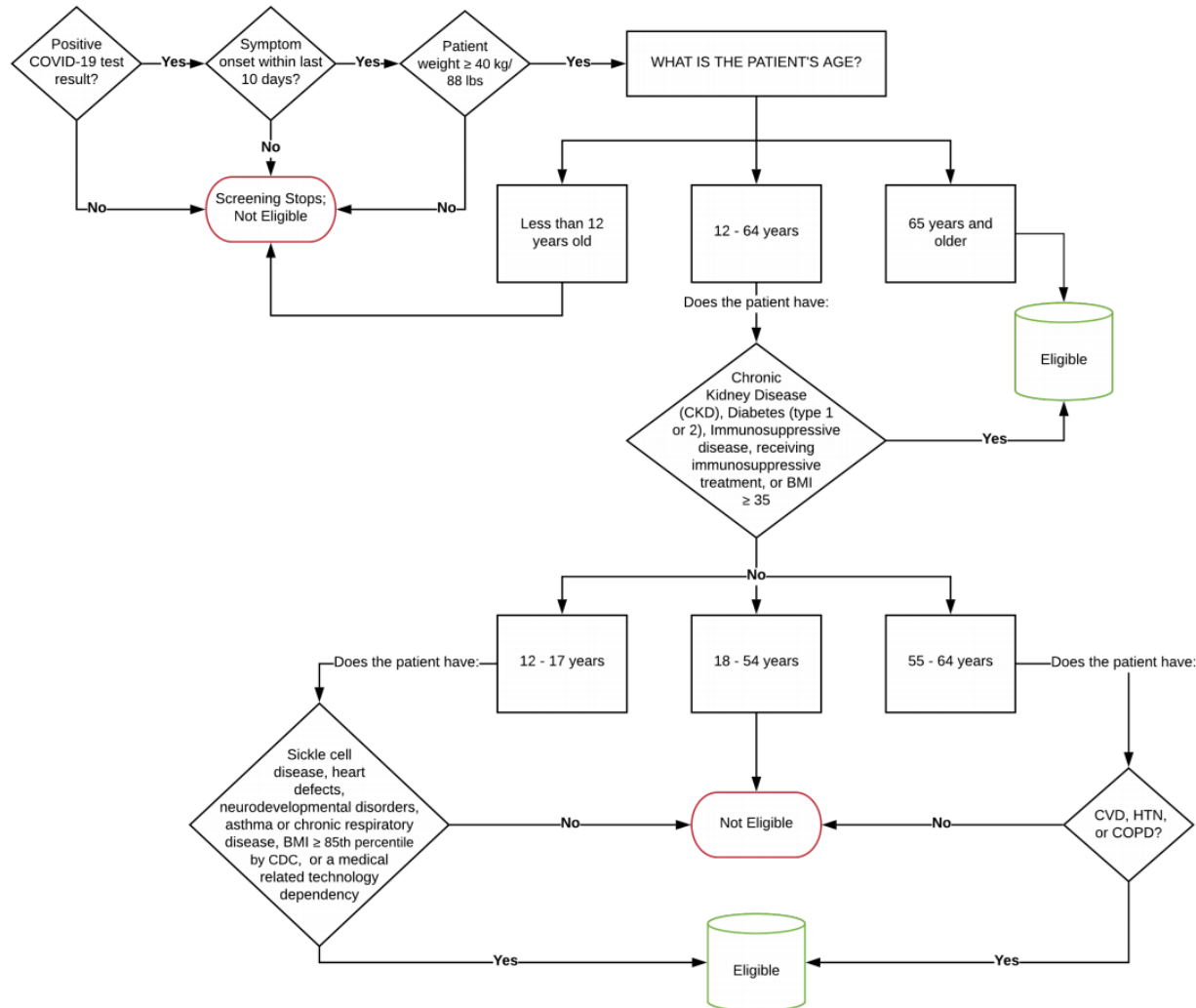
Prepare Safe Workflows and Stock Sufficient PPE

❖ Ensure your practice has 30 days of PPE immediately available

❖ Consult usual suppliers and order PPE well in advance of anticipated need. There may be PPE shortages in the future.

    1. Obtain from usual or extended suppliers

    2. Local Health Departments

    3. State Emergency Supplies, as last resort

❖ Continue using PPE according to CDC guidelines

❖ Ensure safe workflows for all patients, particularly vulnerable patients

Maryland
DEPARTMENT OF HEALTH

Sources: Washington Post, Nature

Introducing - *Covid-19 Surge: Flash Briefing and Q&A*

As cases and hospitalizations rise, the MDPCP wants to find other ways to engage and support your practice during Covid-19. Flash briefings will focus on brief crucial updates and Q&A.

Covid-19 Surge: Flash Briefing and Q&A

❖ Every Monday, 5:30pm-6pm (during surge)
❖ Top 5-10 need-to-know updates
❖ Focus on Q&A

Wednesday webinars will continue with weekly updates

27

Five things you can do as Health Care Providers

1. **Identify all your high risk patients** —use the Covid Vulnerability Index (CVI) in CRISP, your EHR, and your intuition and do outreach and communication
➢Advise patients to continue to use social distancing and wear masks

2. **Provide vulnerable patients with expanded care** through telemedicine and special accommodations if they need face-to-face care

3. **Offer testing for all patients, every visit**

4. **Stay current, stay safe**—stay current by keeping up-to-date with CDC guidelines and case rates in your area. For up-to-date information, visit CDC, MDH, and MDPCP sites. Stay safe by taking all necessary infection control precautions when seeing patients

5. **Prepare for a vaccine** - address vaccine hesitancy with patients, enroll in ImmuNet and set up reporting now, and work with your patients to get them flu shots

Maryland
DEPARTMENT OF HEALTH

Loneliness and Social Isolation During Covid-19

What is loneliness and social isolation?

Loneliness: the feeling of being alone, regardless of the amount of social contact

Social Isolation: having few social relationships or infrequent social contact with others

More people are feeling lonely & isolated as the pandemic goes on

Before the pandemic approximately 20% of adults in the US said they often or always felt lonely or socially isolated. Reports from August 2020 showed:

28% of adults reported feeling lonely

41% of adults have reported feeling socially isolated

Younger generations are more likely to report loneliness and social isolation during the pandemic

Solutions and strategies to combating loneliness & isolation

During COVID-19 social restrictions & beyond

Talk with Family and Friends Regularly
Phone, virtual platform, email and social media

Keep a Healthy Lifestyle
Eat a balanced diet, exercise and get quality sleep

Get Outdoors as Much as Possible
Get as much sunlight, fresh air and nature as you can

Get Help and Reach Out When Needed
Take part in support groups or therapy, virtual or in person

Source: NIHCM

Webinar Series: Helping the Helpers and Those They Serve

The Maryland Department of Health (MDH) Behavioral Health Administration (BHA) and MedChi are pleased to announce the new webinar series, the BHA/MedChi Behavioral Health Webinar Series: Helping the Helpers and Those They Serve.

These webinars are for Maryland's behavioral health and medical health care workers of all disciplines, whether working in community or hospital settings. **They are designed to enhance both health care worker self-care and resultantly the care they provide, as health care workers combat numerous stressors including the COVID-19 pandemic, social justice issues, and other stressors that can potentially impact delivered care.** The below webinars are open for registration. All webinars are from 5-6 p.m.

BHA/MedChi Behavioral Health Webinars Series will be held on:

- **Thursday, December 17: The Impact of Racial Trauma on Providers**
- **Thursday, January 14: The Approach to Impaired Clinicians**
- **Thursday, January 28: Vicarious Trauma and Self-Care for Health Care Workers During COVID-19**

CMEs and Participant Certificates will be available at no cost.

For information and to register, visit: bha.health.maryland.gov

Maryland
DEPARTMENT OF HEALTH

Announcements

❖ Learn from our [Frequently Asked Questions page](#)

❖ Monday Covid-19 Surge: Flash Briefing and Q&A
  - ➢ [Monday, 12/14/20 (5:30 – 6 PM)](#)
  - ➢ [Monday, 12/28/20 (5:30 – 6 PM)](#)

❖ Wednesday Covid-19 Updates
  - ➢ [Wednesday, 12/16/20 (5-6 PM)](#)

❖ Future Webinars
  - ➢ Today - Sharon Hoover, PhD, Professor of Psychiatry at the University of Maryland

    School mental health during Covid-19

  - ➢ Next week - Laundette Jones, PhD, MPH

    Partnerships to achieve health equity

Maryland
DEPARTMENT OF HEALTH

School Mental Health During COVID-19

Sharon Hoover, Ph.D.

December 2020

www.schoolmentalhealth.org
www.theshapesystem.com

Facebook.com/
CenterforSchoolMentalHealth

@NCSMHtweets

NCSMH
NATIONAL CENTER FOR SCHOOL MENTAL HEALTH

NCSMH provides training and technical assistance to support school mental health nationwide

LEARN MORE

National Center for School Mental Health (NCSMH)

Connect With Us

Behavioral health challenges impacting child and adolescent schooling during COVID-19

Stressors Related to COVID-19 ANXIETY/FEARS

- Increased challenges with mental health issues *(e.g. anxiety, depression)*

- Confusion and uncertainty about what will happen next

- Worry and fear for the safety of self and others *(for teachers, worry about their students)*

- Anxiety related to unknowns, new ways of operating as the 2020-21 school year begins

- Fears associated with re-opening schools and COVID-19 transmission

- Unsafe situations at home *(e.g., abuse, neglect, domestic violence)*

Citation: National Center for Safe Supportive Learning Environments, 2020

Stressors Related to COVID-19 LOSS

- Loss of resources *(e.g., extended family support, job loss, access to mental health services and health care)*
- Loss of family members, community members, teachers, and students
- Students and staff missing out on important rituals and transitions *(e.g., prom, graduation, end-of-year celebrations and goodbyes, losses)*
- Sudden disruption of normal routines, relationships, structures, and predictability
- Food insecurity

Citation: National Center for Safe Supportive Learning Environments, 2020

National Center on Safe Supportive Learning Environments
Safe Supportive Learning
Engagement | Safety | Environment

Stressors Related to COVID-19 EQUITY

- The disproportionate effects of COVID-19 in communities of color and increased risk for these and other stressors

- Disproportionate access to virtual education for students *(e.g., technology, learning challenges)*

- Learning new technology, adapting to different ways of teaching and learning, maintaining student engagement, balancing work and home life, with multiple stressors

Citation: National Center for Safe Supportive Learning Environments, 2020

National Center on Safe Supportive Learning Environments

Safe Supportive Learning
Engagement | Safety | Environment

Partnering with Schools to Support Student Behavioral Health

Universal supports

Patient-specific supports

Universal Supports

- Provide recommendations on policies and procedures to schools and districts that will promote a safe return to school
  - See the American Academy of Pediatrics' list of planning considerations: https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-planning-considerations-return-to-in-person-education-in-schools/
- Support teachers
- Consultation on how to identify concerns, conduct screening, triage students
- Host a virtual "Ask a doctor" session for parents
- Virtual classroom visits to teach kids about hand hygiene, wearing masks, distancing, etc
- Provide resources to the schools about where testing and PPE could be accessed
- Provide a list of mental health providers and child/adolescent psychiatrists in the community
  - Search for clinicians who specialize in child/adolescent and family therapy
  - Indicate which insurance plans providers accept
  - Determine the length of wait lists
- Create "quick guides" with indicators of mental health difficulties (e.g., anxiety and depressive symptoms), discuss potential screening options, and how to access services within the school or local community

Questions to ask local districts/schools of patients:

•What are schools'/districts' plans for remainder of school year? (e.g., virtual, hybrid, or in-person learning)

•What resources and supports will be offered for students' social, emotional, and behavioral wellbeing?
   •Does the school have a social-emotional curriculum? Will this program continue?
   •Are there mental health providers within the school? Will they have the capacity to continue work with students? How will students and families access these services?

•What are ways that I can partner with schools to expand upon existing resources and offer additional support to schools, students, and families?

Patient-specific supports

- Support re-establishing routines

- Provide education to families about distance learning strategies, including special education rights/accommodations in distance learning
  - https://www.nasdse.org/docs/NASDSE_LRE.pdf

- Encourage families to connect with school mental health supports

- Communicate with school personnel about student progress/concerns

- Screen students and families for COVID impact and general well-being

Behavioral Activation
Staying "SAFE"

Social

call friends, play games with family

Active

dance, walk/run/ride bikes, do YouTube exercises

Fun

choose an activity you enjoy- read, puzzles, board games

Effortful

chores, schoolwork, make dinner, clean

Remind parents: Ask for help when needed

You can't do it all! Ask for help if struggling to explain a new concept

Virtual learning resources (Kahn academy)

Small groups via Zoom

Coaches / tutor available virtually

Reward effort!!!

-Parents should NOT gage their own daily "success" based on child's outcomes (work completion, grades, etc.)

-Instead, measure your success by looking out how you interacted with your child (provide positive praise, ignore negative behaviors, validate feelings)

COVID-19 RESPONSE

Screening questions to ask patients/families

- Since COVID and school closures:
  - What has been the most difficult for your family?
  - What positive opportunities, if any, have arisen for your family?
  - Have any of your family or community members become ill or died from COVID?
  - Have you had any job loss or financial loss?
  - Have you had any trouble with food or housing?

- How is your child engaging in school (in-person, hybrid, distance)?
  - How did distance learning go for you/your child in the Spring? Did you learn anything that could be helpful now?
  - How do you/your child feel about this year's school plan? Do you have any specific concerns? Anything you are looking forward to?

Screeners to incorporate in visits

- Pediatric Symptoms Checklist (PSC-17)-General Emotional and Behavioral Concerns

- Strengths and Difficulties Questionnaire (SDQ)-General Emotional and Behavioral Concerns, includes assessment of strengths

- Behavioral Health Checklist (BHCL)

- Patient Health Questionnaire-Modified for Teen (PHQ-9-M)- Brief Depression Screener for Adolescents

Thank you!

Maryland
DEPARTMENT OF HEALTH

Appendix

Resources and Links

Maryland
DEPARTMENT OF HEALTH

Tools in War Against Covid-19

Even after vaccination, we will likely still need our other tools for some time before herd immunity is reached

- ❖ Mitigation
  - ➤ Masks, social distancing, hygiene
- ❖ **Testing**, contact tracing, and isolation
- ❖ Hospital treatment modalities
  - ➤ ICU support
  - ➤ Medications

- ❖ Therapeutics
  - ➤ Prevention, symptom reduction, "cure"
- ❖ **Immunizations**
- ❖ Others
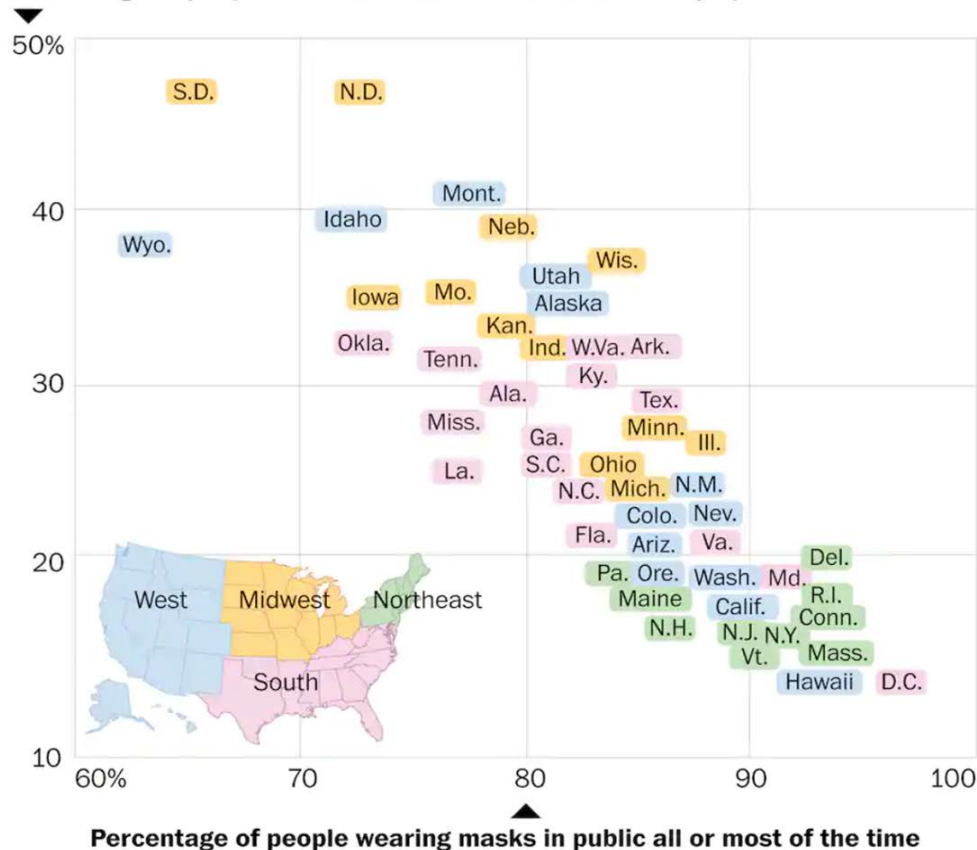
Maryland
DEPARTMENT OF HEALTH

Masks and Distancing Remain Critical

Masking up

Fewer covid-19 symptoms reported in states with higher rates of mask use.

Percentage of people who know someone with covid-19 symptoms

Data as of Oct. 19

Source: Delphi CovidCast, Carnegie Mellon University

THE WASHINGTON POST

❖ IHME model:
  ➢ Universal mask use *saves 129,574 lives* before Feb 2021

  ➢ 85% mask use *saves 95,814 lives* before Feb 2021

Sources: Washington Post, Nature
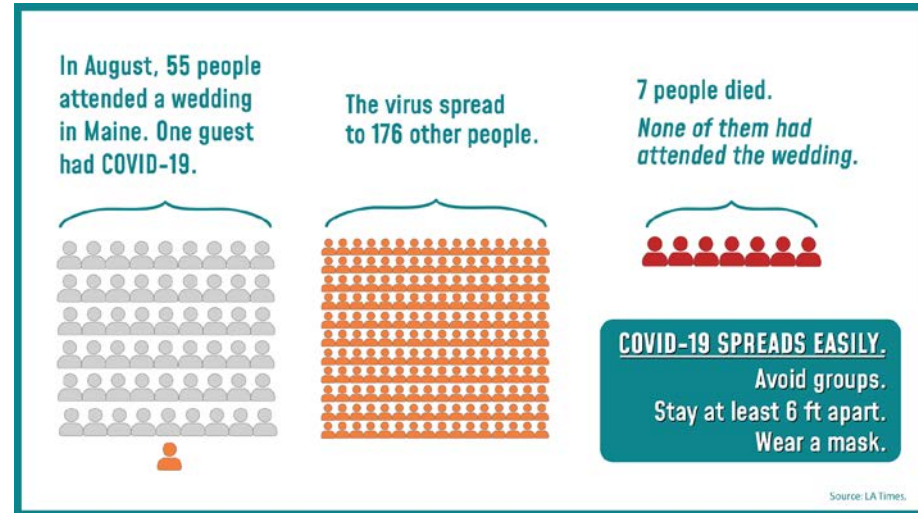
Primary Care Involvement

❖ Continue to encourage and vaccinate your patients with the flu shot

❖ Ensure that you are onboarded (connected) with ImmuNet to report vaccinations administered

❖ Once available, register to become a Covid vaccine provider

❖ Use the CVI tool to begin to identify your patients that are at a higher risk for Covid

Maryland
DEPARTMENT OF HEALTH

Covid-19 Guidance for the Holidays

1) Celebrate with the people in your own immediate household

2) Don't attend events or social gatherings if you're feeling ill or if you have had close contact with someone with Covid-19 in the last 14 days

3) Understand the Covid-19 precautions for the event or social gathering you are attending

4) Wear a face covering

In August, 55 people attended a wedding in Maine. One guest had COVID-19.

The virus spread to 176 other people.

7 people died. None of them had attended the wedding.

COVID-19 SPREADS EASILY.
Avoid groups.
Stay at least 6 ft apart.
Wear a mask.

Source: LA Times.

Large (and small) social gatherings spread Covid-19

Maryland
DEPARTMENT OF HEALTH

Sources: MDH

Covid-19 Guidance for the Holidays

5) Limit the number of people you come into contact with by avoiding large gatherings or multiple events with different groups of people

6) Check for local travel advisories and guidelines related to testing and quarantining

7) If hosting, clean frequently touched surfaces

8) Wash your hands

9) Eat/celebrate outside if possible

More information is available [here](#)

Maryland
DEPARTMENT OF HEALTH

Sources: MDH

CDC Guidelines for Covid Patient Management

❖ Healthy people can be monitored, self-isolated at home

❖ People at higher risk should contact healthcare providers early, even if illness is mild

❖ Older adults and people with severe underlying chronic medical conditions are at higher risk, need closer contact

❖ Emergency Department and Hospitals only when needed - not for screening or low risk/minimal disease

❖ **Guidelines are important and powerful tools, but remember providers' clinical experience and judgment are key to care**

Maryland
DEPARTMENT OF HEALTH

MD COVID Alert App

❖ New opt-in cell phone app that notifies users if they have been exposed to somebody who is Covid-19 positive

❖ Mimics CDC close contact definition (6-feet or less for >15 minutes) with bluetooth

❖ Individuals who receive exposure notifications:

  ➢ Receive advice to get tested
  ➢ Receive information about possible exposure date
  ➢ COVID-19 positive users may receive a call from a contact tracer

❖ More information is available here

Maryland
DEPARTMENT OF HEALTH

54
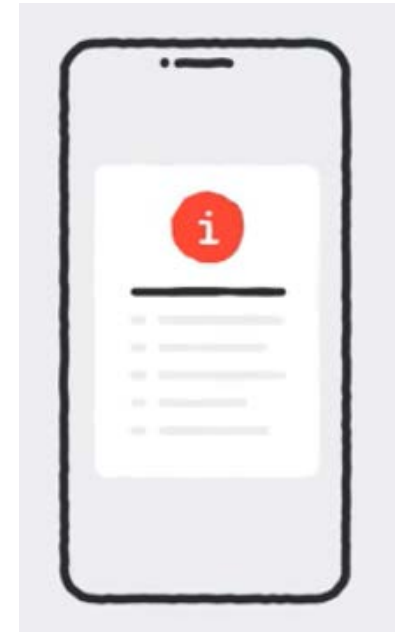
Testing Marylanders in Primary Care

❖ Testing in offices serves patients and normalizes the process

❖ Testing or referring patients for testing is key to keep the State safe

❖ Specimen collection continues to evolve from nasopharyngeal sampling to the current simplified nasal sampling

❖ Testing will continue to evolve with Point of Care tests and saliva tests

❖ [MDPCP Guidance on testing in primary care (from July 2020)](#)

Maryland
DEPARTMENT OF HEALTH

Current and Evolving Landscape for Covid Testing in Maryland

❖ Average ~26,000 tests per day - more is better

❖ State supported sites (VEIPs) closed

❖ A few state sites in tents opening for the winter months

❖ Convention Center testing moving indoors

❖ Current approximate contributions:

Hospitals	23%
SNF/ALF	15%
Urgent care	14%
Ambulatory practices	**12%**
Other	14%
State sites	12%
Pharmacies	5%
Universities	3%

Maryland
DEPARTMENT OF HEALTH

Covid-19 Testing Information

❖ [Maryland Department of Health testing announcements and accessibility information and resources](#)

❖ [CDC Covid-19 testing overview](#)

❖ [MDPCP Roadmap to Recovery – Covid-19 testing guidelines](#)

❖ [Maryland Department of Health guidance regarding point of Care rapid antigen Covid testing](#)

❖ [myLAB Box - Covid-19 testing program for Maryland clinicians](#)

❖ [FDA letter to clinical laboratory staff and health care providers about the potential for false positive results with rapid antigen tests for Covid-19](#)

Maryland
DEPARTMENT OF HEALTH

Maryland Covid-19 Vaccination Plan

❖ Maryland has developed a Covid-19 vaccination plan to vaccinate all Marylanders interested in receiving vaccine

❖ Plan was released on Tuesday, October 20, 2020

❖ This is a working plan and subject to change as new information is received and the Covid-19 pandemic continues to evolve

❖ Copy of the plan can be found here:

https://phpa.health.maryland.gov/Documents/10.19.2020_Maryland_Covid-19_Vaccination_Plan_CDCwm.pdf
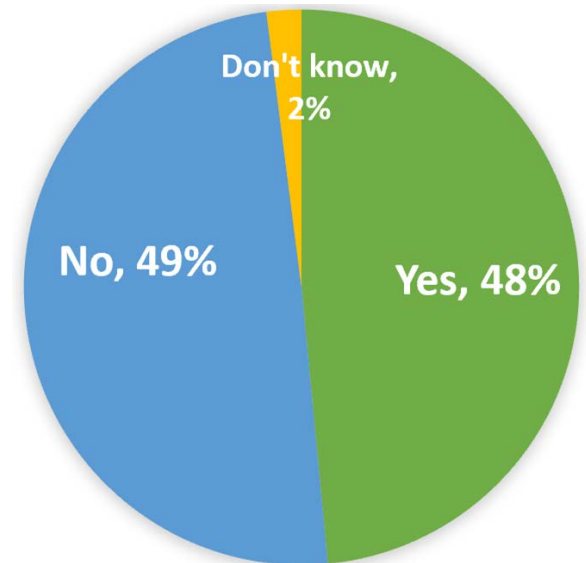
Maryland
DEPARTMENT OF HEALTH

Vaccine Hesitancy
(You play a critical role in shaping these attitudes)

❖ Pre-existing group of anti-vaccine people

❖ Current political push for a vaccine before the election

❖ Warp Speed connotation of cutting corners

❖ Inconsistent messaging

❖ Novel types of vaccines

❖ *Requires consistent accurate and timely messaging from trusted sources (Healthcare Providers)*

Goucher College Poll

If an FDA-approved vaccine to prevent coronavirus was available right now at no cost, would you agree to be vaccinated?

Don't know, 2%

No, 49%

Yes, 48%

Maryland
DEPARTMENT OF HEALTH

Source: https://www.goucher.edu/hughes-center/documents/Goucher-College-Poll-Oct-2020-Part-3.pdf

Covid-19 Vaccines/Immunization Information

❖ Maryland Covid-19 Vaccination Plan

❖ ImmuNet Information

➢ ImmuNet enrollment form

➢ ImmuNet helpdesk contact information

➢ Guidance for practices how about reporting to ImmuNet

➢ Technical specifications for the EHR interface with ImmuNet

➢ ImmuNet log-in information portal

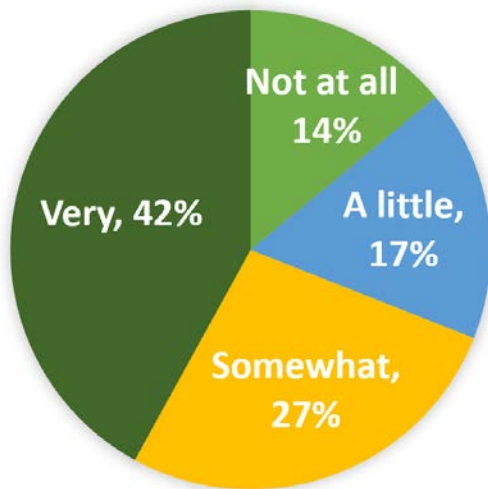❖ Summary of vaccines under development

Maryland
DEPARTMENT OF HEALTH

Marylanders' Views on Covid
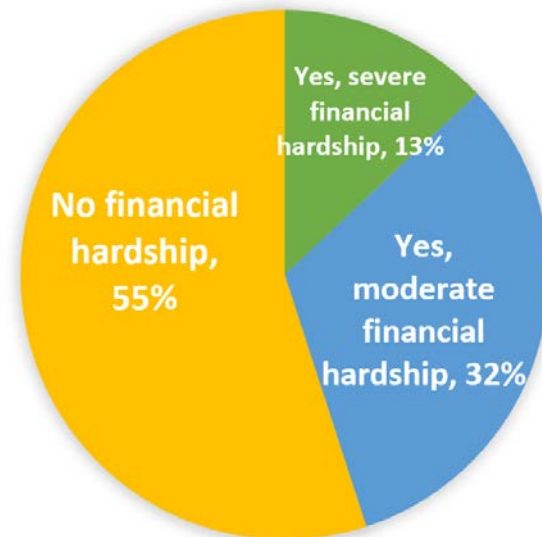## (You play a critical role in shaping these attitudes)

October 2020 Goucher College Poll of 1,002 Marylanders

How concerned are you—[very, somewhat, a little, or not at all]—about yourself personally or a close family member getting the coronavirus?

Has the coronavirus outbreak **caused any financial hardship** for you or your household?

If "yes," follow-up with: Is that a severe hardship that affects your ability to maintain your current standard of living, or is it a moderate hardship that affects you somewhat but does not jeopardize your current standard of living?

Not at all 14%
A little, 17%
Very, 42%
Somewhat, 27%

Yes, severe financial hardship, 13%
Yes, moderate financial hardship, 32%
No financial hardship, 55%

Governor Hogan's 11/12 Covid Announcement

❖ Announced $70 million of investments to combat Covid
  - ➢ $20 million for funding for PPE to build state's strategic stockpile
  - ➢ $15 million for unemployment insurance measures
  - ➢ $10 million for renter relief
  - ➢ $10 million to accelerate mass vaccination planning
  - ➢ $10 million for additional support for area food banks
  - ➢ $2 million for supplemental resources for foster care
  - ➢ $2 million for SNAP and energy assistance administration
  - ➢ $1 million for a wastewater testing initiative

Maryland
DEPARTMENT OF HEALTH

CME Accreditation and Designation

❖ This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of MedChi, The Maryland State Medical Society, and The Maryland Department of Health. MedChi is accredited by the ACCME to provide continuing medical education for physicians.

❖ MedChi designates this live webinar educational activity for a maximum of 1 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Contact Frank Berry at **fberry@medchi.org**

Maryland
DEPARTMENT OF HEALTH

CME Disclosures and Evaluation

❖ Presenters and Planners: Howard Haft, MD, has reported no relevant financial relationships to disclose.

❖ MedChi CME Reviewers: The reviewers from the MedChi Committee On Scientific Activities (COSA) for this activity have reported no relevant financial relationships to disclose.

❖ Please complete an evaluation at: [Covid-19 Update Evaluation](#)

Maryland
DEPARTMENT OF HEALTH

Scheduling In-Office Appointments

❖ Patient calls in for an appointment
  ➢ Reception screens patient on the phone using the [pre-visit screening template](#)
  ➢ Schedule in-office visits for different groups: At-risk and vulnerable patients on certain days, healthier patients on other days
  ➢ Schedule telehealth and non-office-based care for other patients including follow-ups and patients uncomfortable with office visits
❖ Check In
  ➢ Practice remote check in and limited front-desk contact
  ➢ Consider using a triage zone outside of office or main area;
  ➢ Or use a barrier at the front desk
  ➢ Design your office to accommodate patients who come in specifically for Covid testing and triage, separate from patients who arrive for non-Covid related and elective procedures
    ✓ Ensure patients and staff do not cross between Covid and non-Covid areas
    ✓ Set aside a specific area for patients who come in for testing to wait and be triaged

Maryland
DEPARTMENT OF HEALTH

Scheduling In-Office Appointments

❖ Checking out
  ➢ Practice remote check out, limit front desk exposure;
  ➢ Or use a barrier at the front desk

❖ If patient is paying co-pays, etc., set up credit card reader outside of the barrier

❖ Other workflow resources
  ➢ Care management workflows
  ➢ BMJ telemedicine workflow graphics
  ➢ CDC flowchart to identify and assess 2019 novel Coronavirus
  ➢ CDC telephone evaluation flow chart for flu
  ➢ CDC guidance for potential Covid-19 exposure associated with international or domestic travel

Maryland
DEPARTMENT OF HEALTH

Personal Protective Equipment (PPE) Sources and Requests

❖ Practices should initially request PPE through their usual vendors

❖ Practices should make their PPE requests through their local health departments

❖ Maryland PPE Manufacturers List – next slide

❖ **National and international PPE supplier list**

❖ **PPE request forms and local contacts**

Maryland
DEPARTMENT OF HEALTH

Personal Protective Equipment (PPE) Sources and Requests

❖ Increasing Maryland's supply of PPE – one of the 4 building blocks on the Road to Recovery

❖ Maryland has launched the Maryland Manufacturing Network Supplier Portal, an online platform that helps connect Maryland suppliers with buyers in need of critical resources

❖ For additional business resources during Covid-19, visit businessexpress.maryland.gov/coronavirus

❖ Providers may also request PPE from the non-profit 'Get Us PPE'

Maryland
DEPARTMENT OF HEALTH

Provider/Patient Mental Health Resources

❖ Providers

➢ "Helping the Helpers and Those They Serve," a webinar series from the Maryland Department of Health Behavioral Health Administration and MedChi (on the 2nd and 4th Thursdays of every month starting 11/12/2020)

➢ Heroes Health Initiative

❖ Patients

➢ Ask Suicide-Screening Questions toolkit

➢ CDC list of resources for coping with stress

Maryland
DEPARTMENT OF HEALTH

Health Equity Resources

- ❖ Maryland Department of Health Office of Minority Health and Health Disparities (MHHD)

- ❖ Maryland Department of Health Minority Outreach and Technical Assistance Program overview

- ❖ MHHD fiscal year 2020 minority outreach and technical assistance program information

- ❖ Description of the term "health disparity"

- ❖ Implicit bias test

- ❖ "Hundreds of Days of Action as a Start to Address Hundreds of Years of Inequality" – New England Journal of Medicine article by Maulik Joshi, DrPH

- ❖ "Discussion Draft of the Preliminary Framework for Equitable Allocation of COVID-19 Vaccine" – discussion draft for public comment by Committee on Equitable Allocation of Vaccine for the Novel Coronavirus, The National Academies of Science, Engineering, Medicine

Maryland
DEPARTMENT OF HEALTH

Telehealth Resources

- ❖ [Maryland Health Care Commission Telehealth](#)
- ❖ [Maryland Health Care Commission Telehealth Readiness Assessment Tool](#)
- ❖ [U.S. Department of Health and Human Services Health Insurance Portability and Accountability Act (HIPAA) for Professionals](#)
- ❖ [American Telehealth Association](#)
- ❖ [Maryland Telehealth Alliance](#)
- ❖ [National Consortium of Telehealth Resource Centers](#)

Maryland
DEPARTMENT OF HEALTH

Help Your Patients Get Health Coverage

Maryland Health Connection, the state's health insurance marketplace, has a Coronavirus Emergency Special Enrollment Period until December 15 for uninsured Marylanders. All plans on Maryland Health Connection cover testing and treatment of Covid-19.

❖**How to enroll**
  ➢ Enroll online at MarylandHealthConnection.gov
  ➢ Call 1-855-642-8572. Deaf and hard of hearing use Relay service. Help is available in 200 languages.
  ➢ Download the free "Enroll MHC" mobile app to enroll on a phone/tablet.
  ➢ Navigators throughout the state can answer questions and enroll consumers by phone.

Maryland
DEPARTMENT OF HEALTH

Support for Patients at Home

❖ Food

  ➢ Meals on Wheels

❖ Caregivers

  ➢ Visiting nurses and caregivers

❖ Emotional support

  ➢ Support from family

  ➢ Phone calls and videochat to fight loneliness

  ➢ MD Department of Aging Senior Call Check Program

Maryland
DEPARTMENT OF HEALTH

Staying Current - Sources

- ❖ CDC

- ❖ MDH Covid-19 information page

- ❖ MDPCP Covid-19 webpage

- ❖ Local Health Departments

- ❖ CONNECT

- ❖ Clinician Letters

- ❖ Multiple Resource Links in Appendix

Maryland
DEPARTMENT OF HEALTH

MedChi/CareFirst/Backline Grant

CareFirst BlueCross BlueShield (CareFirst) and the Maryland State Medical Society (MedChi) launched a grant program that will equip additional Maryland physicians with the technology they need to provide needed virtual care during the Covid-19 pandemic and beyond

Eligibility Requirements

- The medical practice and medical license are in Maryland
- The medical practice is a private, independent group of five or fewer physicians
- The practice enrolls in Backline after March 1, 2020 as the result of the Covid-19 crisis
- MedChi has confirmed the practice's enrollment with DrFirst
- Enrollment in Backline occurs before December 31, 2020

Application Steps

Can be completed in less than 5 minutes

- Complete the application linked here
- Email completed application to amullin@medchi.org
- For questions, email or call Andrea Mullin at amullin@medchi.org or 800-492-1056 x3340

Grant Amount

$300 per eligible physician

Maryland
DEPARTMENT OF HEALTH

Food Resources

❖ Nutrition: Inform patients that children can receive three free meals/day at sites listed on:

➢ Maryland Summer Meals	Howard County
➢ Montgomery County	Anne Arundel County
➢ Prince Georges County	St. Mary's County
➢ Charles County	Harford County
➢ Frederick County	Calvert County

❖ Free meals available from 42 rec centers in Baltimore

➢ Call 311 for locations and to schedule pickup time

Maryland
DEPARTMENT OF HEALTH

Resources for Specific Groups

❖ Community- and Faith-Based Organizations (https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-community-faith-organizations.html)

❖ Mass Gatherings and Large Community Events (https://www.cdc.gov/coronavirus/2019-ncov/community/mass-gatherings-ready-for-covid-19.html)

❖ Non-Pharmaceutical Interventions for Specific Groups (https://www.cdc.gov/nonpharmaceutical-interventions/index.html)

Maryland
DEPARTMENT OF HEALTH

Resources and References

❖ Maryland Department of Health Coronavirus Website (https://coronavirus.maryland.gov)

❖ CDC Coronavirus Website (https://www.cdc.gov/coronavirus/2019-nCoV/index.html)

❖ CDC National data on Covid-19 infection and mortality (https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html)

❖ CDC Interim Guidance for Homes and Communities (https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html)

❖ CDC Interim Guidance for Businesses (https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-business-response.html)

❖ CDC Interim Guidance for Childcare and Schools (https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-for-schools.html)

❖ CDC Travel Website (https://wwwnc.cdc.gov/travel/)

Maryland
DEPARTMENT OF HEALTH