



# COVID-19 Daily Update

**Maryland Department of Health**  
**Maryland Primary Care Program**  
**Program Management Office**

29 April 2020



#Thanks  
HEALTH  
HEROES

Faith, Love and ACTS

# Key Takeaways

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- ❖ You remain on the front line against COVID-19 in Maryland - **Act Now**
- ❖ You are uniquely positioned to identify at-risk populations, provide important social distancing information to them, and serve their healthcare needs through telemedicine. **No one can do this better than you!**
- ❖ **Your Role in this epidemic will continue to evolve**
  - **Testing**
  - **Volunteering**
  - **Contact Tracing**

# Agenda

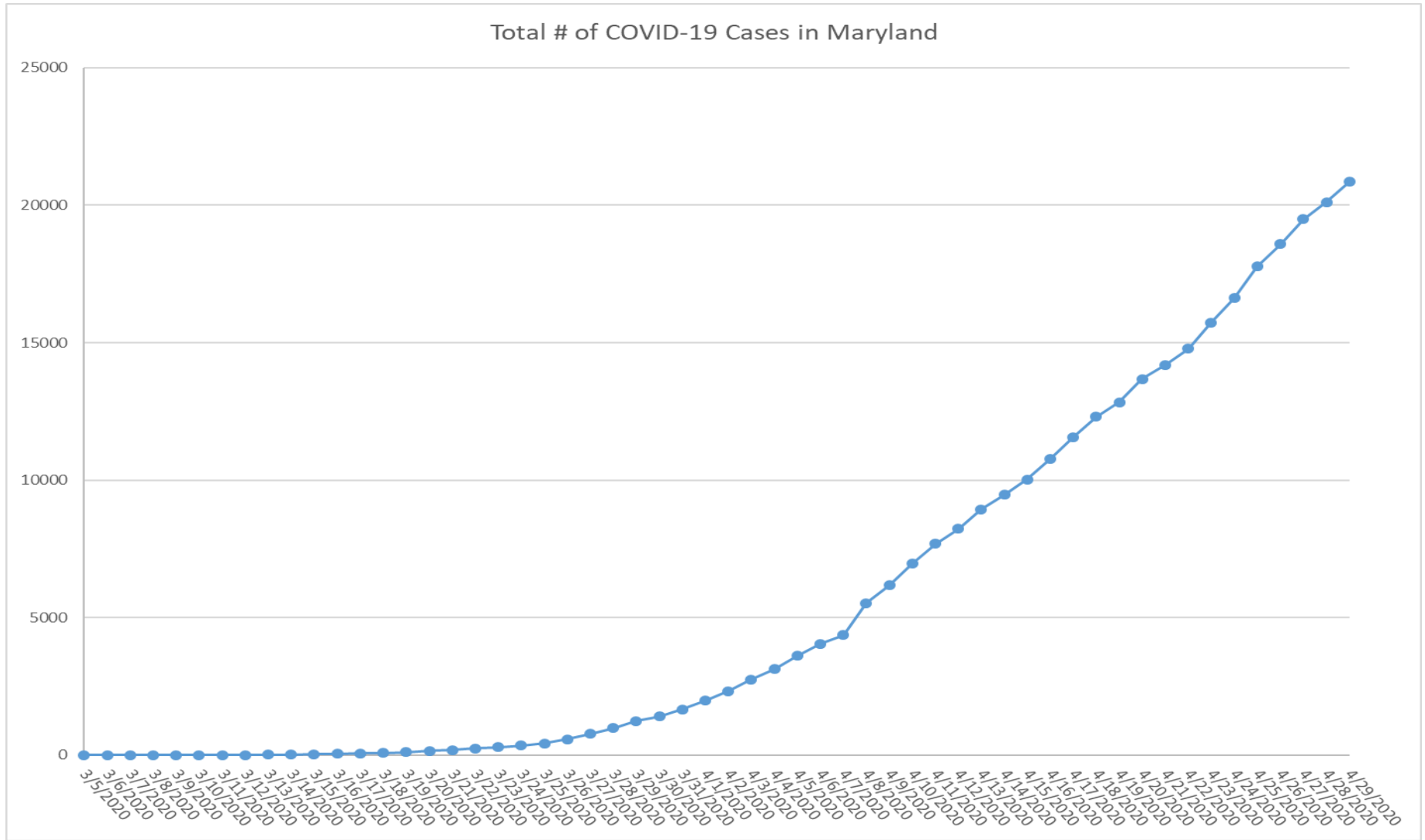
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- ❖ Today's key data updates
- ❖ What's Important Now (WIN)
- ❖ Clinical Issues
  - Messaging
  - Data-driven Outreach
  - Testing
  - Management
  - Advance Directives
- ❖ Resources
  - PPE
  - Caregiver Corps
- ❖ Aligned Programs, Volunteer Opportunities, Roadmap to Recovery
- ❖ Announcements
- ❖ Guest Speakers
- ❖ Q & A
- ❖ Additional Resource List

# Morbidity and Mortality Update

	New Cases since Apr 28		Cumulative Cases	Cumulative Hospitalized	Cumulative Deaths	
<b>United States</b>			981,246 (4/28)		55,258 (4/28)	
<b>Maryland</b>	736		20,849	21.1%	985	
	30-39	40-49	50-59	60-69	70-79	80+
<b>Case rate (per 100,000)</b>	380.27	421.76	393.92	390.93	481.70	701.24
<b>% of cases hospitalized</b>	10.97	15.69	22.73	32.67	42.68	32.85
<b>Rate hospitalized (per 100,000)</b>	41.71	66.17	89.54	127.71	205.58	230.38
<b>Death Rate (per 100,000)</b>	N/A	N/A	N/A	N/A	N/A	N/A

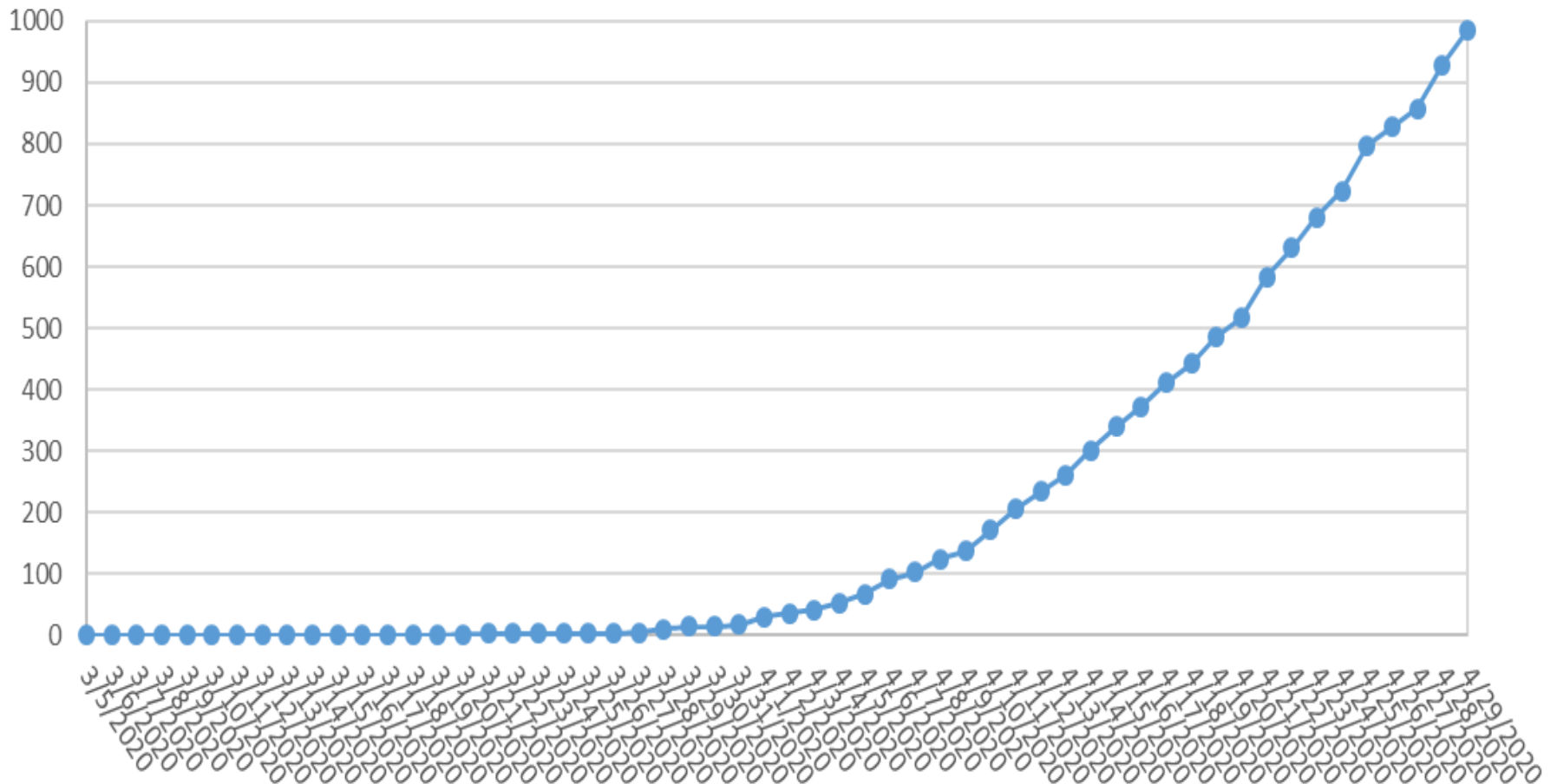
# Total COVID-19 Cases in Maryland



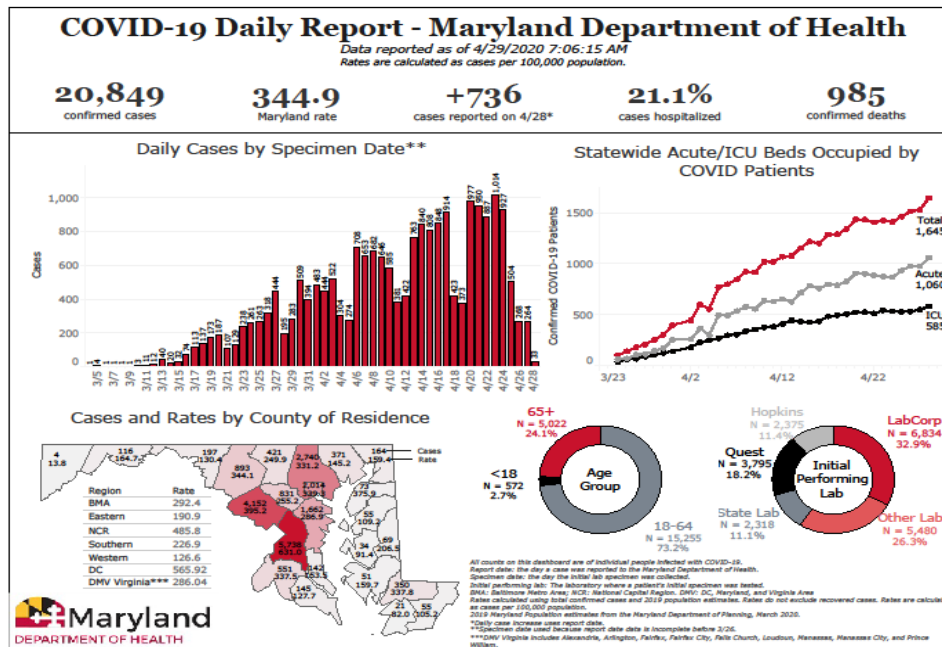
# Total COVID-19 Deaths in Maryland

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Total # of COVID-19 Deaths in Maryland

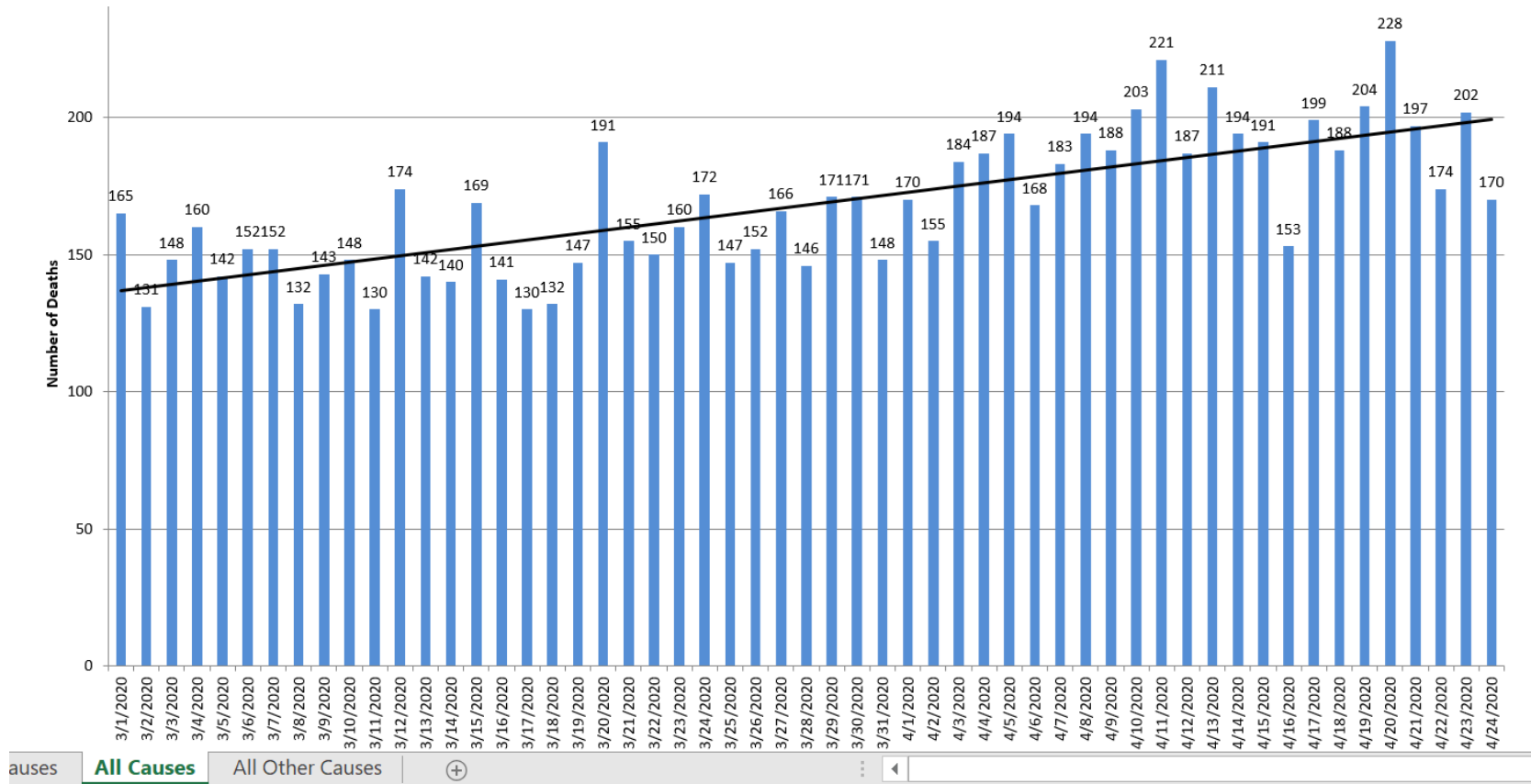


# MDoH Detailed Daily Report



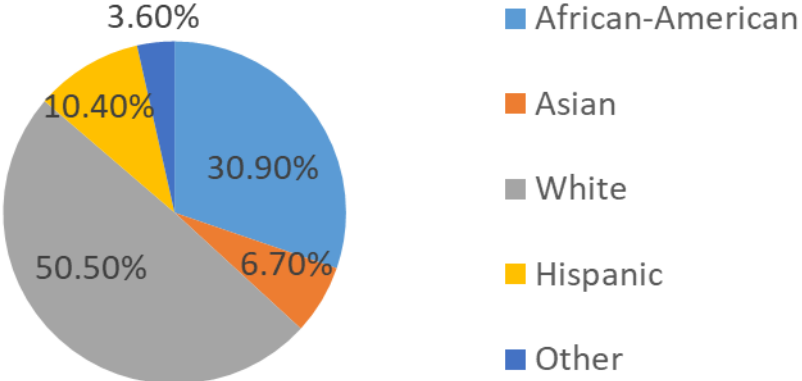


# All cause deaths by day during COVID-19

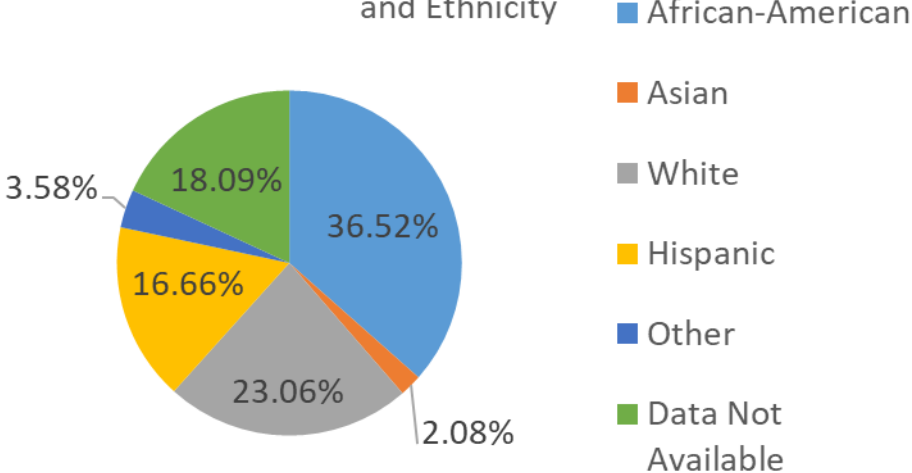


# Impact of COVID-19 in Maryland by Race and Ethnicity

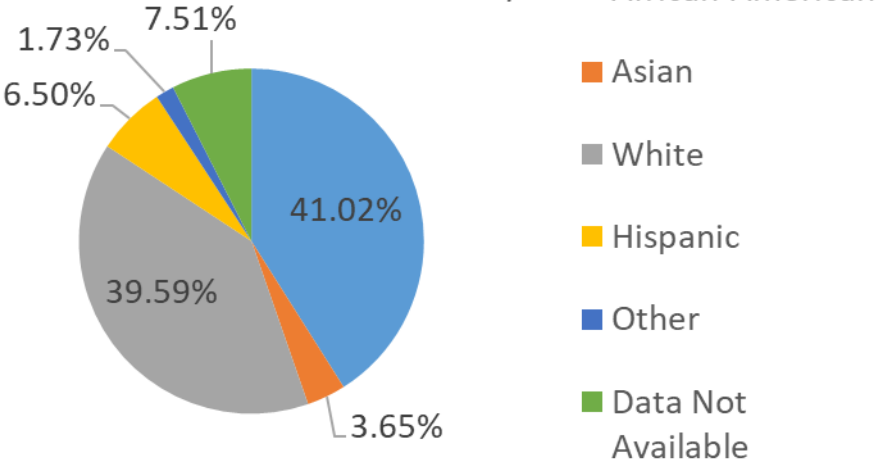
% of **Population** of Maryland, By Race and Ethnicity (Estimate)



% of Total COVID-19 **Cases** in Maryland, By Race and Ethnicity



% of Total COVID-19 **Deaths** in Maryland, by race and Ethnicity



# Modeling the Surge

3 days since peak resource use on  
**April 11, 2020**

All beds needed  
**1,449 beds**



All beds available  
**3,961 beds**



Bed Shortage  
**0 beds**

ICU beds needed  
**256 beds**



ICU beds available  
**266 beds**



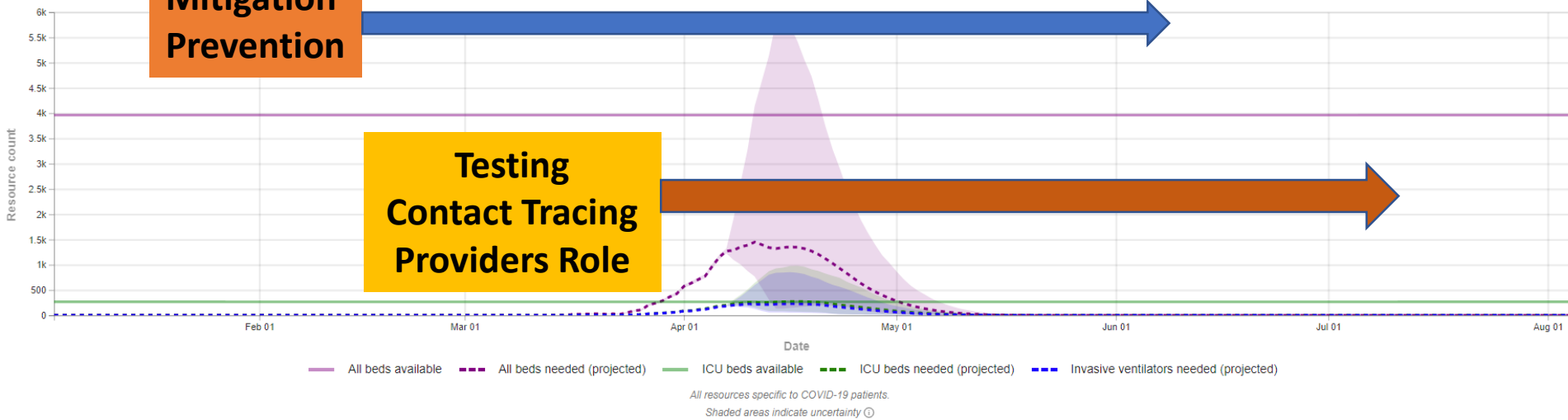
ICU Bed Shortage  
**0 beds**

Invasive ventilators needed  
**221 ventilators**

**Mitigation  
Prevention**

All resources All beds ICU beds Invasive ventilators

**Testing  
Contact Tracing  
Providers Role**

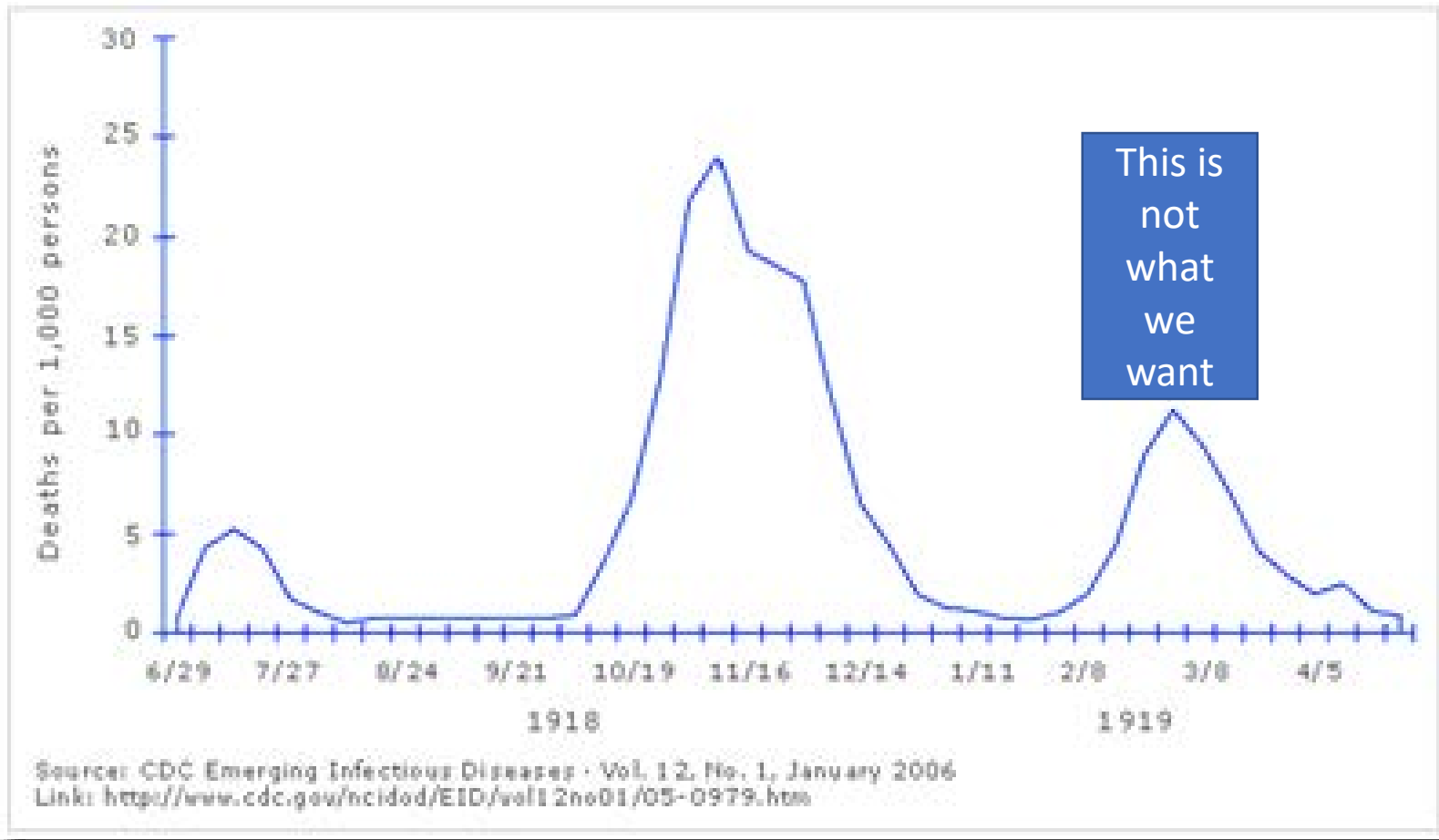


<https://covid19.healthdata.org/projections>



# 1918 Flu Pandemic

Below: Three pandemic waves: weekly combined influenza and pneumonia mortality, United Kingdom, 1918–1919



# Messaging to All Patients

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- ❖ *Stay home, stay away from this virus* – it can kill you, anyone can carry the virus
- ❖ We are here to support your medical needs - call
- ❖ Ensure your caregiver is also maintaining distance from others and frequently handwashing
- ❖ Maintain at least a 2-week supply of food and medicine
- ❖ Get exercise, rest and social connections - safely

# Caregiver Services Corps



- If your practice identifies a senior with pressing needs related to help with everyday tasks call **800-337-8958** to reach the CSC call center directly.
- The public (seniors or their families, friends) call 211
- The **CSC** call center is staffed with specialists available 7 days a week who can quickly evaluate care needs for older adults and identify volunteer caregivers and other the resources to deploy to their homes.
- The **CSC** volunteers can perform tasks such as:
  - Assist with the individual's self-administration of medications
  - Help with ambulation or transferring
  - Assist with bathing and completing personal hygiene routines
  - Aid in meal preparation and arrange for delivery for groceries or prepared meals
  - Educate seniors on how to use video technologies to connect with loved ones or healthcare providers

# New at-risk patient identifier tool – Socially Determined & CRISP

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- ❖ Many Maryland Primary Care Program (MDPCP) practices use tools like the Pre-AH to identify clients most at risk for COVID-19
- ❖ CRISP has partnered with MDPCP and Socially Determined, a population health analytics vendor, to develop and offer an additional tool for MDPCP practices, the COVID-19 Social Susceptibility Index
- ❖ The index analyzes multiple factors to score high and severe-risk patients for proactive outreach and support
- ❖ The score variable appears in the Pre-AH tool

Additional information can be found:

[Socially Determined COVID Response Webpage](#)

[CRS-team@crisphealth.org](mailto:CRS-team@crisphealth.org)







# Symptoms to Consider before Testing

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❖ Please consider the following expanded list of COVID-19 symptoms when determining the need for testing:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell
- Diarrhea
- Vomiting

# Personal Protective Equipment (PPE) Requests

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- ❖ Routed through Local Health Departments
- ❖ Priority as previously stated - may change over time
- ❖ Remain in scarce supply
  
- ❖ Find PPE request forms and local contacts [here](#)

# COVID-19 Testing Site Information

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- ❖ Patients require a provider order for referral to testing sites
- ❖ Providers contact your local hospital or use the link below
- ❖ Sites are subject to host location restrictions and availability
- ❖ MD is also piloting drive-thru testing at several Vehicle Emissions Inspections Program (VEIP) locations – [FAQs available here](#).
- ❖ Current list of testing sites, please click [here](#)

# Testing Locations – what is known

Testing Site Name	Location	Contact
MedStar St. Mary's Hospital	25500 Point Lookout Rd., Leonardtown, MD 20650	301-475-4911
UMMS, Upper Chesapeake Hospital	500 Upper Chesapeake Dr., Bel Air, MD 21014	443-843-8880
LifeBridge Health, Carroll Hospital	200 Memorial Ave., Westminster, MD 21157	410-601-2222
LifeBridge Health, Sinai Hospital	2401 W. Belvedere Ave., Baltimore, MD 21215	410-601-2222
Greater Baltimore Medical Center Health Partners	555 W. Towsontown, Blvd., Towson, MD	443-849-6819
Queen Anne's County Health Department	1000 College Circle, Wye Mills, Talbot, MD 21679	443-262-9900
Frederick Health Tollhouse	501 W. 7 <sup>th</sup> St., Frederick, MD 21701	240-215-6310
FedEx Field	Prince George's County	301-883-6627
<u>MedStar Health</u>	Ctrl + click on "MedStar Health" to your left	

# CDC Guidelines for COVID Patient Management

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- ❖ 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**

# Advance planning for medical care is key, especially under COVID-19

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- ❖ Treatments and a vaccine against COVID-19 are only in development
- ❖ Early conversations with patients can improve the quality of care
- ❖ Advance care planning often happens too late in a disease course
- ❖ Primary care teams have longitudinal relationships ideal to work with patients on their end-of-life preferences
- ❖ Advance Directives are advised; the MOLST (Medical Orders for Life-Sustaining Treatment) required for a range of patients
- ❖ Even if a patient has prepared an advance directive, a MOLST form is needed to implement those orders

# Advance Directive vs. MOLST

MOLST	Advance Directive
Medical orders related to a patient's current medical condition	Provides guidance to healthcare practitioners for all major current and future medical conditions and death – treatment is based on medical orders
Must be completed for new patients during admission to all assisted living programs, home health agencies, hospices, kidney dialysis centers, and nursing homes	Not mandated, but highly recommended
Consolidates choice of procedures on life-sustaining treatment options	Importantly referred to when a patient is unable to give informed consent; health decision makers can be designated should patient be unable
The patient or authorized decision maker decides; signed by physician, nurse practitioner or physician assistant	Two witnesses (neither a health practitioner) required; no attorney needed. Remote witnessing is allowed under attorney supervision

# Billing

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- ❖ Billable event with AWW or Separate Encounter
- ❖ 99497 - Advance care planning including the explanation and discussion of advance directives such as standard forms (with completion of such forms, when performed), by the physician or other qualified healthcare professional; first 30 minutes, face-to-face with the patient, family member(s), and/or surrogate
- ❖ 99498 - Advance care planning including the explanation and discussion of advance directives such as standard forms (with completion of such forms, when performed), by the physician or other qualified healthcare professional; each additional 30 minutes (List separately in addition to code for primary procedure)



# Resources

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## ❖ Online Maryland Programs:

- My Directives at <http://www.mydirectives.com/>
- Speak Easy at <https://speakeasyhoward.org/>
- [Inspiration](#)

# Opportunities to Volunteer and Serve

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- ❖ Volunteer staffing opportunities - Maryland Responds Medical Reserve Corps (MRMRC)
  - <https://mdresponds.health.maryland.gov/>
  - Complete [Road to Readiness](#)
- ❖ [NIH serosurvey](#): Donate blood samples to help the NIH determine how many US adults without confirmed history of COVID-19 infection have antibodies to the virus

# Hospital Surge Preparedness

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- ❖ Convention Center needs medical staff – Visit <https://www.linkedin.com/jobs/view/1788387174>
- ❖ Tents and Modular Units - including ICUs
- ❖ Expansion within facilities
- ❖ Professional student staffing
- ❖ Employment opportunities for healthcare professional and support staff: [www.MarylandMedNow.com](http://www.MarylandMedNow.com)

# Maryland Strong: Roadmap to Recovery

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- ❖ Maryland has flattened and lengthened the curve
- ❖ “Roadmap to Recovery” developed based on recovery plans issued by the federal government, the National Governors Association, Johns Hopkins and the American Enterprise Institute, and experts on Maryland’s Coronavirus Response Team
- ❖ Tailored to the Maryland situation
- ❖ 4 building blocks:
  - Expanded testing capacity (On Track)
  - Increased Hospital Surge Capacity (Ahead of Schedule)
  - Ramping up Supply of PPE (On Track)
  - Robust Contact Tracing (On Track)

# Roadmap to Recovery (continued)

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- ❖ Maryland Strong Roadmap to Recovery is:
  - In three stages of low, medium, and high risk
  - All stages are broad and multiphasic
  
- ❖ <https://governor.maryland.gov/recovery/>

# Announcement: MDPCP Staff Training Academy

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**\*\*Free and Virtual\*\***

**New) PY1 MDPCP Practices: Virtual Training 001**

Friday, May 15 (1:00 pm - 4:00 pm) - Please register [Here](#)

**PY2 MDPCP Practices: Virtual Training 002**

Friday, May 22 (1:00 pm - 4:00 pm) - Please register: [Here](#)

# CME Accreditation and Designation

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- ❖ 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](mailto:fberry@medchi.org)

# CME Disclosures and Evaluation

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- ❖ 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](#)

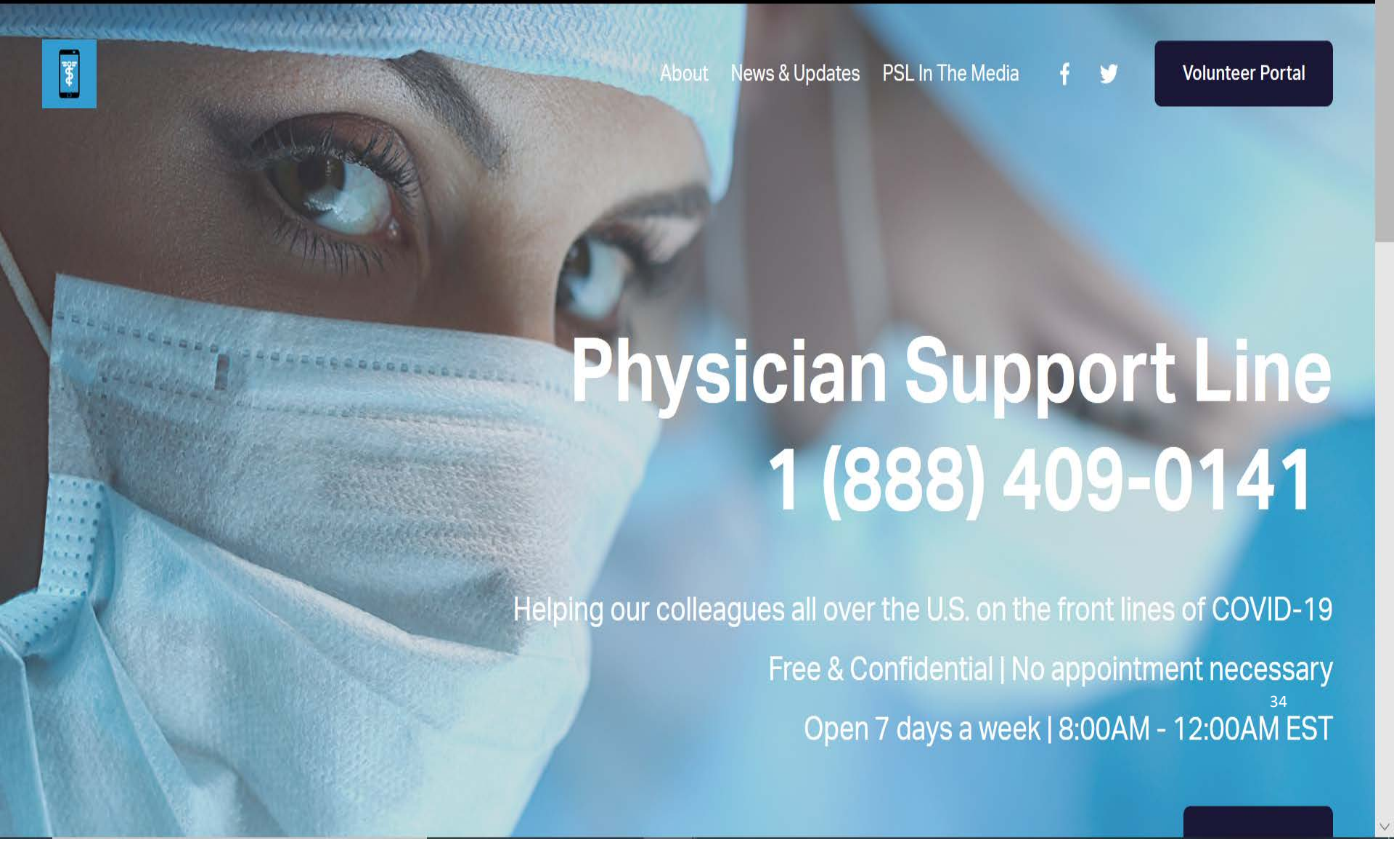


# Announcements

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- ❖ Future Spotlights - Specialty Care, Pediatrics
- ❖ This week:
  - Friday – Guest Healthcare Practitioners
    - ✓ Dr. Mindi Cohen, Comprehensive Primary Care
    - ✓ Dr. Gnanaraj Johnson Koilpillai, Medical Director, Frederick Health Medical Group
    - ✓ Dr. Wayne Meyer, Adventist Medical Group
- ❖ Today: Dr. Chinenye Onyemaechi, Behavioral Health (Introduced by Dr. Aliya Jones, Deputy Secretary Behavioral Health, MDoH)

As of 4/10/2020 at 11:59PM EST, we have paused taking new volunteers. Thank you for your continued support!



[About](#) [News & Updates](#) [PSL In The Media](#) [f](#) [t](#)

[Volunteer Portal](#)

# Physician Support Line

# 1 (888) 409-0141

Helping our colleagues all over the U.S. on the front lines of COVID-19

Free & Confidential | No appointment necessary

Open 7 days a week | 8:00AM - 12:00AM EST

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## Physician Support Line – (888) 409-0141

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- ❖ Peer-to-peer national support line; for physicians by physicians
- ❖ Free service staffed by US-licensed volunteer psychiatrists
- ❖ Not focused on COVID-19; all topics may be discussed
- ❖ Open to DO/MD/international equivalents at the attending, fellow, resident, intern, and research levels
- ❖ Currently non-practicing physicians are also welcome
- ❖ Confidential
- ❖ No appointment needed
- ❖ Open every day 8 am until midnight (EST)

# The New Normal: Shattered Assumptions in a New World

Chinenye Onyemaechi, M.D.

Psychiatrist

April 29, 2020

# What is trauma?

- Trauma is defined as a serious physical or emotional injury or shock that can cause significant damage or distress and disruption.
- Can be: directly or indirectly experienced, witnessed or incurred through repeated exposure
- Examples
  - Physical assault
  - Sexual violence
  - Acts of terrorism
  - War
  - Natural disasters
  - COVID-19?

# Focus – impact on worldview in PTSD

- Negative alterations in cognition and mood associated with a traumatic event(s)
  - Persistent and exaggerated negative beliefs or expectations about one self, others or the world
    - “I am bad”
    - “No one can be trusted”
    - “The world is completely dangerous”
    - “My whole nervous system is permanently ruined”
  - Persistent, distorted cognitions about the cause or consequences of the traumatic events(s) that lead the individual to blame himself/herself or others

# The Assumptive World: Shattered Assumptions Theory

- Dr. Ronnie Janoff-Bulman, 1992
- Individuals develop fundamental, yet unarticulated assumptions about themselves and the world that allows for healthy human functioning.
- This worldview allows one to construct meaning, build self-esteem, and develop an illusion of invulnerability
- The assumptive world is an organized schema that mirrors back all that a person assumes to be true about the world and about her or himself based on prior experiences

# The world is benevolent

## Assumptions

- The world is: good and safe
- People are kind and well intentioned
- Events typically have a positive outcome
- There is logic – bad things *must* happen for a reason

## Challenges

- Bad things happen to good people
- When things fall apart, there must be someone or something to blame → Scapegoating
- Sense of insecurity, the world is unsafe



# The world is meaningful

## Assumptions

- The world makes sense
- There is a cause and effect relationship
- We have control over our circumstances
- The world is “just”.
  - One can protect her or himself from negative experiences if they do the “right” thing

## Challenges



# The self as worthy/We are worthy

## Assumptions

- We are inherently good and capable
- We deserve to have good things and to have abundant positive experiences
- Others hold our best interests at heart
- We are protected
- We are immune to bad outcomes and death

## Challenges



# The impact of trauma on the assumptive world

- A traumatic event disrupts this world view as the novel experiences are incongruent to these core beliefs
- This disruption can render one defenseless, confused and vulnerable
- The self is perceived as worthless, hopeless or helpless.
- The anxiety and panic that surface can lead to the physiological reactions and cognitive distortions that characterize PTSD

# A brave new world

- Our primary task in the aftermath of trauma -- reconstructing new beliefs
- We are confronted by what was taken for granted in the emotional, psychological, social and spiritual dimensions of our lives
- These dimensions are no longer supported or sustainable



# Thank you!

## REFERENCES

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- Beder, J. (2005). Loss of the Assumptive World—How We Deal with Death and Loss. *OMEGA - Journal of Death and Dying*, 50(4), 255–265. doi: 10.2190/gxh6-8vy6-bq0r-gc04
- HARRIS, R. U. S. S. (2020). *Act Made Simple: an easy-to-read primer on acceptance and commitment therapy*.
- Edmondson, D. E. (2008). Not shattered, but weakened: Evidence for traumas impact on worldviews. *PsycEXTRA Dataset*. doi: 10.1037/e503532008-001
- Janoff-Bulman, R. (2010). *Shattered assumptions: towards a new psychology of trauma*. S.I.: Simon and Schuster.
- Ogińska-Bulik, N., & Kobylarczyk, M. (2016). Association between resiliency and posttraumatic growth in firefighters: the role of stress appraisal. *International Journal of Occupational Safety and Ergonomics*, 22(1), 40–48. doi: 10.1080/10803548.2015.1109372

# Appendix

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## Resources Links

# Staying Current - Sources

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- ❖ [CDC](#)
- ❖ [MDH COVID-19 information page](#)
- ❖ [MDPCP COVID-19 webpage](#)
- ❖ Local Health Departments
- ❖ [CONNECT](#)
- ❖ Clinician Letters
- ❖ Multiple Resource Links in Appendix

# 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](mailto:amullin@medchi.org)
- For questions, email or call Andrea Mullin at [amullin@medchi.org](mailto:amullin@medchi.org) or 800-492-1056 x3340

## Grant Amount

\$300 per eligible physician





# Federal Emergency Funds for Small Business

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- ❖ [Disaster Loan Assistance](#) (from Small Business Administration)
  - Low-interest financial disaster loans for working capital in small businesses suffering substantial economic injury due to COVID-19
  - [FAQs](#)
- ❖ [CARES Act](#) (pending federal legislation)
  - Sets up a \$350 billion loan program for small businesses
  - Small businesses can apply for low-interest loans that cover up to 2.5 months of expenses
  - Maximum loan amount is \$10 million
  - Loans can cover payroll, rent, utilities, or existing debt obligations
  - Interest rates cannot exceed 4%
  - If employer continues to pay workers through June, the amount of the loans that went toward eligible costs would be forgiven
  - Loans will be available through the [Small Business Administration](#) and Treasury-approved banks, credit unions, and some nonbank lenders

# State Emergency Funds for Small Business

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- ❖ [COVID-19 Layoff Aversion Fund](#) (from Maryland Governor Larry Hogan and Maryland Dept. of Labor)
  - Designed to support businesses undergoing economic stresses due to the pandemic by minimizing the duration of unemployment resulting from layoffs
  - Award of up to \$50,000 per applicant
  - Will be quick deployable benefit and customizable to specific business needs
- ❖ [View the One-Pager](#)
- ❖ [COVID-19 Layoff Aversion Fund Policy](#)
- ❖ [COVID-19 Layoff Aversion Fund Application](#) (Excel)
- ❖ Submit your completed application to: [LaborCOVID19.layoffaversion@maryland.gov](mailto:LaborCOVID19.layoffaversion@maryland.gov).

# Food Resources

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❖ 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

# Resources for Specific Groups

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- ❖ 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>)

# Resources and References

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- ❖ 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/>)

# State Emergency Funds for Small Business

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- ❖ [Maryland Small Business COVID-19 Emergency Relief Loan Fund](#)
  - \$75 million loan fund (to be paid to for-profit business only)
  - Loans are up to \$50,000
  - No interest or principal payments due for the first 12 months
  - Thereafter converts to 36-month term loan of principal and interest payments, with interest rate of 2% per annum
- ❖ [Maryland Small Business COVID-19 Emergency Relief Grant Fund](#)
  - \$50 million grant program for businesses and non-profits
  - Grant amounts of up to \$10,000
  - Grant amounts not to exceed three months of demonstrated cash operating expenses for Q1 2020
- ❖ [Emergency Relief Fund FAQ](#)
- ❖ Questions or concerns  
email [fpaaworkflowcoordinator.commerce@maryland.gov](mailto:fpaaworkflowcoordinator.commerce@maryland.gov).