

PROJECT PATIENT CARE.ORG

Newsletter - July 2020

"When you see something that is not right, not fair, not just, you have to speak up. You have to say something; you have to do something."

Civil-rights leader and US Congressman John Lewis



Dear Project Patient Care Community,

We hope this finds you and your loved ones are in good health and keeping safe.

This month has seen the eruptions of many COVID-19 hotspots and areas in which communities had bent the curve and are seeing a reversal of the curve with an increase in COVID-19 positivity rates.

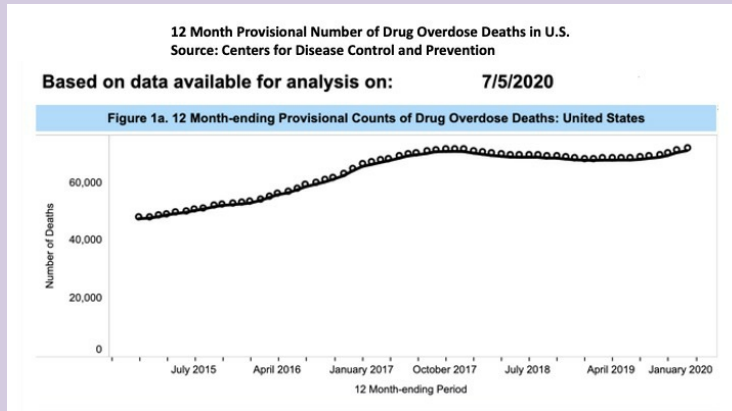
While many eyes are rightfully on COVID-19, we also need to make sure that we address other health and health care needs including increase in Opioid deaths and overdoses; decrease in childhood and adult immunizations; increase mental health needs; and increase in domestic and gun violence. We also know that routine screenings for cancer, cardiac disease, diabetes, and other conditions have been delayed due to COVID-19, but there might be opportunities for primary care providers and networks to work closely with their patients to get scheduled for these services.

Information included in this newsletter:

- Opioid epidemic
- Childhood and adult immunizations
- Increasing mental health needs
- Disease screenings
- Increase in Domestic and Gun Violence
- Nursing Home Updates
- Video Recordings and Presentations
- Meeting needs locally and globally

ONGOING HEALTH CONCERNS

Many healthcare providers and public health experts are concerned about changes in support for many healthcare conditions in addition to the COVID-19 pandemic. Several areas where improvements had been realized have taken a downward trend due to limited resources and support.

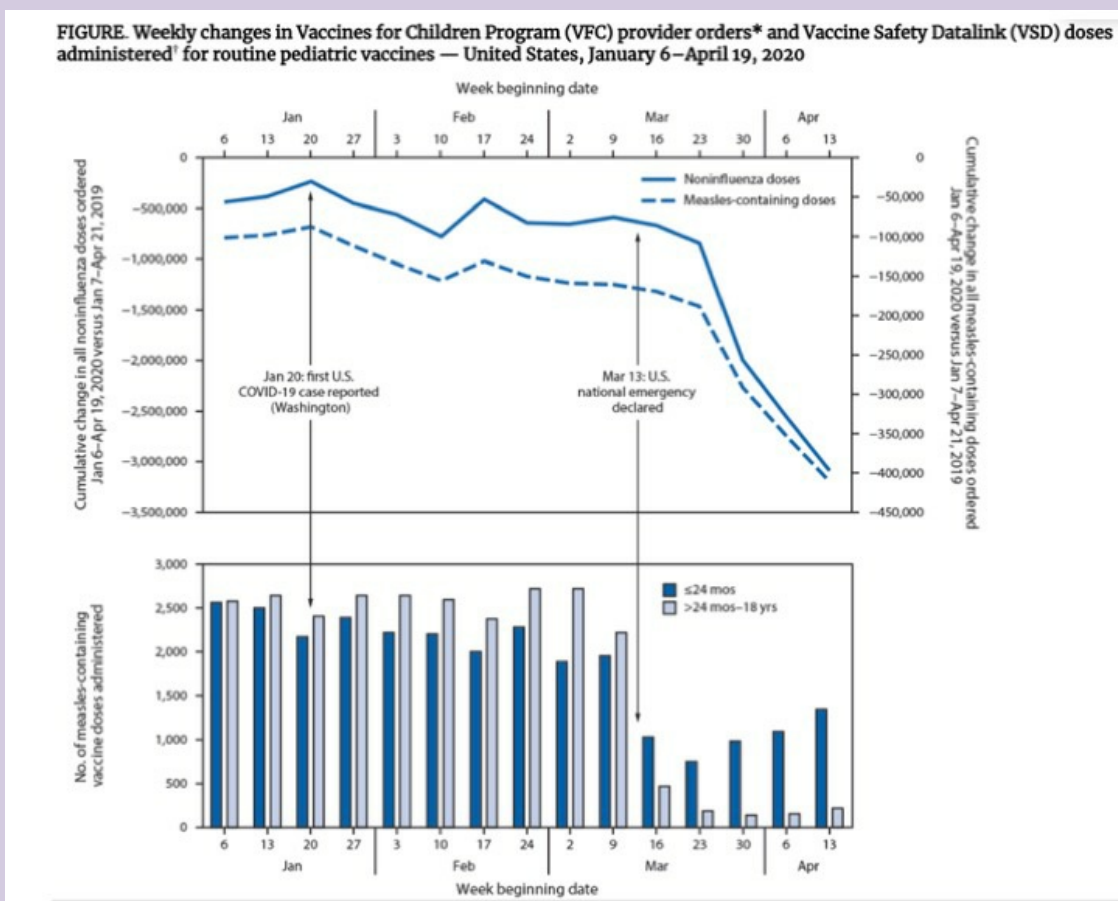


Opioid Epidemic

While 2018 saw a dip in opioid deaths, there was a resurgence and new high in deaths in 2019 according to the CDC provisional data released in early July 2020. Additionally, many states are seeing a significant increase in opioid deaths in early 2020 during the pandemic.

The increase in opioid deaths is being linked to a lack of resources due to pandemic and the social and economic drivers linked to increase opioid usage including depression, isolation, lack of jobs and opportunities along with inability to access services and support during pandemic. According to the American Medical Association's Issue Brief of July 20, 2020, 35 states are reporting increases in opioid deaths in 2020 compared to 2019. To read the AMA's Issue Brief, click [Here](#)

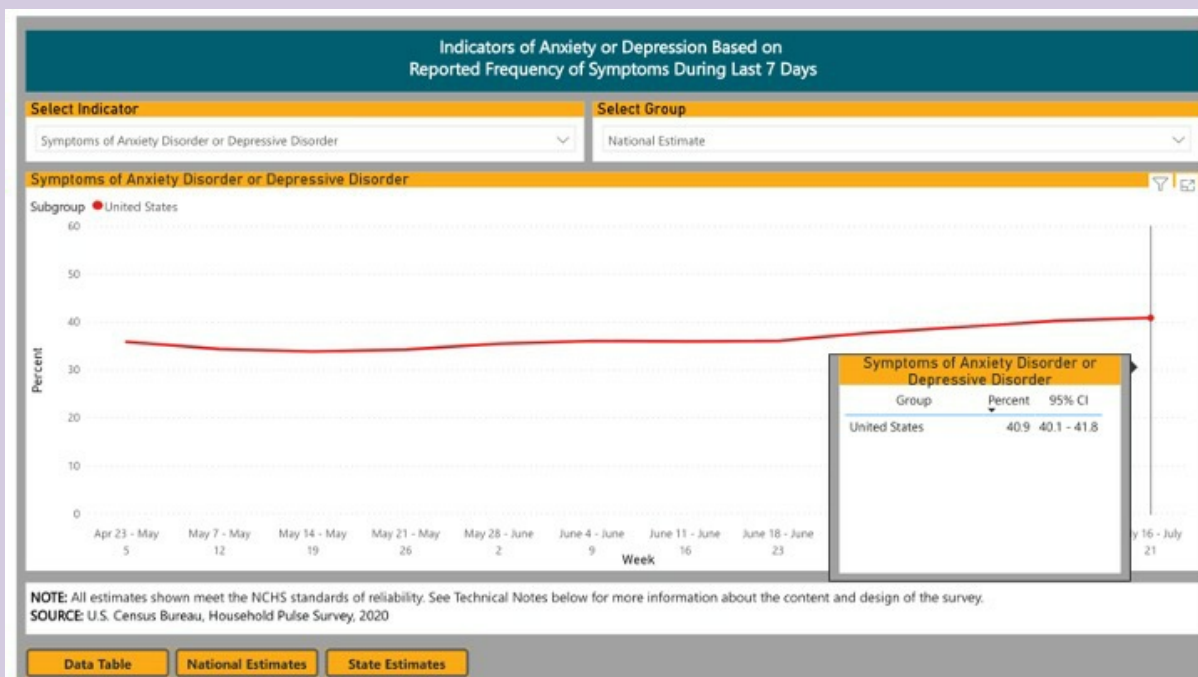
Childhood and Adult Immunizations. According to the Centers for Disease Control and Prevention's [May 15, 2020 Morbidity and Mortality Weekly Report](#), childhood immunizations experienced significant declines. As many schools are opting for virtual learning, there is continuing concern that children will not get their routine immunizations. Many communities are working to encourage parents to get their children immunized to avoid other infectious diseases.

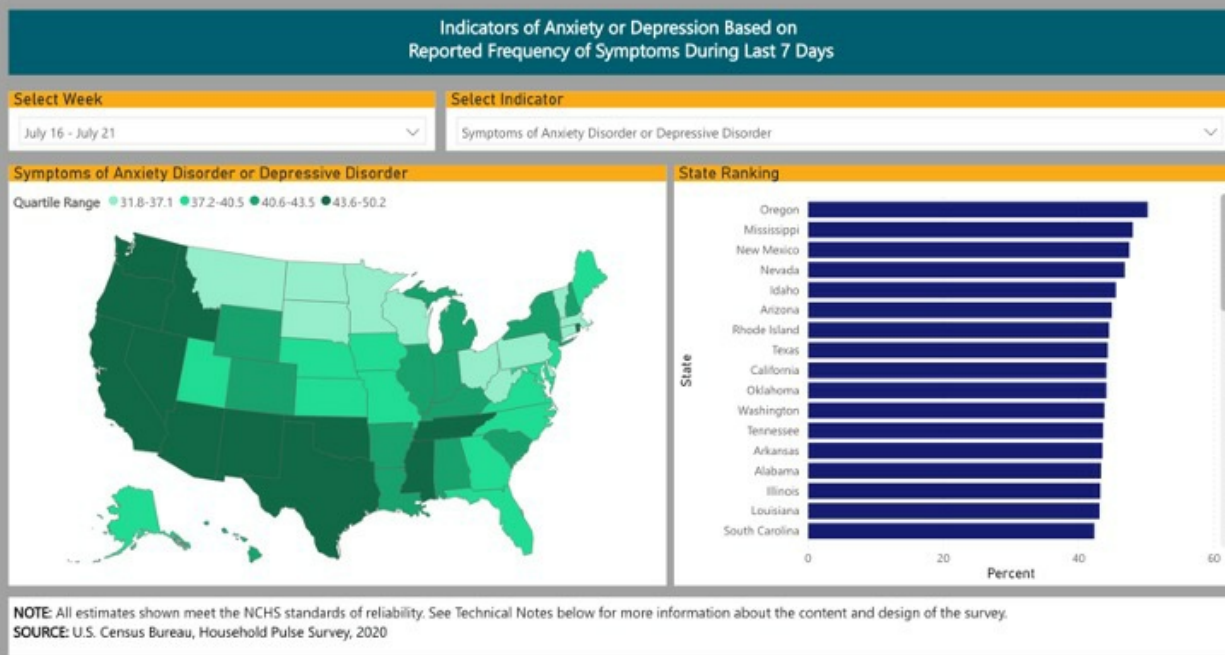


Adult immunizations are also on the decline, but healthcare providers are putting in place new strategies and design approaches to encourage immunizations. Resources are available through the [American Medical Association](#) and the [American Academy of Family Physicians](#). With the flu season just a short time away, healthcare providers and public health officials want to make sure that children and adults receive the seasonal flu vaccine.

Mental Health. There are several indicators that are used to track changes in mental health including suicide rates, hospitalizations, and service utilization. Recently, a national trending system has been utilized to assess persons' self-reported assessment of anxiety or depression. "To rapidly monitor recent changes in mental health, the National Center for Health Statistics (NCHS) partnered with the Census Bureau on an experimental data system called the Household Pulse Survey. This 20-minute online survey was designed to complement the ability of the federal statistical system to rapidly respond and provide relevant information about the impact of the coronavirus pandemic in the U.S."

The National Center for Health Statistics [information](#) is readily accessible with interactive capabilities to dive deeper into the data by key demographics. Below is information on Anxiety or Depression based on frequency of symptoms during last 7 days. First graph depicts trend line since April 23, 2020 - July 21, 2020 and the second graph highlights information for the week of July 16- July 21, 2020 by state.

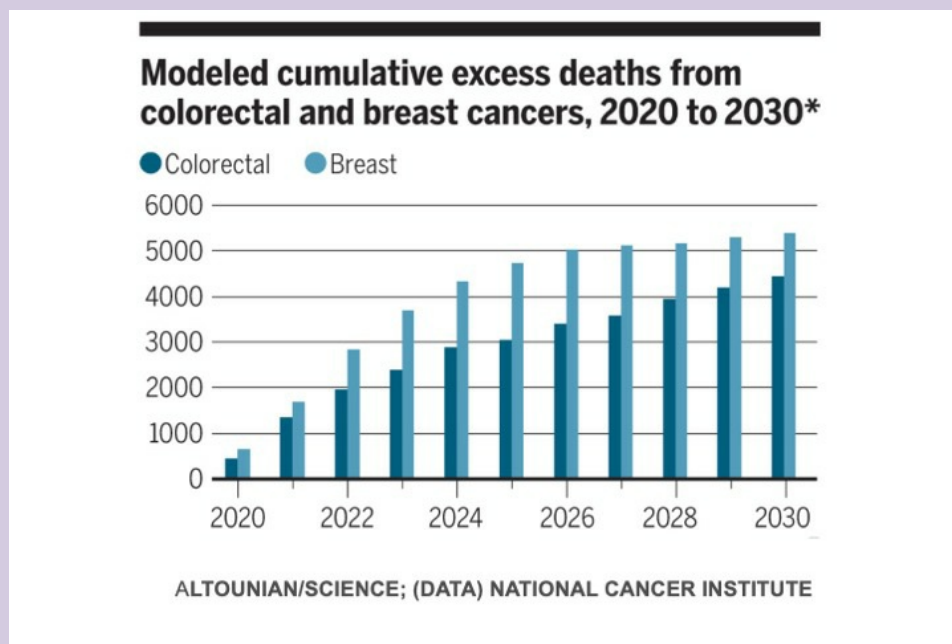




Disease Screenings. Healthcare providers and disease based organizations for cancer, cardiac, and diabetes all reported declines in screenings since the pandemic. In areas where the curve has been bent with the pandemic and they have low positivity rates, a lack of screenings still persists. Many organizations are reaching out to their patients and encouraging them to make an appointment for their exam and sharing the COVID-19 infection prevention steps they are taking to keep patients safe.

As healthcare providers and public health professionals know the importance of screenings, health plans are also stepping up their efforts to have their beneficiaries return for screenings. Recently, Humana announced they are sending one million kits to their beneficiaries for diabetes management and screening for colorectal cancer.

In a recent [Editorial in Science](#), Ned Sharpless, Director of the National Cancer Institute that the pandemic is causing delayed diagnosis and suboptimal care. With the delays in diagnosis and treatment, the NCI has modeled the effects on population health: "Modeling the effect of COVID-19 on cancer screening and treatment for breast and colorectal cancer (which together account for about one-sixth of all cancer deaths) over the next decade suggests almost 10,000 excess deaths from breast and colorectal cancer deaths; that is, a ~1% increase in deaths from these tumor types during a period when we would expect to see almost 1,000,000 deaths from these two diseases types."



Domestic and Gun Violence. While not unique to the United States, world-wide there has been an increase in domestic violence somewhat attributable to staying in close quarters, unemployment, and lack of resources to address victims of violence. The Council on Foreign Relations revealed that Australia, France, Germany, South Africa, and the United States have reported significant increases in domestic violence since the COVID-19 outbreak.

Some communities, like Chicago, have worked with hotels and Airbnb to provide no cost shelter to the victims of domestic violence. Wrap around services are also provided in Chicago at many centers, including A Safe Haven Foundation, which has also seen an increase in partners and families seeking shelter.

While not yet peer reviewed, Researchers at the University of California–Davis and the University of California Firearm Violence Research Center, saw a "significant increase in firearm violence in the United States associated with the coronavirus pandemic-related surge in firearm purchasing." According to the researchers, "We estimate a nationwide excess of 2.1 million firearm purchases in March through May 2020. States with greater increases in firearm purchasing were more likely to experience increased rates of firearm violence during this time compared to states with smaller purchasing increases, independent of other effects of the pandemic included in our models. We estimate an almost 8% increase in firearm violence in the US from March through May 2020, or 776 additional injuries, associated with purchasing spikes." To view the entire research paper, please click [Here](#) select the .pdf report.

Chicago is just coming off of its worse violent month in 28 years. 520 people were shot of which 107 were killed, including several children under the age of 10.

Nursing Homes

In working to keep the public eye on the nursing home residents that have died due to the COVID-19 infection, we will continue to provide updates on developments. Nursing home or care home (different name for nursing home) resident deaths as a percent of overall deaths in a country vary. In Canada, for example, 81% of all COVID-19 deaths have occurred in care home residents; 66% of all COVID-19 deaths in Spain are care home residents; and 56% of COVID-19 deaths are residents in care homes in Ireland. Depending upon what source one is using, the United States averages 41% of all COVID-19 deaths have been nursing home residents. The percent of nursing home residents dying from COVID-19 varies by state, for example in Illinois, 55% of all COVID-19 deaths are nursing home residents; New Hampshire at 84%; Minnesota and Connecticut at 74%; and greater percents are expected from the hotspot states.

Last week, the White House Administration announced they were sending rapid result testing kits to 1,000 nursing homes for usage on staff and symptomatic residents. Given there are approximately 15,000 nursing homes, if they continue to send 1,000 kits per week, it will take until mid-November to equip all nursing homes.

The reason testing is focused on the staff is that they may be asymptomatic and are unknowingly bringing it into the nursing home (and nursing homes if the staff are working at multiple facilities). One can trace a rise in nursing home deaths based upon the rise in COVID-19 positivity rate in the community. "We first see it in the community, and then we see it in the residents and staff, and then you see the deaths," said David Grabowski, a professor at Harvard Medical School who studies nursing homes ([Wall Street Journal, July 11, 2020](#))

Insightful webinars on COVID-19 in Nursing Homes:
Long Term Facilities - Part I Pat Merryweather-Arges
<https://www.youtube.com/watch?v=ACSB6EnN2F8>

Long Term Facilities - Part II Swati Gaur, MD, Medical Director at New Horizons, Georgia
<https://www.youtube.com/watch?v=lqt3-Qvl8eA&t=10s>

PROJECT PATIENT CARE (PPC) Presentations, Videos, Webinars, Media

We continue to have a busy time at PPC as we respond to many requests to share the voice of the patient, family, and caregiver with providers, health organizations, and private and public entities.

During this past month we have produced several recorded webinars and have participated in several National Meetings, including Pat Merryweather-Arges at Academy Health Annual Research Meeting on public data and data privacy issues. During August and September we will be busy speaking at the National Association of Health Data Organizations (Pat is co-chairing annual meeting); National Patient Safety Movement Foundation World Patient Safety Day (Marty Hatlie) is on Committee; Focus on Disparities with National Patient Safety Movement Foundation (Pat presenting on live webinar); and National Association for Healthcare Quality (Pat is on a panel focused on World Patient Safety Day).

The New York Times featured an article on June 30 on Project Patient Care's Guide, "Recommendations for and by Patients, Families, and Caregivers for Elective Surgeries and Invasive Procedures During COVID-19 Pandemic". Reporter Judith Graham of Kaiser Health News, highlighted the concerns and expectations patients have in returning for healthcare services and the issues that healthcare providers need to address for patients to return. The PPC Guide was co-developed with patients, families, and caregivers. NY Times article *"Surgery or Medical Procedure? What to Know Before You Go"*
<https://www.nytimes.com/2020/06/30/well/live/surgery-or-medical-procedure-what-to-know-before-you-go.html?referringSource=articleShare>

"Patient and Family Engagement During COVID-19"

Maryland Patient Safety Center

<https://www.marylandpatientsafety.org/pfacqs.aspx>

"COVID-19 Update: Addressing Social Disparities"

Patient Safety Movement Foundation

<https://www.youtube.com/watch?v=s9BuzDq9a5E&feature=youtu.be>

Co-Presented by:

Donna Prosser, DNP, RN, NE-BC, FACHE, BCPA, Chief Clinical Officer, Patient Safety Movement Foundation

Dr. Marcus Robinson, PhD, Collaboration

Patricia Merryweather-Arges, MA, Project Patient Care

Daria B. Terrell, M.D., St. Bernard Hospital and Health Care Center

Ron Wyatt, MD, MHA, MCIC Vermont

PPC, H2PI, and Consumers Advancing Patient Safety Joint COVID-19 Series:

Long Term Facilities - Part I Pat Merryweather-Arges

<https://www.youtube.com/watch?v=ACSB6EnN2F8>

Long Term Facilities - Part II Swati Gaur, MD, Medical Director at New Horizons, Georgia

<https://www.youtube.com/watch?v=Iqt3-Qvl8eA&t=10s>

COVID-19 Testing - Moira Larsen, MD, MBA, MedStar Health

<https://www.youtube.com/watch?v=mE6053dCqEk>

Health Equity - Ron Wyatt, MD, MHA, MCIC Vermont

<https://www.youtube.com/watch?v=1rfhxX8LKAY>

The Important Role of Telehealth in Mental Health - Wendy Hayum-Gross, Licensed Clinical Professional Counselor, Grow Wellness Group in Naperville

<https://www.youtube.com/watch?v=OKoMOHOyw8s>

Elective Procedures in Hospitals - Kellie Goodson, MS, CPXP, Vizient; Pat Merryweather-Arges, MA, PPC

<https://www.youtube.com/watch?v=oYBaggu3a78>

Learning from COVID-19 Patients - Josh Weissburg
<https://www.youtube.com/watch?v=kNGnIYBuWD8&t=56s>

Preparing for Hospital Visit - Rosie Barthel, Patient Advocate
https://www.youtube.com/watch?v=Ih0GVGf_HW8&list=PL85nvxr3ClzPJichPfeCOcrNSGWzU6mo7

Finding Hope and Meaning Through Stories in COVID-19 Pandemic Series

MedStar Health Institute for Quality and Safety - with 11 healthcare leaders throughout the series:

How has the COVID-19 pandemic affected you personally and professionally?

What stories have you heard or experienced that are COVID-19 related and you can't forget?

What will this teach us for the future of healthcare?

What technology or innovations look transformative for the future as a result of COVID-19?

<https://www.youtube.com/playlist?list=PL85nvxr3ClzPPgQN-be5Wh9jzYcGLUjpR>

Water, Sanitation, and Hygiene During COVID-19 Pandemic in Developing Countries

Pat Merryweather-Arge facilitated panel discussions on two days in June with leaders from around the world including USAID, UNICEF, Malawi, Kenya, Ethiopia, Eritrea, South Sudan, Guatemala, and India. It was amazing to hear the innovative approaches and how communities all came together to protect and save each other. The recordings should be available by next newsletter and will be shared.

Pat Merryweather-Arge continued to do short videos for approximately 12,000 Rotarians in Illinois on COVID-19 updates and developments.

Resources

There are many resources readily available from international, national, state, county/city government agencies. Typically resources are centralized with most in state and city departments of public health.

A few links:

World Health Organization - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Centers for Disease Control and Prevention (CDC) - www.cdc.gov

Centers for Medicare and Medicaid Services (CMS) -

<https://www.medicare.gov/medicare-coronavirus>

State of Illinois - <https://www2.illinois.gov/sites/coronavirus/Pages/default.aspx>

Illinois Department of Public Health - <http://www.dph.illinois.gov/>

City of Chicago - <https://www.chicago.gov/city/en/sites/covid-19/home.html>

National Association for Healthcare Quality (NAHQ) COVID-19 Quality Resources -

<https://nahq.org/education/covid-19-resource-center/>

Locally



July 17 Food Distribution for Englewood community]



20,000 pounds of fruit and vegetables being boxed



Pat with Illinois State Rep. Mattie Hunter at Food Distribution



Food Distribution in Englewood Community

July 17, 2020 was an extraordinary Rotary Hands On Service day for Rotarians as they provided over 20,000 pounds of assorted fruits and vegetables for over 1,000 families in the Englewood community in Chicago. Englewood is a community with the overwhelming majority of people peace loving that are kind and compassionate – but has one of the highest percent of people living in poverty and as of this writing, highest number of shootings this year. The corner where we distributed food had 4 shootings the prior weekend with one person dying from the wounds. The distribution occurred with several community organizations, including Social Change and Chicago Police Department's Community Alternative Policing. We had just a few days to organize the event with Dr. Sabha Abour and had over 10,000 pounds of meat donated from Tysons and milk and dairy products from former baseball player.

On a very sad note - and for many in Chicago all too familiar. The young gentleman, known as King, pictured to the left and volunteered with us, was shot dead Sunday afternoon just two blocks away.

Globally.....



Laboratory, daignostic and care center where new equipment will be provided



Dialysis center staff that will be receiving more dialysis stations.

Rotary International approved a Global Grant to replace outdated diagnostic and laboratory equipment and will add more dialysis stations to the center. All services are free and the center is fully staffed with scheduled volunteer physicians, nurses, and technicians - 12 hours/7 days a week!

We Enjoy Hearing from YOU!

Please feel free to contact us at any time as most of

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the time we are still all working remotely from our homes.

Contact us at:

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Thank you!