COVID-19 HEALTHCARE PROVIDER UPDATE

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Our understanding of COVID-19 is evolving rapidly. This presentation is based on our knowledge as of November 19, 2020, 5 PM.
CME Accreditation Statement for Joint Providership
NYC Health + Hospitals is accredited by The Medical Society of the State of New York (MSSNY) to provide continuing medical education for physicians. This activity has been planned and implemented in accordance with the Accreditation Requirements and Policies of the MSSNY through the joint providership of NYC Health + Hospitals and the NYC Department of Health and Mental Hygiene. NYC Health + Hospitals designates this continuing medical education activity for a maximum of 1 AMA PRA Category 1 Credit™. Physicians should claim only credit commensurate with the extent of their participation in the activity.
COVID-19 WORLDWIDE

Cumulative:
>56.6 million cases
>1.3 million deaths
11/19/20

COVID-19, U.S. NEW REPORTED CASES AND DEATHS BY DAY

Cumulative:
>11.8 million cases
>256 thousand deaths

11/19/20

• FDA granted EUA for use of monoclonal antibody therapy bamlanivimab in people aged ≥12 years at risk of severe COVID-19.

• Moderna and Pfizer vaccine trials report >90% efficacy.

• A WHO panel recommends against use of remdesivir in hospitalized Covid-19 patients, saying there is no evidence that the drug improves mortality

• CDC **scientific brief**\(^1\) reports that masks, in addition to source control, protect the wearer from exposure to SARS-COV-2.

• Travelers to NYS can shorten 14-day quarantine by obtaining two tests, one within 3 days prior to arrival in NY and a second on day 4 of quarantine after arrival in NY. If both tests are negative, traveler may exit quarantine early.

• NYS requires reporting of all SARS-CoV-2 and influenza test results via the Electronic Clinical Laboratory Reporting System within **24 hours**\(^2\) (changed from 3 hours).

• NYC close contact definition for non-healthcare settings updated to being within 6 feet of an infected person for a cumulative total of ≥10 minutes over a 24-hour period.

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• Health Department will facilitate distribution of pulse oximeters to hospitals and outpatient providers that serve populations disproportionately impacted by COVID-19

• Providers should provide pulse oximeters to high-risk patients (older age or with comorbidities)

• Provide instructions for use and when to seek care

• Determine how to perform regular check-ins with patients

• Patients may enroll in NYC’s free 14-day text message COVID-19 health monitoring program

• Develop a plan in case patients worsen

• For more information, visit https://nyc.gov/assets/doh/downloads/pdf/covid/providers/covid-19-pulse-oximeters.pdf
PATIENT HANDOUT: HOW TO MONITOR YOUR OXYGEN LEVEL

- Available in multiple languages on the NYC Health Department’s “COVID:19 Information for Providers” webpage (under “Pulse Oximetry Program”)
- Explains pulse oximeter use and when to seek care
- Provides information on how to enroll in the free text support service
- Includes a log to keep track of daily readings

HOLIDAY GUIDANCE: BE FESTIVE, STAY SAFE!

Available in multiple languages at nyc.gov/health/safeholidays

Discourages gatherings and traveling (except for household gatherings) but provides tips on how to do so safely

Provides idea for safe holiday activities

TRAVELING DURING COVID-19: DON’T DO IT

Available in multiple languages at nyc.gov/health/covidtravel
Discourages traveling
Provides a summary of NYS travel quarantine requirements

MMWR: Transmission of SARS-COV-2 Infections in Households – Tennessee and Wisconsin, April-September

https://www.cdc.gov/mmwr/volumes/69/wr/mm6944e1.htm
STUDY DESIGN

• Objective was to better understand household transmission including transmission from children
• Study conducted in Nashville, TN and Marshfield, WI
• Index patients defined as first in household to have COVID-19 symptoms and positive RT-PCR test and who lived with at least one other household member
• After recruitment, index patients (n=101) and household members (n=192) kept a diary of symptoms and obtained self-collected nasal swab or nasal swab and saliva samples daily for 14 days
STUDY RESULTS

• Out of 192 contacts, 101 had positive COVID-19 test upon follow up (53% secondary infection rate)
• Among 14 households in which the index patient was aged <18 years
  • Secondary infection rate from index patients aged <12 years was 53%
  • Secondary infection rate from index patients aged 12–17 years was 38%
• 75% of secondary infections were identified within 5 days of the index patient’s illness onset
IMPLICATIONS FOR PRACTICE

- Household transmission occurs often and early after onset of illness
- Persons should self-isolate (whichever situation is first)
  - at the onset of COVID-like symptoms
  - at the time of testing as a result of a high-risk exposure
  - at time of a positive test result
- All household members, including index case, should wear face coverings in shared spaces in the household
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Understanding and Managing Long Term Sequelae of COVID-19

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Long Term Sequelae of COVID-19

- Patients are past acute infection stage but experience long term symptoms (few weeks to months)
- Symptoms may be subjective, anatomically diverse, unpredictable, or difficult to diagnose
Risk Factors

- Older age and the presence of three or more chronic medical conditions were associated with persistent symptoms.
- According to a national survey, fewer Black people (compared to White and Latino people) reported returning to usual health 14-21 days after COVID-19 positive test result.
- Persistent symptoms occur in people who had mild or severe COVID-19 disease.
Myalgic Encephalomyelitis /Chronic Fatigue Syndrome

- **Presentation**: exhaustion, post-exertional malaise, lethargy and difficulties with memory and concentration, “COVID fog”

- **Management Strategies**:
  - Focus care on alleviating symptoms
  - Consider referral to rehabilitation physicians or specialists in ME/CFS.
  - Rule out alternate causes. Consider referral to a neurologist to rule out previously undiagnosed chronic disease or autoimmune neurologic disorders.
Sleep Disorders

- **Presentation**: hypersomnia, insomnia, and misuse of sleep medication
  - Could be related to anxiety, depression, reduced exposure to sunlight, and disruptions to normal daily routines

- **Management Strategies**:
  - Screen for and treat anxiety, depression, suicidal thoughts
  - Counsel patients to practice good sleep hygiene (e.g., avoid alcohol/caffeine, screens before bed)
Dyspnea

• **Presentation:** prolonged cough and labored breathing

• **Related to Lung Disease:** Exact cause unknown but COVID-19 can cause long-standing fibrotic interstitial lung disease, particularly in patients who are older or have prior co-morbidities or a history of smoking.

• **Related to Heart Disease:** 20% to 30% of patients hospitalized with COVID-19 will develop cardiac involvement, and those with prior cardiovascular disease may be at greatest risk for longer-term cardiac problems. Even among asymptomatic patients, there is evidence of ongoing heart disease, including myocarditis and pericarditis.
Dyspnea

• **Management Strategies:**

  • Evaluate patient’s respiratory status at each visit.
  • Instruct patients with access to a home pulse oximeter to measure and report their oxygen saturation.
  • Inform patients with trouble breathing about warning signs: worsening dyspnea and falling oxygen saturation levels.
  • Discuss the patient’s access to support if an emergency arises.
  • Consider early referral to pulmonary rehabilitation.
Joint and Muscle Pain

• **Presentation**: muscle and body aches, sometimes including a “sharp” or “burning” pain in the lower back, neck, joints, and extremities

• **Management Strategies**:  
  • Analgesics to reduce pain
• **Presentation:**
  • COVID-19 neurological complications may manifest as psychiatric symptoms, including confusion, stroke, encephalopathy, and cognitive impairment.
  • Psychological sequelae including depression, anxiety, and post-traumatic stress disorder are common, and can worsen pre-existing mental health symptoms.

• **Management Strategies:**
  • Assess psychopathology of COVID-19 survivors.
  • Discuss adaptive coping mechanisms, social support, and mental health services.
  • Ask about suicidal thoughts and intent. Call 911 if you believe someone is at immediate risk of hurting themselves or others.
  • Refer patients to trained mental health professionals including remote 24/7 emotional support available through [NYC Well](http://nycwell).
General Considerations

- Understand that physiologic complaints of COVID-19 long-haulers are real, not “merely” psychological.
- Rule out other possible etiologies of symptoms, such as flu, asthma exacerbation, etc.
- Continue to manage the patient’s chronic co-morbidities.
- Coordinate care with specialists when appropriate.
- Inform COVID-19 patients that prolonged symptoms are common and that it may take weeks or months for lingering symptoms to dissipate.
- Let patients know that unless they have severe COVID-19 or are immunocompromised they are unlikely to be contagious more than 10 days after symptom onset, even if symptoms persist.
- Emphasize the importance of well-being, social support, mindfulness, and self-care.
Loss of Work

- Encourage patients who have lost their job or remain absent from work due to COVID-19 sequelae to file for workers’ compensation or disability.
**POST-COVID CARE RESOURCES**


Management of Post-acute COVID-19 in Primary Care. BMJ. 2020
- [https://www.bmj.com/content/370/bmj.m3026](https://www.bmj.com/content/370/bmj.m3026)

British National Health Service: Patient guide to post-COVID care

Columbia University Medical Center: Post-COVID Patient Rehabilitation Guide (English and Spanish)

COVID-19 survivor support organizations
- Survivor Corps: [https://www.survivorcorps.com/external icon](https://www.survivorcorps.com/external icon)

NYC Health Department Post-COVID clinics
Farewells: Dr. Demetre Daskalaskis

Thank you for your years of service to NYC – you will be missed!
REFERENCES


Rogers, Jonathan; Chesney, Edward; Oliver, Dominic; Pollak, Thomas; McGuire, Philip; Fusar-Poli, Paolo; ... David, Anthony S. (2020) Psychiatric and neuropsychiatric presentations associated with severe coronavirus infections: a systematic review and meta-analysis with comparison to the COVID-19 pandemic. *The Lancet Psychiatry, 7*(7), 611-627, ISSN 2215-0366, https://doi.org/10.1016/S2215-0366(20)30203-0; (http://www.sciencedirect.com/science/article/pii/S2215036620302030)


Townsend, Liam; Dyer, Adam; Jones, Karen; Dunne, Jean; Kiersey, Rachel; Gaffney, Fiona...Conlon, Neal. (2020). Persistent fatigue following SARS-CoV-2 infection is common and independent of severity of initial infection Short title: Fatigue following SARS-CoV-2 infection. *PLoS ONE*
• Log onto the CPE website - http://cme.nychhc.org
• Look for the login section (on the right side)
• Create a profile if you have not logged in before
• Enter your username (email address) and password. Click on the Go button.
• The Welcome Screen will appear. Click on the Go button.
• The next screen will display three tabs. “My Programs”, “CPE Tracker” and “My Account Info.”
• Click the tab “CPE Tracker”
• On the same row look to your right. Locate the ‘Select Year’ section. Click on the down arrow and select the year to view. Certificates will be listed by program name.
• View credits or print certificates by clicking on the certificate located under the view/print column.
• Note: It may take up to 8 weeks for H+H to process credits
NYC Health Department

• Provider page: https://www1.nyc.gov/site/doh/covid/covid-19-providers.page
• Data page: https://www1.nyc.gov/site/doh/covid/covid-19-data.page
• Next provider webinar: Friday, Nov. 20, 1 p.m. (sign up on provider page)
• Dear Colleague COVID-19 newsletters (sign up for City Health Information subscription at: nyc.gov/health/register)
• NYC Health Alert Network (sign up at https://www1.nyc.gov/site/doh/providers/resources/health-alert-network.page)
• Provider Access Line: 866-692-3641
• Neighborhood resource snapshots: https://www1.nyc.gov/site/doh/covid/covid-19-communities.page

NYC COVID-19 Citywide Information Portal

• Includes information on >150 testing sites in NYC: NYC.gov/covidtest

Learn more below about zone restrictions
• https://www1.nyc.gov/site/doh/covid/covid-19-main.page

Other sources