

Choosing Wisely To #CrushCOVIDRI

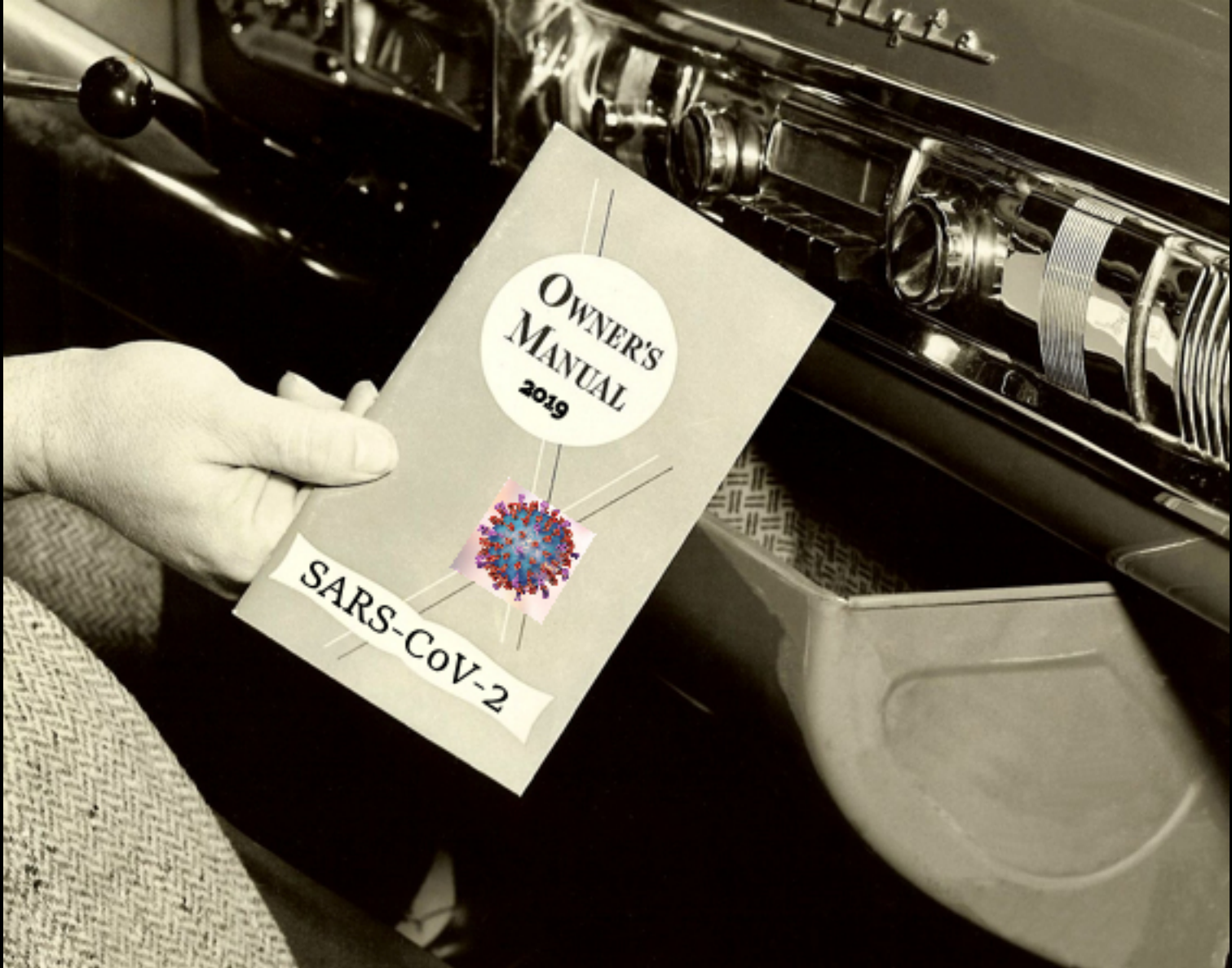
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Chair-elect, Board of Directors, American Board of Internal Medicine

Chair-Emeritus, ACP Board of Regents

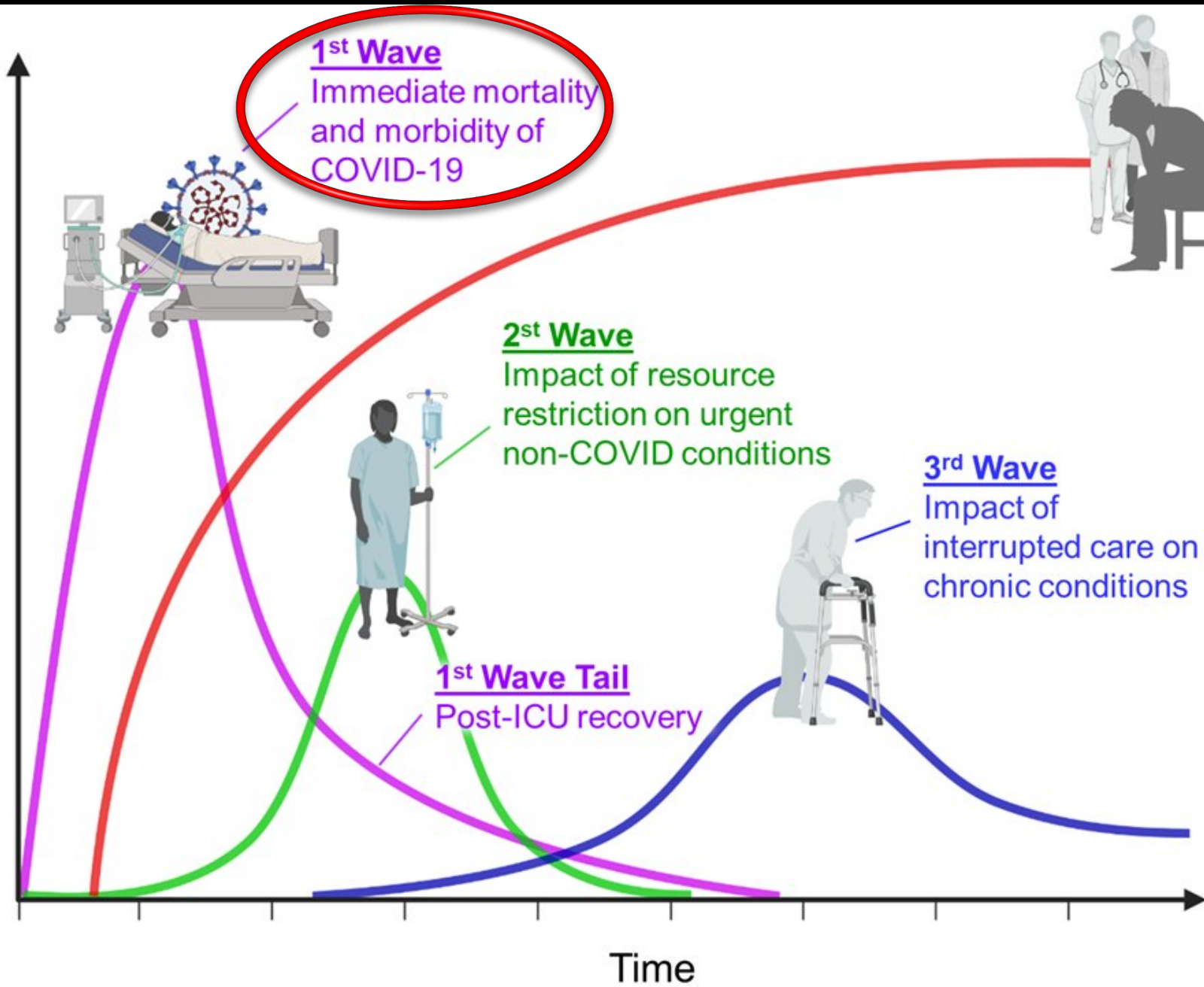
Clinical Associate Professor of Medicine, Alpert Medical School

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- *COVID-19 and Chronic Illness*
- *Stopping the Spread*
- *Choosing Wisely During A Pandemic*

Health Footprint
of Pandemic



4th Wave

- Psychic trauma
- Mental illness
- Economic injury
- Burnout

Time

COVID-19 ASSOCIATED HOSPITALIZATION RELATED TO UNDERLYING MEDICAL CONDITIONS

FACTORS THAT INCREASE COMMUNITY SPREAD AND INDIVIDUAL RISK



CROWDED SITUATIONS



CLOSE / PHYSICAL CONTACT

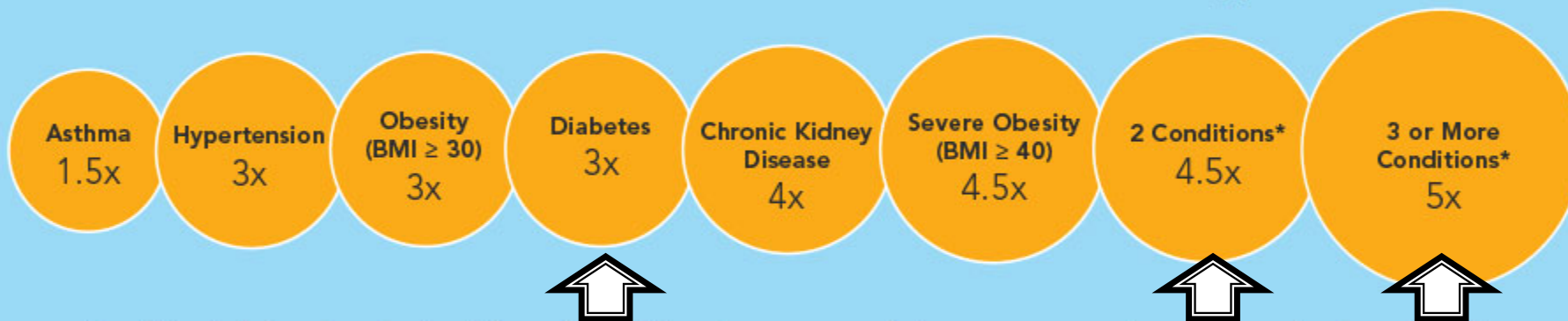


ENCLOSED SPACE



DURATION OF EXPOSURE

RISK FOR HOSPITALIZATION IF YOU HAVE ANY OF THESE CONDITIONS AND GET COVID-19 COMPARED TO PEOPLE WITHOUT THE CONDITION(S).



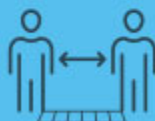
*Conditions include asthma, obesity, diabetes, chronic kidney disease, severe obesity, coronary artery disease, history of stroke and COPD.

Data has shown that racial and ethnic minority groups with the referenced conditions are at even higher risk for severe COVID-19 illness. Race and ethnicity are risk markers for other underlying conditions that impact health — including socioeconomic status, access to health care, and increased exposure to the virus due to occupation (e.g., frontline, essential, and critical infrastructure workers).

ACTIONS TO REDUCE RISK OF COVID-19



WEARING A MASK



SOCIAL DISTANCING (6 FT GOAL)



HAND HYGIENE



CLEANING AND DISINFECTION



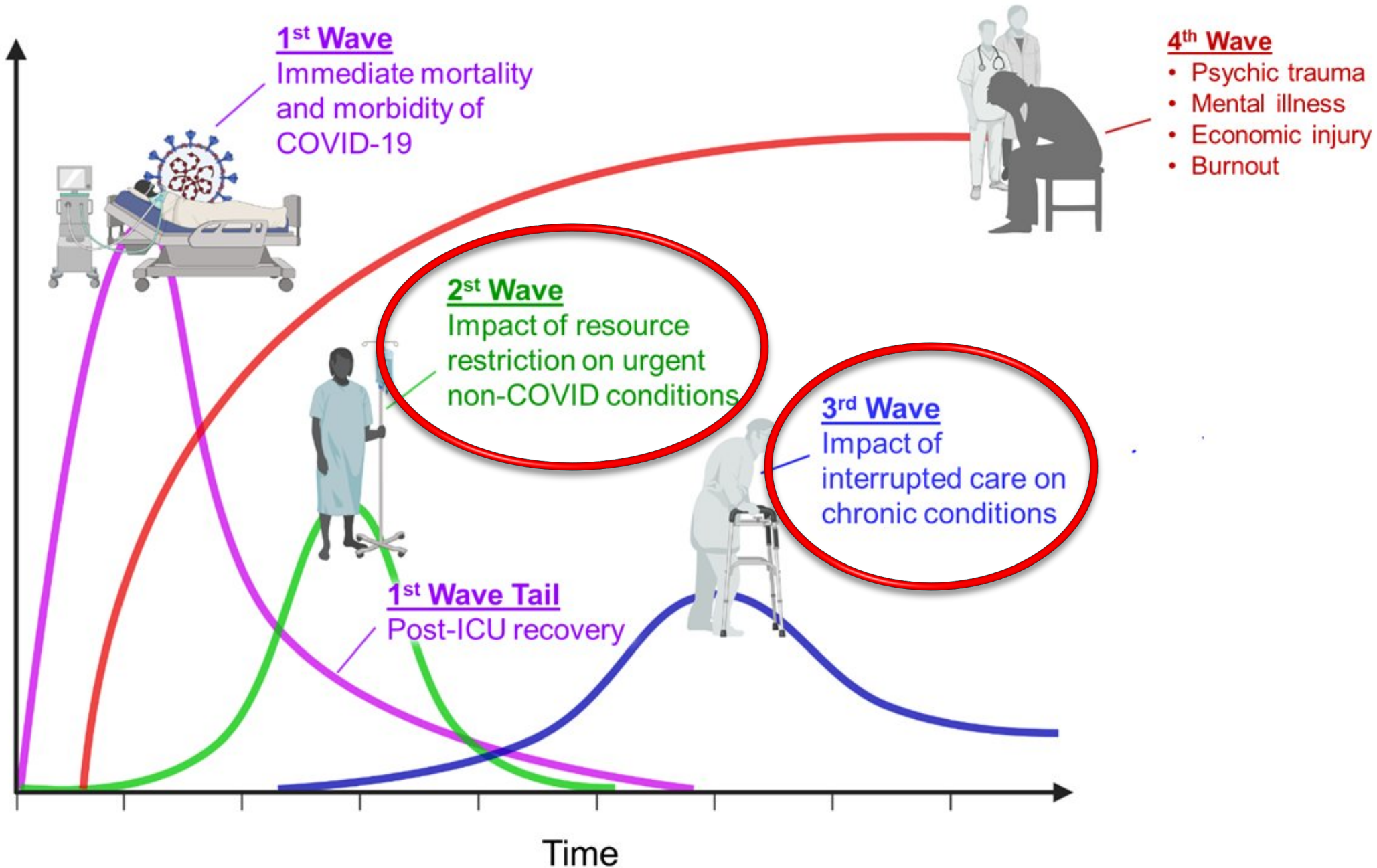
ALTHOUGH RISK GENERALLY INCREASES WITH AGE, ALL INDIVIDUALS SHOULD ROUTINELY TAKE ACTIONS TO REDUCE RISK OF INFECTION AND AVOID ACTIVITIES THAT INCREASE COMMUNITY SPREAD.

cdc.gov/coronavirus

Source: Ko JY, Danielson ML, Town M et al. 2020.

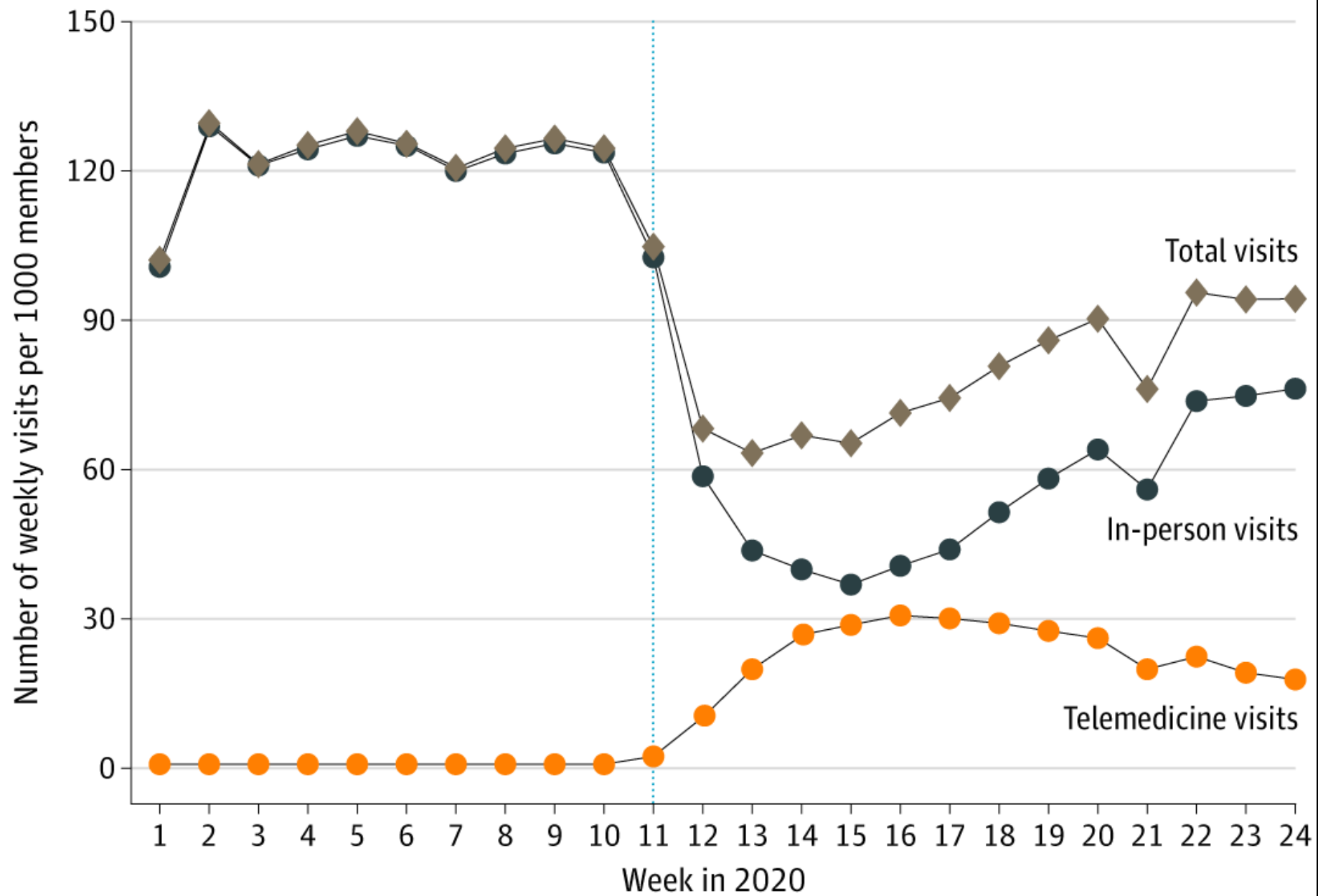
CS319360-A 08/08/2020

Health Footprint
of Pandemic



Impact Of Pandemic On Chronic Illness

- Disruption of lifestyle (exercise, diet)
- Stress, separation, isolation
- Access to care
- Access to medication (insurance loss, mail, pharmacy hours)
- Deferred care



Impact Of Pandemic On Chronic Illness

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**YES WE'RE
OPEN**

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It's National Influenza Vaccination Week!



We all
#FightFlu



There's still time to get your flu shot.

#FIGHT FLU





An initiative of the ABIM Foundation



FOUNDATION®

5 QUESTIONS to Ask Your Doctor Before You Get Any Test, Treatment, or Procedure

- 1** Do I really need this test or procedure?
- 2** What are the risks and side effects?
- 3** Are there simpler, safer options?
- 4** What happens if I don't do anything?
- 5** How much does it cost, and will my insurance pay for it?

Ejnes' Choosing Wisely DON'Ts For COVID-19

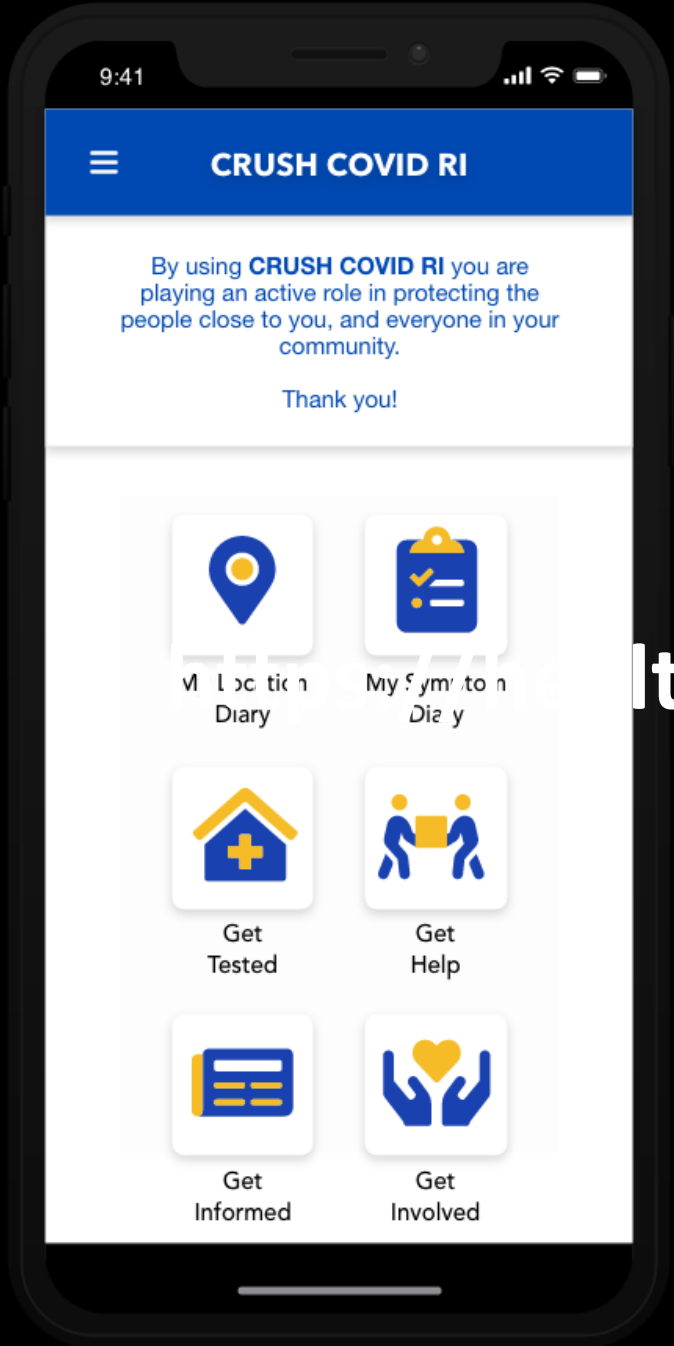
(not an official statement of ABIM Foundation)

- Don't use tests as a substitute for quarantine or to relax preventive measures
- Don't assume that risk reduction at the workplace is limited to the workplace
- Don't treat all advice equally ("trust but verify")
- Don't require doctor notes for quarantine or return to work
- Don't delay or avoid necessary care (including immunizations)

Ejnes' Choosing Wisely DOs For COVID-19

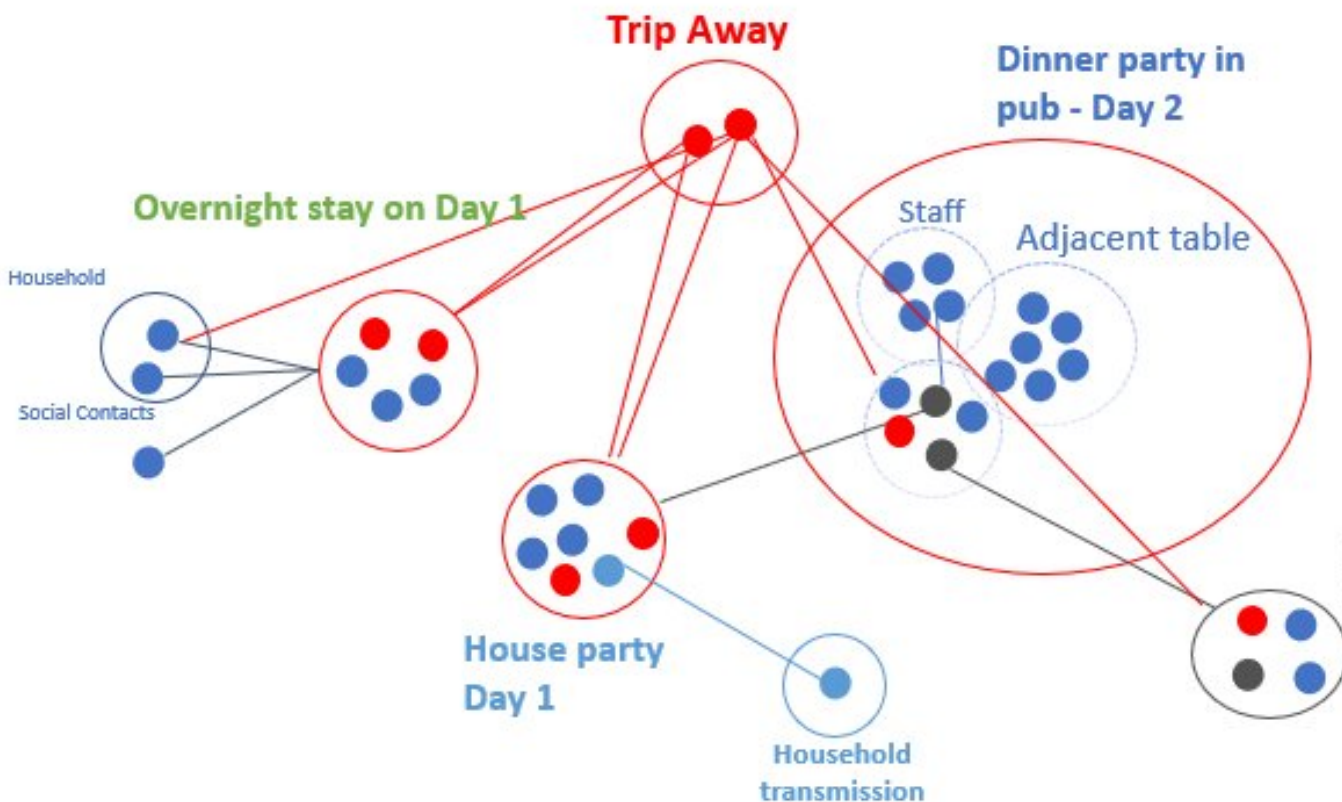
(not an official statement of ABIM Foundation)

- Encourage work at home if possible
- Support employees' staying home when sick
- Encourage employees to take care of themselves
- Consider creating private areas for telemedicine
- Encourage use of CRUSH COVID RI app



health.ri.gov/covid/crush/

An example of how COVID-19 has spread - leading to 30 cases



Insights from this analysis

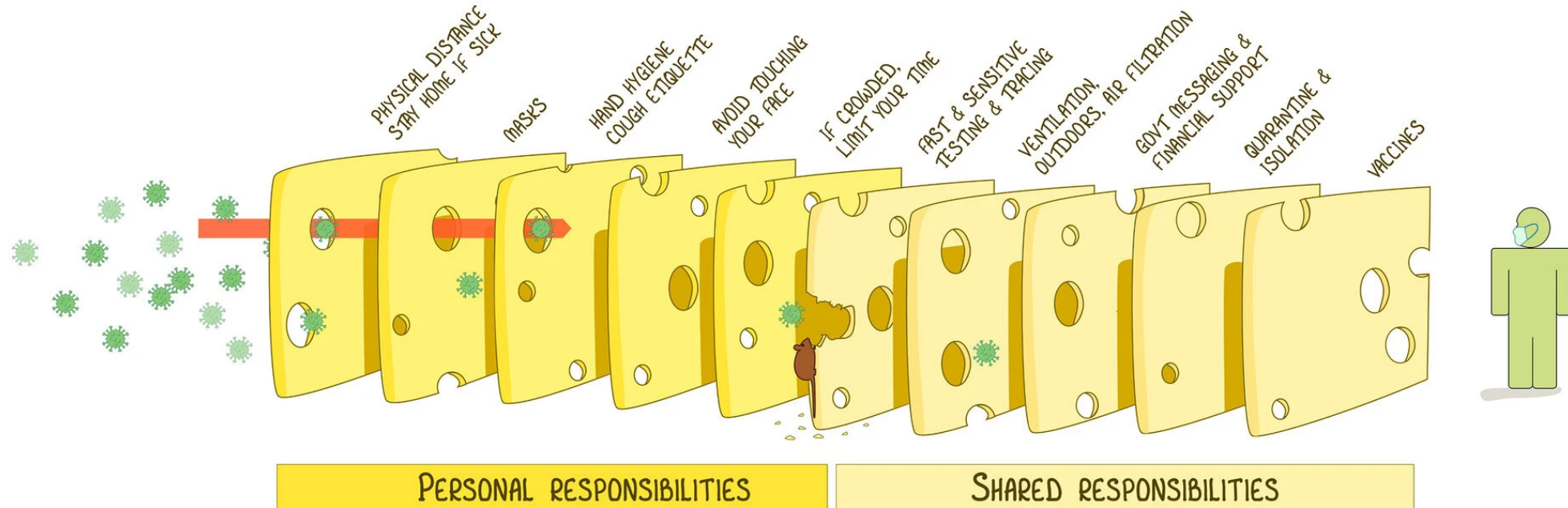
- Keep your contacts small
- **Isolate if you are symptomatic and call your GP immediately**
- If you are a close contacts of confirmed cases **restrict their movements** – stay at home and get a test.



Rialtas na hÉireann
Government of Ireland

THE SWISS CHEESE RESPIRATORY VIRUS PANDEMIC DEFENCE

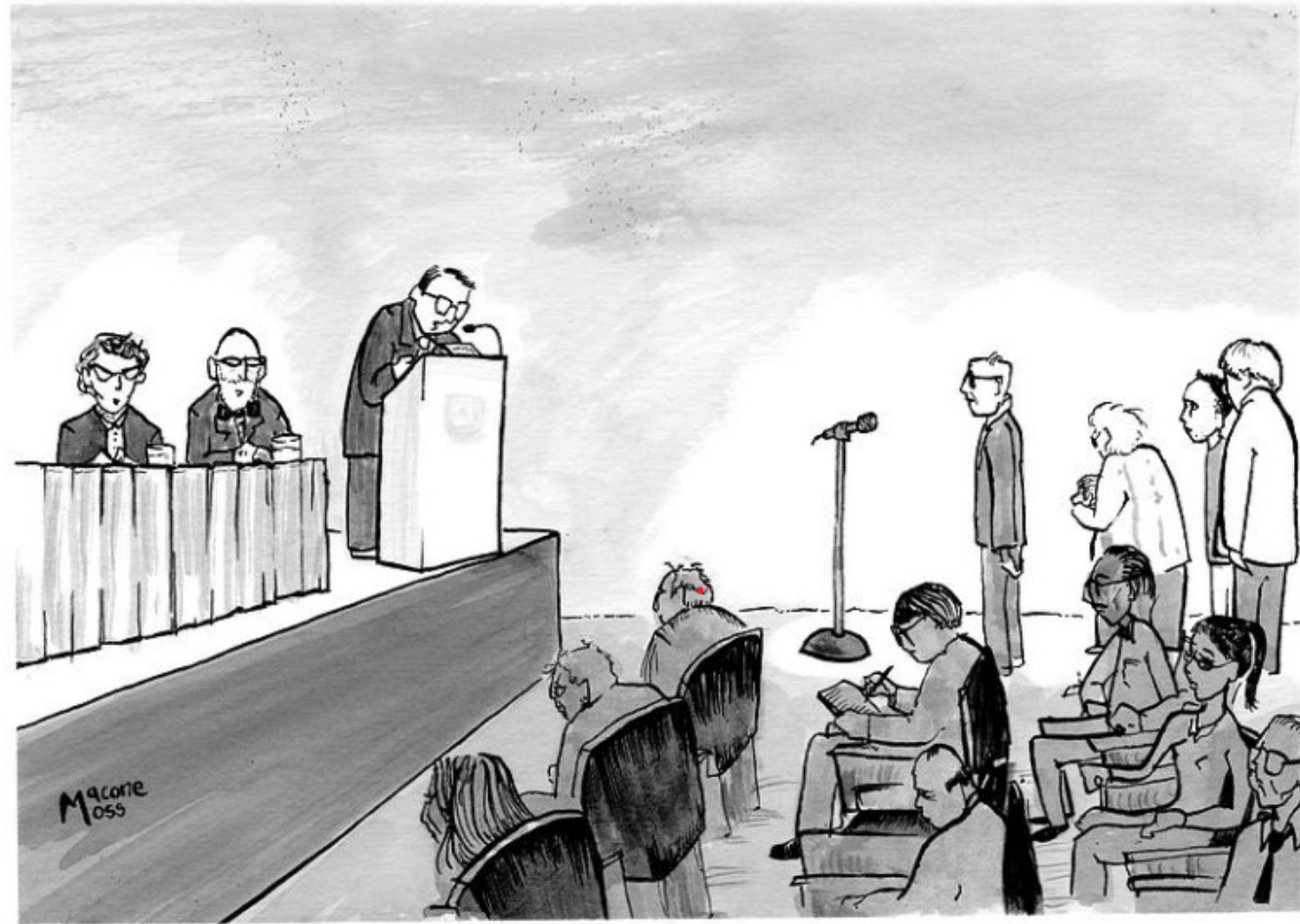
RECOGNISING THAT NO SINGLE INTERVENTION IS PERFECT AT PREVENTING SPREAD



EACH INTERVENTION (LAYER) HAS IMPERFECTIONS (HOLES).

(MULTIPLE LAYERS IMPROVE SUCCESS.)

IAN M MACKAY
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BASED ON THE SWISS CHEESE MODEL OF ACCIDENT CAUSATION, BY JAMES T REASON, 1990
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"We'd now like to open the floor to shorter speeches disguised as questions."