

Delaying care, at what cost?

Why prioritizing your health is important

Topics:

- Latest on COVID-19
- Importance of prevention and early detection
- Roundtable discussion
- Plenty of time for questions





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Legal Disclosure:

The Coronavirus pandemic is an ongoing, continuously evolving situation.

Northern Light Health encourages everyone to follow federal and state governmental guidance and mandates.

Northern Light Health does not know the particulars of your situation, so the information presented today is general in nature and is based upon Northern Light Health's own experience, which may or may not apply in your specific situation, and which may be revised as we learn more about the Coronavirus.

Accordingly, following any guidance Northern Light Health presents today in no way guarantees that you, your employees and/or your customers and clients will not contract or spread the Coronavirus.

Ask us questions – give us feedback – this hour is for you

- Please use the Q and A function to ask your questions at anytime.

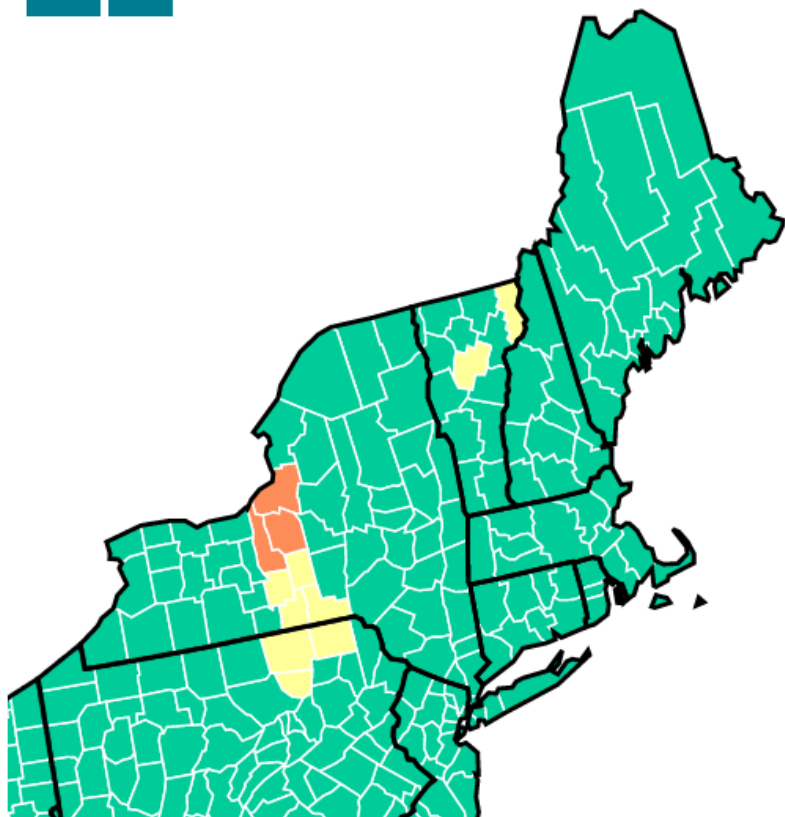
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1. I am able to apply the tools and guidance provided today to support my workplace and/or employees.*
 - Strongly Agree
 - Agree
 - Neutral
 - Disagree
 - Strongly Disagree
2. The information provided today was easy to understand and relevant.*
 - Strongly Agree
 - Agree
 - Neutral
 - Disagree
 - Strongly Disagree
3. How likely are you to recommend the Business to Business Zoom Conference series to a fellow colleague and / or Maine employer?*
- Very Likely
- Likely
- Neutral
- Unlikely
- Very Unlikely
4. How likely are you to attend one of our Business to Business Zoom Conferences in the future?*
- Very Likely
- Likely
- Neutral
- Unlikely
- Very Unlikely
5. What topic(s) would you like us to focus on in the future?

Done

Latest on COVID-19

Community risk level



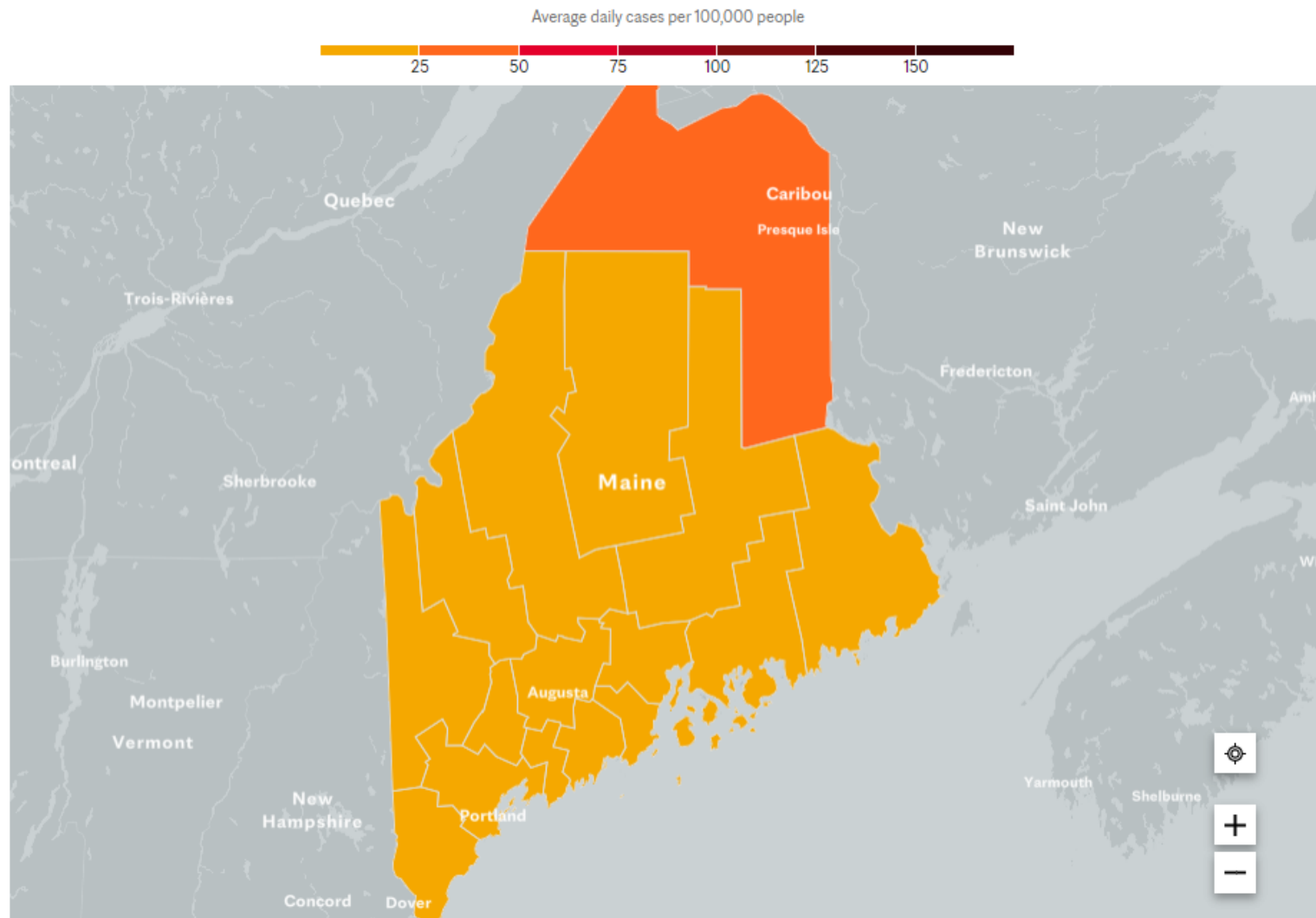
● Low ● Medium ● High ○ No Data

COVID-19 Community Levels in US by County

	Total	Percent	% Change
High	17	0.53%	-1.12%
Medium	146	4.53%	-2.7%
Low	3057	94.94%	3.82%

How are COVID-19 Community Levels calculated?

Community transmission level



Vaccines—who, what, where

- **Primary Series (2 mRNA or 1 J&J)**
 - Everyone age 5 years and older should receive 2 doses of mRNA or 1 J&J
 - Immunocompromised should receive an additional dose
- **Booster Number One**
 - Everyone age 12 and over should receive 1 mRNA
 - At least 5 months after mRNA, or 2 months after J&J

mRNA=either Pfizer or Moderna Vaccine

Vaccines—who, what, where

Booster Number Two

- At least 4 months after First Booster Dose
- Everyone age 65 and over should receive 1 additional mRNA dose
- Anyone who received 2 prior J&J doses, should consider 1 mRNA dose
- Anyone age 50 and older should consider 1 additional mRNA dose
- Anyone age 12 and older who is immunocompromised should consider 1 additional mRNA dose

mRNA=either Pfizer or Moderna Vaccine

Getting your second booster at Northern Light Health

People eligible for a second booster is limited

- Currently no plans to host large scale vaccination clinics
- **Right now**, Northern Light Pharmacy in [Bangor and Portland are accepting walk in appointments](#) for second boosters.
 - State Street (Bangor) 9 AM – 4 PM, Monday – Friday (weekends available by appointment)
 - Riverside & Westgate (Bangor) 9 AM – 2 PM, Monday – Friday
 - Fore River (Portland) 9 AM – 4 PM
- **Starting Friday, April 8, 2022**
 - Community members will be able to get their second booster
 - Any Northern Light Health vaccination or primary care location

Delay of Care

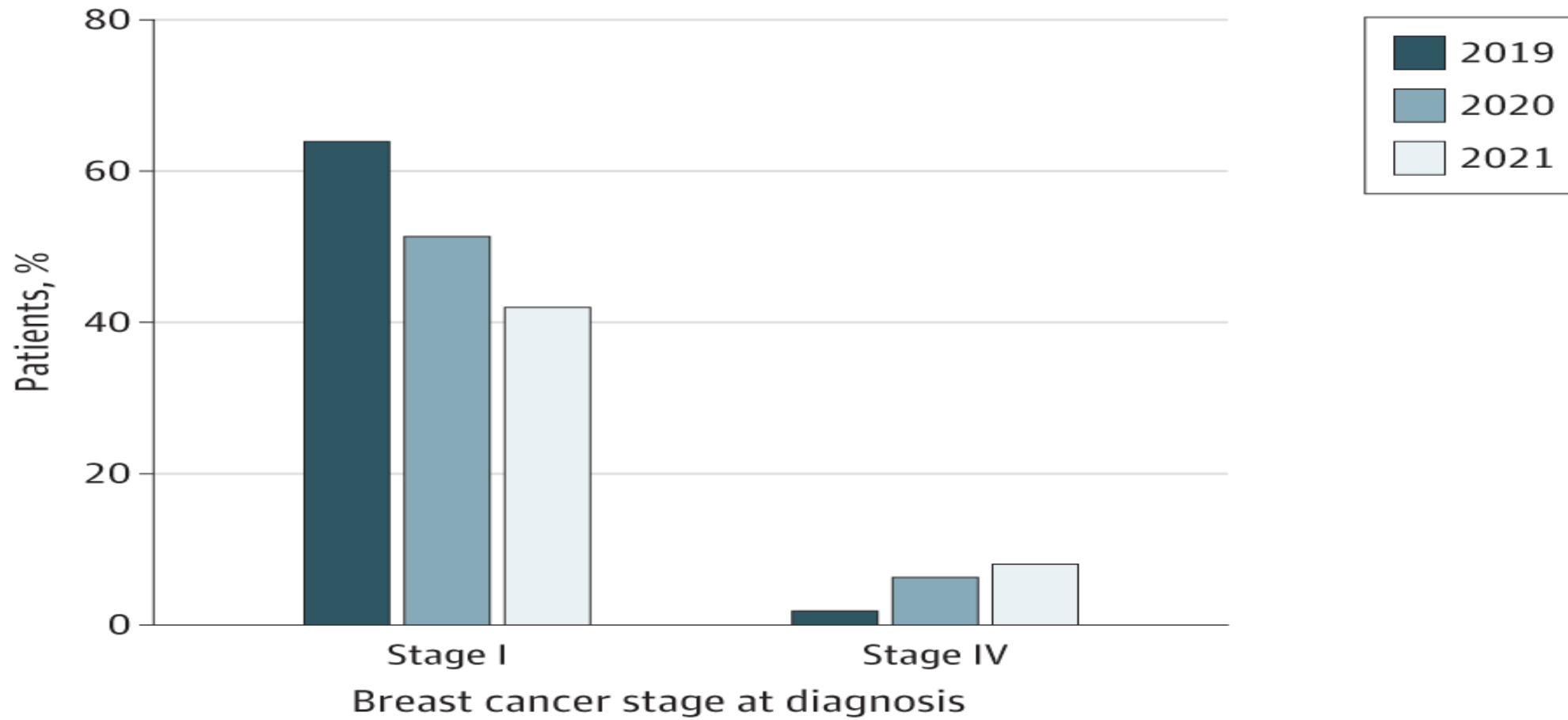
The Concern

- Intuitively, a delay of care will mean missed disease screening, cancers being diagnosed later, treatments started later, chronic diseases progressing faster, all resulting in years and lives lost
- More advanced disease generally costs more
- Data is now being collected to understand what this all means
- Today and tomorrow's data will reveal the impact of delays over the coming years
- The causes of delay includes lockdowns, mistrust, fear of SARS-CoV-2, and loss of insurance
- Solutions will need to be tailored to the underlying causes, with all solutions starting with informing the public

What we do know

- In May 2020, nearly 50 percent of Americans had postponed care or had a family member who had deferred care because of COVID-19
- Nearly three out of ten adults over 50 (28 percent) delayed care due to the coronavirus pandemic in 2021
- In primary care specifically, 53 percent of unvaccinated people had rescheduled an appointment. Although this represents more than half of the unvaccinated population that experienced a primary care disruption, it pales in comparison to the 85 percent of fully vaccinated seniors who have rescheduled their primary care appointments
- According to the Centers for Disease Control and Prevention (CDC), chronic disease affects six out of every ten adults in the United States. In fact, four in every ten adults in the U.S. live with two or more chronic diseases <https://www.definitivehc.com/blog/effects-of-postponing-essential-care-due-to-covid-19>
- Calls for help too late: Year over Year ('19 vs. '20) during a two week study period, the FDNY saw a 28% increase in fatalities for cardiac calls <https://www.definitivehc.com/blog/effects-of-postponing-essential-care-due-to-covid-19>
- Even a four week delay of cancer treatment is associated with increased mortality across surgical, systemic treatment, and radiotherapy indications for seven cancers <https://www.bmj.com/content/371/bmj.m4087>

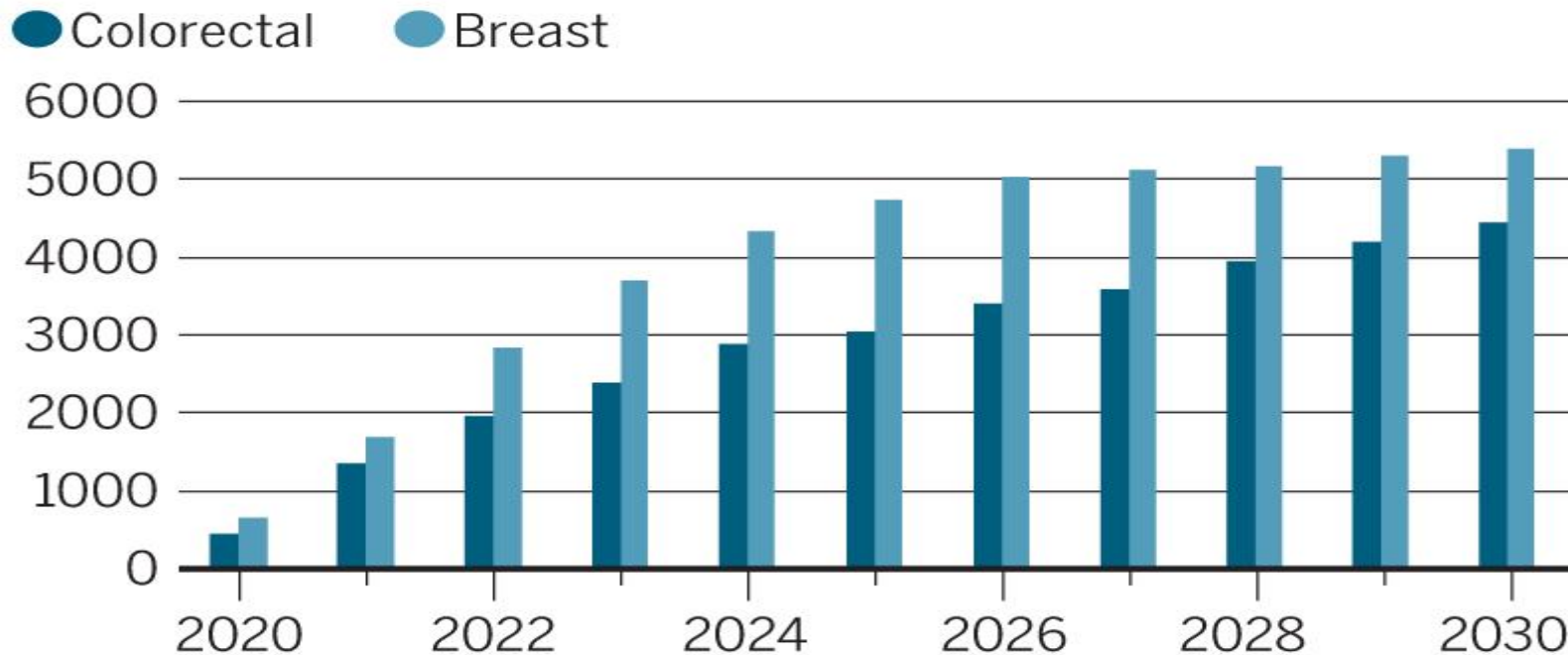
A look at the impact, so far



<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2789064>

Anticipated outcomes

Modeled cumulative excess deaths from colorectal and breast cancers, 2020 to 2030*



<https://www.science.org/doi/10.1126/science.abd3377>

What's needed

- Make an appointment to see the Primary Care Provider – they will set-up appropriate screenings
- Reconnect with the Provider who ordered testing that has been delayed
- Make an appointment with the Specialist caring for chronic disease
- Schedule the delayed surgeries
- Discuss with staff/employees
- Discuss with friends and family
- We all can take a leading role in discussing in your communities

Why this is important

- Improved management of diseases leads to better outcomes
- Earlier diagnosis leads to greater treatment options and better outcomes
- Diagnosing and managing now, lowers cost of care and cost of insurance, and most importantly people live better lives

Annual visits with your primary care provider –
(diabetes, prediabetic, COPD, mental health, screenings)

Chronic Disease Impact

- **2010**

- 29.9 million office-based visits had Diabetes as the primary diagnosis
- 51.1 million visits had diabetes as any diagnosis.
https://www.niddk.nih.gov › Files › DIA_Ch40

- **2012**

- COPD accounted for 1.8 million Emergency Room visits
- Estimated 20% subsequently admitted to the hospital
 - [COPD Care in the 21st Century: A Public Health Priority - PMC \(nih.gov\)](#)

- **2012-2014**

- over 30 million mental health related office visits by adults 18+
- <https://www.cdc.gov/nchs/products/databriefs>

Delayed Care for Chronic Conditions

In the 10 weeks following the declaration of the COVID-19 national emergency, visits to emergency departments declined for:

Heart attack

23%



Stroke

20%



Uncontrolled high blood sugar

10%



People who are experiencing symptoms of these or any life-threatening conditions should **seek immediate emergency care**, even during the COVID-19 pandemic

CDC.GOV

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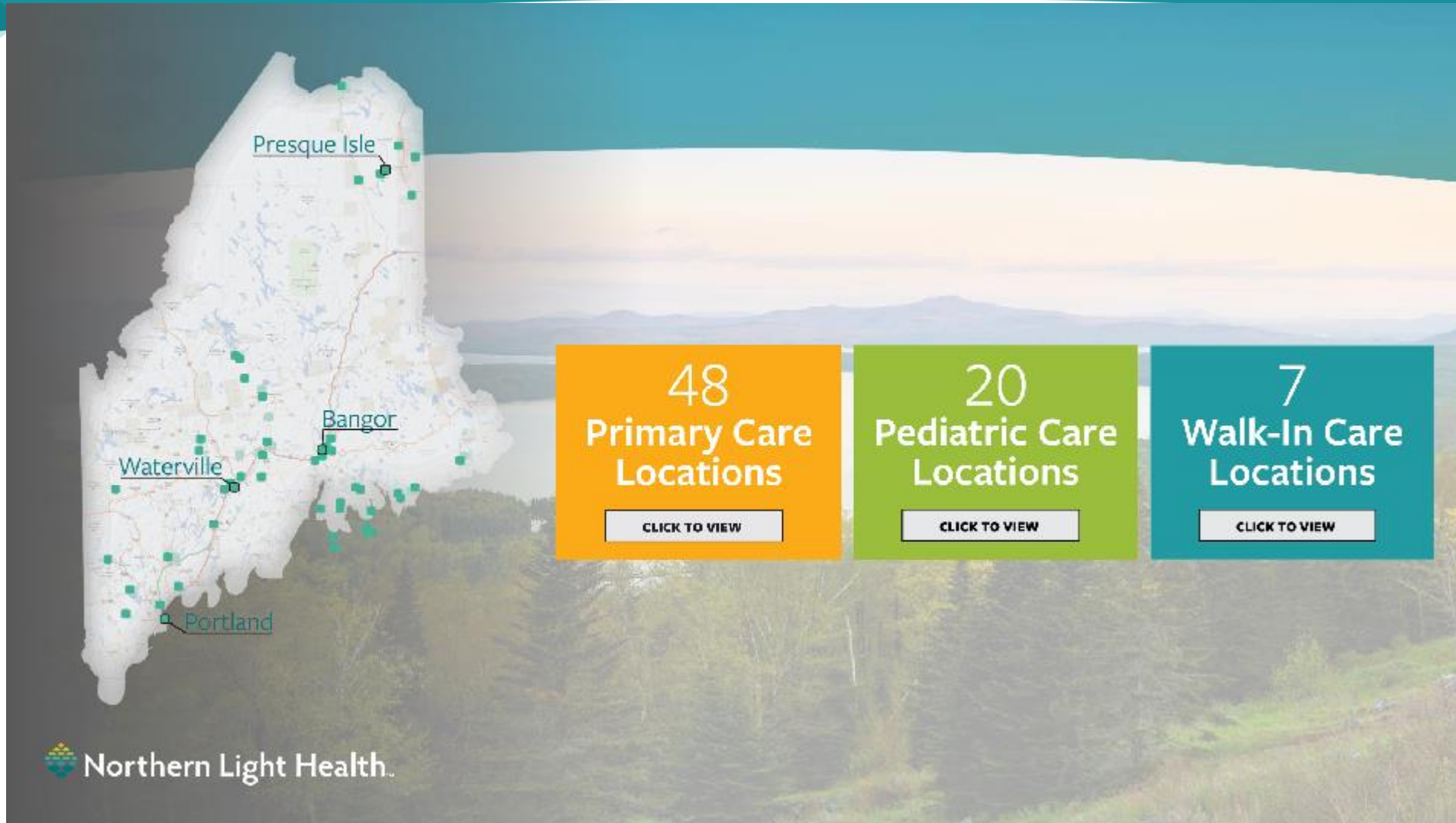
MMWR

Chronic Disease Screening & Management

A visit with your PCP allows for screening and detection of chronic diseases as well as improves the management of known conditions

- Vitals signs
- Laboratory Evaluation
- Screening diagnostics
- Coordinating treatment plans
- Patient education

Care where



Easy access to schedule your vaccine, booster, or Flu shot

[COVID-19 \(Coronavirus\) Portal - Public Vaccination \(northernlighthealth.org\)](https://www.northernlighthealth.org/COVID-19)

 Northern Light Health.

Public Vaccination

COVID-19 Vaccination and Booster Eligibility Updates

Booster dose appointments for Pfizer, Moderna, and Johnson & Johnson COVID-19 vaccines are now available for people 18 and over who meet criteria.

People 5 years or older are currently eligible to schedule a COVID-19 vaccination.

Important:

- Community members under age 18 who would like to be vaccinated, must have a parent or guardian complete and initial the online scheduling form on their behalf.
- In addition to scheduling a vaccine using the online process, patients under 18 are required to bring a completed consent to treat forms signed by their parent or guardian to their appointment.
- Patients under the age of 16 must be accompanied by a parent or guardian to their vaccination.
- If you have any questions please call: **207-204-8551***

**Long distance or carrier fees may apply.*

Scheduling your vaccination:

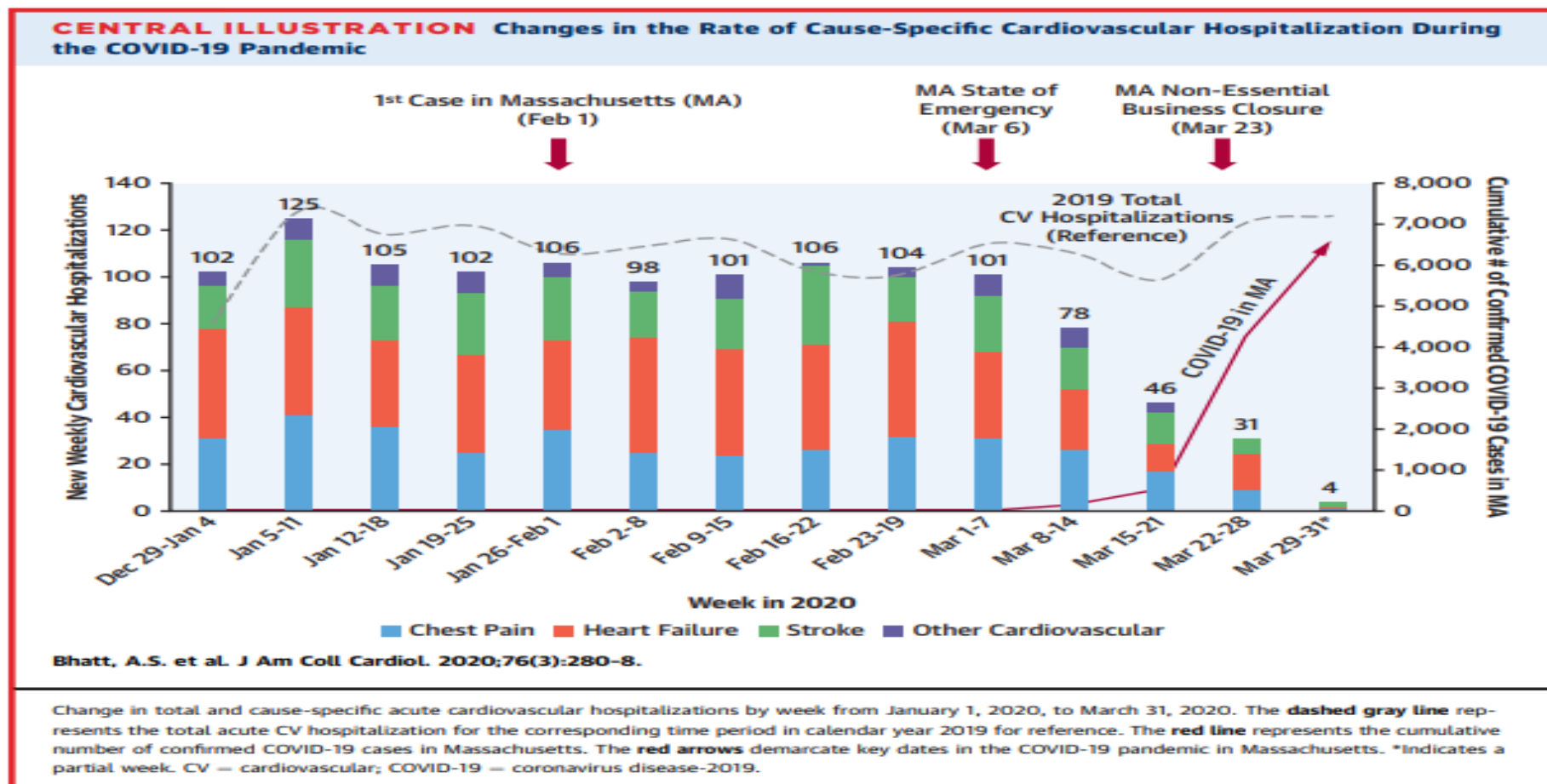
- If you cannot find an appointment that works for you at a Northern Light Health location, please visit the [state COVID-19 vaccination sites list](#).
- Please print your appointment confirmation and bring it with you. Vaccination candidates will receive an email confirming their vaccination location

Taking care of your heart – why getting care and recognizing the signs is so important

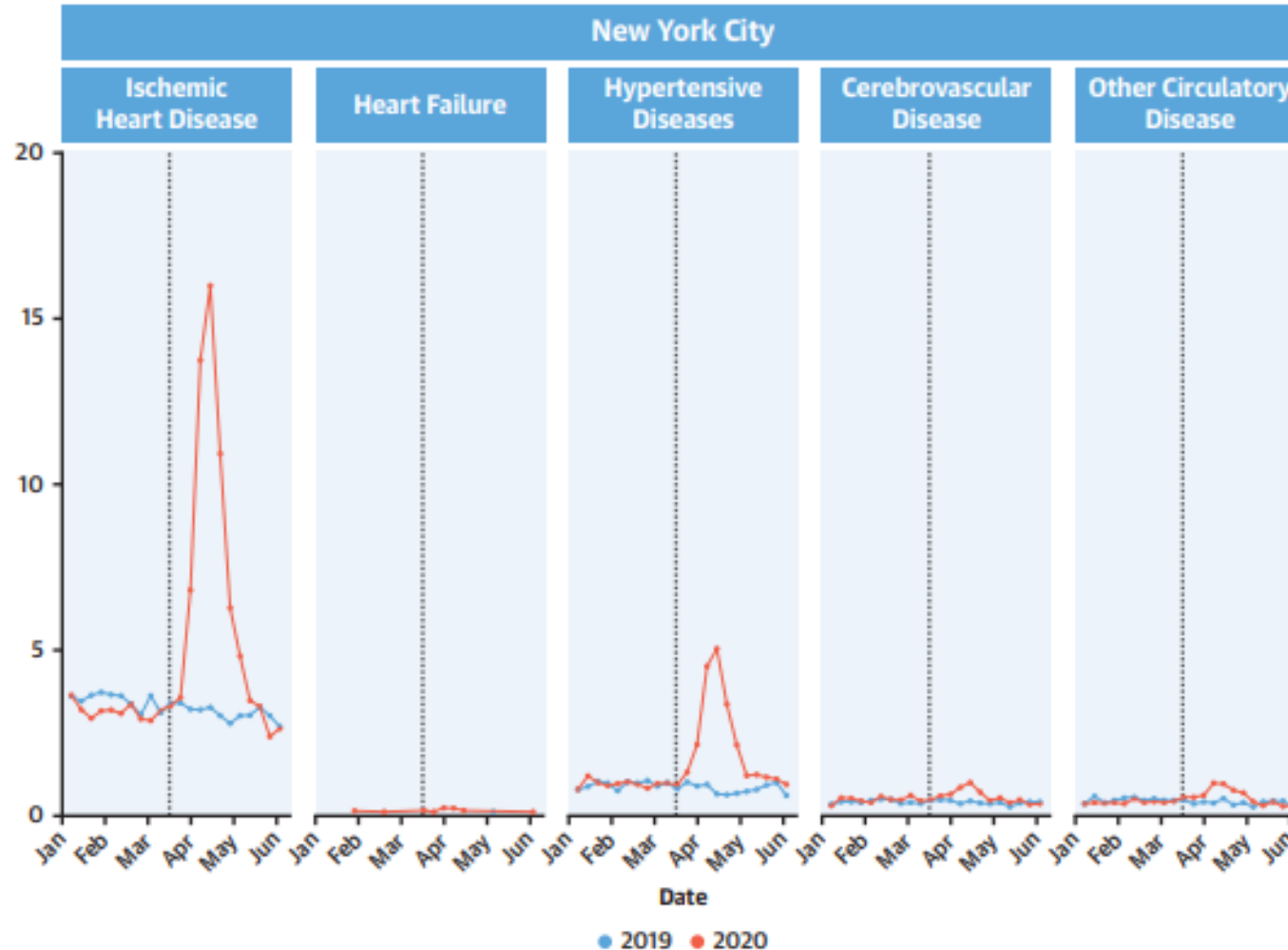
COVID-19 and Delays in Cardiac Care

- Community concerns with going to the hospital and potential virus transmission
- Healthcare systems concerns with having an adequately staffed hospital, potential virus transmission to staff
- Healthcare systems concerns with having adequate personal protective equipment, potential delaying of routine care, procedures, health-care screening, etc.

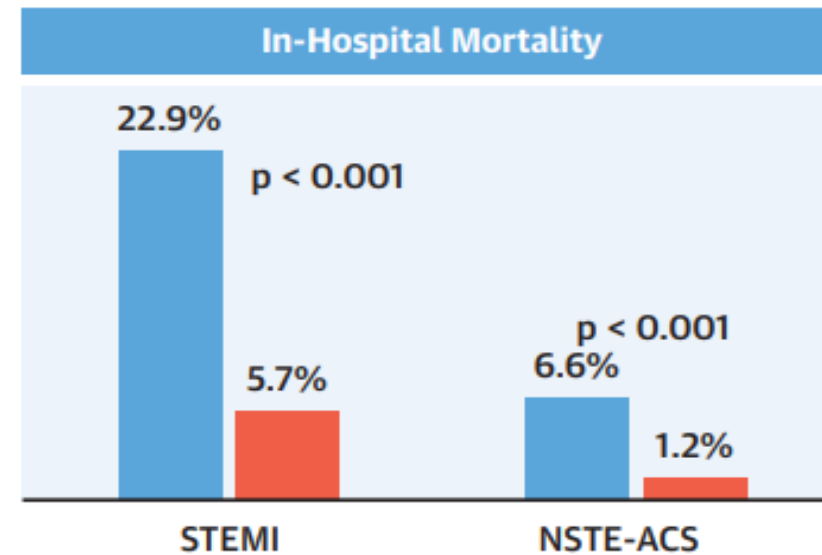
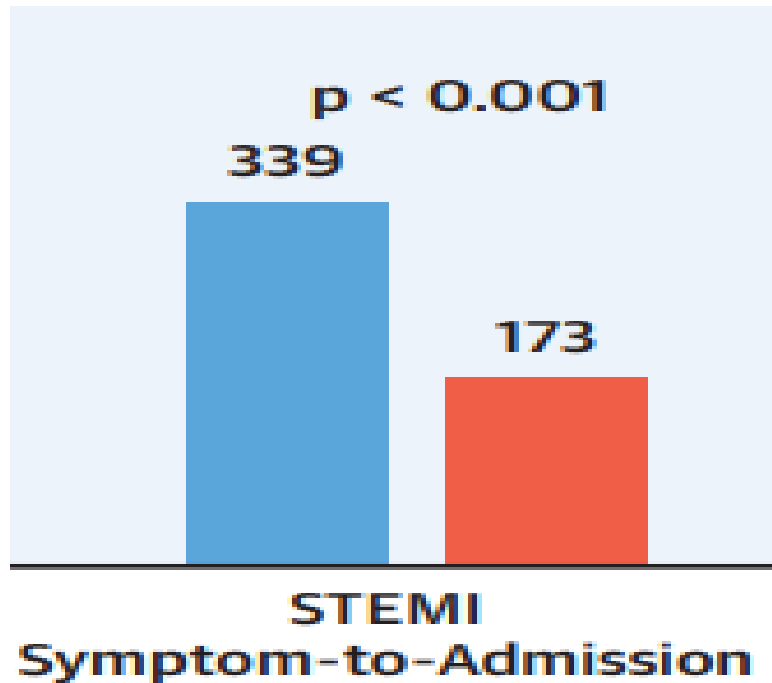
Dramatic Decrease in Cardiovascular Disease Hospitalizations During COVID-19 Pandemic



Significant Increase in Mortality During COVID-19 Pandemic with Specific Cardiovascular Diseases



Increase in time to treatment, and increase in mortality, in heart attack patients during COVID-19 pandemic



Why early detection can be life saving – are you up to date on your cancer screenings?

Cancer screening during a pandemic

- Worldwide public health issue
 - Second leading cause of death in US
- During reduced access to care and screening
- Delays in diagnosis and treatment
- Uptick in severity of cancer diagnosis
- Increases in loss of lives

Screenings save lives!

- Most effective way to detect cancer early
- 1 in 3 people diagnosed with cancer in their lifetime
- 1 in 8 women diagnosed with breast cancer (nationalbreastcancer.org)
 - Mammography detects 87% of cancers
 - Yearly mammograms diagnosis smaller less advanced cancers
 - Every two years more aggressive cancers
- 20 million adults in US who have not been screen for colorectal cancer
 - Second leading cancer killer for men and women
- Screenings prevent 33,000 cancer cases and save 16,000 people
 - CDC report over a 5-year period

Cancer screening recommendations

- **Breast Cancer**
 - Ages 40-49 (average risk) choice to start or wait until 50 yearly / biyearly mammograms
 - Ages 50-74 (average risk) every 2 years mammograms
- **Colorectal Cancer**
 - Ages 45-76 Colonoscopy every 10 years (depending on results)
 - Ages 76-85 personal preference, life expectancy, overall health and screening history
- **Additional screenings:**
 - Yearly (at home), Fecal occult blood test (FOBT) or Fecal immunochemical test (FIT)
 - Every 3 years, multi-targeted stool DNA test (MT-sDNA)
 - Every 5 years, flexible sigmoidoscopy

Screening recommendations

- **Lung Cancer**
 - Yearly Low Dose CT Scan
 - 50-80 years of age
 - Smoke or have smoked
- **Cervical Cancer**
 - Ages 21-29 Pap smears every 3 years
 - Ages 30-65 Pap smear every 3 years
 - Every 5 years (high risk) Human Papilloma testing
- **Prostate Cancer**
 - 45 years, high risk, black or Caribbean men, or men of African ancestry, or first degree relative diagnosed with prostate cancer at an early age (younger than 65)
 - 50 years, average risk, PSA and possible digital rectal exam

Lifestyle changes prevent 40% of cancer deaths

- Avoid tobacco
- Maintain a healthy weight
- Follow a health diet
- Stay physically active
- Avoid or limit alcohol
- Wear sunscreen and protective clothing, avoid tanning beds, get year skin checks
- Get vaccinated against viruses that cause cancer
 - HPV vaccine (up to age 45)
- Get SCREENED

Please use the Q and A function – what questions do you have?



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Stephanie Bosse, FNP-C,
Northern Light Cancer Care

Tools you can use:

<https://northernlighthealth.org/Resources/Safe-Return-to-Business>

View Past and Upcoming Meetings, Download Resources, and Watch Informational Videos



February 10, 2022

Frontline employees share their experiences: lessons that promote team strength, resiliency, and compassion



January 27, 2022

Pandemic Fatigue - Investing in your employees to build a culture of caring



December 16, 2021

A Safe and Healthy Holiday and New Year




January 13, 2022

Build a plan to help employees manage stress and treat burnout

Thursday, May 5 at 11am – How to get mental health support in your workplace

Topics:

- Latest on COVID-19
- What's available to support mental health in the workplace
- How to get started
- Why it's a valuable benefit
- Local businesses share their story
- Plenty of time to ask your questions



Northern Light Health.

One-hour Zoom Conferences
Moderated forum with Q and A
presented by Northern Light Health

zoom Business to Business Conference Series

GOOD HEALTH IS GOOD BUSINESS

How to get mental health support in your workplace

Thursday, May 5 at 11 am
The Zoom meeting ID will be sent to you upon registering



Topics will include:

- Latest on COVID-19
- What's available to support mental health in the workplace
- How to get started
- Why it's a valuable benefit
Local businesses share their story

Learn how to support your employees and your customers to operate a safe and healthy business.

Our Panelists:

Ed Gilkey, MD, MS, MBA, CPE Senior Physician Executive Northern Light Beacon Health	Angela Flecchia, LCSW Director, Healthy Life Resource Program Northern Light Acadia Hospital	Kevin Peterson Chief Operating Officer Datacapable
Yemaya St. Clair, NCC, LCPC EAP Counselor Northern Light Work Force	Chris Costello, MS, PT Director of Quality, Compliance, and Innovation CHANS Home Health and Hospice	Moderated by Karen Hawkes, MS VP of Operations Northern Light Beacon Health

PLEASE REGISTER BY CLICKING HERE BEFORE JOINING THE MEETING

Attendees are asked to join the conference by Zoom and listen to audio using your computer only. Please do not dial in while also connected via your computer. The dial-in number is for those not joining by computer. This will help accommodate a larger number of participants. **See you Thursday!**

Please contact Lanie Abbott for more information labbott@northernlight.org

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