



Business to Business Zoom Conference Series

Hidden risks brought on by COVID-19

10.8.20

What a Business Needs to Safely Open



Today's Topics:

1. The value of good ergonomics
2. Breast Cancer Screenings
3. Domestic Violence
4. Latest on COVID-19



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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 **chat** function to ask your questions at anytime.

Safe Return to Business Survey

Page 1 of 1

1. I am able to apply the tools and guidance provided today in supporting my safe reopening? *
 - Strongly Agree
 - Agree
 - Neutral
 - Disagree
 - Strongly Disagree
2. My questions about opening safely were answered in a way that I understood? *
 - 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

Ergonomics

What is ergonomics?

Ergon = work



Nomos = law

The cost of BAD ergonomics



Direct Costs

- Medical
- Indemnity

Indirect Costs

- 1st Aid Treatment
- Production Loss
- Overtime/Replacement
- Turnover
- Morale Issues
- Admin/Legal Expenses
- Insurance Increases
- OSHA Fines

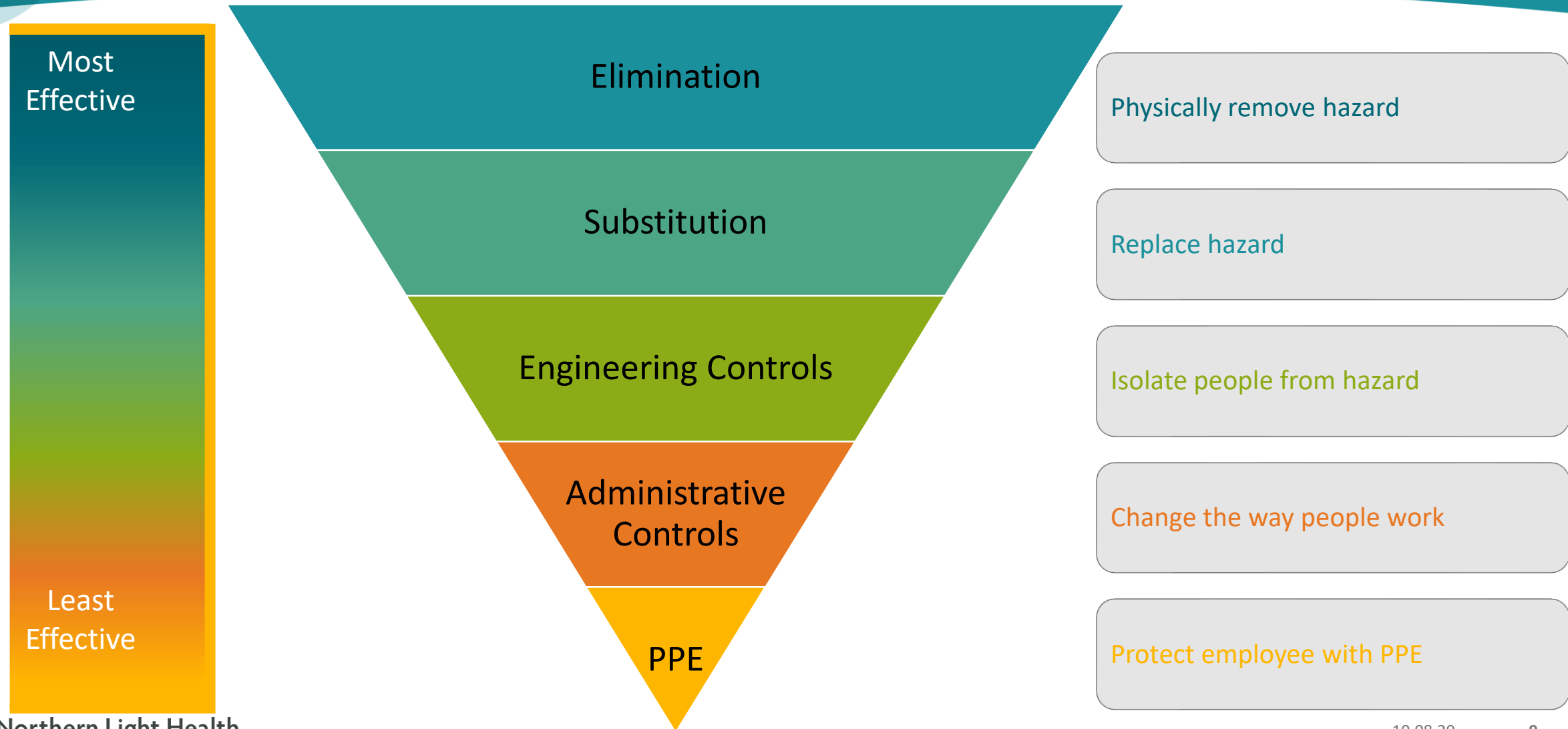
<https://www.osha.gov/safetypays/estimator.html>

Estimated Total Cost

The extent to which the employer pays the direct costs depends on the nature of the employer's workers' compensation insurance policy. The employer always pays the indirect costs.

Injury Type	Instances	Direct Cost	Indirect Cost	Total Cost	Additional Sale (Indirect)	Additional Sale (Total)	
Carpal Tunnel Syndrome	1	\$ 30,882	\$ 33,970	\$ 64,852	\$ 1,132,340	\$ 2,161,733	<input type="button" value="Remove"/>

What you can do!



Expert support on good ergonomics...



Occupational Health
workhealthllc.org
1.844.WRKHLTH (1.844.975.4584)
Individual attention. Team success.



Our most-requested services:

- Testing services
 - Audiometry
 - Breath alcohol
 - Urine drug collections
 - Pulmonary function test
- Respirator fit testing
- Immigration physicals
- Return to work evaluations
- Fitness for duty evaluations
- On-site ergonomic evaluations
- On-site medical/nursing services
- Assessment and treatment of work-related injuries and illnesses
- Physical exams (including DOT, pre-employment and specialty)
- Independent medical exams (IME)

Clinic Locations: Bangor - Pittsfield - Portland - Presque Isle - Waterville

Breast cancer screenings

Breast Cancer Risk

- Second leading cause of cancer death in United States for women
- 42,170 women in the US will die from breast cancer in 2020 (The American Cancer Society)
- Many times breast cancer is discovered because there is a symptom
- Easier to treat successfully when discovered early



<https://www.cancer.org/cancer/breast-cancer/about/how-common-is-breast-cancer.html>

Early Detection

- Finding the disease before symptoms start
- Screening - tests used to find a disease
 - are more likely to be smaller and confined to the breast
 - are less likely to need aggressive treatment
 - are more likely to be cured
- Early detection greatly reduces the financial impact
 - Cost of treatment is much less in cancer's early stage
 - People can continue to work to support their families



<https://www.cancer.org/cancer/breast-cancer/screening-tests-and-early-detection.html>

Assessment of Risk Factors

- Lifetime risk of a breast cancer diagnosis:
 - Average- <15%
 - Moderate- 15-20%
 - High- 20%
- Majority of Women fall into the “average” risk group



Screening Tools

- **Mammogram - low dose x-rays of the breast**
 - often find breast changes years before symptoms develop
 - reduces the odds of dying of breast cancer by 20%
- **Digital Mammography**
 - Standard- 2D Mammography
 - Breast Tomosynthesis- commonly known as 3D Mammography

<https://www.cancer.org/cancer/breast-cancer/screening-tests-and-early-detection/mammograms.html>

Safety is our #1 priority

- Screening
- Limiting visitors
- Wearing masks
- Social distancing
- Frequent hand washing
- Equipment sanitizing

Please, for the safety of all



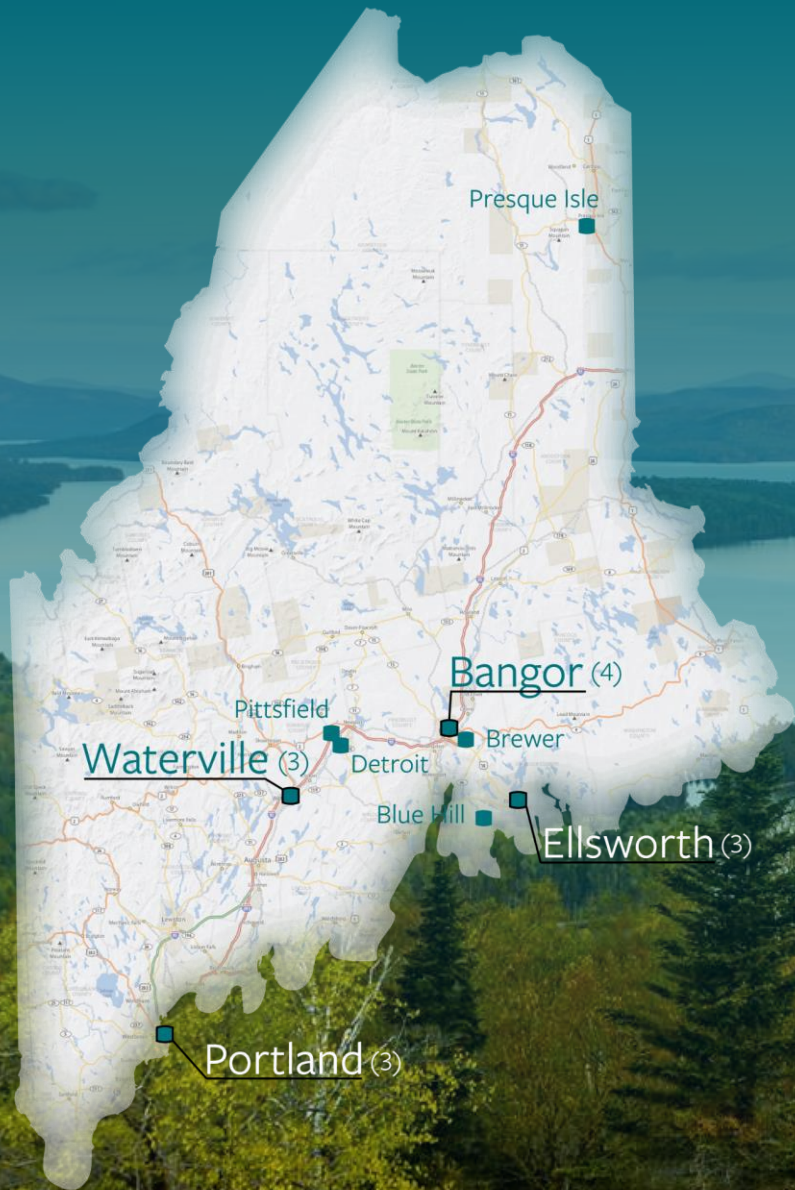
Face covering required



Keep six feet from others



Wash/Sanitize hands frequently



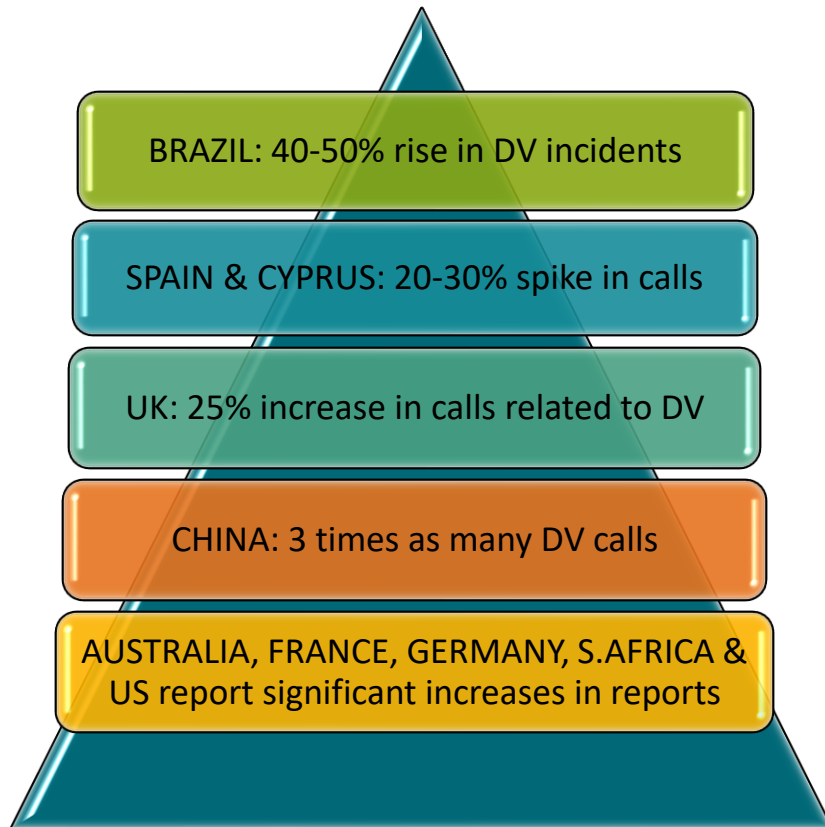
18 Women's Health Locations

[CLICK TO VIEW](#)

Domestic Violence

Domestic Violence (DV)/Intimate Partner Violence (IPV) Calls Rise Globally During COVID-19

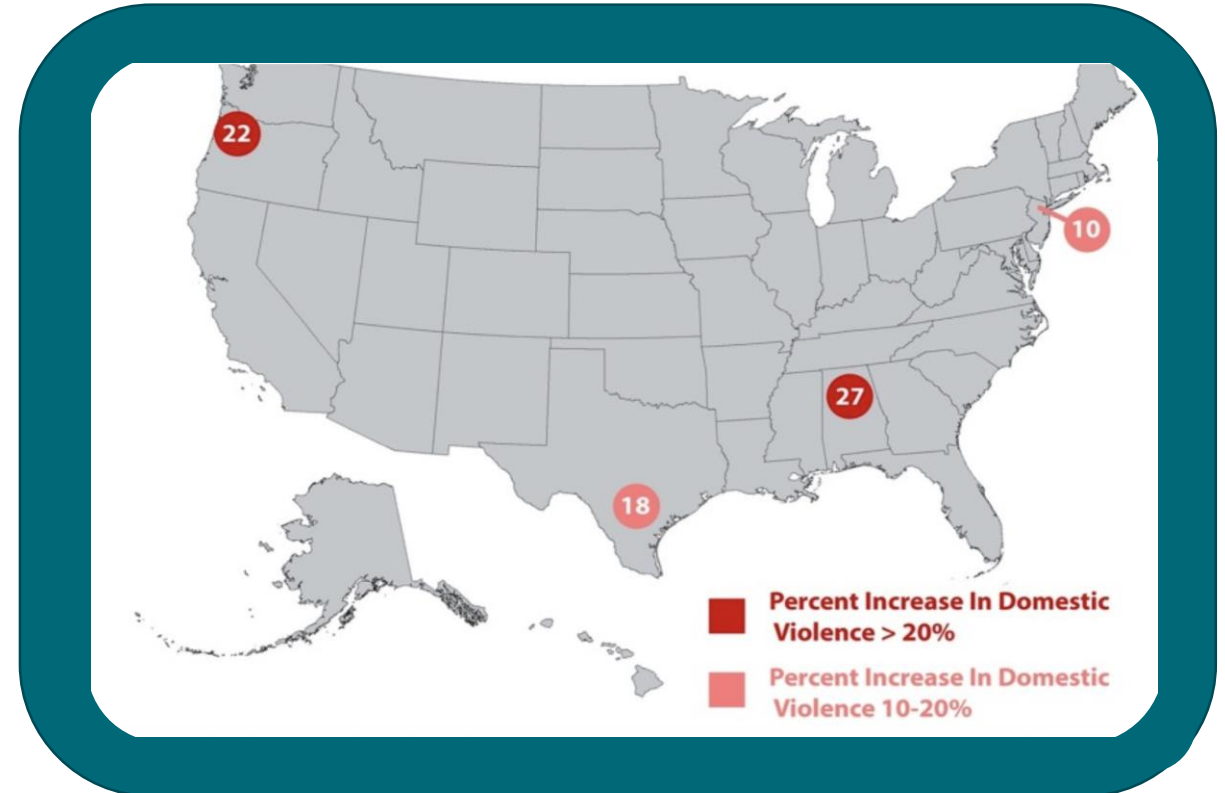
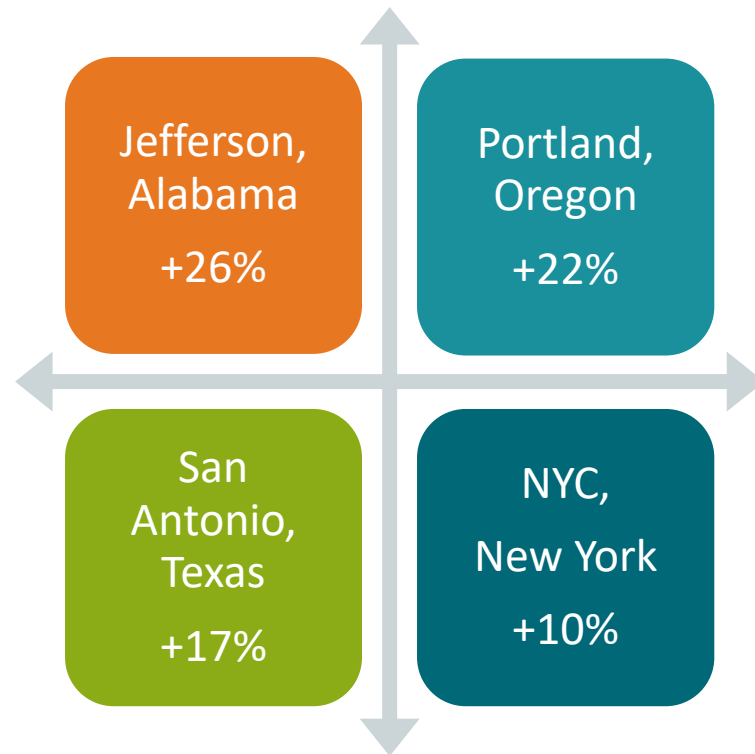
“Although the lockdowns and movement restrictions imposed by countries around the world are slowing down the infection rate of Covid-19, data suggests that *domestic abuse is acting like an opportunistic infection, flourishing in the conditions created by the pandemic*” (Sharma & Borah, 2020).



Sharma, A., Borah, S.B. Covid-19 and Domestic Violence: an Indirect Path to Social and Economic Crisis. *J Fam Viol* (2020). <https://doi.org/10.1007/s10896-020-00188-8>

2020 Percent Increases in DV/IPV calls in the US during COVID-19

(*compared with number of calls/incidents from the previous year in the same month)



Data retrieved from: Sharma, A., Borah, S.B. Covid-19 and Domestic Violence: an Indirect Path to Social and Economic Crisis. *J Fam Viol* (2020). <https://doi.org/10.1007/s10896-020-00188-8>

Stay-at-Home Order May Limit Opportunities to Call for Help



“...many abusers may have been laid off or their hours have been reduced, their schedules shifted, or they’re now working from home, which allows an abuse victim less opportunity to seek assistance.”

A police officer in Auburn, Maine noted that their logs for domestic reports increased approximately 40% in March this year compared to last March 2019.

“What we do know is that in some places, the call volume is down, which is really concerning,” Johansen said. “And what that says to us is that people are not having a safe place to be able to make a phone call to us.”

Williams, C. (2020 April 18). *Advocates numbers may not show the real toll covid-19 is taking on domestic violence victims*. Lewiston Sun Journal. <https://www.centralmaine.com/2020/04/18/advocates-numbers-may-not-show-the-real-toll-covid-19-is-taking-on-domestic-violence-victims/>

Workplace Warning Signs

Work Signs

- Changes in job performance:
 - Poor concentration, errors, inconsistent work quality
- Absenteeism, tardiness
- Reluctance to leave work
- Requests for special accommodations
- Unusual number of or strong reaction to phone calls/texts
- Disruptive personal visits to work by partner/former partner

Emotional, Physical Signs

- Obvious injuries, often attributed to “falls”, “being clumsy”, “accidents”
- Clothing inappropriate for the season
- Minimize or deny harassment or injuries
- Isolation, stays away from co-workers
- Emotional distress, tearfulness
- Fear of job loss, general fears
- Sensitivity about home life



The Big Idea:

Be on the look-out for these signs of abuse.

ICU: Identify, Connect, Understand the Path Forward

ICU	"I See You"	ICU Steps for Employers
I ntensive	I	I dentify the signs
C are	C	C onnect with the person
U nit	U	U nderstand the path forward together

- Jenny's arriving late to work
- She used to be the first one in
- You don't see her in the break room anymore
- She's not stopping to catch up and chat
- You notice she is wearing a turtleneck
- She seems very tired

- What are the warning signs of potential domestic violence?
- How could you use ICU to talk with Jenny?



1.877.890.7788



Working to end domestic violence, dating violence, and stalking

1.800.522.3304

Statewide Hotline

1.866.834.4357



HELP END DOMESTIC VIOLENCE
ONE ACTION AT A TIME

SHOW UP

Attend a vigil, run a 5K, show your support.

BE PREPARED

Find out if there is a DV in the Workplace policy at your company.

ADVOCATE

Ask your reps to support efforts to hold perpetrators accountable, provide DV services and fund prevention.

DONATE

Find out what your local DV resource center needs.

LEARN

Check out www.mcedv.org for information, or ask your local library about their collections.

VOLUNTEER

Contact your local DV resource center and ask how you can help.

BE A FRIEND

Call 1-866-834-4357 to learn how you can help someone in your life.

CHANGE THE CULTURE

Confront sexism, racism, heterosexism, and the other forms of inequity that exist in our world. We are all worthy and deserve to be safe.

When all of us are equal, when all of us can be safe in our communities and our homes, then we will have created a world without abuse.

Visit mcedv.org to find the DV resource center nearest you, and take action today!



End abuse and violence.
Advocate. Educate. Collaborate.

1.800.863.9909



NextStep
Domestic Violence Project
Hancock & Washington Counties

1.800.315.5579

The latest on COVID-19

Latest on COVID-19

- **Covid Confusion**
 - More Types of Tests but *my* result is delayed
 - What's Up With That?
- **Screening**
 - Why the chaos surrounding the White House Screening measures?
- **Keep Calm and Mask**
 - And Wash Your Hands
 - And Remain 6 feet Apart.

Statewide Testing Locations:

- Northern Light Health Testing locations:
Scheduling Required Ahead of Time
 - Bangor (Moved to BIA overflow lot)
 - Blue Hill
 - Dover-Foxcroft
 - Ellsworth
 - Greenville
 - Pittsfield
 - Portland
 - Presque Isle
 - Waterville



Screening and Testing

- Screening
 - Until more rapid availability of PCR Tests, symptoms are best +/- Temperature
 - Consider simple “Are you feeling unwell?”
 - Utilize [CDC Symptom Checker](#)
- Schedule an appointment
 - Changes almost daily
 - Best to reach out to local facilities
 - <https://northernlighthealth.org/Resources/COVID-19/Testing>

The screenshot shows the Northern Light Health website. At the top, there is a navigation bar with the logo and links for Services, Locations, Resources, Providers, News, and Give. Below the navigation bar, there is a breadcrumb trail: Resources / COVID / COVID-19 / Testing. The main heading is "Testing". Below the heading, there is a paragraph: "At Northern Light Health, we believe that testing is an important part of slowing the spread of COVID-19. At this time, testing materials are still limited but are expanding rapidly." Below the paragraph, there is a dark teal button with a white question mark icon and the text "Determine if you should be tested through our questionnaire". Below the button, there is a prompt: "Please pick the square that describes the test you need." Below the prompt, there are four white squares with teal icons and text: 1. Symptomatic: I have symptoms (icon: lungs with virus). 2. Pre-Procedure/Surgery: I've been told I need a test before a procedure (icon: hospital bed with ECG). 3. Business & Staffing: I would like to have my employees tested (icon: building). 4. Asymptomatic: I don't have symptoms, State Order, All Other (icon: shield with virus).

Use the chat function to ask your questions:



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Tools you can use:

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

Week 1 - Resources and Downloadables

Filter the results below by entering keywords into the search

Enter Search Text Here



H-ITH IS A HANDSHAKE FREE ZONE

Handshake Free Zone - Poster

Handshake Free Zone - Poster

Hi! This is a handshake free zone. In order to stop the spread of germs our office is currently a handshake-free zone.

[Download File](#)



For the safety of all:

- Wearing a face covering is a must at all times
- Keep at least six feet physical distancing from others
- Wash or sanitize your hands every chance you get

Thanks for helping us keep patients, visitors, and staff safe.

For the safety of all - Poster

For the safety of all. Thanks for helping us keep patients, visitors, and staff safe.

[Download File](#)



Wearing a face covering
Risk of spreading germs

Low

Medium

High

Very High

Wearing a face covering - Poster

Wearing a face covering. Risk of spreading germs

[Download File](#)



Please Wear a Face Covering
Beyond This Point

Please Wear a Face Covering - Poster

Please Wear a Face Covering - Poster

Please Wear a Face Covering Beyond This Point

[Download File](#)



SAFELY PROVIDING CARE
FOR MEDICAL OFFICE VISITS

Watch Video

Safely providing care for Medical Office visits - Video

Safely providing care for Medical Office visits | Northern Light Health

[Watch Video](#)

For more information or to submit a topic for a future Zoom Conference:

Contact:

Lanie Abbott

Director of Communications

lwabbott@northernlight.org



Join us Thursday, October 22: Resiliency is the name of the game

Topics:

- COVID-19
- What does Resiliency look like?
- The science behind a COVID-19 vaccine
- Anticipating and supporting Mental Health



Northern Light Health.
One-hour Zoom conferences
Twice a month on Thursdays at 11 am
Moderated forums with Q&A
presented by Northern Light Health

zoom MEETING SERIES

SAFE RETURN TO BUSINESS

COVID-19: Resiliency is the Name of the Game



Topics will include:
COVID-19
- Updates
- Testing
- Screening
What does resiliency look like?
The science behind a COVID-19 vaccine
Anticipating and supporting mental health

Learn how to support your employees and your customers to make a successful return to business.

WEEK 16 - Thursday, October 22 at 11 AM
The Zoom meeting ID will be sent to you upon registering

Our Panelists:

James Jarvis, MD, FAAFP Medical Director, Clinical Education Northern Light Eastern Maine Medical Center COVID-19 Response Incident Commander	Elizabeth Clayton Wellness Specialist Northern Light Health
Rebekah Gass, MD Infectious Disease Professional Services Northern Light Eastern Maine Medical Center	Yemaya St. Clair, LCPC-C EAP Counselor Northern Light Work Force
Moderated by Ed Gilkey, MD, MS, MBA, CPE Senior Physician Executive 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 lwabbott@northernlight.org

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