



Business to Business Zoom Conference Series

COVID-19 Updates

11.19.20



- Today's Topics:

1. Safe ways to celebrate the holidays in the workplace

2. What is Corona Phobia?

3. Me Counting on You – Maine State Chamber Campaign to support local businesses

4. Latest on COVID-19



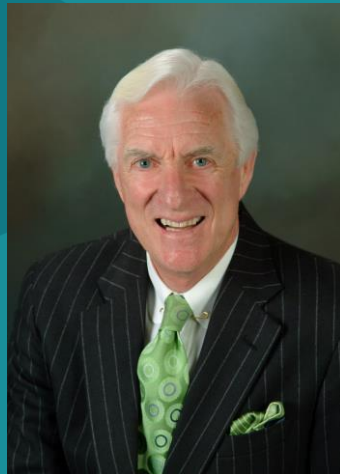
Ed Gilkey, MD, MS, MBA, CPE, Senior Physician Executive, Northern Light Beacon Health



Suzanne Moreshead RN, BSN, Infection Control Specialist, Northern Light Health



John Campbell, MD, FANPA, VP Senior Physician Executive, Chief Medical Informatics Officer, Northern Light Acadia



Dana Connors, MBA, President, Maine State Chamber of Commerce



John Armstrong, MD Senior Resident Northern Light EMMC Family Medicine and Residency

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

Safe ways to celebrate the holidays in the workplace

Evaluate the Risks

What is the spread of COVID in your community?

- Do staff work in multiple locations?
- What are the normal social bubbles?

Do you or your employees have risk factors?

- Over the age of 65, diabetic, heart disease, immunocompromised, chronic respiratory illness?

Will it be for employees only or employees and family?

- Are there additional risks because of family members

Questions to Ask

- Will everyone be masked?
- Are you going to screen for symptoms?
- Will there be food?
- How will you try to stay spaced apart?
- How will you protect your more vulnerable employees?
- Don't be afraid to cancel in-person get togethers.



Food and Gifts

Meals are high risk activities-If you must include food

- Plan seating to keep people separated or in bubbles
- Avoid buffets and family style meals
- Consider BYOF

Gifts are fine

- Simple strategies to stay safe
- Have hand Sanitizer handy



Enjoy

- Find ways to stay connected.
- Include virtual options
- Have activities you can do from a distance
- Try something different - maybe a best mask contest?
- Add outside activities-Hot chocolate and a fire?
- Make plans for next year -2021 is right around the corner



What is Corona Phobia?

Statistics and Stress

40%

At least 9 major medical centers have reported a 40% decrease in **some cardiac treatments** like catheterization.



Emergency calls for **cardiac arrests in NYC** **rose sharply** in the weeks since the city experienced a COVID-19 surge.

Stroke service at NY-Presbyterian is **smaller by 50%**, same is true for appendicitis and stroke



Stress, isolation, lack of regular exercise, higher intake of salty, processed, shelf-stable foods.

Stress can lead to an increase in unhealthy behaviors and a more sedentary lifestyle

- Totals and graphs
- Headlines
- Descriptions of EDs as war zones



Psychological symptoms

(ordinary Chinese citizens based on SCL-90 during the level I emergency response to COVID-19)



Psychological distress

(associated with COVID-19 quarantine: Latent profile analysis, outcome prediction and mediation analysis)



SCL-90
1060 participants

70% had moderate and higher levels of psychological symptoms, including obsessive compulsion and phobic anxiety.

Psychiatry Res. 2020 Jun; 288:112992.doi:10.1016/j.psychres.2020.112992.Epub2020 Apr 11



Brief Symptom Inventory – 53
4408 Argentine people

Phobic anxiety 41.3%,
Anxiety 31.8%,
Depression 27.5%,
General Distress 27.1%, Obsessive
Compulsion 25.1%

J Affect Disord. 2020 Dec 1;277:75-84. doi:10.1016/j.jad.2020.07.133. Epub 2020 Aug 7



Specific Phobia DSM-5

- A. Marked fear or anxiety about a specific object or situation (e.g., flying, heights, animals, receiving an injection, seeing blood). Note: In children the fear of anxiety may be expressed by crying, tantrums, freezing or clinging.
- B. The phobic object or situation almost always provides immediate fear or anxiety.
- C. The phobic object or situation is actively avoided or endured with intense fear or anxiety.
- D. The fear or anxiety is out of proportion to the actual danger posed by the specific object or situation and to the socio-cultural context.
- E. The fear, anxiety, or avoidance is persistent, typically lasting for 6 months or more.

Note. DSM-5=Diagnostic and Statistical Manual of Mental Disorders (5th ed.) Adapted from American Psychiatric Association, 2013



Diagnostic Criteria from the DSM-5 for Generalized Anxiety Disorder

1. Excessive anxiety and worry (apprehensive expectation), occurring more days than not for at least 6 months, about a number of events or activities
2. **The individual finds it difficult to control the worry.**
3. The anxiety and worry are associated with three (or more) of the following six symptoms (with at least some symptoms having been present for more days than not for the past 6 months):
 - a. restlessness, feeling keyed up or on edge
 - b. Being easily fatigued
 - c. difficulty concentrating or mind going blank
 - a. Irritability
 - b. Muscle tension
 - c. Sleep disturbances (difficulty falling or staying asleep, or restless, unsatisfying sleep)
4. **The anxiety, worry, or physical symptoms cause significant distress or impairment in social, occupational, or other areas of functioning.**
5. The disturbance is not attributable to the physiological effects of substance or another medical condition.
6. **The disturbance is not explained by another mental disorder.**

Note. DSM-5=Diagnostic and Statistical Manual of Mental Disorders (5th ed.) Adapted from American Psychiatric Association, 2013



COVID-19 Phobia Scale (C19P-S)

The development and initial tests for the psychometric properties of the C19P-S:

- ➔ A self-report instrument
- ➔ 5-point Likert-type scale to assess the levels of phobia
- ➔ All items are rated on a 5-point scale from “strongly disagree (1)” to “strongly agree (5).”
- ➔ Scores on scale range between 20 and 100
- ➔ Higher scale indicated a greater phobia in respected subscales and total scale
- ➔ Present study: total scale scores ranged from 20 to 100 (mean+ 65.42, SD= 14.09).

[Pers Individ Dif](#). 2020 Oct 1; 164: 110108. Published online 2020 May 11. doi: [10.1016/j.paid.2020.110108](https://doi.org/10.1016/j.paid.2020.110108)

Factors

Psychological factors

1. The fear of coming down with coronavirus makes me very anxious.
2. I am extremely afraid that someone in my family might become infected by the coronavirus.
3. News about coronavirus-related deaths causes me great anxiety.
4. Uncertainties surrounding coronavirus cause me enormous anxiety.
5. The pace that coronavirus has spread causes me great panic.
6. I argue passionately (or want to argue) with people I consider to be behaving irresponsibly in the face of coronavirus.



Psycho-somatic factors

1. I experience serious stomachaches out of the fear of coronavirus.
2. I experience serious chest pain out of the fear of coronavirus.
3. I experience tremors due to the fear of coronavirus.
4. I experience sleep problems out of the fear of coronavirus.
5. Coronavirus makes me so tense that I find myself unable to do the thing I previously had no problem doing.

Factors



Economic factors

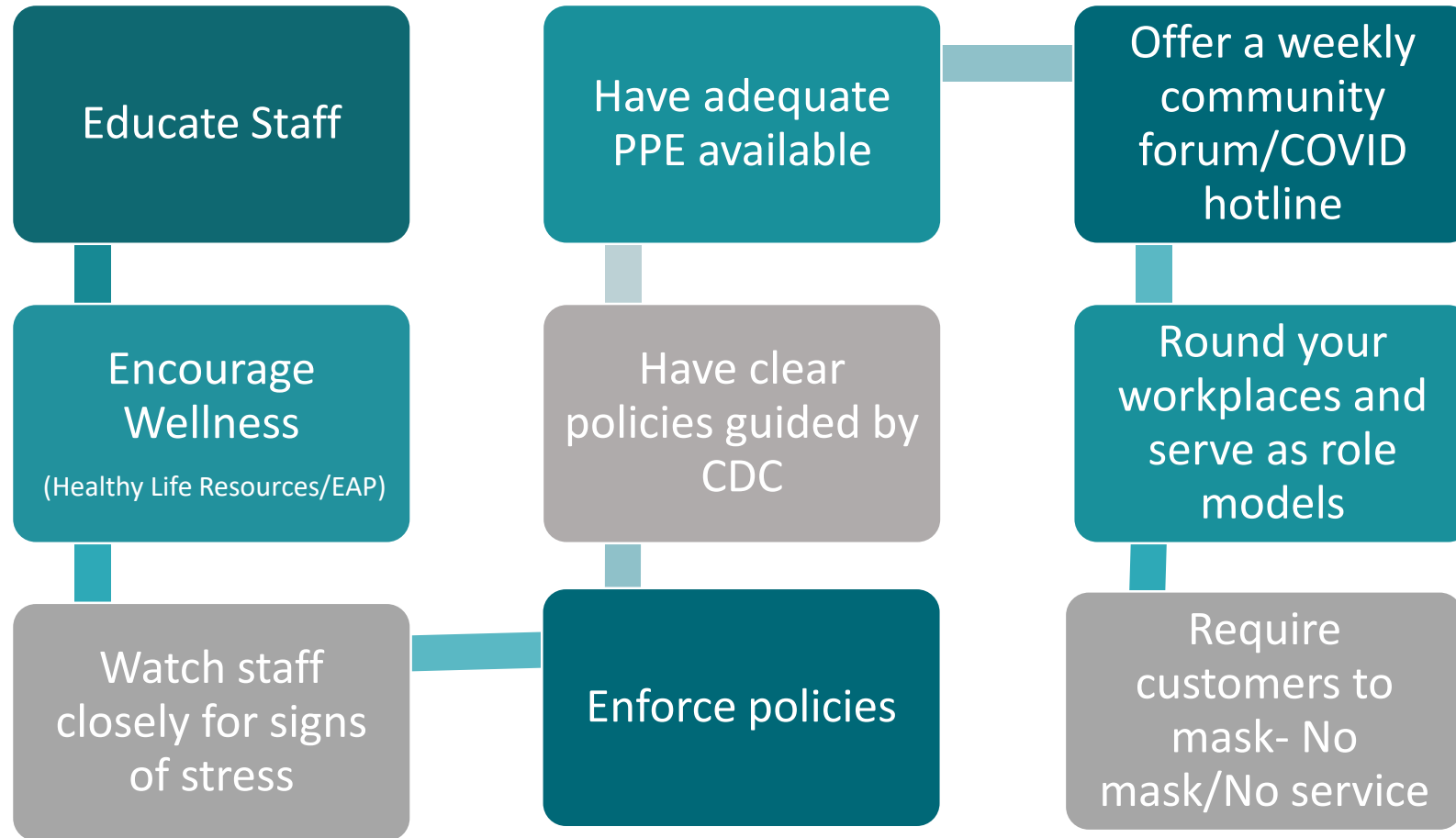
1. The possibility of food supply shortage due to the coronavirus pandemic causes me anxiety.
2. The possibility of shortages in cleaning supplies due to the coronavirus pandemic causes me anxiety.
3. I stock food with the fear of coronavirus.
4. After the coronavirus pandemic, I do not feel relaxed unless I constantly check on my supplies at home

Social factors

1. After the coronavirus pandemic, I feel extremely anxious when I see people coughing.
2. After the coronavirus pandemic, I actively avoid people I see sneezing.
3. Following the coronavirus pandemic, I have noticed that I spend extensive periods of time cleaning my hands.
4. The fear of coming down with coronavirus seriously impedes my social relationships.
5. I am unable to curb my anxiety of catching coronavirus from others.



What You Can Do



Me Counting on You – Maine State Chamber Campaign to support local businesses



This is ME Counting on You

**A Maine State Chamber of Commerce
Public Awareness Campaign Supporting
Maine Businesses and Maine's Economic
Recovery**

This is ME Counting on You

Spreading the message that we are all counting on each other to act safely and responsibly to stop the spread of COVID-19.

That way, we help ensure Maine businesses stay open and Maine's economic recovery is successful.

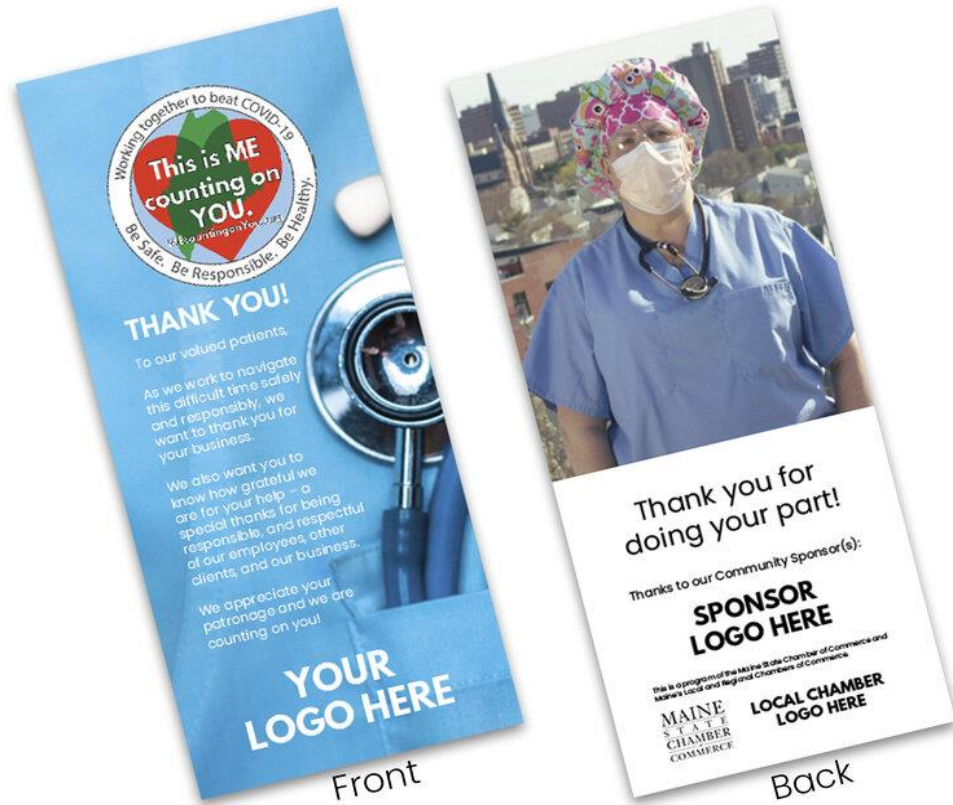
***Watch our television PSA
www.mecountingonyou.org/video***

***Visit us on Facebook
[@MEcountingonYOU](https://www.facebook.com/MEcountingonYOU)***

***Visit our website for resources
www.mecountingonyou.org***

This is ME Counting on You

Medical Theme



Resources

- *Virtual bumper sticker*
- *Floor stickers (12" round logo)*
- *Co-brandable, printable posters reminding people of safe practices*
- *Co-brandable, printable and customizable "Thank you" cards for customers, patrons, guests, and visitors*

Thank you for doing your part!

It's going to take all of us working together to keep Maine people healthy and our economy safely open.

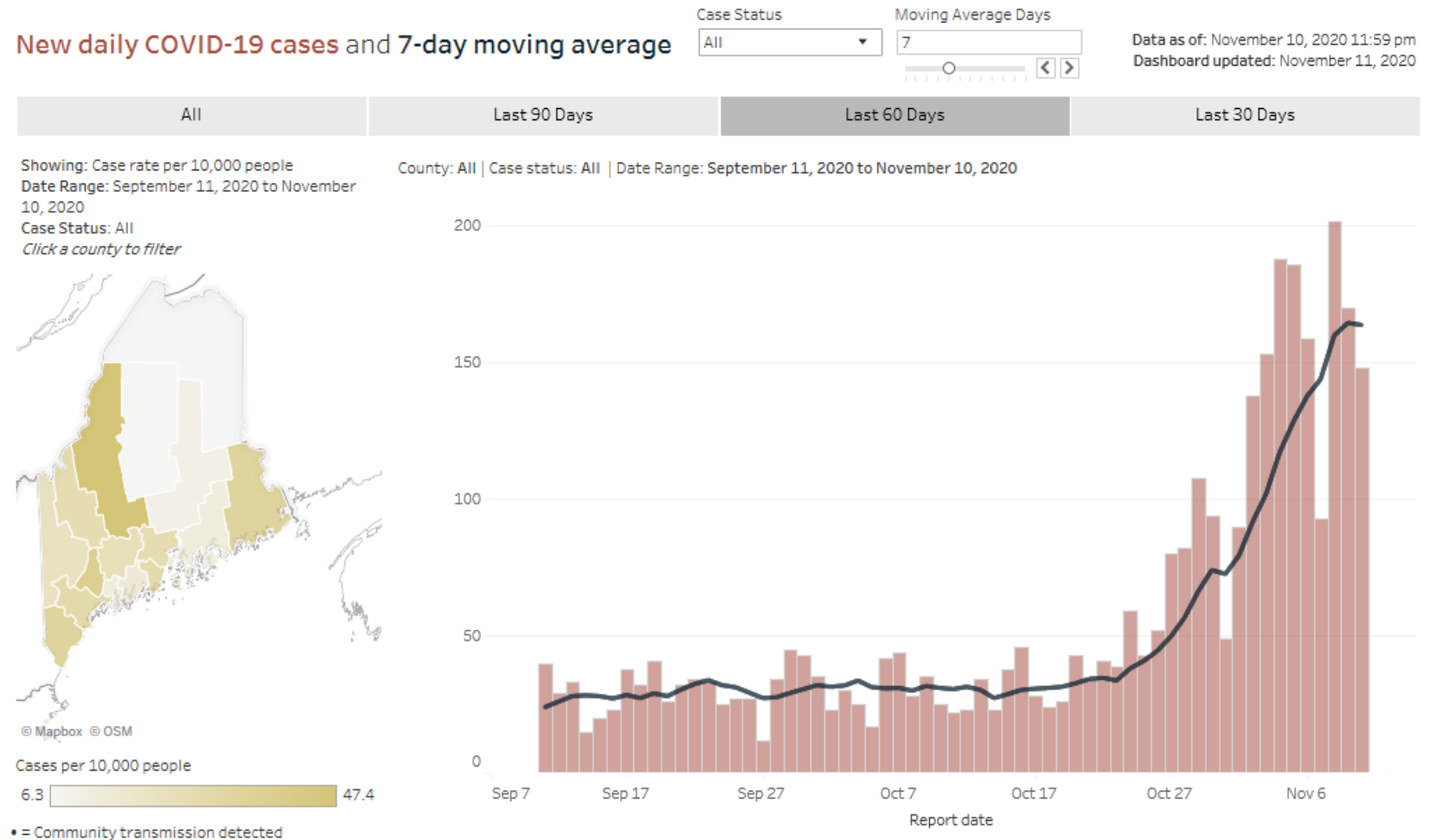
For more information and to partner with us on this initiative, please email jwebber@mainechamber.org



Latest on COVID-19

COVID-19 by the numbers

- Cases surging
- Cold/Flu 2020



COVID-19 Testing

Updates:

- Testing for all inpatients - acute care settings across Northern Light Health
- Testing for flu/RSV
- New test

What is a “close contact”?

Schedule an appointment

- Changes almost daily
- Best to reach out to local facilities
- <https://northernlighthealth.org/Resources/COVID-19/Testing>

Testing

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.



Determine if you should be tested through our questionnaire

Please pick the square that describes the test you need.



Symptomatic
I have symptoms



Pre-Procedure/Surgery
I've been told I need a test
before a procedure



Business & Staffing
I would like to have my
employees tested



Asymptomatic
I don't have symptoms.
State Order, All Other

Thanksgiving 2020

To grandmother's house or no?

No.



Use the chat function to ask your questions:



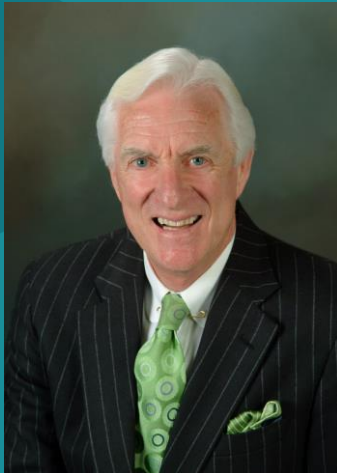
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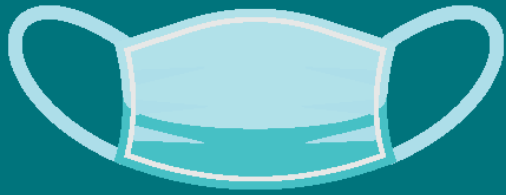


John Armstrong, MD
Senior Resident
Northern Light EMMC
Family Medicine and
Residency

Tools you can use:

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

- ✓ **Masks Required**
- ✓ **Sanitize Hands**



Masks covering the nose and mouth are always required while on our property.

Please sanitize your hands upon entering.

Even if you do not have COVID-19 symptoms, you must wear a face mask.

Wearing a face mask and frequently cleaning your hands are important steps to slow the spread of COVID-19.

✓ **Stop for Screening**

Everyone must be screened for COVID-19 symptoms as they enter.

Screening includes a series of questions and a temperature check.

To save time, you're welcome to scan this QR code, answer the questions, and show your final screen to the screener.



Visitor Restrictions

To slow the spread of COVID-19, our visitor policy has changed.

For the health and safety of our staff, visiting is restricted at this time.

Please call before coming to visit to see if visitors are permitted.

If you are unable to visit in person, you may be able to arrange a virtual visit.

Please ask for more details.



Thanks for helping us keep visitors and staff safe.



Thanks for helping us keep visitors and staff safe.



Thanks for helping us keep patrons and staff safe.

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, December 3: The Value of wellness in the workplace

Topics:

- Why worksite wellness?
- Virtual Wellness
- Feeding the body and soul
- COVID-19 Latest

 **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
The Value of Wellness in the Workplace



Topics will include:

- Why worksite wellness?
- Virtual Wellness
- Feeding the body and soul
- COVID-19 Latest

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

WEEK 19 - Thursday, December 3 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

Kristine Taylor, MS, RDN
Wellness Coordinator
Northern Light Beacon Health

Laurie Alexander
Health and Wellness Education Coordinator
Northern Light Sebasticook Valley Hospital

Cara Miller, CHWC, CPT
Wellness Coordinator and Yoga Instructor
Northern Light Beacon Health

Moderated by Karen Hawkes, MS
VP of Operation
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 wabbott@northernlight.org

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