



## COVID-19 By The Numbers

Alaska total cases:	6,656
US total cases:	6.4 Million 191,000 Deaths
World total cases:	28.2 Million 910,000 Deaths

# CHAP Weekly Update

September 11, 2020

## Keeping Safe During COVID-19

### Protect Yourself and Your Family

#### PROTECTING YOURSELF:

Assume every patient may have COVID-19

- ❖ Wear a mask and eye protection for all patient encounters.
- ❖ Follow regional guidelines, if different.

PPE: Practice putting on and taking off

- ❖ Keep PPE supplies well organized and stocks full.
- ❖ Wash your hands frequently for 20 seconds.



#### PROTECTING YOUR FAMILY:

- ❖ Leave work clothes at work.
- ❖ Shower before going home, if possible.
- ❖ Wash home-visit clothing in hot soapy water.
- ❖ Wear a mask around coworkers.



### Have a Clinic Plan

Review your plan for patient flow with your referral doctor, THO, and infection control

#### PRACTICE:

- Have a pretend COVID-19 patient
- Do you have a separate entrance?
- Do you have a special room?
- Is it possible to have just one person take care of the patient?
- Do you have a plan to limit visitors?
- If you need to leave the room, leave a phone with the patient so they don't need to leave the room if they need help.
- Make a plan for multiple patients all at once. What if a whole family comes in sick?
  - Who else can you call for help?



### Keeping Clinic Safe

#### CONSIDER SETTING UP CLINIC ZONES:

**COLD ZONE** – A clean area for water bottle, lunch, pens, phones and jacket

**WARM ZONE** – An area where you put on and take off PPE

- ✓ Keep your supplies for PPE and disinfection here.
- ✓ Keep supplies well organized.
- ✓ Keep a trash can here.



**HOT ZONE** – The room where the patient is located

#### DISINFECT:

- ❖ Clean anywhere patients go: the clinic room, hallway, waiting room.
- ❖ Clean all equipment right away after every patient.
- ❖ Follow your regional guidelines.
- ❖ Have a buddy watch you doff PPE.
- ❖ Handwashing for 20 seconds is NOT overrated. Sing Twinkle Twinkle to pass the time.
- ❖ Need more help with PPE? Go to ANTHC CE COVID-19 Lesson 3



Let us know what you think! [aka-CHAPCOVID-19weeklyupdates@anthc.org](mailto:aka-CHAPCOVID-19weeklyupdates@anthc.org)  
Send questions for presenters and each other, and suggest topics for discussion.



ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM



We are all here to support one another. You are not alone.  
- Kyle Pohl, MD

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## Strong Emotional Reactions to COVID-19

### Patients

- FEAR of dying, of spreading disease to family
- ANXIETY about not knowing what will happen, who will be there with them
- ANGER at the person who exposed them
- FATIGUE from illness or from feeling overwhelmed



## Patients: Being Prepared



Have some supplies on hand:

- ❑ Fluids like tea, juice, flavoring for water
- ❑ Throat lozenges for coughing

Discuss with family and friends about a plan to bring water, food and fuel.

Have a plan for communicating when you can't be in the same room.

If you need to go to Anchorage, know that only medically necessary guests can stay in patient housing.

## Health Aides/Practitioners

- FEAR of getting sick, bringing COVID-19 home to family, not being able to cure patients
- ANXIETY of not knowing the right thing to do
- ANGER at the disease, at not being able to fix everything, at people who take risks
- FATIGUE from too many meetings, protocols keep changing, work hours increasing



Many thanks to Danielle Larsen for sharing her COVID story.  
Many thanks also to Dr. Kyle Pohl for his presentation on taking care of patients with COVID-19.

## Save the Date



**Next session:** September 15 at noon: Teresa Hicks and Luz Smeenk:  
*Gut Health: What is it all about and How does it relate to COVID-19?*

September 22: Ros Singleton and Gina Carpenter: *2020 Flu Immunization Updates and How Do We Increase Flu Protection for Our Communities?*

These are normal emotional reactions to a situation where much is unknown.



CISM Team available to all healthcare providers:  
907-729-8250  
[CISMteam@anthc.org](mailto:CISMteam@anthc.org)

## Continuing Education [AKCHAP.org](http://AKCHAP.org)

### CE Courses



- ❖ Emergencies in Pregnancy
- ❖ Respiratory Problems
- ❖ Clinical Breast Exam and Hormone Medicines
- ❖ Chronic Care Arthritis, Caregiver Stress and Pain Medicines
- ❖ Newborn
- ❖ Emergency Preparedness

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