COVID Talks for Docs

Welcome! Thank you for joining early
Start Time: 12:00 PM promptly

- Your mic and camera are enabled by default
- Please mute yourself
- To ask questions:
  - Click ‘raise hand’ during presentation; moderator will invite you to unmute during the question period
  - At any time, type questions in the ‘chat box’
COVID Talks for Docs

Webinar Series:
Maintaining and Optimizing Your Practice
During Times of Rapid Change

We will be starting the session promptly at 12:00 PM
COVID Talks for DOCS

December 2, 2020

Dr. Adam Vyse
Dr. Jia Hu
Dr. Heidi Fell
(Moderator)

Zoom technical support
(+1.888.799.9666 ext 2)
• Privacy Statement: Please note that the webinar you are participating in is being recorded. By participating, you understand and consent to the webinar being made publicly available via a link on the AMA website for an undetermined length of time.

• By participating in the chat and live Q&A, your name entered into the Zoom sign-in may be visible to other participants during the webinar and/or in the recording.
We would like to recognize that we are webcasting from, and to, many different parts of Alberta today. The province of Alberta is located on Treaty 6, Treaty 7 and Treaty 8 territory and is a traditional meeting ground and home for many Indigenous Peoples.
Disclosure of Financial Support

This program has not received any financial or in-kind support.
Jia Hu: Cleveland Clinic Canada - Advisory; CIHR, NSERC, Alberta Innovates and Pharmaceutical - research and operational funding; No honoraria

Heidi Fell: AMA-physician contractor, PCN Contractor

Brad Bahler: AMA-physician contractor

Nigel Flook: CPSA

Adam Vyse: PCN Honoraria

Christine Luelo: PCN Honoraria
Session Overview

- Managing COVID results - practical management tips and tricks
- Close contact management
- Your Questions and Solutions to Meeting Patients Needs
Learning Objectives

At the end of this session participants will be able to:

- Identify relevant sources of information related to community-based practice during COVID-19 to answer common questions
- Describe role of family physicians in close contact management
Poll #1

What is your top concern with managing COVID-19 patients in primary care?

- Clinical management of COVID-19 positive patients
- Isolation requirements for close contacts
- Financial & social support for patients during isolation
- Managing special populations (e.g. refugees, vulnerable, high-needs, complex)
Beware Week 2 Deterioration

Clinical Course

Mild Self Limiting Illness in 80%

Worsening hypoxia occurs around day 7

20 – 30% require hospitalisation

5% poor outcome requiring critical care

Unwell, deteriorating

Virological phase
Viral illness with possible pneumonitis

Immunological phase
Immunological stage when most recover

Day 0

Day 7

ARDS
Shock
Renal Failure
Cardiovascular collapse

Managing COVID-19 Results: Practical Management Tips & Tricks
1. 57 y F, healthy: Husband C+ from Cargill, mild sx, C+ confirmed Apr 17

2. Mild hot/cold, nil else, anxious → swab Apr 18 → negative

3. Went to work Apr 21 at grocery store

4. Apr 22 Nasal congestion mild cough
   = Day 1

5. Connected when using Pathway for husband

6. Quarantine reinforced ++, 811 for repeat swab

7. Day 3 C+ confirmed
### Risk Stratification

<table>
<thead>
<tr>
<th>Risk Stratification</th>
<th>Criteria</th>
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</table>
| **High Risk**       | - Patients with any of the safety net flags  
                      - Patients with symptom deterioration  
                      - Any age with medical comorbidities  
                      - Age >60 |
| **Average Risk**    | - Pregnant women  
                      - 40-60 years old with no medical comorbidities |
| **Lower Risk**      | - Otherwise healthy adults  
                      - No comorbidities  
                      - No safety net flags  
                      - Age 1-39 years old with no comorbidities |
Case Study - Pathway in Action

Day 3 – mild CP only with coughing, not consistent, no SOB → stay home, reassured, but F/U 1day planned

Day 4 – Better

Day 5 – Better

Day 6 – mild SOB only with walking + mild cough = **Symptom Deterioration**

Day 7 – Better

Day 9 – Better

Day 10 – Worse – SOB at nite, SOB with minimal exertion, seems consistent → **Red Flags**
- EMS called, ER notified to prepare
- Hydration in home while talking to specialist
- With red flags, late deterioration, transfer
- ER: X-ray normal, labs for Xray/Lab normal, D/C home after 4 hours

Day 11 to 14
- Continuous improvement
- Eventual D/C from pathway
<table>
<thead>
<tr>
<th>Vendor</th>
<th>Search for:</th>
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<tbody>
<tr>
<td>TELUS Wolf</td>
<td>Smart Form “Presumed/Confirmed COVID-19 Positive Primary Care Pathway”</td>
</tr>
<tr>
<td>TELUS MedAccess</td>
<td>Template “Presumed/Confirmed COVID-19 Primary Care Pathway”</td>
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<tr>
<td>TELUS PS Suite</td>
<td>Form: “Confirmed/Presumed COVID-19 Positive Primary Care Pathway”</td>
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<tr>
<td>Microquest Healthquest</td>
<td>Call support to have the template downloaded to your EMR</td>
</tr>
<tr>
<td>QHR Accuro</td>
<td>Form “Presumed/Confirmed COVID-19 Positive Care Pathway” from the form editor library</td>
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### Differences & Key Messages with Pediatric Pathway

<table>
<thead>
<tr>
<th>Adult Pathway</th>
<th>Pediatric Pathway</th>
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<tbody>
<tr>
<td><strong>Risk Assess</strong></td>
<td></td>
</tr>
<tr>
<td>High - qd x 14 days</td>
<td>High - qd x 14 days</td>
</tr>
<tr>
<td>Average - q2d x 7 days + self-monitor x7</td>
<td>Average - q2d x 14 days</td>
</tr>
<tr>
<td>Low - Self monitor</td>
<td></td>
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<tr>
<td><strong>Red Flags</strong></td>
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<tr>
<td>Severe SOB at rest, difficulty breathing</td>
<td>Respiratory distress</td>
</tr>
<tr>
<td>Chest pain / pressure</td>
<td>New onset acute G1 sx</td>
</tr>
<tr>
<td>Cold, clammy, molted skin</td>
<td>Decreased urine output</td>
</tr>
<tr>
<td>O2 Saturation, blue lips, face</td>
<td>Rash</td>
</tr>
<tr>
<td>Confusion, difficult to rouse</td>
<td>Fever &gt;38 for 3 consecutives days</td>
</tr>
<tr>
<td>Coughing up blood, reduced urine output</td>
<td>Shock, lethargy, non-responsive</td>
</tr>
<tr>
<td>Return of fever or cough</td>
<td></td>
</tr>
</tbody>
</table>
RAAPIID phone numbers:
- Red Deer & South: 1-800-661-1700

Connect MD: 1-844-633-2263
Specialist Link: 1-844-962-5465

Timely COVID Advice: phc@ahs.ca

Dr. Jia Hu - Urgent Help: 587-596-2294
Social Supports for Patients

● Ask about safety net red flags
  ▪ Isolation, lack of caregiver support, home care
  ▪ Food/financial insecurity
  ▪ Inability to maintain hydration
  ▪ Health literacy or ability to self-manage

● Gather your safety net resources
  ▪ PCN and other community support resources
  ▪ 211, Social assistance directories (HelpSeeker)
  ▪ Even with no resources; asking builds relationship
Patient Follow-up

- Most of patients on COVID pathway can self-manage
- MOA can do high level triage (breathing Qs)
- Clinic nurse (if applicable) can manage most follow-up with COVID-19 positive patients
- For attached patients it is simpler to just call your own patients
Key Messages

- Most people are well (~80% mild illness)
- Use the pathways and virtual assessments
- Assess social safety net red flags
- Reinforce Isolation for close contacts
- Use your team and local supports
- Beware the week 2 deterioration
Wave 2 - Far more cases than Wave 1

**Late Mar:** COVID pathway launched in Calgary Zone

**Mid Apr:** Wave 1 peak (~300 cases, but half were Cargill associated)

**Nov 13:** >1000 new cases/day

**Since Nov:** ++ ‘Zone Unknown’ cases due to contact tracing being overwhelmed

COVID test percent positivity escalating and now in the 7% range
Primary care & close contact management 101

• There is an extensive (thousands of case) contact tracing backlog right now, so family doctors are often asked Qs about this

• Close contacts are broadly defined as those who spend at least 15 min (cumulative) within 2m of a case while infectious – of course, situations where someone coughed on someone would also make you a contact even if not within 15 min – in other words tracing is always a bit subjective

• Cases are getting text messages and directed to report their own close contacts at www.ahs.ca/positiveresult
Close Contact Management

• Cases must isolate for 10 days from Sx onset or when Sx, end whichever is longer (no live virus after 8 days)

• Close contacts must isolate for 14 days from when they last had contact with an infectious case (due to 14 day incubation period)
Close Contact Management

• Within a household if someone is COVID+, recommendations to reduce transmission include:
  • *Try to not see other household members to limit transmission*
  • *If isolating from family is not possible due to crowding, etc, isolation hotels are available free of charge (call RAAPID)*
  • *If isolation from family is not possible (e.g., infant/young child w/ COVID+, can try and have only one parent interact to reduce transmission)*
COVID Test Notification

Family doctors and nurse practitioners play an important role in providing care for COVID-19 patients. AHS recommends notifying your family doctor (or nurse practitioner) of your test result so they can assist you in managing your care.

Do you have a family doctor (or nurse practitioner)?*

- Yes  
- No

Would you like AHS to notify your family doctor (or nurse practitioner) with the result of your test for the purpose of follow-up care?*

- Yes  
- No

Family Doctor (or Nurse Practitioner) Name

Dr. HEIDI ELIZABETH FELL

Clinic or Facility Location

- Clinic or Facility Location
- Symons Valley First Care
- CFPCN Access 365 Clinic

IMPORTANT

Please make sure you select the correct location (where you visit your family doctor or nurse practitioner). If you select the wrong location, the doctor/nurse practitioner will not receive your test result.

APL.DataIntegrityPhysBuild@albertahealthservices.ca
Questions and Answers
Poll #2

To help plan for upcoming sessions, please select the 2 most relevant/pressing issues for you:

- When to use and which PPE
- Self isolation and travel
- COVID Vaccine
- Applying public health protections in personal life
- Other (please use the chat to share your suggestion)
Upcoming Webinar(s)

- Wednesday, December 16 (12:00 - 1:00pm)
- Interactive Format - Responding to Your Questions
- For upcoming & recorded AMA Webinars, visit:

  https://www.albertadoctors.org/services/media-publications/webinars-online-learning
Upcoming Partner Webinar

COVID CORNER
December 2,
7:00 - 9:00 PM MST

Lessons Learned and Moving Forward
Hindsight 2020

REGISTER NOW!
cumming.ucalgary.ca/cme

Alberta Health Services
cpsa
Alberta College of Family Physicians
Alberta Medical Association
Key Websites for Information

https://www.albertahealthservices.ca/topics/Page16956.aspx

https://acfp.ca/tools-resources/covid-19-resources/

http://www.cpsa.ca/resources-for-physicians-during-covid-19/

https://www.albertadoctors.org/about/COVID-19