

Treatment options for COVID-19 long haulers and tips for living with continued stress

Topics:

- Latest on COVID-19
- Booster rollout
- What is the treatment for COVID long haulers?
- How to live with the ongoing stress of 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 **Q and A** function to ask your questions at anytime.

Good Health Is Good Business Survey (Updated July 15)

Page 1 of 1

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?*

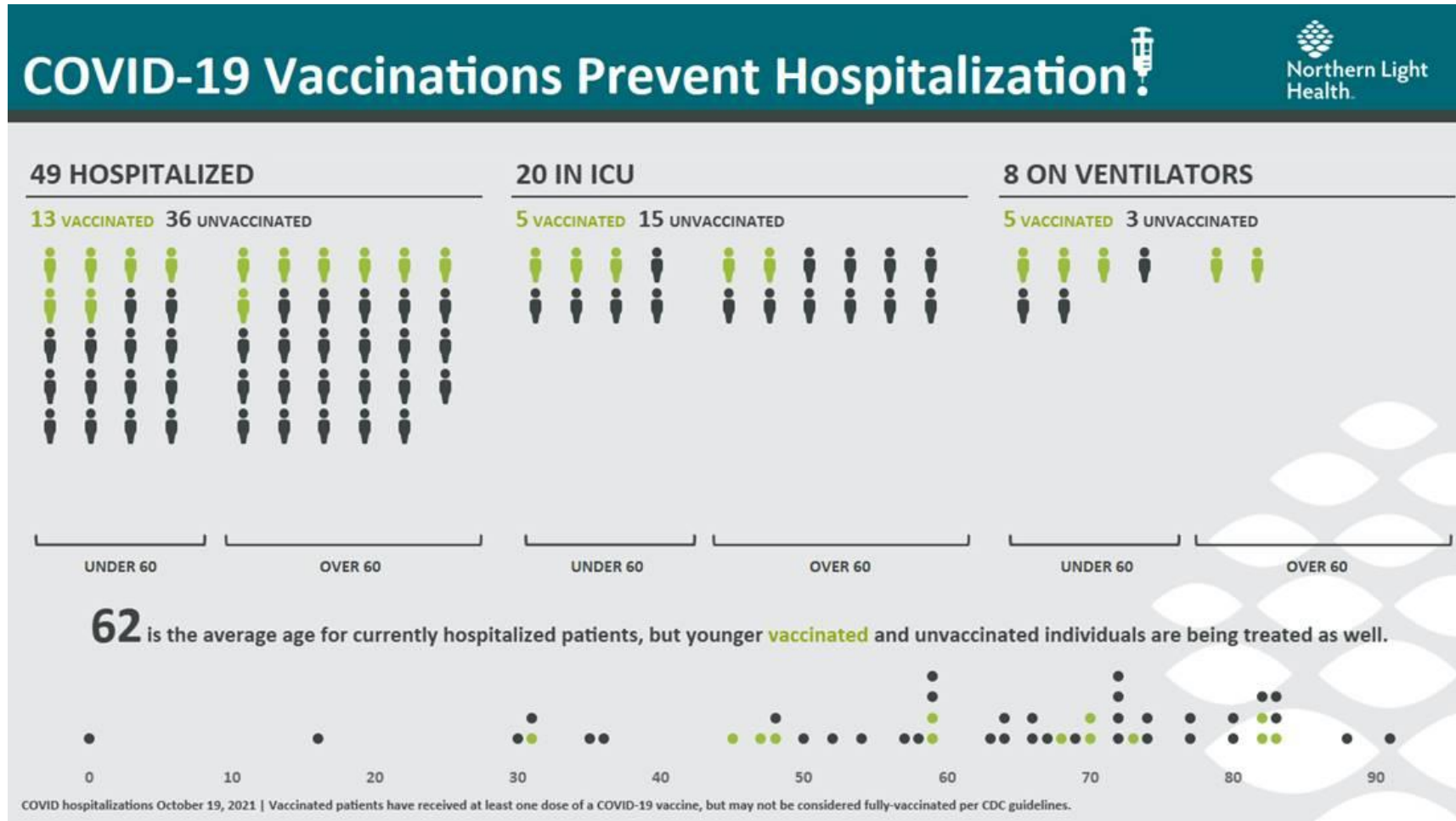
☐ Very Likely
☐ Likely
☐ Neutral
☐ Unlikely
☐ Very Unlikely

5. What topic(s) would you like us to focus on in the future?

Done

Latest on COVID-19

COVID-19 Hospitalizations



Testing Results

COVID-19 Test Orders & Results

(Inclusive of NLH Employee Testing)

Data as of: 10/19/2021 | Data Source: Cerner

Confirmed Tests

14,717

Resulted Tests

311,931

2WK Positive Rate

10.35%

1WK Positive Rate

10.55%



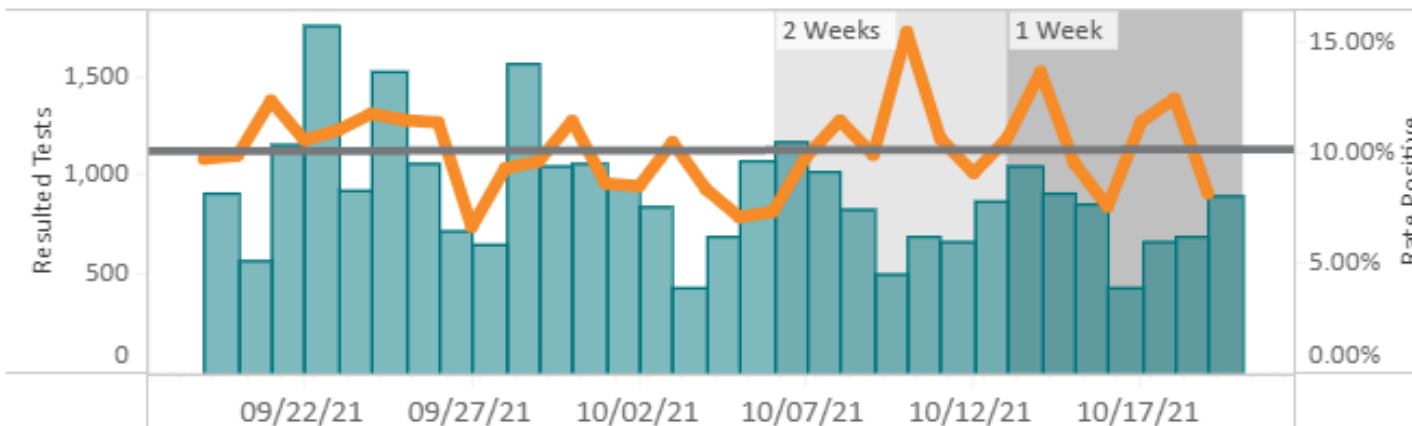
Maine Residents - 298,702 | Pos Rate: 4.74%

Out of State Residents - 13,229 | Pos Rate: 4.24%

Daily Positivity Trend - Resulted Tests

Rolling 30 Days

Positivity Rate Total Tests Trend Line



Vaccine Update

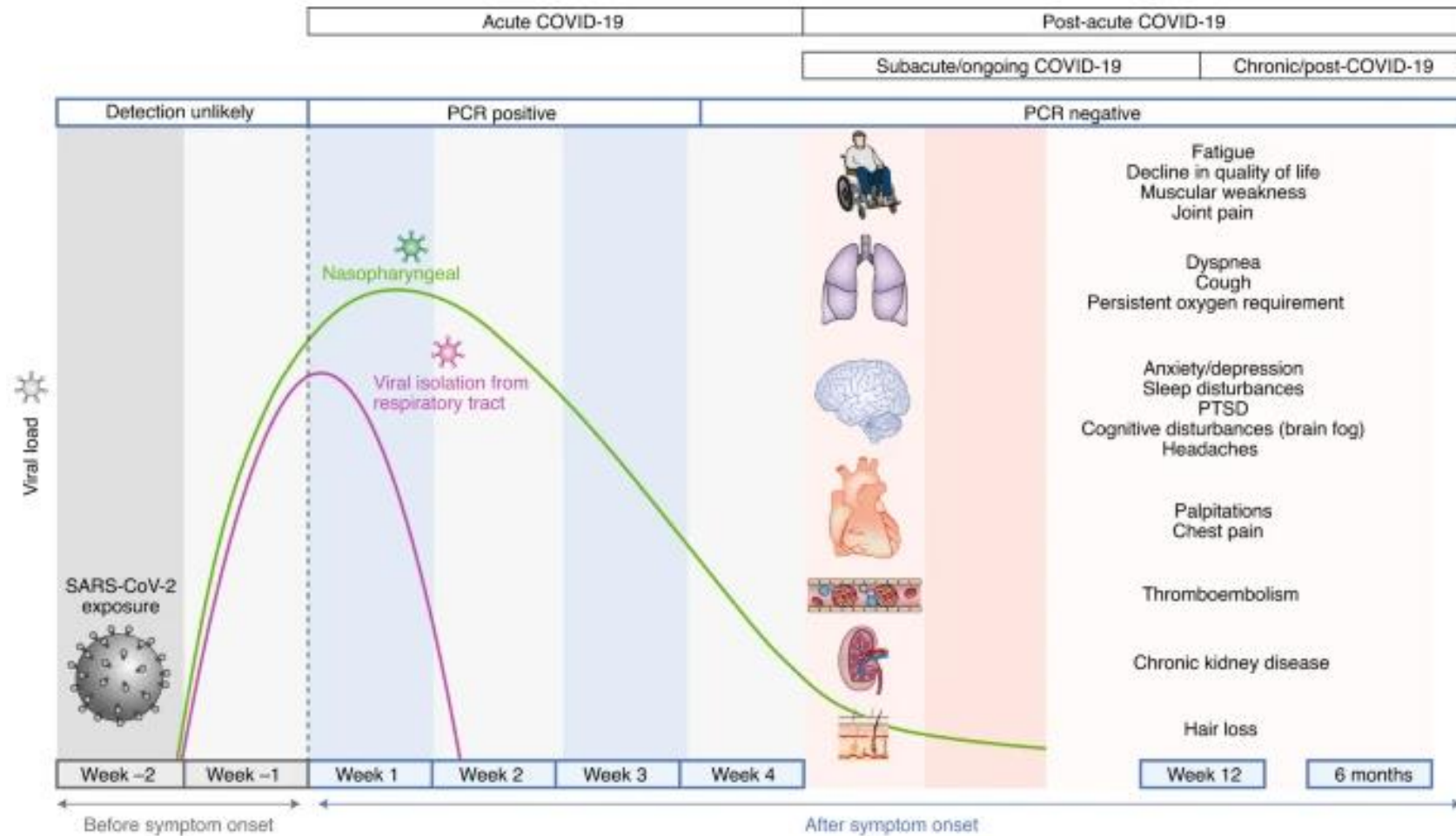
- Booster versus Third Dose
 - Who can receive what and when?
 - Can we mix and match?
- What about the children?
 - When and with what?



COVID Long haulers – what are treatment options?

- ***PASC** (post-acute sequelae of COVID-19)
- **Official definition is still pending**
 - *Generally refers to the persistence of symptoms four weeks or longer after the onset of COVID-19.*
- **Causes (unknown)**
 - *Residual organ damage*
 - *Remaining virus*
 - *Exaggerated immune response*

Timeline of COVID-19



PASC: Diagnosis & Treatment

Diagnosis:

- Largely by history
- Physical Exam
 - Vitals including oxygen saturation
- Symptom specific clinical evaluation
 - Physical, cognitive, psychological testing
- Symptom specific diagnostic testing
 - Xray, EKG, etc.

Treatment:

- Physical therapy
- Pulmonary rehab
- Cognitive Speech therapy
- Research IN PROGRESS !!

“We don’t know what we don’t know”, but we can learn...

- December 2020 – Congress approved \$1.15 billion in funding over four years to support research into the prolonged health consequences of SARS-CoV2 (COVID-19) infection.
- February 2021 – National Institutes of Health (NIH) launches new initiative to study “Long COVID”
- Multi-disciplinary clinics across the country

Post COVID-19 Clinic

Northern Light Mercy Walk-In Care Westbrook

- 40 Park Rd
- 207-857-8220
- <https://northernlighthealth.org/Our-System/Mercy-Hospital/Locations/Walk-in-Care-Westbrook>



Living with the ongoing stress of COVID-19

What is trauma?

“

Trauma results from *an event*,
a series of events, or *set of circumstances* that is experienced by an individual, group, or community as physically or emotionally harmful.

”

“

Has *lasting adverse effects* on the individual's functioning and physical, social, emotional, or spiritual well-being

”

“

Can be a single event, a series of events, and/or a chronic condition....
(like a pandemic!)

”

It really *is* all in your head!

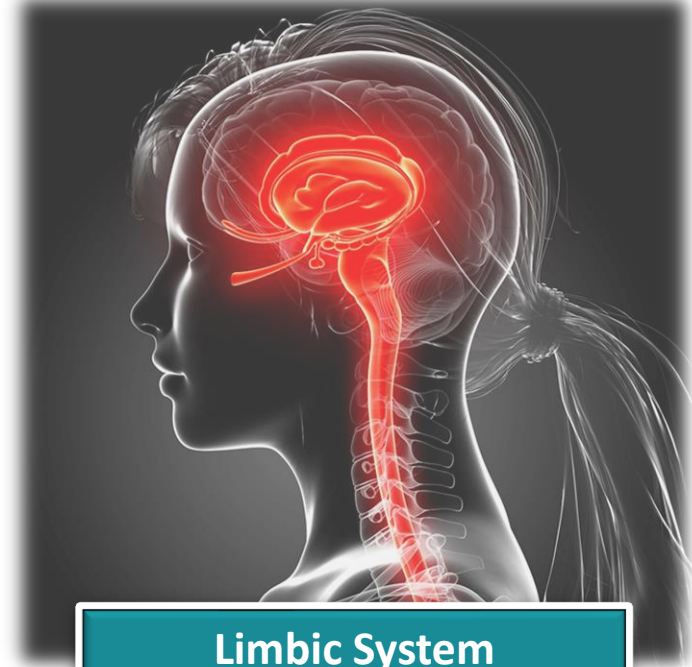
The body can't tell the difference between modern/work stress & a life threatening event – the same hormones are released with both!

Fight, flight, or freeze response in overdrive



WHAT CAN HAPPEN OVER TIME?

- Irritability, cranky, anger
- Headaches, stomachaches, heartburn, insomnia
- Weakened immune system, prone to illness
- Low sex drive, reproductive organ dysfunction
- Leads to depression & anxiety
- Stress hormones (cortisol/adrenaline/norepinephrine) can lead to physical ailments such as increased risk of diabetes, heart disease, blood pressure, and stroke.



Limbic System

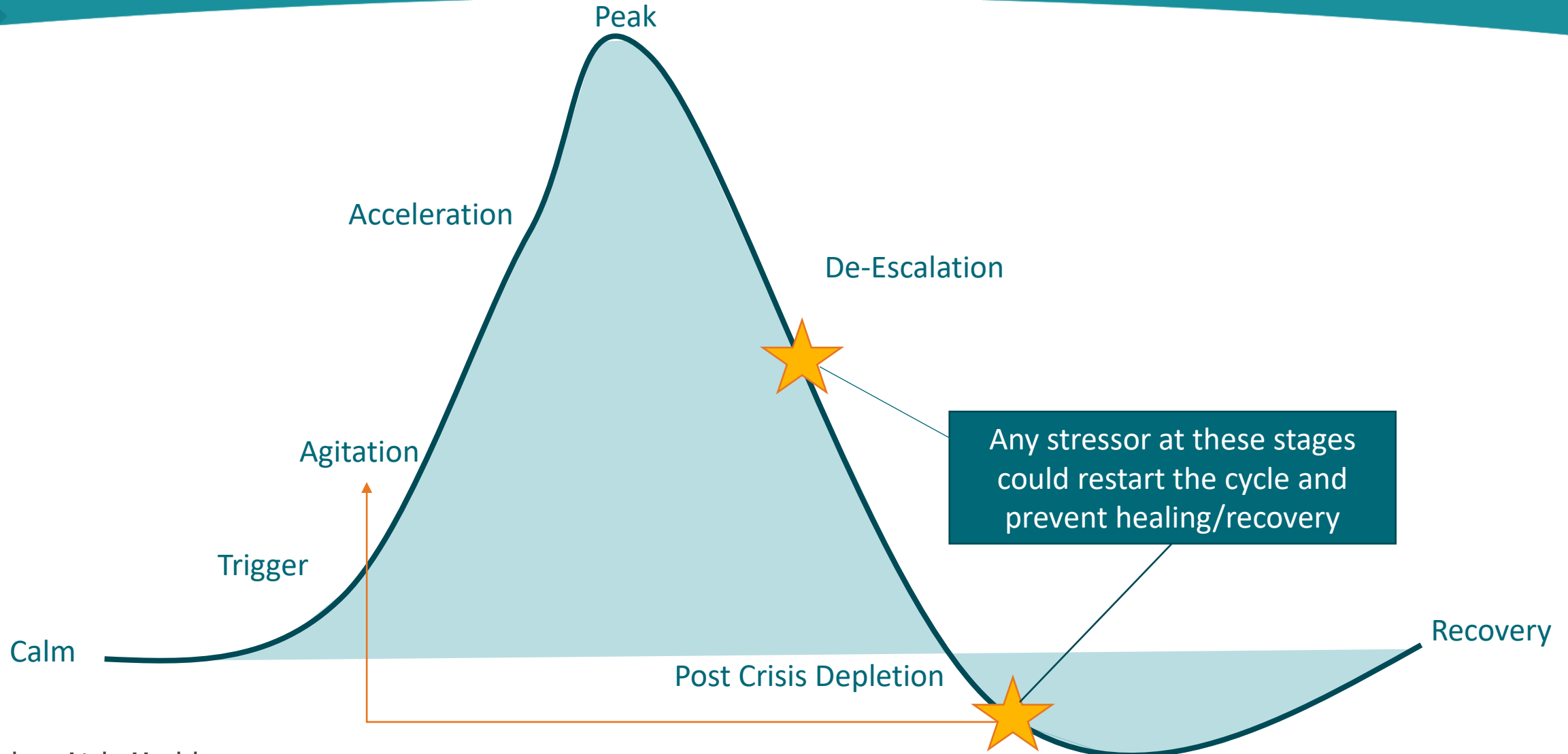
- Alerts us to danger
- Critical system for survival
- Stress = Danger in the brain



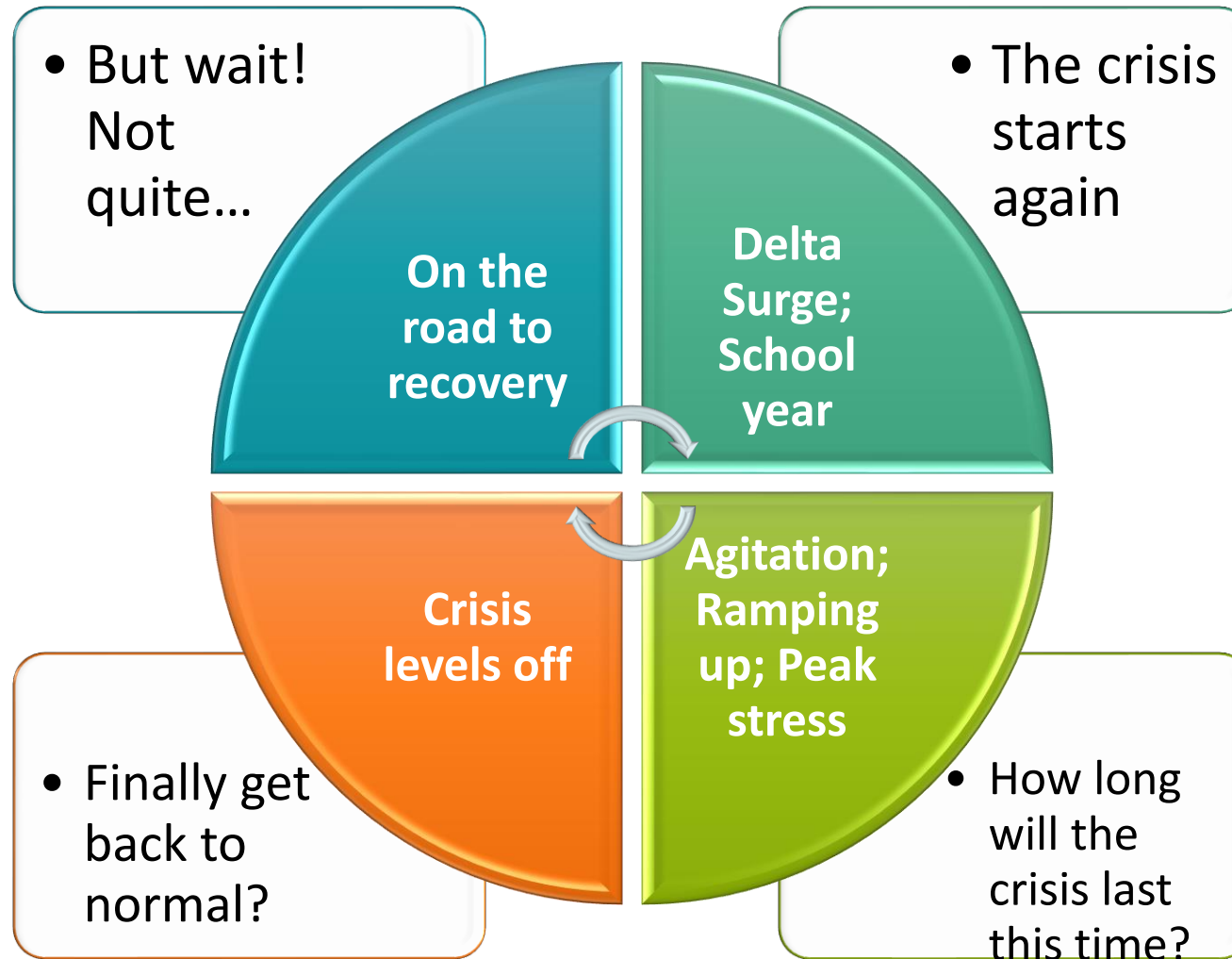
The Big Idea:

The response to stress is normal and automatic.

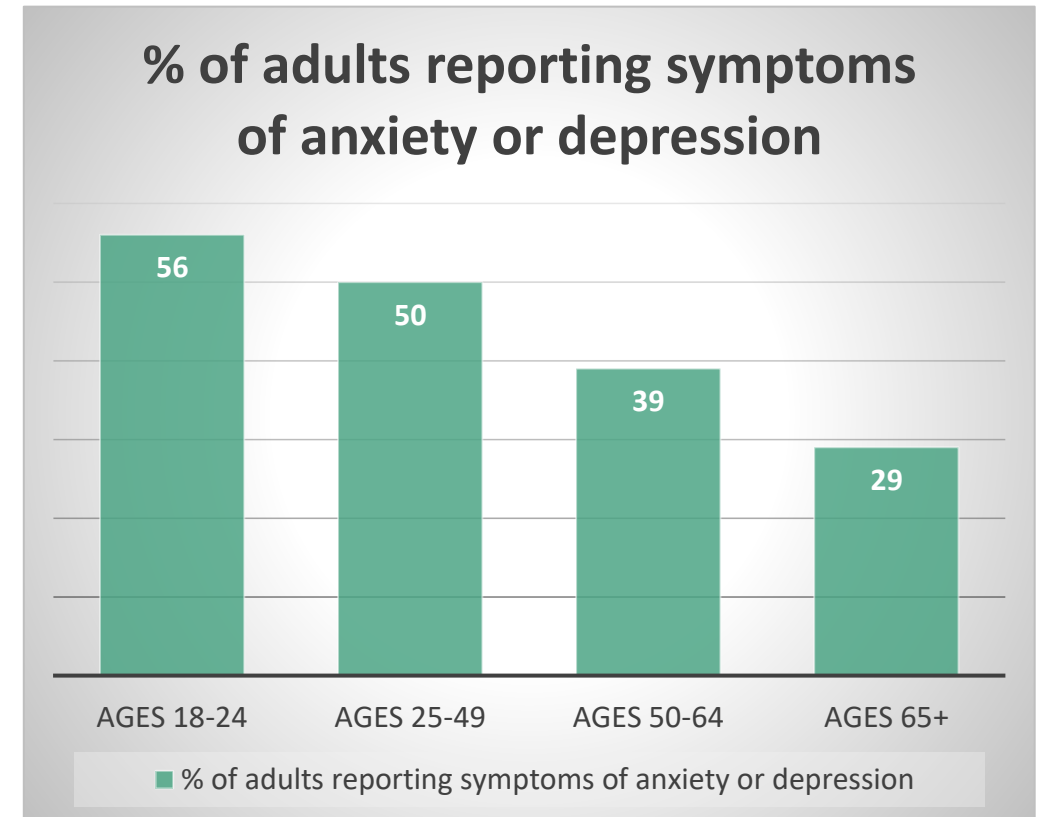
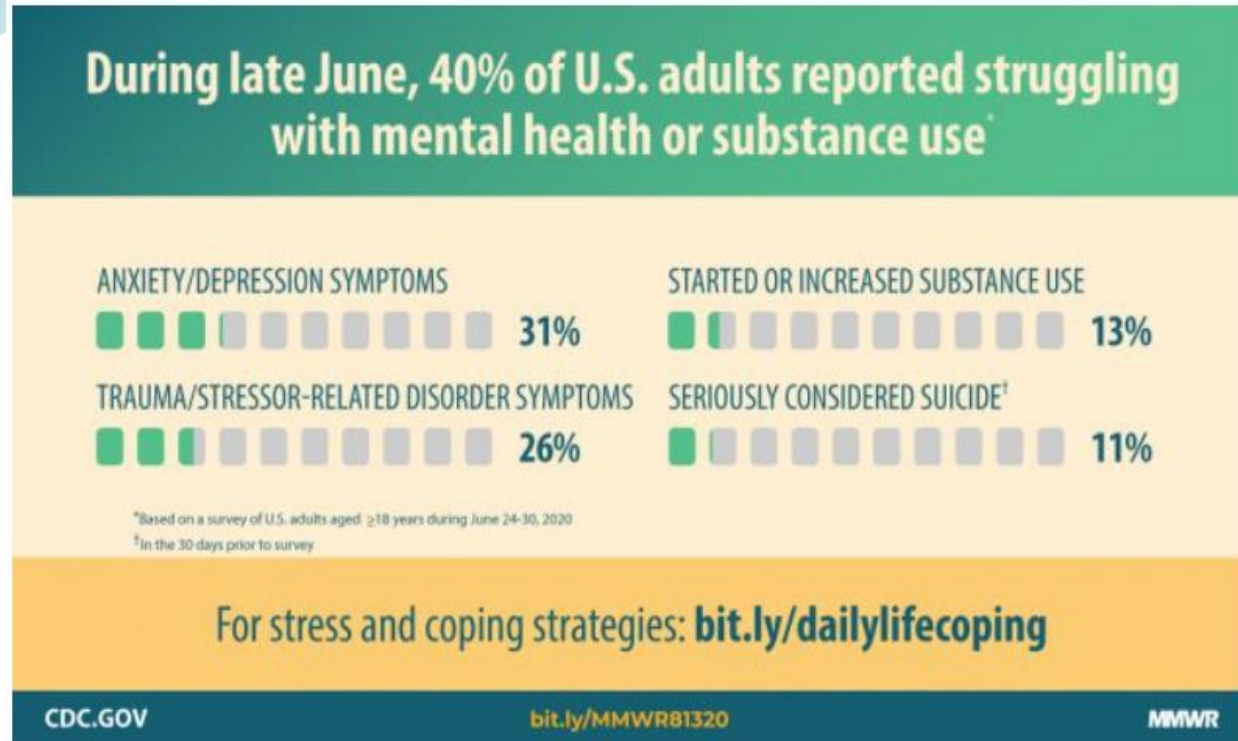
Typical Crisis Cycle



The Covid Crisis Cycle



By the numbers



US Census Bureau, Household Pulse Survey, 2020

What Determines the Impact of Trauma?



Two people may be exposed to the same event or series of events but experience and interpret these events in very different ways

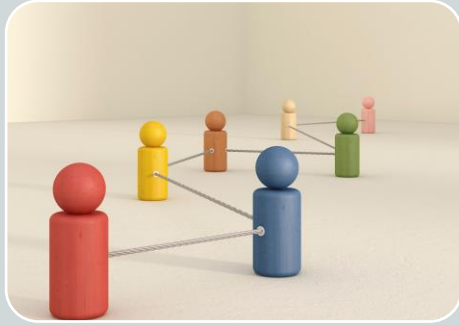


Various biopsychosocial and cultural factors influence an individual's immediate response and long-term reactions to trauma



For some people, reactions to a traumatic event are temporary; others have prolonged reactions with mental & physical health consequences

Foster Resilience



Social support

- Family
- Friends
- Co-workers



Financial Stability

- Employment
- Affordable health care



Safe Workplace

- Wellness programs
- Promoting DEI
- Psychological safety



Covid-19 Safety

- Adequate PPE
- Timely testing
- Plan for minimizing exposure risk

CDC, 2019. The balancing act:
Stressors and protective Factors associate with the pandemic

Healthy Life Resources



Powered by Northern Light Acadia Hospital

<https://northernlighthealth.org/HLR>
AcadiaHLR@northernlight.org

Now's your time to ask questions. Please use the Q and A option.



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Director Healthy Life
Resource Program,
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Tools you can use:

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

Healthy Life Resources

Healthy Life Resources



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AcadiaHLR@northernlight.org

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Due to Regional COVID-19 Rates




Masking is Required Inside
Regardless of Vaccination Status
Thank You!



Post COVID-19 Clinic

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Be sure to register for Thursday, November 4 at 11 am: Critically relevant information – and 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

COVID-19: Critically relevant information and discussion

Thursday, November 4 at 11 am
The Zoom meeting ID will be sent to you upon registering



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

Topics will include:

- Latest on COVID-19
- Vaccine Updates
- Our Mental Health
- Questions from attendees
(If you would like a question to be considered for discussion, please email it by November 3 to Lanie Abbott at the address below. Questions will be taken during the conference as time allows.)

Our Panelists:

Jim Jarvis, MD, FAAP
Senior Physician Executive
Incident Command, Northern Light Health
Director, Clinical Education, Northern Light EMMC

Yemaya St. Clair, LCPC-C
EAP Counselor
Northern Light Work Force

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

Elisabeth Marnik, Ph.D
Assistant Professor College of Science and Humanities
Husson University

Moderated by:
Karen Hawkes
VP, 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 labott@northernlight.org

Moderator: Karen Hawkes, VP, Operations Northern Light Beacon Health

Panelist

- Ed Gilkey, MD, MS, MBA, CPE, Senior Physician Executive, Northern Light Beacon Health
- Jim Jarvis, MD, FAAP, Senior Physician Executive , Incident Command, Northern Light Health, Director, Clinical Education, Northern Light EMMC
- Elisabeth Marnik, Ph.D, Assistant Professor College of Science and Humanities, Husson University
- Yemaya St. Clair, LCPC-C, EAP Counselor, Northern Light Work Force

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