Hidden risks brought on by COVID-19
Today’s Topics:

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

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Ask us questions – give us feedback – this hour is for you

• Please use the **chat** function to ask your questions at anytime.
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
What you can do!

- Physically remove hazard
- Replace hazard
- Isolate people from hazard
- Change the way people work
- Protect employee with PPE
Expert support on good ergonomics...
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

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

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

Thanks for helping keep us all safe.
18 Women’s Health Locations
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).

BRAZIL: 40-50% rise in DV incidents

SPAIN & CYPRUS: 20-30% spike in calls

UK: 25% increase in calls related to DV

CHINA: 3 times as many DV calls

AUSTRALIA, FRANCE, GERMANY, S.AFRICA & US report significant increases in reports

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)

Jefferson, Alabama +26%
Portland, Oregon +22%
San Antonio, Texas +17%
NYC, New York +10%

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

“A...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.”

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

<table>
<thead>
<tr>
<th>ICU</th>
<th>“I See You”</th>
<th>ICU Steps for Employers</th>
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<tr>
<td>I</td>
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<td>Identify the signs</td>
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<td>C</td>
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<td>Connect with the person</td>
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<td>Understand the path forward together</td>
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- 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?

APA Center for Workplace Mental Health
http://workplacementalhealth.org/Employer-Resources/ICU
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!
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
Use the chat function to ask your questions:

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

Morgan Mazzei, RN, CEASIII, CAOHC Clinical Staff Lead Northern Light Work Health

William Bradfield, MD, Clinical Director of Women’s Health Services, Northern Light Inland Hospital

Angela Fileccia, LCSW, Manager Healthy Life Resource Program, Northern Light Acadia

Jim Jarvis, MD, FAAFP Medical Director, Clinical Education Northern Light EMMC COVID Response Incident Commander
Tools you can use:

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