Delaying care, at what cost? Why prioritizing your health is important

Topics:
- Latest on COVID-19
- Importance of prevention and early detection
- Roundtable discussion
- Plenty of time for questions
Ed Gilkey, MD, MS, MBA, CPE, Senior Physician Executive, Northern Light Beacon Health

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

SuAnne Hammond, DO Primary Care Lead, Northern Light Primary Care - Windham

Thomas Earl, MD, FACC, FSCAI, Interventionalist Northern Light Cardiology

Stephanie Bosse, FNP-C, Northern Light Cancer Care
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.
• Please use the **Q and A** function to ask your questions at anytime.
Latest on COVID-19
Community risk level

COVID-19 Community Levels in US by County

<table>
<thead>
<tr>
<th>Level</th>
<th>Total</th>
<th>Percent</th>
<th>% Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>High</td>
<td>17</td>
<td>0.53%</td>
<td>-1.12%</td>
</tr>
<tr>
<td>Medium</td>
<td>146</td>
<td>4.53%</td>
<td>-2.7%</td>
</tr>
<tr>
<td>Low</td>
<td>3057</td>
<td>94.94%</td>
<td>3.82%</td>
</tr>
</tbody>
</table>

How are COVID-19 Community Levels calculated?
Community transmission level

Average daily cases per 100,000 people

- Maine
- Caribou
- Presque Isle

Good Health Is Good Business

4.7.22
Vaccines—who, what, where

• **Primary Series (2 mRNA or 1 J&J)**
  • Everyone age 5 years and older should receive 2 doses of mRNA or 1 J&J
  • Immunocompromised should receive an additional dose

• **Booster Number One**
  • Everyone age 12 and over should receive 1 mRNA
  • At least 5 months after mRNA, or 2 months after J&J

mRNA=either Pfizer or Moderna Vaccine
Booster Number Two

- At least 4 months after First Booster Dose
- Everyone age 65 and over should receive 1 additional mRNA dose
- Anyone who received 2 prior J&J doses, should consider 1 mRNA dose
- Anyone age 50 and older should consider 1 additional mRNA dose
- Anyone age 12 and older who is immunocompromised should consider 1 additional mRNA dose

mRNA=either Pfizer or Moderna Vaccine
Getting your second booster at Northern Light Health

**People eligible for a second booster is limited**
- Currently no plans to host large scale vaccination clinics

- **Right now**, Northern Light Pharmacy in Bangor and Portland are accepting walk in appointments for second boosters.
  - State Street (Bangor) 9 AM – 4 PM, Monday – Friday (weekends available by appointment)
  - Riverside & Westgate (Bangor) 9 AM – 2 PM, Monday – Friday
  - Fore River (Portland) 9 AM – 4 PM

- **Starting Friday, April 8, 2022**
  - Community members will be able to get their second booster
  - Any Northern Light Health vaccination or primary care location
Delay of Care
The Concern

• Intuitively, a delay of care will mean missed disease screening, cancers being diagnosed later, treatments started later, chronic diseases progressing faster, all resulting in years and lives lost
• More advanced disease generally costs more
• Data is now being collected to understand what this all means
• Today and tomorrow’s data will reveal the impact of delays over the coming years
• The causes of delay includes lockdowns, mistrust, fear of SARS-CoV-2, and loss of insurance
• Solutions will need to be tailored to the underlying causes, with all solutions starting with informing the public
What we do know

• In May 2020, nearly 50 percent of Americans had postponed care or had a family member who had deferred care because of COVID-19

• Nearly three out of ten adults over 50 (28 percent) delayed care due to the coronavirus pandemic in 2021

• In primary care specifically, 53 percent of unvaccinated people had rescheduled an appointment. Although this represents more than half of the unvaccinated population that experienced a primary care disruption, it pales in comparison to the 85 percent of fully vaccinated seniors who have rescheduled their primary care appointments

• According to the Centers for Disease Control and Prevention (CDC), chronic disease affects six out of every ten adults in the United States. In fact, four in every ten adults in the U.S. live with two or more chronic diseases https://www.definitivehc.com/blog/effects-of-postponing-essential-care-due-to-covid-19

• Calls for help too late: Year over Year (‘19 vs. ‘20) during a two week study period, the FDNY saw a 28% increase in fatalities for cardiac calls https://www.definitivehc.com/blog/effects-of-postponing-essential-care-due-to-covid-19

• Even a four week delay of cancer treatment is associated with increased mortality across surgical, systemic treatment, and radiotherapy indications for seven cancers https://www.bmj.com/content/371/bmj.m4087
A look at the impact, so far

https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2789064
Anticipated outcomes

Modeled cumulative excess deaths from colorectal and breast cancers, 2020 to 2030*

Colorectal  Breast

https://www.science.org/doi/10.1126/science.abd3377
What’s needed

- Make an appointment to see the Primary Care Provider – they will set-up appropriate screenings
- Reconnect with the Provider who ordered testing that has been delayed
- Make an appointment with the Specialist caring for chronic disease
- Schedule the delayed surgeries
- Discuss with staff/employees
- Discuss with friends and family
- We all can take a leading role in discussing in your communities
Why this is important

- Improved management of diseases leads to better outcomes
- Earlier diagnosis leads to greater treatment options and better outcomes
- Diagnosing and managing now, lowers cost of care and cost of insurance, and most importantly people live better lives
Annual visits with your primary care provider –
(diabetes, prediabetic, COPD, mental health, screenings)
Chronic Disease Impact

• **2010**
  - 29.9 million office-based visits had Diabetes as the primary diagnosis
  - 51.1 million visits had diabetes as any diagnosis.
    [https://www.niddk.nih.gov/Files/DIA_Ch40](https://www.niddk.nih.gov/Files/DIA_Ch40)

• **2012**
  - COPD accounted for 1.8 million Emergency Room visits
  - Estimated 20% subsequently admitted to the hospital

• **2012-2014**
  - over 30 million mental health related office visits by adults 18+
    [https://www.cdc.gov/nchs/products/databriefs](https://www.cdc.gov/nchs/products/databriefs)
In the 10 weeks following the declaration of the COVID-19 national emergency, visits to emergency departments declined for:

- **Heart attack**: 23%
- **Stroke**: 20%
- **Uncontrolled high blood sugar**: 10%

People who are experiencing symptoms of these or any life-threatening conditions should **seek immediate emergency care**, even during the COVID-19 pandemic.

CDC.GOV  bit.ly/MMWR62220  MMWR
A visit with your PCP allows for screening and detection of chronic diseases as well as improves the management of known conditions

- Vitals signs
- Laboratory Evaluation
- Screening diagnostics
- Coordinating treatment plans
- Patient education
Care where

48 Primary Care Locations

20 Pediatric Care Locations

7 Walk-In Care Locations
Easy access to schedule your vaccine, booster, or Flu shot

COVID-19 (Coronavirus) Portal - Public Vaccination (northernlighthealth.org)

COVID-19 Vaccination and Booster Eligibility Updates

Booster dose appointments for Pfizer, Moderna, and Johnson & Johnson COVID-19 vaccines are now available for people 18 and over who meet criteria.

People 5 years or older are currently eligible to schedule a COVID-19 vaccination.

Important:
- Community members under age 18 who would like to be vaccinated, must have a parent or guardian complete and initial the online scheduling form on their behalf.
- In addition to scheduling a vaccine using the online process, patients under 18 are be required to bring a completed consent to treat form signed by their parent or guardian to their appointment.
- Patients under the age of 16 must be accompanied by a parent or guardian to their vaccination.
- If you have any questions please call 207-204-8551*

*SOG distance or carrier fees may apply.

Scheduling your vaccination:
- If you cannot find an appointment that works for you at a Northern Light Health location, please visit the state COVID-19 vaccination site list.
- Please print your appointment confirmation and bring it with you. Vaccination candidates will receive an email confirming their vaccination location.
Taking care of your heart – why getting care and recognizing the signs is so important
COVID-19 and Delays in Cardiac Care

- Community concerns with going to the hospital and potential virus transmission
- Healthcare systems concerns with having an adequately staffed hospital, potential virus transmission to staff
- Healthcare systems concerns with having adequate personal protective equipment, potential delaying of routine care, procedures, health-care screening, etc.
Dramatic Decrease in Cardiovascular Disease Hospitalizations During COVID-19 Pandemic

Change in total and cause-specific acute cardiovascular hospitalizations by week from January 1, 2020, to March 31, 2020. The dashed gray line represents the total acute CV hospitalization for the corresponding time period in calendar year 2019 for reference. The red line represents the cumulative number of confirmed COVID-19 cases in Massachusetts. The red arrows demarcate key dates in the COVID-19 pandemic in Massachusetts. *Indicates a partial week. CV — cardiovascular; COVID-19 — coronavirus disease-2019.
Significant Increase in Mortality During COVID-19 Pandemic with Specific Cardiovascular Diseases
Increase in time to treatment, and increase in mortality, in heart attack patients during COVID-19 pandemic.
Why early detection can be life saving – are you up to date on your cancer screenings?
Cancer screening during a pandemic

- Worldwide public health issue
  - Second leading cause of death in US
- During reduced access to care and screening
- Delays in diagnosis and treatment
- Uptick in severity of cancer diagnosis
- Increases in loss of lives
Screenings save lives!

- Most effective way to detect cancer early
- 1 in 3 people diagnosed with cancer in their lifetime
- 1 in 8 women diagnosed with breast cancer (nationalbreastcancer.org)
  - Mammography detects 87% of cancers
  - Yearly mammograms diagnosis smaller less advanced cancers
  - Every two years more aggressive cancers
- 20 million adults in US who have not been screen for colorectal cancer
  - Second leading cancer killer for men and women
- Screenings prevent 33,000 cancer cases and save 16,000 people
  - CDC report over a 5-year period
Cancer screening recommendations

• **Breast Cancer**
  - Ages 40-49 (average risk) choice to start or wait until 50 yearly / biyearly mammograms
  - Ages 50-74 (average risk) every 2 years mammograms

• **Colorectal Cancer**
  - Ages 45-76 Colonoscopy every 10 years (depending on results)
  - Ages 76-85 personal preference, life expectancy, overall health and screening history

• **Additional screenings:**
  - Yearly (at home), Fecal occult blood test (FOBT) or Fecal immunochemical test (FIT)
  - Every 3 years, multi-targeted stool DNA test (MT-sDNA)
  - Every 5 years, flexible sigmoidoscopy
Screening recommendations

- **Lung Cancer**
  - Yearly Low Dose CT Scan
  - 50-80 years of age
  - Smoke or have smoked

- **Cervical Cancer**
  - Ages 21-29 Pap smears every 3 years
  - Ages 30-65 Pap smear every 3 years
    - Every 5 years (high risk) Human Papilloma testing

- **Prostate Cancer**
  - 45 years, high risk, black or Caribbean men, or men of African ancestry, or first degree relative diagnosed with prostate cancer at an early age (younger than 65)
  - 50 years, average risk, PSA and possible digital rectal exam
Lifestyle changes prevent 40% of cancer deaths

• Avoid tobacco
• Maintain a healthy weight
• Follow a health diet
• Stay physically active
• Avoid or limit alcohol
• Wear sunscreen and protective clothing, avoid tanning beds, get year skin checks
• Get vaccinated against viruses that cause cancer
  • HPV vaccine (up to age 45)
• Get SCREENED
Please use the Q and A function – what questions do you have?
Tools you can use:

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

View Past and Upcoming Meetings, Download Resources, and Watch Informational Videos

February 10, 2022
Frontline employees share their experiences: lessons that promote team strength, resiliency, and compassion

January 27, 2022
Pandemic Fatigue - Investing in your employees to build a culture of caring

December 16, 2021
A Safe and Healthy Holiday and New Year

January 13, 2022
Build a plan to help employees manage stress and treat burnout
Thursday, May 5 at 11am –
How to get mental health support in your workplace

Topics:

• Latest on COVID-19
• What’s available to support mental health in the workplace
• How to get started
• Why it’s a valuable benefit
• Local businesses share their story
• Plenty of time to ask your questions
Legal Disclosure:

The Coronavirus pandemic is an ongoing, continuously evolving situation. Northern Light Health (NLH) encourages everyone to follow federal and state governmental guidance and mandates.

NLH does not know the particulars of your situation, so the information presented today is general in nature and is based upon NLH’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 NLH presents today in no way guarantees that you, your employees and/or your customers and clients will not contract or spread the Coronavirus.