

RUTGERS PROJECT ECHO MCH-OU D COVID-19 ECHO

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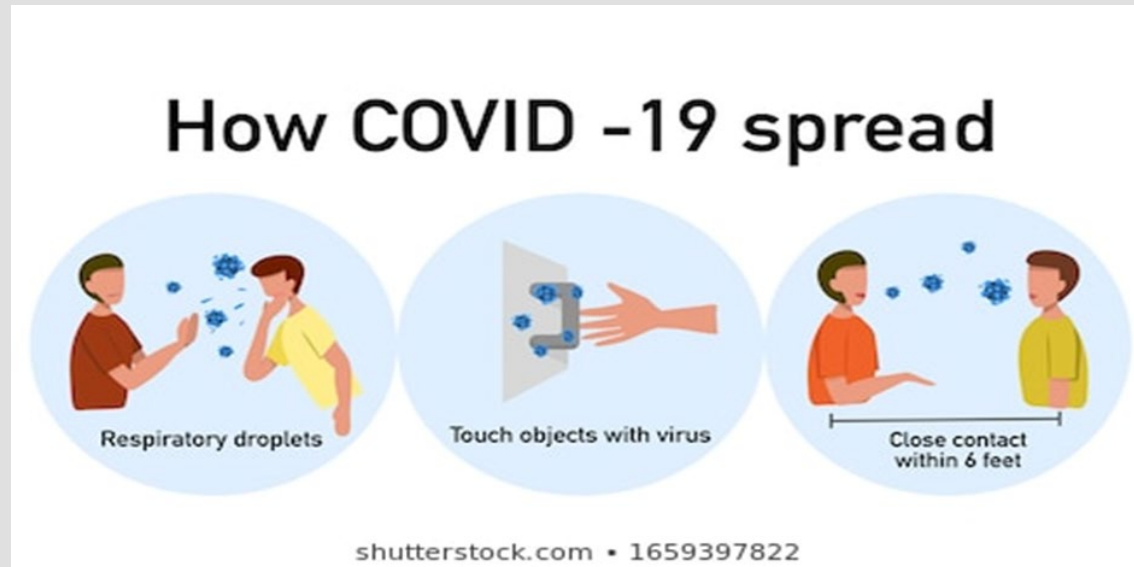


SESSION AGENDA

- Epidemiology and impact of risk factors (social determinants)
- What the data tells us about NJ populations at risk
- Importance of maintaining good maternal care practices
- How COVID has changed SUD treatment
- How to provide care and be safe.
- Personal Protective Equipment (PPE)
- Questions and Answers

EPIDEMIOLOGY

- Coronavirus Disease 2019 , COVID-19
- Thought to be spread mainly from person to person
- Spread from contact with Contaminated surfaces or objects



EPIDEMIOLOGY OF COVID-19 IN PREGNANCY

- Most data available is antedoctal and is based on observations from China and Italy, not sure this entirely extrapolate to our US population (heterogeneous population)
- Current available data does not indicate pregnant women at increased risk
- Pregnant women are considered relatively immunosuppressed and at greater risk of severe morbidity and mortality from other respiratory infections (ie influenza, SARS-CoV, MERS-CoV)
 - THEREFORE PREGNANT WOMEN SHOULD BE CONSIDERED AN
 - AT RISK POPULATION FOR COVID-19

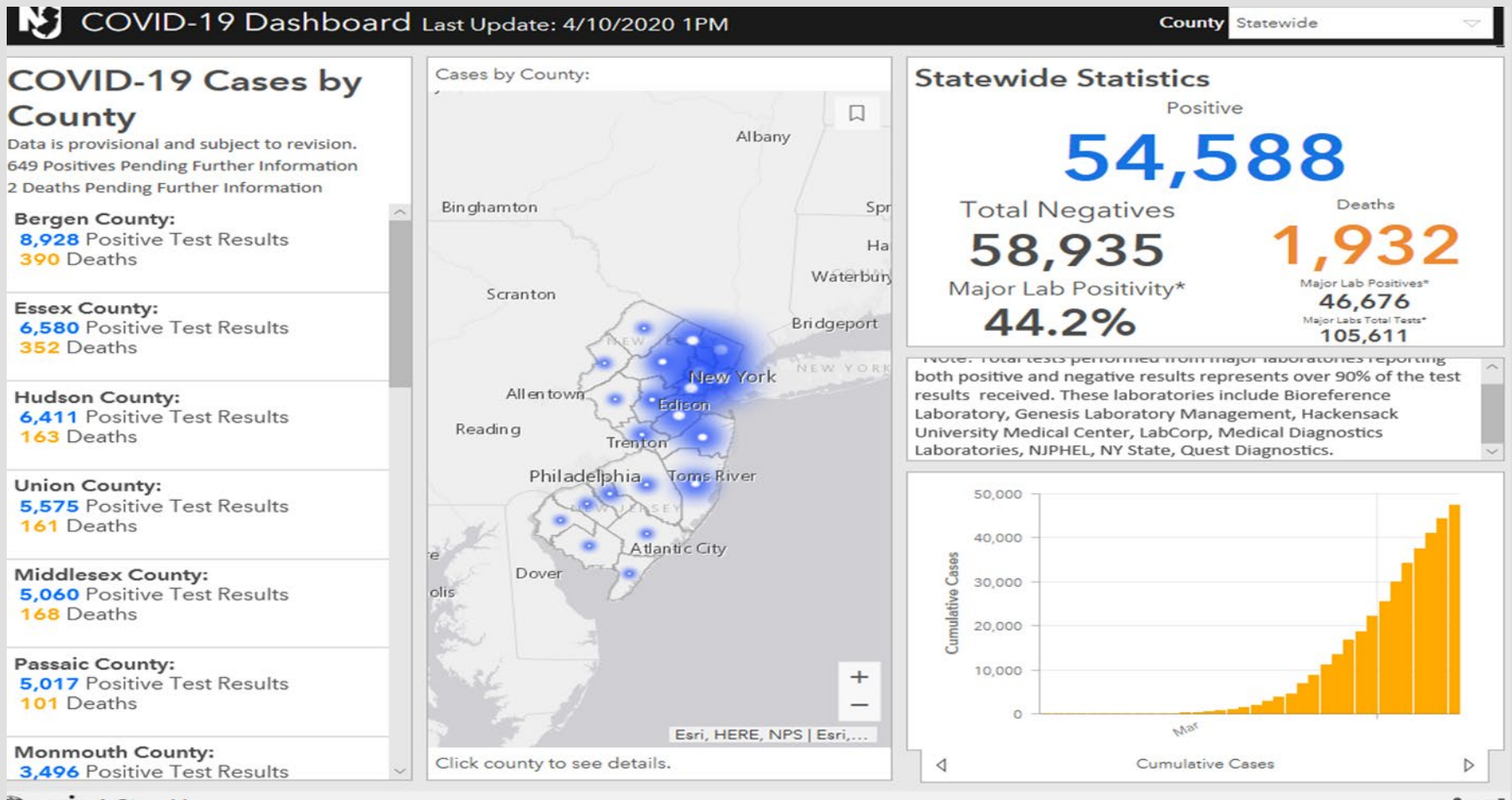
IN TIMES OF PANDEMICS/ CRISIS – VULNERABLE POPULATIONS ARE AFFECTED IN A GREATER FASHION BOTH SHORT TERM AND LONG TERM

- OUD patients and Pregnant patients are both very vulnerable groups
- Factors that may be exacerbate poor outcomes:
 - Food insecurity
 - Homelessness
 - Domestic violence/ IPV
 - Loss of income
 - Loss of insurance
 - Additional childcare responsibilities
 - Self treatment of anxiety or depression

REAL WORLD – WHAT TO DO

- Instruct patients to call first
- First person to contact patient –should ask about symptoms
- Testing sites, local and state health departments
- Patient presents on labor floor- PPE, dedicated staff
- Travel history no longer necessary component
- Vitals , Pulsox, respiratory findings
- Testing- influenza, other viral , renal failure, chest xray

WHAT THE DATA TELLS US ABOUT NJ POPULATIONS AT RISK



NOW MORE THAN EVER WE WANT TO BE LASER FOCUSED ON MAINTAINING GOOD MATERNAL CARE PRACTICES

- Continue to screen and treat SUD
- Incorporating more telehealth for all aspects of care-
for those who have the technology
- Asking patients how they are managing stress during
this crisis (tobacco, alcohol and substance use)
- Anticipatory guidance for patients
 - Is it safe to deliver in the hospital, am I a candidate for home
birth ?

HOW TO PROVIDE CARE AND BE SAFE

- Telephone check -ins/ telemedicine
- Patients are afraid- fear and anxiety- increase stress and stress related complications
- Increasing # of extramural deliveries and or intentional home births
- Rely on our BASIC TRAINING
- When in proximity to blood bodily fluid, secretions – don't get lax
- Use PPE (mask, face shield, gloves, gown, booties)

PERSONAL PROTECTIVE EQUIPMENT (PPE)

- Taking it off properly is just as important (Doffing)
as
 - Putting it on properly (Donning)

FACE COVID- A MODEL FOR DEALING WITH CURRENT STRESSORS

- Focus on what is in your control
 - Acknowledge your thoughts and feelings
 - Come back to your body
 - Engage in what you are doing
 - Committed action
 - Opening up
 - Values
 - Identify Resources
 - Disinfect and distance
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- Reference: www.weitzmaninstitute.org/coronavirus

REFERENCES

- NJ Department of Health
 - 609-392-2020 After hours / Epi on call phone #,
 - 609-826-5964 Infectious Disease Outbreak-related Questions
- CDC
- ACOG

<https://www.acog.org/-/media/project/acog/acogorg/files/pdfs/clinical-guidance/practice-advisory/covid-19-algorithm.pdf?la=en&hash=2D9E7F62C97F8231561616FFDCA3B1A6>

Thank you!

Questions & Discussion

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New Jersey Medical School

