

COVID-19 / Mental Health Questions & Answers: Calgary Zone

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General themes covered by this document:

- Child and adolescent mental health & pharmacology
- COVID-19:
 - Vaccination rollout process / policy
 - Variants of concern

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Question	Answer
Theme: Child and adolescent mental health & pharmacology	
1. What is the preferred medication for ADHD in adolescents?	Long acting stimulants: Methylphenidate based = Concerta Amphetamine based = Vyvanse
2. What is the preferred medication for depression? Anxiety?	Fluoxetine for younger kids (available in a flavoured liquid) Adolescents - fluoxetine due to long half life – eg. with missed doses - 20-40mg/d Sertraline - can titrate up to 150 mg/d Titrate in 3-4 weeks
3. Do you start low or go based on weight re ADHD meds?	Start low and titrate - if no effect then increase dose - should notice a difference in 4 weeks
4. Duration of therapy?	Try to give it 12 months; longer if symptoms persist
5. Is there any monitoring to be done when on stimulants or SSRIs?	ECG to check for prolonged QT if on multiple medications Stimulants- watch for hx of arrhythmias (ask about exercise-induced breathing issues? syncope? Congenital heart problems? bad chest pain? Fhx of healthy individuals who had sudden death?)

6. Any self administered questionnaires that are helpful to use in kids or standard - PHQ9 GAD 7?	PHQ 9 modified for teens and SCARED for anxiety
7. What about the kids who are on psychotropic medications and are experimenting on alcohol or marijuana	Drugs will win over the medicine every time so medicine will not work very well or have more side effects
8. If you want more training in children with mental health conditions	There is the Canreach program - https://wp.hmhc.ca/canreach/
Theme: COVID vaccinations	
9. When it comes to 2C group vaccination can we make vaccination mandatory for our physicians and clinic staff?	There is some uncertainty about this. Alberta Labour laws will also influence this, potentially in the coming months
10. Do we as physicians book through a different website/site or do we just wait for our 2C group announced and just book like everyone else?	Physicians will not get a private email, but we will share more details once known
11. Are Medical Students and Hospital volunteers included in Phase 2c	Medical learners who are doing 'practicums' where in contact with patients are in 2C
Theme: COVID variants	
12. Isolation rules for variants?	10+14 days The index case isolates for 10 days, household members must isolate for an additional 14 days afterwards. Isolation hotels may be useful to avoid extended isolation for household members.
13. If a child has been exposed to a variant through a classmate and are told to quarantine, do they need to go to a COVID hotel? Do their family members need to take any special precautions?	If you are a close contact, you need to do a 14 day quarantine. However, if you test positive for the variant, then the quarantine period extends so be mindful of total days of isolation if no one uses the isolation hotel option

<p>14. If pt previously had COVID in last 3 months and develops new covid symptoms, we previously did not re-swab (stay home until asymptomatic) ... in light of VOC, should we re-swab them?</p>	<p>Likely yes - especially since there are new variants now. Isolation guidelines for their families would change too.</p>
<p>Theme: COVID clinical management</p>	
<p>15. Previously we risk stratified on positive test - pathway now asks for resp symptoms and then risk stratify - does this suggest self monitoring only if no resp symptoms and no red flags?</p>	<p>On pathway starts with a positive case, respiratory sx makes you think about ER/911 - then risk stratify for monitoring plan</p>
<p>16. If preg pt requires emergent care and covid (+), do they go to hospital L&D and how to smooth hand off?</p>	<p>Call RAAPID</p>
<p>17. Can we just phone the Community Paramedics if we have concerns re Pt at home with Covid-not them calling 911?</p>	<p>You can, but beware, timelines for a response may not be until 24hrs later. Note: There is a community paramedic form. You fill it out and fax it.</p>