

COVID-19 conundrums



Calgary Zone
Webinar series
COVID-19
CONUNDRUMS

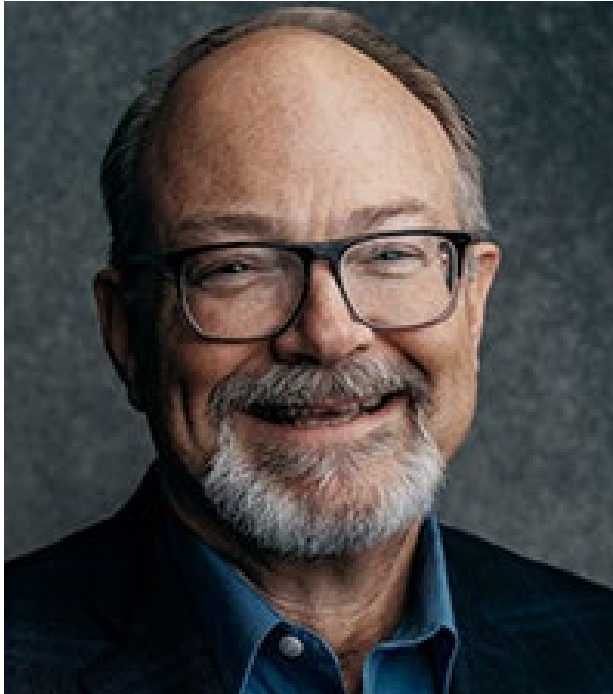


WEBINAR OVERVIEW

HOST



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Dr. Rick Ward

Family Physician

Crowfoot Village Family Practice

Medical Director, Primary Care,

Alberta Health Services (Calgary Zone)

Disclosures

- Shire
- Pfizer
- Merck
- BI
- AZ
- Janssen
- Takeda
- Servier
- BMS

WEBINAR OVERVIEW

AGENDA



Time	Topic	Speaker
6-6:05 p.m.	Welcome, overview	Dr. Rick Ward
6:05-6:20 p.m.	Mental health moment: Child and adolescent suicide risk	Andrew Baxter
6:20-6:30 p.m.	Mental health Q&A	Andrew Baxter & Dr. Ward
6:30-7:45 p.m.	Clinical pearls & panel discussion	
	- Infectious Disease & Specialist LINK	Dr. Bonnie Meatherall
	- Public Health	Dr. Jia Hu
	- Post-COVID care	Dr. Brian Cornelson
	- Labs	Julia Hendry & Dr. Nathan Zelyas
	- Primary Care Networks	Dr. Janet Reynolds & Nicole Gleeson
7:45-8 p.m.	Evaluation link, next webinar	Dr. Rick Ward

PRIMARY CARE PANEL

OUR PANEL



Andrew Baxter



Dr. Bonnie Meatherall



Dr. Jia Hu



Dr. Brian Cornelson



Dr. Nathan Zelyas



Julia Hendry



Nicole Gleeson



Dr. Janet Reynolds

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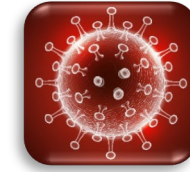
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Disclosures

- None

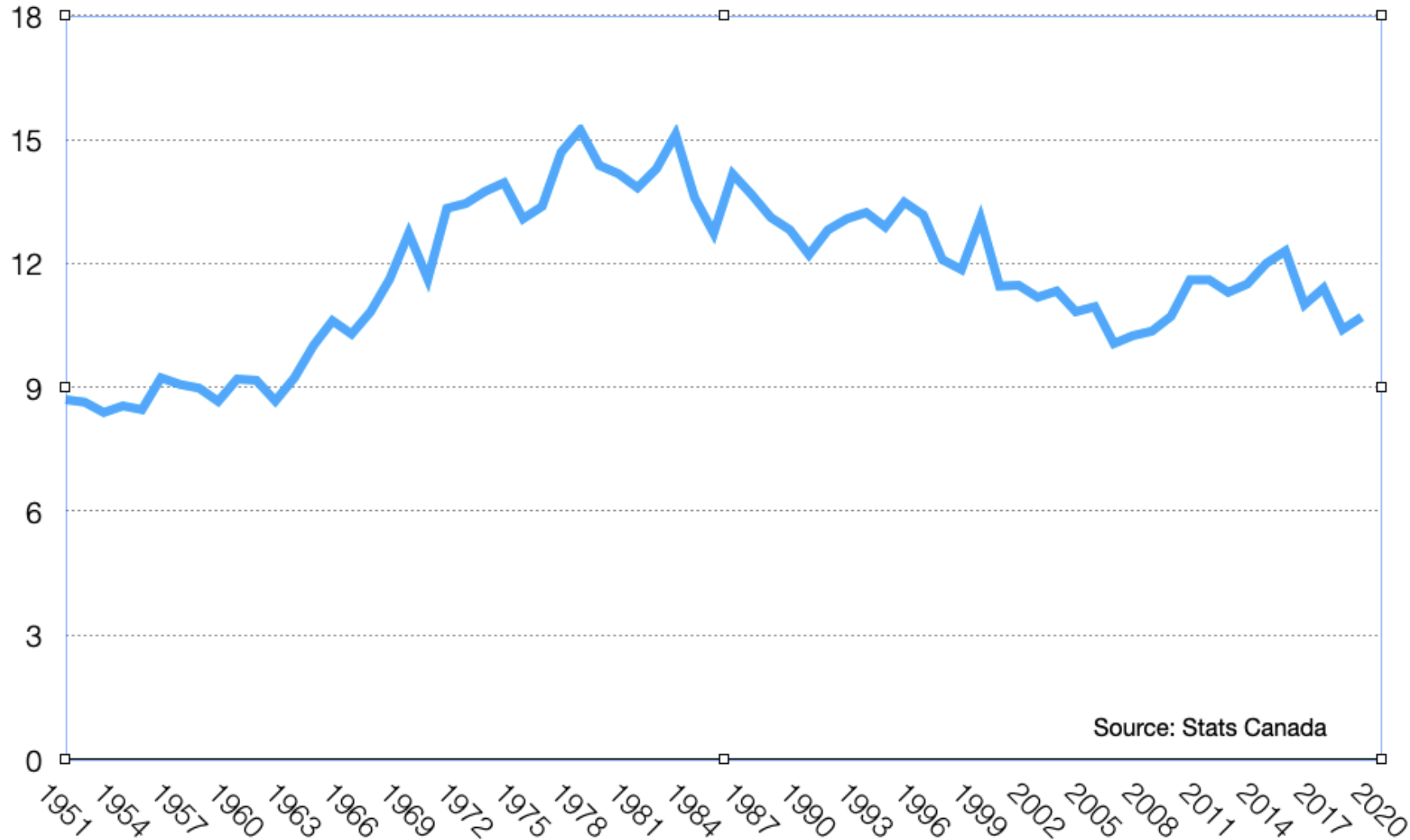
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Canadian Suicide Rate Per 100,000 By Year (1950-2020)



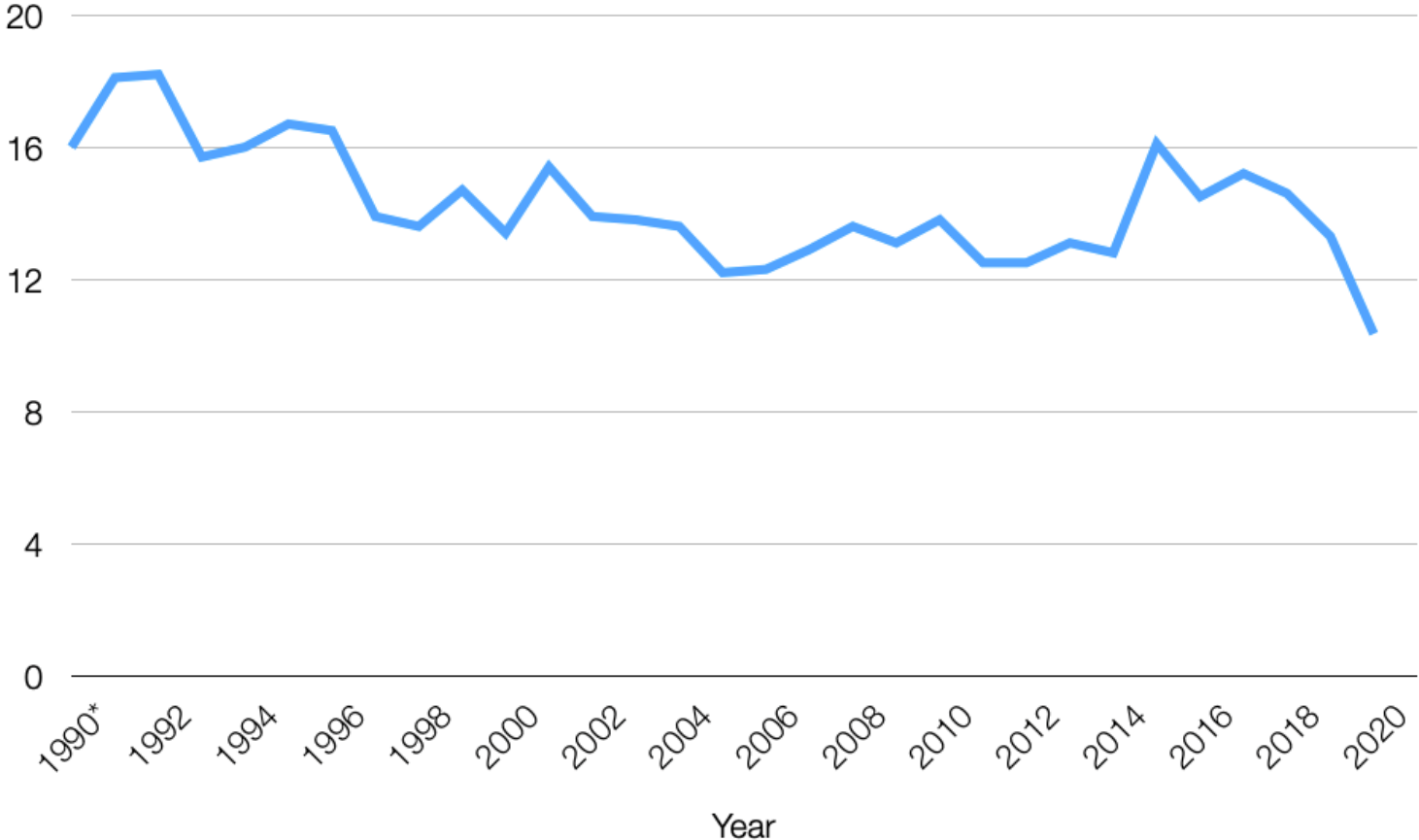
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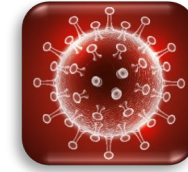
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Alberta Suicide Rates Per 100,000 1990-2020



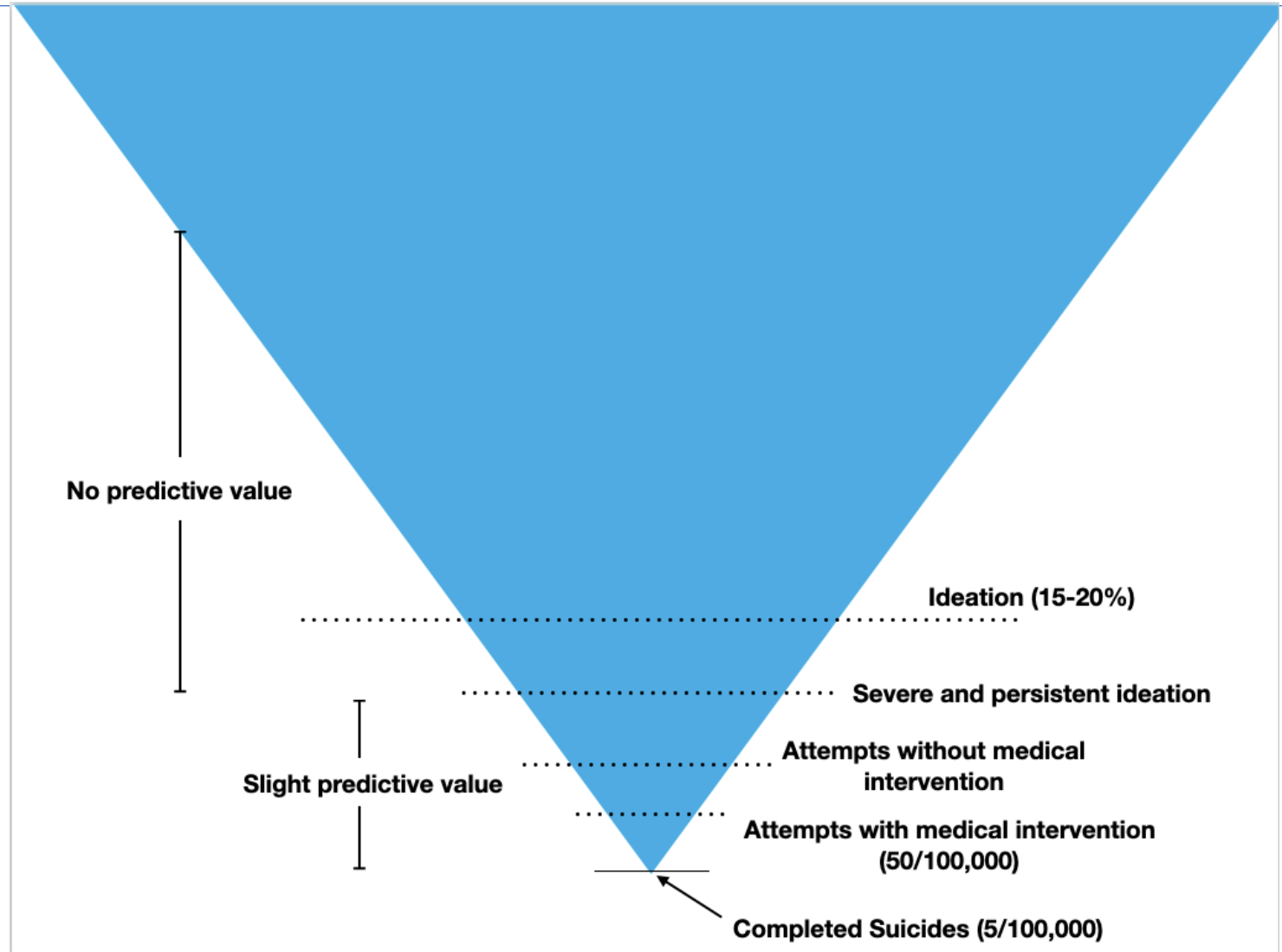
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Model of Predictive Values in Youth Suicide



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	Planned	Spontaneous
Youth	25	75
Adult	75	25

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Risk Factor Categories

- Age
- Gender
- Current Suicidality
- Past suicidality and suicide behaviours
- Psychiatric History
- Psychiatric symptoms
- Medical History
- Family History
- Personal History
- Personality



	Higher Risk	Lower Risk
Suicide Ideation	Persistent	Fleeting
	Intense	Low-Intensity
	Uncontrollable	Manageable
	Acute	
	Prolonged	
Suicide Intent	Strong desire to die	High ambivalence
	Strong commitment to act	Low commitment to act
	Expectation of death	
Suicide Plan	Premeditated	No plan
	Well planned	Low lethality method
	Highly lethal means	No access to means
	Access to means	

Summary of Current Suicidality Risk Factors



Key messages for primary care physicians

- Health providers are often the point of first contact for those at risk and identification, assessment, and risk management skills are critical
- There are a myriad of protective factors and risk factors affiliated with suicide, however no one factor can determine the event of suicide
- Some well-established risk factors for youth suicide are presence of a mental disorder, previous attempts, family history of suicide, substance abuse and juvenile justice involvement

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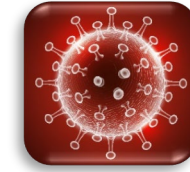
DR. BONNIE MEATHERALL



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Disclosures

No conflicts of interests to declare



Key messages for primary care physicians

- Tools to address vaccine hesitancy
 - <https://www.19tozero.ca/>
 - <https://tools.cep.health/tool/covid-19-vaccines/>
 - Healthcare workers may be vaccine hesitant as well
 - “Guinea pig” phenomena
 - Systemic racism, perceived lack of support from employer are important considerations
- Lingering symptoms of COVID-19 infection
 - 1) permanent organ damage 2) (ME/CFS) myalgic encephalomyelitis/chronic fatigue syndrome
 - Clinics in Calgary for follow up of patients with ongoing cardio-pulmonary symptoms >12 weeks after onset of infection
 - <https://www.yourcovidrecovery.nhs.uk/>

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Dr. JIA HU



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Disclosures

- Medical Officer of Health – Alberta Health Services; works with Alberta Health on tech solutions
- Corporate Medical Director – Canadian Pension Plan Investment Board (via Cleveland Clinic Canada)
- Research funding from CIHR, NSERC, DND, CMA, CFPC, Pharma, etc.
- Family doctor (East FCC locum, LTC – Rouleau Manor, walk-ins) – on hiatus during the pandemic

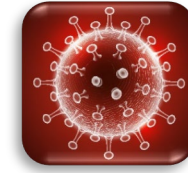


Key messages for primary care physicians

- 2021 will be better than 2020 for a number of reasons
- Family doctors are critical to anything with the health system
- We appear to have a good handle on the variant in our province (and COVID-19 in general)
- Understanding how elected officials / political staff / Ministries (e.g., Alberta Health) / health delivery organizations (e.g., AHS) work and who has control over what is useful for understanding how decisions are made (e.g. re: vaccine rollout) and changing things
- Working together as best we can across all groups in the ecosystem is key – of course, sometimes that might be hard but there are usually ways of cajoling cooperation

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BRIAN CORNELSON MD



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Disclosures

- Medical Director, East Calgary Family Care Clinic (AHS)
- Not on anybody else's payroll 😞
- No medications discussed



Key messages for primary care physicians

- About 60% of patients with COVID-19 can experience new or persisting symptoms at 3 months from initial diagnosis
- Symptoms are primarily fatigue, respiratory, neurological (including cognitive impairment and brain fog), musculoskeletal and mental health
- Symptoms may come and go from one system to another
- Incidence and severity of symptoms may have no relationship to severity of initial illness
- Nonetheless, disability may be worse with pre-existing co-morbidities, e.g. obesity, hypertension, diabetes and COPD
- Assessment tools and resource suggestions being finalized

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JULIE HENDRY & DR. NATHAN ZELYAS



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Disclosures

- None



Key messages for primary care physicians

- Avoid faxing requisitions when possible, use electronic options instead
 - PDF/word better than pictures, patient print single sided is best, can print at the lab
- Access options
 - Urgent need - Short notice appts, pick up cancelled appt online or walk-in; pilot project for time sensitive lab work is underway; Routine work – book online appt (2-4 weeks)
- Appropriate utilization
 - Consider reducing frequency of standing orders for stable patients e.g. HBA1C
 - Urinalysis – we are seeing reduced utilization since the October webinar
- COVID-19 variant testing
 - All samples testing positive in AB get screened
 - Positives screened for characteristic mutations (Spike gene 69/70 deletion, N501Y mutation) – followed by sequencing if positive

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DR. JANET REYNOLDS



Disclosures

- Family Physician and Medical Director, Crowfoot Village Family Practice
- Medical Director, Calgary Foothills Primary Care Network
- Calgary Zone Patient's Medical Home Task Group, Co-Chair
- Choosing Wisely Alberta Steering Committee, member
- Choosing Wisely Canada Family Medicine Advisory Group, member

Key messages for primary care physicians: Clinics

Team huddles

- 15 minutes of protected time every day
- Review access (each provider, team and clinic) for today and tomorrow
- Appropriateness of bookings, RN input, in person vs. virtual
- Appointment preparation, e.g. photos in the chart if needed for a virtual visit
- Key clinic updates
- Team check in



Key messages for primary care physicians: PCNs

- Incredible workforce supporting our medical homes
- Adapted quickly to support virtual care with us
- Working on what the future of virtual care might be in our medical homes
- Helping us pick up the work that was put on hold while we continue to care for COVID-positive patients
 - Access clinics, Cii/CPAR, cancer screening/disease surveillance, supporting quality improvement in medical homes, panel readiness for COVID-19 vaccine outreach

Key messages for primary care physicians: Calgary Zone

- The established organizational structure with its partnerships (AHS, AMA) is a critically strong foundation for the CZ COVID-19 response
- Social determinants: Housing and food security

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NICOLE GLEESON



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Disclosures

- Executive Director, Mosaic Primary Care Network
- Calgary Zone Patient's Medical Home Task Group, Co-Chair



Key messages for primary care physicians

PCNs assist members by:

- Delivering coordinated PCN strategy: COVID-19 access pathways/clinics
- Attaching patients to physicians
- Providing education (vaccine & COVID-19) – such as these CME events
- Communications – providing up to date information & resources
- Advocating – PCN physician leads executive
- Supporting efforts to identify eligible patients for vaccination
- Exploring partnership opportunities

We are here for you – reach out to your PCN

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Q&A discussion



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EVALUATION LINK, NEXT UP



Thank you for attending!

- Complete the online evaluation form to receive your ticket of attendance:
<https://survey.albertahealthservices.ca/TakeSurvey.aspx?SurveyID=m4L24mm4J>
(also on specialistlink.ca under COVID-19 tab)

- Next webinar:

Tuesday, April 6, 6-8 p.m.

Register here: <https://www.eventbrite.ca/e/calgary-zone-mental-health-covid-19-webinar-series-tickets-143335886495>

