

Virtual Chapter Chat COVID-19 Updates

Wednesday, April 29, 2020
6:00 – 7:00 PM

Call-In: (786) 535-3211
Access Code: 625-223-293
(Please ensure you are on mute)

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™
ORANGE COUNTY CHAPTER



Welcome

Kate Williamson, MD
President, AAP-OC Chapter



Eric Ball, MD
Immediate Past President, AAP-OC Chapter

(Please ensure you are on mute)



AAP-OC Chapter Chat - Housekeeping

- Callers will be muted upon entering the call and will remain muted during the chat
- Use the chat box to submit comments or questions
- If you are on the phone for audio, please make sure your sound is off on your computer (this causes feedback)
- Do not put your phone on hold if you have to leave the meeting (we will hear the hold music)
- This webinar will be recorded and posted on the AAP-OC Chapter website



AAP California Chapters



AAP-Orange County Chapter

Our Mission: To achieve optimal health for all Orange County children by promoting pediatric excellence.

We accomplish this through:

- ✓ Excellence in Education
- ✓ Community Health Advocacy
- ✓ Legislative Advocacy



Become a Member!

- Free/reduced-price CME events for members
- Reduced-price registration at Current Advances
- Practice Support
- Networking
- Community Engagement
- Advocacy



Get Involved!

AAP-OC COMMUNITY ADVOCACY COMMITTEES

SCHOOL HEALTH

- ★ Learning Disabilities
- ★ Fitnessgram
- ★ Obesity Prevention

MENTAL HEALTH

- ★ ACES
- ★ Suicide Prevention

OBESITY PREVENTION & NUTRITION

- ★ Active Play
- ★ Family Mealtime
- ★ Resource Development & Sharing

INJURY & VIOLENCE PREVENTION

- ★ Drowning Prevention
- ★ Clinic in the Park



Get Involved!

AAP-OC Task Force Teams

TEAM KiPOW
Nutrition &
exercise in
under-privileged
schools



**EARLY
CHILDHOOD
HEALTH &
DEVELOPMENT**
Developmental
Screening, Early
Identification &
Intervention,
Obesity
Prevention



**ILLUMINATION
FOUNDATION**
Health access
to homeless
children



**REACH OUT &
READ**
Improve early
childhood
literacy



**STATE
GOVERNMENTAL
AFFAIRS**
Legislate for
child health
issues



**IMMUNIZATION
TASK FORCE**
Advocacy
and QI
projects
around
vaccines



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AAP-OC Chapter *We Care for Kids* Campaign

- Provides support to our strategic priorities
- To be a “We Care for Kids” donor :
 - Go to <https://www.aap-oc.org/support-us/>
 - Click the “Donate” button on the Main Page
- Donations to support PPE and supplies for OC pediatricians may be made at <https://charity.gofundme.com/o/en/campaign/ppe-donations-for-oc-pediatric-practices>

How You Can Help



By making a donation to AAP-OC today, you will directly help children and families participating in our community programs that address pressing and current health issues facing Orange County's children.

\$250

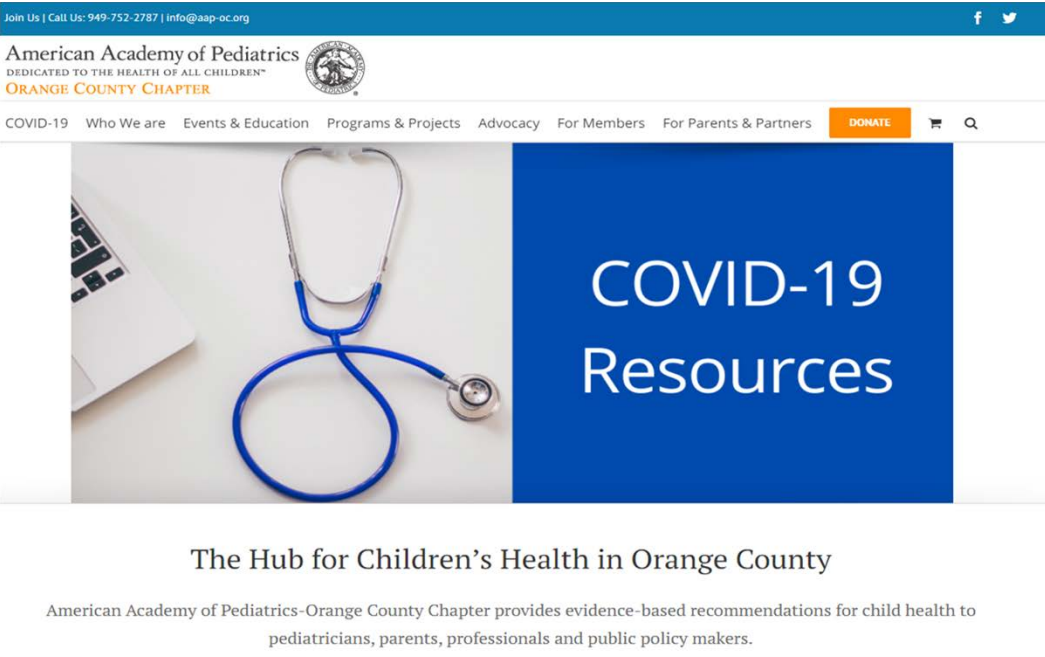
● provides 50 books for children participating in Reach Out & Read.

\$500

● brings 10 parents of children with learning disabilities to our parent educational conference, which empower parents with knowledge to help navigate bullies and other school challenges.

\$1,000

● connects 1,000 children participating in No-Child Hungry to needed resources to improve food security.



Visit our Website
www.aap-oc.org

And join us on social media



@ocaap



@AAPOCChapter4



@OCAAP

COVID-19 UPDATES THIS WEEK

Disease Testing

- Recommended for those in whom it will change management

Antibody testing

- Not yet ready for universal testing
- Sensitivity and specificity cannot yet differentiate between Coronavirus strains

Treatments?

- Hydroxychloroquine is proven treatment for MALARIA, not COVID19
- Disinfectants should be used on surfaces, **not** people

Recommendations for Testing for 2019 Novel Coronavirus as Opportunities for Testing Increase in Orange County

April 27, 2020

Testing for SARS CoV-2 is becoming more widely available in Orange County. The following recommendations are intended to help healthcare providers prioritize testing of a wider group of patients as resources allow. They are based on recently-released California Department of Public Health (CDPH) guidance, which can be found at <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Expanding-Access-to-Testing-Updated-Guidance-on-Prioritization-for-COVID-19-Testing.aspx>



TELEHEALTH – SUCCESSFUL IMPLEMENTATION

Michael Weiss, DO

Vice President, Population Health, CHOC Children's

American Academy of Pediatrics
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LONG LIVE CHILDHOOD

Completing a Successful Video Visit

This tip sheet will help you better connect with patients and their families during a video visit.

Is your patient a good fit for a video visit?

It's up to each clinician to gather enough information to make appropriate medical decisions. If you do not believe you can provide the quality of care required for a given situation, please do not use telemedicine.

Here are some things to remember:

- You do not have to duplicate your usual in-person exam. Be creative – it's OK!
- Do not provide telehealth when a patient/parent is driving or in a public location.
- Do you have a medical license for the state in which the patient lives? Restrictions are currently waived but this may change.

Important factors to consider when determining the appropriateness for a home video visit:

- Does the patient/family have access to the internet and a computer or mobile device?
- Is there a need for in-person vital signs, physical exam and testing?
- Can the patient/family obtain necessary vital sign data?
 - Thermometer
 - Scale
 - Skill in taking an accurate pulse
 - You can count respirations
- Can the patient/family provide any physical exam needs?
- What is the patient/family dynamic?
 - While it is more difficult to control the patient's home environment, this may actually allow a better understanding of the social determinants you may need to address.
- Are there any privacy concerns?

Tips for a great video visit experience

- Assure an uncluttered view from where you are positioned:
 - Check your self-view.
 - Post a sign that your video session is in progress.
- Be aware of the position of your devices:
 - If using two screens, ensure they are positioned optimally to be able to look back to the patient frequently when documenting.
 - To better engage the patient/family, look at the camera –not your computer.

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LONG LIVE CHILDHOOD

Tips for a great telehealth visit

Before your visit

Be with your child in a room that is well lit and quiet. Try to limit distractions, but don't worry – we know you're balancing a lot at home.

Having a few tools available can be helpful:

- Thermometer
- Flashlight or light source
- Scale – or know your child's weight
- Name/location of your preferred pharmacy
- Name/location of your preferred laboratory

Starting your visit

Follow these steps to start your visit:

1. Click the link in the email you received from choctelehealth@choc.org.
2. Download the free Zoom app.
3. Click the link again to go to the physician's meeting.
4. Enter your child's name. If asked, click "call using Internet audio."
5. Stay in the "virtual waiting room" until the physician admits you.

During the visit

Here are a few things to expect from a virtual visit:

- At first, this exam might "feel" different from a typical visit. That is OK and expected.
- Ask your child to show the provider their favorite toy or something else to help them feel more comfortable.
- The doctor or nurse practitioner will ask you help with the child's exam by taking temperatures or showing a rash.

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Mental Health Chat Part 2

THE MENTAL HEALTH IMPACT ON OUR PROVIDERS & WHAT TO EXPECT POST-PANDEMIC

David Safani, MD

Medical Director, Adolescent Partial Hospitalization Program, Psychiatry & Human Behavior

Medical Director, Outpatient Services, Psychiatry & Human Behavior

UCI School of Medicine

AAP-OC Chapter Mental Health Committee Co-Chair

Heather Huszti, PhD

Chief Psychologist, CHOC Children's

AAP-OC Chapter Mental Health Committee Co-Chair

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AAP-OC Chapter COVID-19 Provider Mental Health Resource Page

<https://www.aap-oc.org/covid19-provider-mental-health/>



Provider Mental Health

[RETURN TO COVID-19 RESOURCE PAGE](#)

Physician Support Line: 1-888-409-0141

Helping our colleagues all over the U.S. on the front lines of COVID-19. Free & Confidential | No appointment necessary
Open 7 days a week | 8:00AM – 12:00AM EST

National Suicide Hotline: 1-800-273-8255

24/7 free and confidential support for those in distress. Provides prevention and crisis resources for you and your loved ones.

The OC WarmLine

The NAMI OC WarmLine is a free and confidential telephone service providing emotional support and resources to Orange County Residents. Times: 9am-3pm (Mon-Fri) and 10am-3pm (Sat, Sun)

- Call or Text 714-991-6412
- Toll-Free 877-910-9276

MENTAL HEALTH PHONE APPS

Mindfulness/Meditation

- Happidote: Mediation app for healthcare providers
- Headspace: Free for healthcare providers (sign up with your NPI)
- Calm: Free 7 sessions, subscription afterward
- Buddhify: Free
- Insight Timer: Free
- Psyberguide: Website that reviews mental health apps, including expert reviews
- Ten Percent Happier: Free to healthcare providers

Depression Treatment

- Mood Tools

Anxiety Treatment

- Anxiety Coach (Mayo Clinic)
- Breathe 2 Relax
- Panic Relief

Sleep/Anxiety

- CBT-i Coach



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[Volunteer Portal](#)

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[Call Now](#)

www.physiciansupportline.com

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AAP-OC Chapter COVID-19 Parent Resources

<https://www.aap-oc.org/covid19-parent-resources/>

Join Us | Call Us: 949-752-2787 | info@aap-oc.org



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Parent Resources

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COVID-19

[AAP – Healthy Children | HealthyChildren en Español](#)

[Working and Learning from Home During the COVID-19 Outbreak](#)

[CHOC Children's](#)

[Includes and updated FAQ from pediatric infectious disease specialists. Includes information that is most relevant to pediatric patients and their families.](#)

[CHOC Nurse Line: 1-844-GET-CHOC](#)

[Available 24/7 to answer your questions about COVID-19 and your child](#)

[CalOptima](#)

[Coronavirus Disease 2019 Frequently Asked Questions](#)

TIPS FOR PARENTS: PHYSICAL DISTANCING

[AAP: Finding Ways to Keep Children Occupied During These Challenging Times](#)

[Hand Washing: A Powerful Antidote to Illness](#)

[Positive Parenting & COVID-19: 10 Tips to Help Keep the Calm at Home](#)

[Social Distancing: Why Keeping Your Distance Helps Keep Others Safe](#)

[Working and Learning from Home During the COVID-19 Outbreak](#)

DEALING WITH STRESS

[Managing Your Mental Health During COVID-19](#)

[Help Me Grow is Here to Help your Family Get Through This English | Spanish](#)

[CHOC: Videos that teach children and families specific coping strategies \(breathing, meditation, guided imagery\)](#)

[Surgeon General Playbook for Children and Managing Stress During COVID-19 \(Children and Caregivers\)](#)

[CHOC Mental Health for Families \(scroll down to mental health topics specific to corona virus which can be given out as handouts\)](#)

[Orange County Child Behavioral Health](#)

[CHOC: How Parents Can Deal with COVID-19 Stress](#)

[CMA Resource Guide: Parenting and COVID-19](#)

[Talking to Children About Tragedies & Other News Events](#)

[The American Academy of Pediatrics Advises Parents Experiencing Stress over COVID-19](#)

[Tips for Parents – Reach Out and Read](#)

[Help Children Understand Coronavirus: Tips from Dr. Goza, AAP President](#)

by Elizabeth Jenner, Kate Wilson & Nia Roberts

Illustrated by Axel Scheffler



Coronavirus

A book for children



Consultant: Professor Graham Medley

Professor of Infectious Disease Modelling,
London School of Hygiene & Tropical Medicine

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grow**

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Mental Health Chat Part 2

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SAVE THE DATE

Save the Date! Next AAP-OC Chapter Chat:

- Wednesday, May 13, 2020
- 6:00pm – 7:00pm
- Email and registration to be sent out soon.

Coming Soon: Virtual Chats for Parents/Community

- To include a variety of topics and speakers
- Stay tuned to AAP-OC for further information



Thank You.

Thank you for participating!

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