

# Virtual Chapter Chat COVID-19 Updates

**Wednesday, April 15, 2020  
6:00 – 7:00 PM**

Call-In: (646) 749-3112  
Access Code: 988 449 157  
*(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



# COVID-19 Telehealth Updates

**Sheryl Morelli, MD**

*Chief Medical Officer of Seattle Children's Care Network*

*Section Chief of Community Pediatrics Seattle Children's Hospital*



# Telehealth Guide

**CHOC would like to know: would your practice be interested in assistance with practice-specific guidance on Telehealth implementation and technical and operational support?**

Please reply in the chat box and include an office contact and email address. We will also include a survey monkey question in this weekend's COVID19 email update to gauge potential interest.





# Mental Health Chat Part 1

## 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*



**Who do I want to be during COVID-19?**

**FEAR ZONE**

**LEARNING ZONE**

**GROWTH ZONE**

I think of the others and see how to help them

I make my talents available to those who need them

I start to give up what I can't control

I stop compulsively consuming what hurts me, from food to news

I live in the present and focus on the future

I grab food, toilet paper and medications that I don't need

I spread emotions related to fear and anger

I identify my emotions

I am empathetic with myself and with others

I complain frequently

I become aware of the situation and think how to act

I thank and appreciate others

I forward all messages I receive

I evaluate information before spreading something false

I keep a happy emotional state and spread hope

I get mad easily

I recognize that we are all trying to do our best

I look for a way to adapt to new changes

I practice quietude, patience, relationships and creativity

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# COVID-19 Q AND A

- Type your questions in the chat box and we will try to get to as many as time allows.
- Check the COVID-19 web page at [www.aap-oc.org](http://www.aap-oc.org) for updated responses to previous questions.





# SAVE THE DATE

- Save the Date! Next AAP-OC Chapter Chat:
  - ▶ Wednesday, April 22, 2020  
6:00pm – 7:00pm
  - ▶ Email and registration to be sent out soon.



*Thank You.*

*Thank you for participating!*

