



**National Alliance**  
**of Healthcare Purchaser Coalitions**  
Driving Innovation, Health and Value

# Medical Director on Demand Special COVID-19 Meeting

April 23, 2020 | 11:00 AM – 12:00 PM Eastern

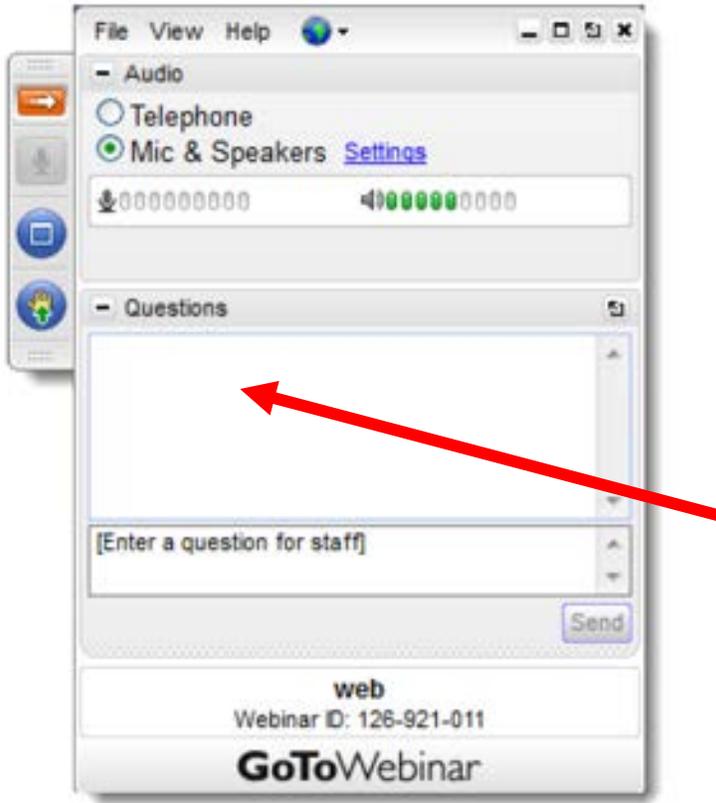


**National Alliance**  
**of Healthcare Purchaser Coalitions**  
Driving Innovation, Health and Value

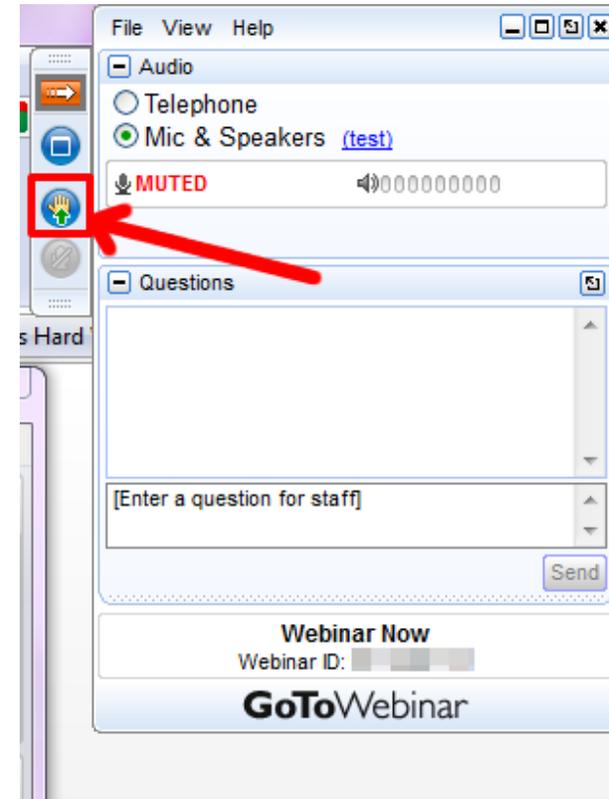
# Agenda

- Recap of Choosing Wisely in the Face of COVID-19 for Employers
- Questions & Topics from You
  - Choosing Wisely
  - Clinical Questions
  - Care Management Questions
  - Returning to the Workplace
  - Testing
- Questions & Answers

# Questions



# Raise your hand



## Medical Director Advisory Council Members

Moderator: Scott Conard, MD

### Counsel Members

- Faiyaz Bhojani, MD
- Jeffery Burtaine, MD
- Mark Cunningham-Hill, MD
- Ray Fabius, MD
- Diana Han, MD
- Ned Kusti, MD
- Justin Moore, MD
- Suresh Mukherji, MD
- Stan Schwartz, MD
- Bruce Sherman, MD
- Christa-Marie Singleton, MD
- Wayne Jonas, MD (Special Guest)

# Recap of Choosing Wisely in the Face of COVID-19 for Employers



As this pandemic is presenting new and major challenges for people around the world, employers are seeking ways they can best support their workforce now.

On this webinar, you will hear:

- How employees and their families can partner with their doctors through shared decision making on care decisions related to Covid-19 using the *Choosing Wisely 5-Question Framework*
- Real data and information that can help employers better manage and communicate the impact of COVID-19 to their workforce

### Presenters



**Stan Schwartz MD FACP**  
WellOK, The Northeastern Oklahoma Business Coalition on Health



**Scott Conard, MD**  
Chief Medical Director  
National Alliance of Healthcare Purchaser Coalitions



## 5 QUESTIONS to Ask Your Doctor Before You Get Any Test, Treatment, or Procedure

- 1 Do I really need this test or procedure?** Medical tests help you and your doctor or other health provider decide how to treat a problem. And medical procedures help to actually treat it.
- 2 What are the risks?** Will there be side effects? What are the chances of getting results that aren't accurate? Could that lead to more testing or another procedure?
- 3 Are there simpler, safer options?** Sometimes all you need to do is make lifestyle changes, such as eating healthier food or exercising more.
- 4 What happens if I don't do anything?** Ask if your condition might get worse — or better — if you don't have the test or procedure right away.
- 5 How much does it cost?** Ask if there are less-expensive tests, treatments or procedures, what your insurance may cover, and about generic drugs instead of brand-name drugs.

**ACTION BRIEF**  
Employer Strategies that Drive Value

**COVID-19**  
THE IMPORTANCE OF SHARED DECISION-MAKING

**Easing Stress on Patients, Providers and the Healthcare System**  
Helping employees make informed decisions about their choices and responsibilities is a growing trend that is especially important in light of COVID-19. Having a tool to guide shared decision-making conversations enables employees to think through their questions and concerns in advance of an office or visit conversations with healthcare providers are efficient and effective.

**1. Promote shared decision-making and patient-centered care, especially in relation to COVID-19 testing and treatment.**

**2. Promote use of the Choosing Wisely "5 Questions to Ask your Doctor..."**

**3. Understand and communicate about the spread of coronavirus.**

**1. Promote shared decision-making and patient-centered care.**  
Shared decision-making is a model of patient-centered care that enables people to play a role in the medical decisions that affect their health. It operates under two premises.  
**First**, patients armed with evidence-based care knowledge feel empowered to participate in care decisions.  
**Second**, clinicians use patient preferences to guide recommendations.

**Why is Shared Decision-Making More Important Than Ever During Covid-19?**

- Good information helps people make informed care decisions and manage their anxiety.
- The impact of COVID-19 varies greatly based on patient age, risk factors, and personal environment.

**2. Encourage use of the Choosing Wisely "Five Questions to Ask your Doctor..."**  
Encouraging employees to use the "5 questions" developed by ABIM Foundation healthcare providers equips them to have meaningful conversations about evidence-based standards of care and shared decision-making responsibilities.

**3. Prudent use of care and resources is essential with a system under extreme stress.**

- There is no known immunization or treatment available.
- Possible treatments featured in the media are based on poor-quality studies.
- Everyone must take action to limit virus spread.

**Resources for Employers:**

- National Alliance COVID-19 resource page
- Choosingwisely.org
- Covid19response.org
- Local public health departments

**ACKNOWLEDGEMENTS**

**RECOVERY OR DEATH?**

**When did the employee begin to shed virus (begin to infect others)?** In a paper to be published, study researchers found "very high levels of virus emitted from the



<https://www.nationalalliancehealth.org/www/resources-new/employer-resources-covid-19>

# Questions

- Choosing Wisely – Empowering Employees – Stan Schwartz, MD
  - Does Choosing Wisely ever hold info sessions at employers if we want to roll out the program?
  - What is the challenge of fee for service physicians being able to provide shared decision making? Do they get reimbursed for those services
- Clinical Questions
  - Practitioners in NY region are seeing loss of taste and smell as a telltale sign though not always present)
  - Have you seen fever last more than 2 weeks when diagnosed with the virus?
  - I was at an Urgicenter and my doctor didn't wear a mask and neither did i. I cut my finger and the doctor worked on me. The doctor is an Emergency Room doc in a large city. Am I at risk?
  - Can you wash disposable gloves with soap and water or spray with a product like Fantastik with bleach and reuse the gloves?
  - Do we have any evidence about how environmental conditions impact COVID-19
  - How long should patients delay annual wellness visits?

# Total Person Health on COVID-19



**Dr. Wayne Jonas**  
Executive Director  
Samueli Integrative Health Programs

- [Avoiding Burnout](#)

- [Boosting the immune system](#)

- [Resilience building](#)



# Questions

- Care Management Questions
  - Our employees are having difficulty contacting their physicians, and teladoc can't keep up. How can we get access to care in this environment? Our EAP is also 14 days out on appointments & our employees are stressed.
  - But, what if, in the COVID situation, you don't have the option of talking with your doctor? Like no one answers at their office?
  - What is your view of the efficacy of telemedicine in addressing potential infections?

## Returning and Moving Forward



**Mark Cunningham-Hill, MD**  
Medical Director  
Northeast Business Group on Health

# Return to Work: Framework

## Key Considerations for a Phased Reopening Plan



1. Sustained **reduction in cases**



2. Determine which business services are **essential**



3. Understand the **risk of infection** associated with reopening



4. Ensure workplaces are **designed to keep employees safe**



5. Require **face coverings** when taking public or private transport



*Key Pillars: Strengthened Healthcare Systems, Testing, and Contact Tracing*

# Return to Work: Testing

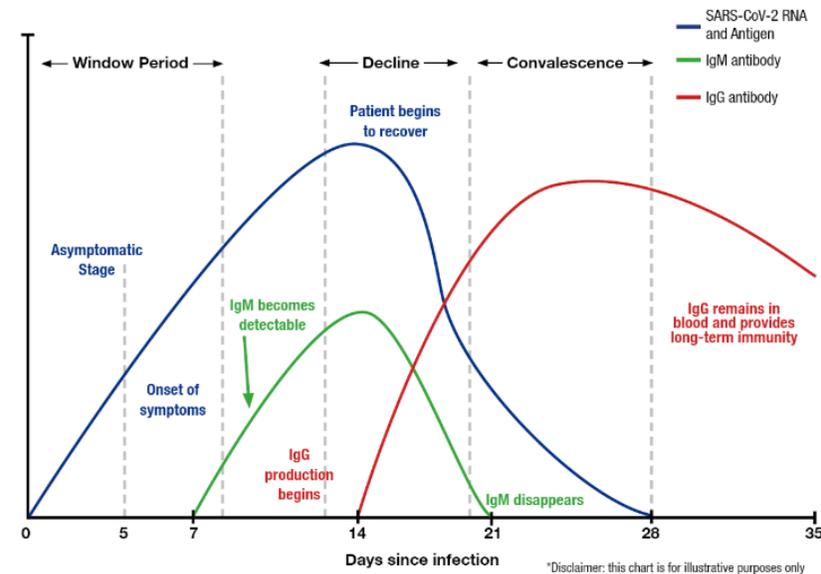
	1 Reverse-Transcriptase Polymerase Chain Reaction (RT-PCR)	2 Rapid Diagnostic Test (RDT)	3 Enzyme-Linked Immunosorbent Assay (ELISA)
<b>Test Type</b>	Diagnoses COVID-19	Detects presence of antibodies	Detects presence <i>and amount</i> of antibodies
<b>Sample Type</b>	Nasal, Throat, or Saliva	Blood	Blood
<b>Test Site</b>	Lab or Point-of-Care	Point-of-Care	Lab
<b>Sensitivity</b>	95%	80% - 90%	85% - 90%
<b>Specificity</b>	95%	95%	90 – 95%
<b># FDA Authorized*</b>	33	2	2

\*Note: Tests that have been authorized by the FDA under Emergency Use Authorization (EUA) as of 4/17/2020

# Return to Work: Immunity to COVID-19

## How Does Immunity Work?

- In response to a COVID infection, the immune system creates IgG and IgM antibodies
- IgG and IgM bind to and inactivate infected cells
- IgM provides short-term protection
- IgG stays in blood, conferring long-term immunity
- Immunity duration can range from a year to lifetime



## What We Know So Far

- Immunity for closely-related coronaviruses like SARS and MERS inform our thinking on COVID

1 – 2

Length of SARS Immunity (years)<sup>1</sup>

2 – 3

Length of MERS Immunity (years)<sup>2</sup>

1. Mo et. al, "Longitudinal Profile of Antibodies Against SARS Coronavirus in SARS Patients and their Clinical Significance," Asian Pacific Society of Respirology, January 2006  
2. Payne et. al, "Persistence of Antibodies Against Middle East Respiratory Syndrome Coronavirus," Emerging Infectious Diseases, October 2016

# Return to Work: Temperature Screening

- **EEOC allows employers to implement temperature screening programs**

On March 17, 2020, the U.S. Equal Employment Opportunity Commission (EEOC) issued an update to guidance that expressly grants employers the ability to implement temperature screening measures in response to the current COVID-19 pandemic.

- **Effectiveness of temperature screening programs are variable**

Effectiveness depends on a number of factors:

<b>Factor</b>	<b>COVID-19 Data</b>
Illness incubation period	Median is ~5 days
Proportion of subclinical cases	5-50%
Sensitivity of thermal scanners to detect fever	Variability by device and operator

# Questions

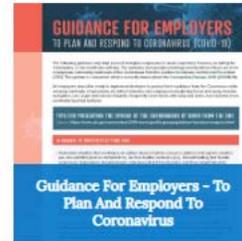
- Return to the Workplace
  - What is the optimal PPE folks should have going back into the workplace? What will going back to work look like?
  - What the recommendations are for employees returning to work?
  - WHAT QUESTIONS CAN AN EMPLOYER ASK AND NOT VIOLATE ADA EEOC WITH REGARD TO C 19 AND RETURN TO WORK STRATEGY.
  - Can you talk a little about an employers responsibility to provide PPE and a safe working environment? How do you balance that with the fear some people have about being exposed?
- Testing
  - Validity/Effectiveness of drive-through testing?
  - But is on-site testing an option for small businesses?

# Questions & Answers

# National Alliance Health COVID-19 Resources

- Webinars
- Toolkits & Guidebooks
- Articles & Whitepapers
- Mental Health & COVID-19

## Toolkits & Guidebooks



# SAVE THE DATE



## LEADERSHIP SUMMITS 2020

JUNE 15 - 16

MOBILIZING COLLECTIVE ACTION  
TOTAL PERSON HEALTH  
ACHIEVING VALUE 2020

***NOW A VIRTUAL EVENT***

