

Impact of COVID-19 on Mental Health Care:

Perspectives from a Psychiatrist and Primary Care Provider on Access and Treatment

COVID-19: CO (Corona); VI(Virus); D (Disease); 19 (2019)

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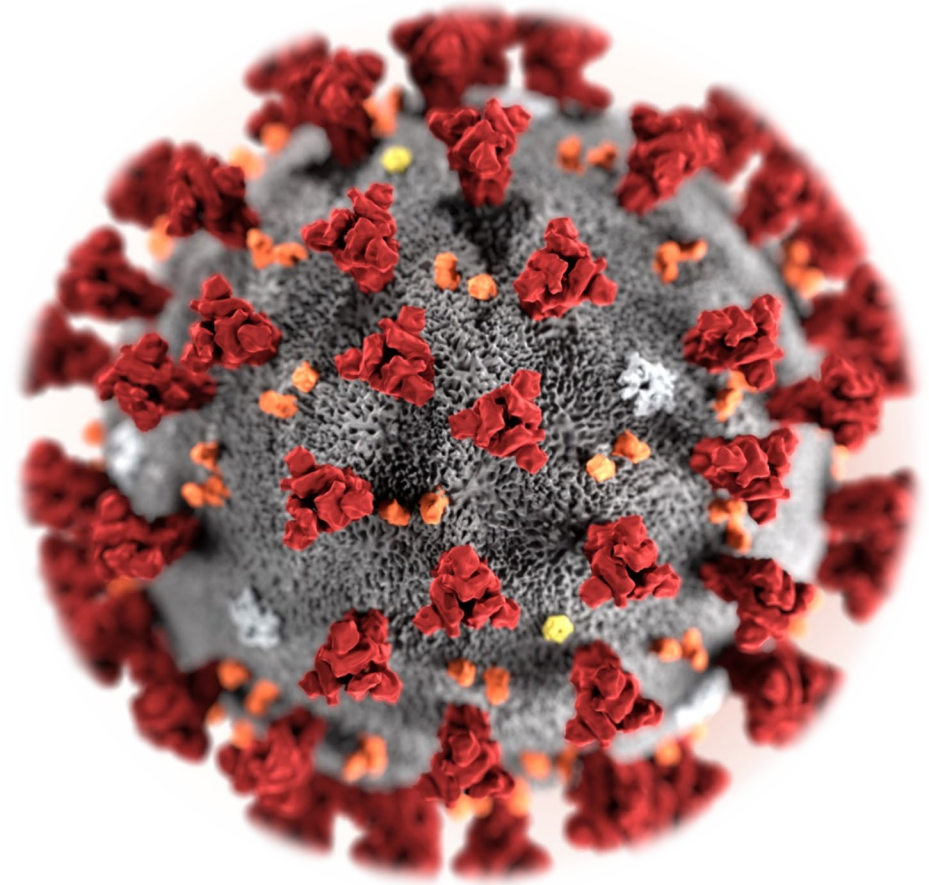
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Objectives

- Provide an overview of the current healthcare climate in the midst of the COVID-19 pandemic with an emphasis on primary and behavioral healthcare
- Comment on wellness strategies, both physical and mental
- Explore the implications for the future of healthcare for both primary and behavioral healthcare as it relates to telemedicine

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COVID-19: Overview

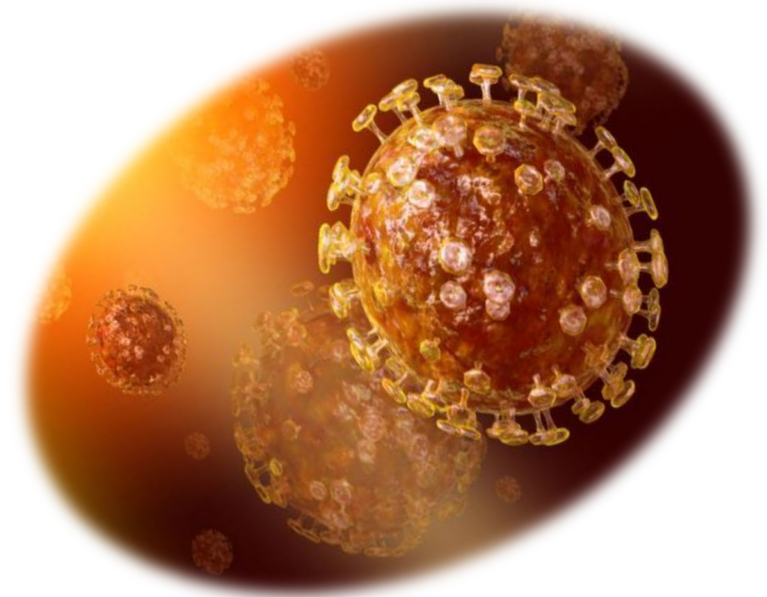


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COVID-19: Overview & Statistics

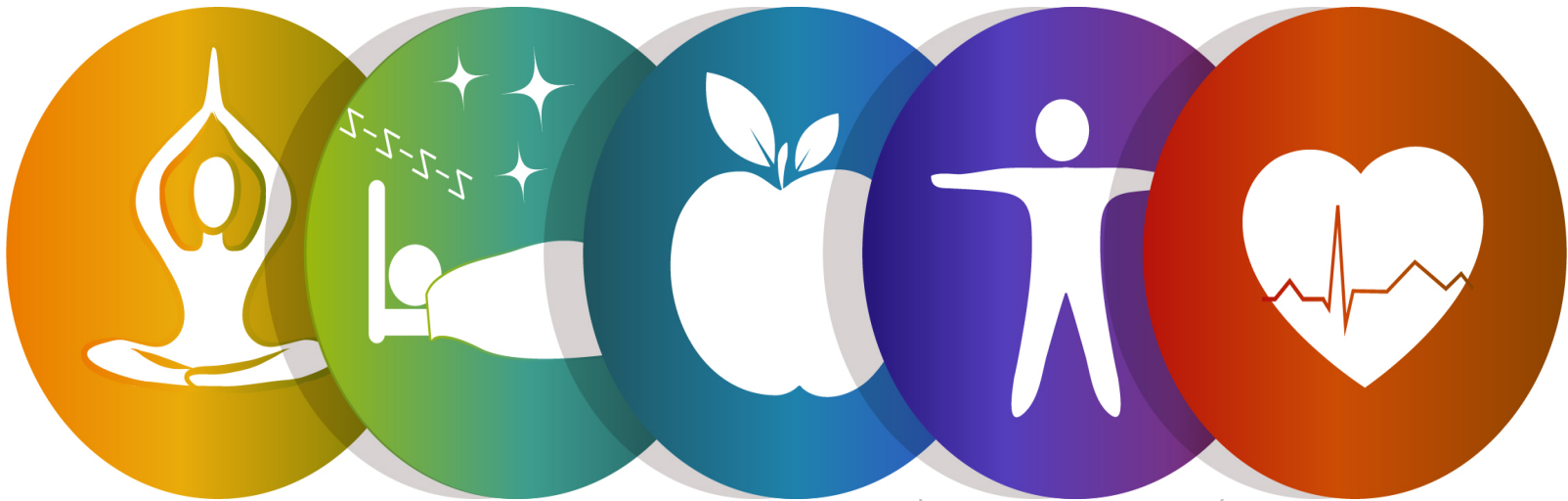
- SARS-CoV-2, an RNA virus that causes COVID-19
- Primary symptoms: fever, cough, shortness of breath
 - present within 2 to 14 days after exposure
- WHO declared COVID-19 outbreak a pandemic on March 11, 2020
- Numbers in constant flux across the globe & United States:
- Total cases: 239,279*
- Total deaths: 5,443*
- Jurisdictions reporting cases: 55
 - 50 states, District of Columbia, Puerto Rico, Guam, the Northern Mariana Islands, and US Virgin Islands
- Exact mortality rate unknown



*Cases as of April 3, 2020

COVID-19:=CO (Corona); VI(Virus); D (Disease); 19 (2019); SARS=Severe Acute Respiratory Syndrome; SARS-CoV-2= SARS-associated coronavirus type 2; WHO=World Health Organization; US=United States
Centers for Disease Control website: <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html> accessed April 1, 2020 .

Centers for Disease Control - Wellness Strategies



CDC Physical Health Wellness Strategies

- Physical distancing
 - Avoiding exposure is the best prevention
- Hand washing (frequent and thorough)
- Avoid touching your face, eyes, mouth
- Establish a healthy routine/schedule
- Remember to exercise and hydrate



CDC=Centers for Disease Control

Centers for Disease Control website: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html> accessed March 30, 2020 .

CDC Physical Health Wellness Strategies for Health Care Providers

- Assess and triage patients with acute respiratory symptoms and risk factors for COVID-19 to minimize exposure
 - Place facemask on the patient and position them in an enclosed examination room
- Use Standard and Transmission-Based Precautions when caring for patients with confirmed or possible COVID-19.
- Perform hand hygiene with alcohol-based hand rub before and after all patient contact, contact with potentially infectious material, and before putting on and upon removal of PPE, including gloves.
 - Use soap and water if hands are visibly soiled.
- Practice how to properly use PPE in a manner to prevent self-contamination.
- Perform aerosol-generating procedures, in an AIIR, while following appropriate IPC practices, including use of appropriate PPE.



CDC=Centers for Disease Control; PPE=Personal Protective Equipment; AIIR=Airborne Infection Isolation Rooms; IPC=Infection Prevention and Control; COVID-19=CO (Corona); VI(Virus); D (Disease); 19 (2019)
Centers for Disease Control website: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/caring-for-patients.html> accessed March 30, 2020

COVID-19: Mental Health Wellness Strategies

- Incorporate breathing and stretching techniques (i.e., meditation)
- Minimize exposure to pandemic-related news stories, including social media
- Make time to unwind
- Engage in activities you enjoy
- Connect with others
- Get plenty of sleep



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Center for Disease Control website: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety..html> accessed March 30, 2020.

COVID-19: Future Implications for Healthcare

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COVID-19: Implications for Healthcare

- On March 17, 2020 CMS released guidance allowing patients to be seen via live videoconferencing *in their homes*, without having to travel to a qualifying “originating site” for Medicare telehealth encounters, regardless of geographic location
- The U.S. House of Representatives passed the Coronavirus Aid, Relief, and Economic Security Act (CARES Act)
 - \$2 trillion stimulus aid package to provide fiscal relief for Americans and businesses in the face of the COVID-19 pandemic
 - Supported by the American Psychiatric Association (APA)
 - Will enable health care professionals and communities to better respond to the pandemic

Access & Delivery

- Telehealth/Telemedicine
 - Benefits
 - Challenges
 - Future potential



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CMS=Centers for Medicare & Medicaid Services

1. https://www.psychiatry.org/psychiatrists/practice/telepsychiatry/blog/apa-resources-on-telepsychiatry-and-covid-19?utm_source=Internal-Link&utm_medium=Side-Hero&utm_campaign=Covid-19
2. <https://www.psychiatry.org/newsroom/news-releases>

Closing





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