

HIPPO

EDUCATION

Podcast Contributor Show Notes

COVID-19 "The Long Game"

Guest Name: Manie Beheshti, MD

Academic/Community Title: Infectious disease specialist at Kaiser Southern California

Email:

Host(s): Matthieu DeClerck MD

Relevant podcasts: Peds RAP, Primary Care RAP, Urgent Care RAP

TAGS: Infectious Disease, Covid-19, CoronaVirus, Public Health

Objectives: Discuss the future of healthcare moving forward in the Covid pandemic.

Description (1-2 sentences): in this HIPPO Education short Dr. Matthieu DeClerck talks to Dr. Manie Beheshti on how the healthcare system should approach the "re-opening" of society as we plan the lifting of social restrictions. What safety implementations need to be in place in order to protect our most vulnerable patients. What changes can we anticipate in the healthcare system moving forward.

Marketing Assets

- Please identify guest Twitter/Facebook/Instagram handles here: _____
- Please identify brief points or message that you would like to highlight, and the marketing team will work that message into character constraints

Main Talking Points:

Questions:

1. What data do we need to see prior to considering lifting/relaxing social distancing restrictions?
2. How do we go about lifting these restrictions? What are the necessary steps?
3. How do we strike the right balance between reopening parts of society and still preventing surges of sick covid-19 patients that will overwhelm a given health care system? How much of this depends on having adequate testing supplies and protocols?
4. Going forward, how do we identify the at-risk group in the general population (testing capacity, antibody testing, etc)? How do we know if someone is immune? What about "Immunity Passports?"
5. Once we know the at risk populations do we just isolate them until a vaccine comes out? When can we realistically develop a vaccine? If ever? SARS/MERS as examples.

6. What preparations do the health care system and public health system need to make?

7. What do experts think will happen with herd immunity to covid-19? We hear a lot about herd immunity as a future panacea, and it's easy to be skeptical. What percentage of the population needs to have been infected in order to offer any degree of protection to others in their community?

8. What does a hospital or outpatient clinic look like 3 months from now, 6 months from now, 12 months from now?

Summary points:

The Covid Pandemic is going to be with us for a while. As we move forward to reopening society and our healthcare system in the coming months it is imperative that we do so thoughtfully and with caution. Lifting of social distancing and quarantine should proceed only once we have the ability to do so safely. In order to do so we should continue to isolate and protect our at risk patients and healthcare workers by ensuring we can have rapid/available testing, the ability to isolate and quarantine Covid positive persons, and contact trace. In essence we need to revert to a containment strategies rather than our current mitigation strategies.

References:

- 1) <https://www.nytimes.com/2020/03/17/opinion/coronavirus-1918-spanish-flu.html>