ALE webtalk

Hosted by Lydia Missaelides

July 21, 2021

10:30 am - 12:00 pm

What has Been Lost, Learned and Discovered During COVID Time: A Conversation with Dr. Louise Aronson

Made possible by a grant from Archstone Foundation

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Webinar Tips

- The meeting is being recorded
- "Listen only" mode is on
- Handouts are accessible using the Handouts Tab
- Submit all questions using Q&A feature
- "Chat" and "Hand Raise" features are off
- Please complete survey at the end of webinar

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July 07, 2021 Webtalk Evaluation: 4.6

1. Suzie is always such a gift! I really appreciate having her as a quality speaker on these webinars. She always comforts me. As usual after listening to her, I feel both personally nourished and ready to get back to work in a loving way. Thank you!
2. I appreciated changing the focus to mental health and self-care for ourselves and our teams. This is so important as we continue this pandemic journey!
3. I have attended Susie Gruber's presentations a few times before, and every time I leave better informed and with more practical tips to help myself and those we support. Reflecting on this past 1.5 years through the trauma lens has been incredibly helpful. Thank you as always.
4. Thanks for the touching wonderful guidance! Now I know I have resilience muscle! Deep breath, ready to come back!!
5. Good presentation, good strategies to relieve stress
6. The presentation made me think about the need to bring back activities which are familiar, since we have made many physical changes to the Center.
7. I feel so much better after listening to this webinar!
8. Awesome presentation! Ready to flex our resilience muscles!
9. Enjoyed today's speaker, wealth of knowledge, great slides.
10. Great tips for the present moment. Great presentation.
11. Suzie is an amazing speaker. Want to go watch this again, so much to unpack and think about.
12. This webinar was a nice change. I appreciate the information on self evaluation, self care, and sensitivity to the changing environment. We forget that our behavior and manner influence those around us. Your presenter did an excellent job
13. Much needed hands-on intervention and information provided; useful for both staff and our participants. Thank you for your continued support during these difficult times.
14. Great information, since lots of people are dealing with stress during this time.
15. Suzie has such a great way of providing useful information and making it seem easy to do what she suggests. Such a kind, compassionate person!
16. Great tips for the present moment. Great presentation

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Presenter:

Louise Aronson, MD, MFA
Geriatrician

Professor, School of Medicine
University of California
San Francisco

Who are Geriatricians?

- How we are trained
- Foundational principles of our profession
- Settings where we work
- How to find a community-based geriatrician

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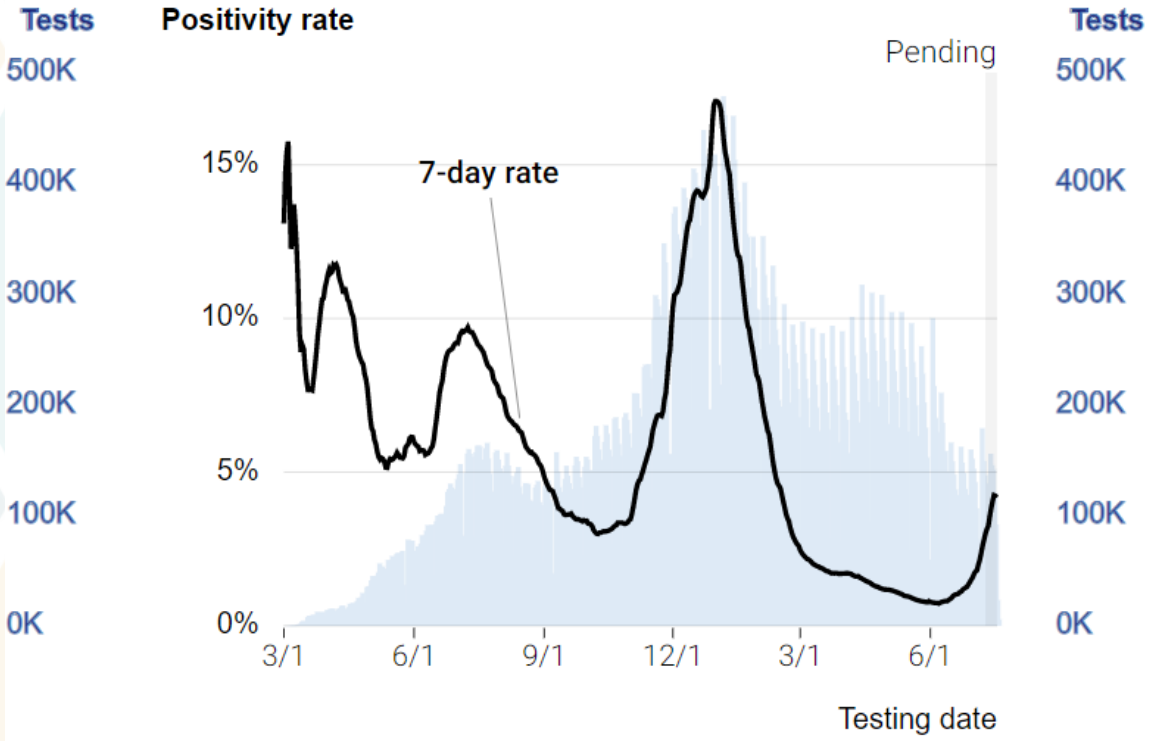
Let's Talk about COVID-19

CDPH Dashboard (7/20/21)

4.2% test positivity (7-day rate)

1.0% increase from 7-days prior

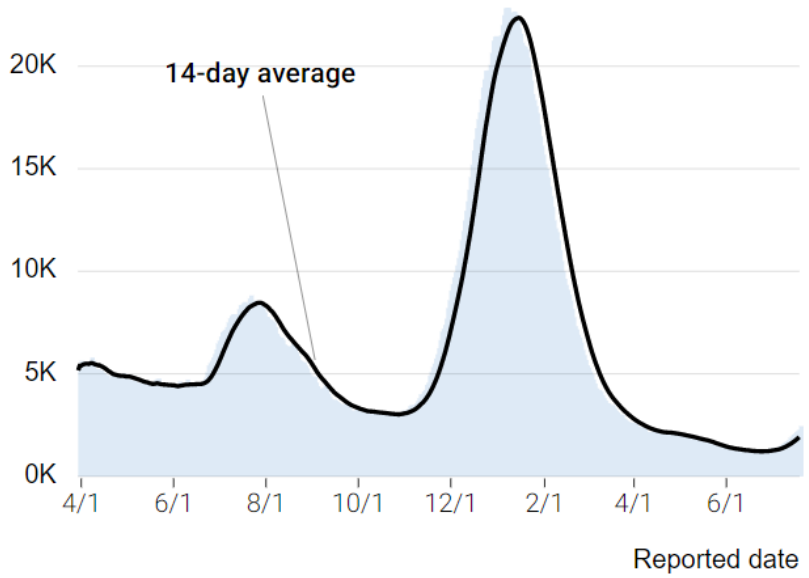


COVID-19 hospitalized patients in California

Hospitalized	ICU

2,447 COVID-19 hospitalized patients

174 more patients hospitalized from prior day total (7.7% increase)



https://covid19.ca.gov/state-dashboard/

Delta Variant

1. WHO labels Delta "variant of concern" https://www.who.int/en/activities/tracking-SARS-CoV-2-variants/
2. Dominant strain in U.S.A.
3. Highly transmissible, symptoms may present differently
4. Unvaccinated people are at risk
5. Data not yet clear about whether it causes more severe disease or leads to more breakthrough infection

Source: https://www.yalemedicine.org/news/5-things-to-know-delta-variant-covid

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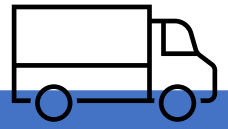
After Having Covid-19

Most people recover completely after a few weeks.

Some people, even those who had mild disease, have long-term symptoms.



"Long Haulers" – people who are still having symptoms 4+ weeks after diagnosis.

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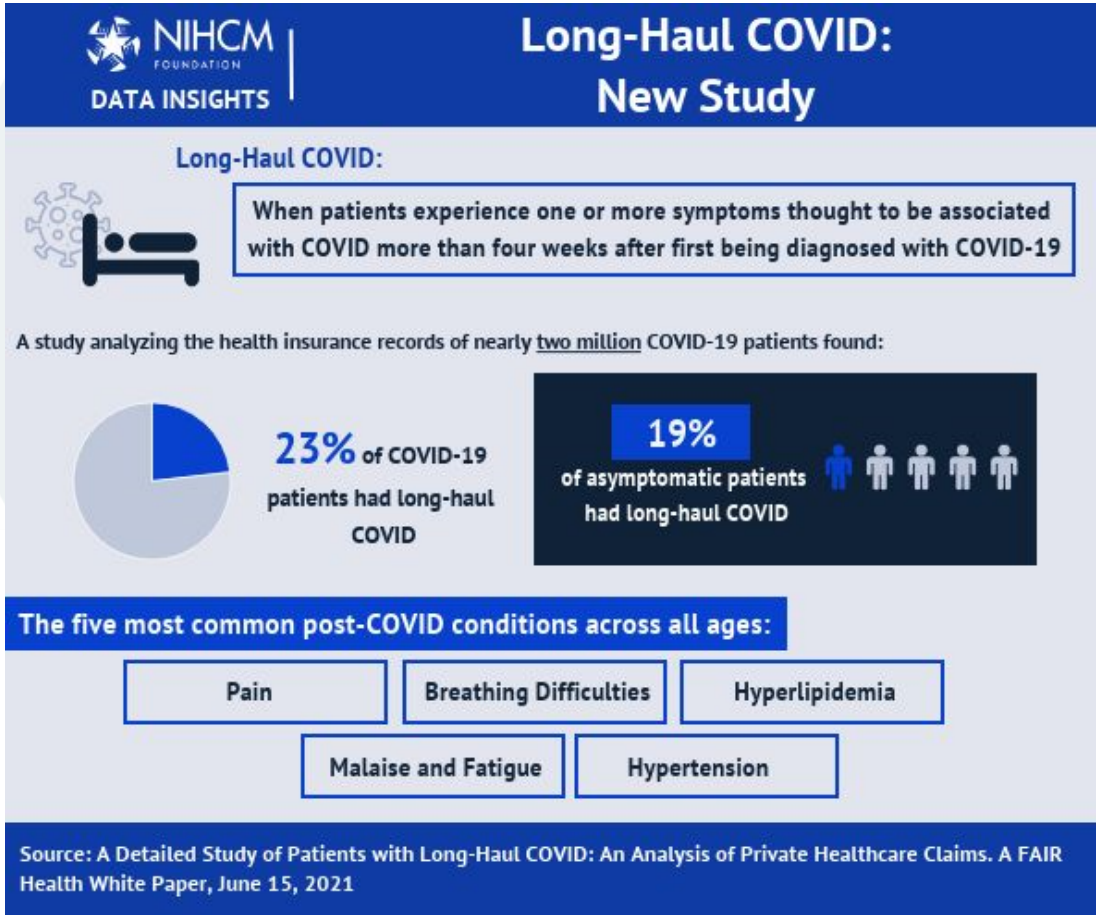
Long Haul COVID Symptoms

A recently released study using the health insurance records of nearly two million COVID-19 patients explains that **23.2% of patients have a post-COVID health condition**. The report illustrates that long COVID can affect every organ in the body and asymptomatic patients.

https://nihcm.org/publications/long-haul-covid-new-study

CDC Clinical Guidance:
https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-care/post-covid-clinical-eval.html



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What Has Been Lost, Learned and Discovered During COVID Time

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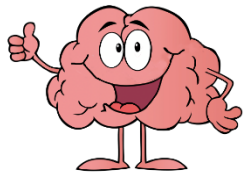
A Year+ of Lockdown

Reduced physical activity and months of social isolation

- Weakened wellness–physically, cognitively, socially



Research has shown that:

- The older you are and/or the more health conditions you have, the more activity you need just to maintain your usual level of function.
- Smaller physical or cognitive losses have a larger effect on older adults and people with disabilities.
- Improvement is always possible, though it may take longer in people who are old or have a disability.

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Deconditioning

The mental, physical and social consequences of inactivity:

- Loss of **muscle mass** and strength
- **Walking** problems
- Increased risk of **falls** and fractures
- **Memory** loss
- Decreased heart and lung capacity accompanied by a risk of **heart failure and infection**
- **Functional disability**: harder to maintain home, do self-care, continue favorite activities

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Losses and Needs Vary

What are their losses?

- Physical ability
- Cognitive ability
- Mental health
- Social or family relationships
- COVID-related

What is each participant's risk?

- Older and old ages
- Frailty and advanced old age
- Chronic illness
- Seriously ill
- Has (or had) COVID-19
- Intellectual impairment
- Developmental disability
- Acquired disability
- Near the end of life

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You are experts in *re*-conditioning!

- Each client, returning or new, will need a full interdisciplinary team evaluation
- It will be very helpful to know each person's pre-pandemic normal
- Ask clients what they hope for, what they want to be able to do
- Recognize what an incredible job you all did in helping them through!

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When to Notify the Doctor

Does not include all situations and will be different for each participant.

- Is nervous about exercising because of a medical condition
- Had Covid-19 and hasn't been evaluated since then
- Feels dizzy or faint while exercising
- Has chest pain or serious breathlessness
- Isn't regaining strength even with physical or occupational therapy
- Has worsened vision, hearing, thinking or balance
- Unexplained weight gain or loss
- Diminished cognitive status without apparent cause
- Change in medications with no associated diagnosis
- Problems that emerge from medication reconciliation
- Unstable vitals or pulse ox concerns
- Newly reported symptoms
- Newly emerging memory issues

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Tips for Communicating with MDs

"Compared to our other clients with the same conditions…."

"We are very concerned…"

"This is a much more significant decline than we usually see even over a two-year period…."

Serious symptoms they will recognize: chest pain, shortness of breath, abnormal vital signs, confusion, fainting

Serious symptoms they might ignore: changes in thinking, hearing, vision, balance, strength **** you can make a difference!!****

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Tips for Communicating with MDs

Emphasize that you can be part of the treatment with their guidance

Consider helping clients with telehealth visits from the center

When the doctor doesn't respond:

- Get the family involved, if possible
- Recommend a change in doctor
- Consider reporting the doctor to the medical group, health system or state board

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Discussion
What Have You Learned & Discovered?

Please submit your questions or thoughts in the Question Box.

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Resources

- ***Elderhood: Redefining Aging, Transforming Medicine, Reimagining Life*** (2019) Louise Aronson, MD
  https://louisearonson.com/books/elderhood/
- Tracking COVID-19 (CDPH)
  https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx
- Post-COVID Conditions (CDC)
  https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects.html
- COVID Data Tracker by County CDC)
  https://covid.cdc.gov/covid-data-tracker/#county-view

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Upcoming ALE webtalks & Other Trainings

All webinars are held Wednesday 10:30 am to Noon,
1st and 3rd Wednesdays of the month, unless otherwise noted

July 28 10:30 am |CAADS Webinar
Managing Your Team – Making Crucial Conversations Comfortable
Register now

Aug 04 Topic to be announced

Aug 18 Topic to be announced

Sept 1 Topic to be announced

Sept 15 Last "free" webinar for non-CAADS members (now is a great time to join CAADS at 50% discount! - Contact Danielle@caads.org to become a member)

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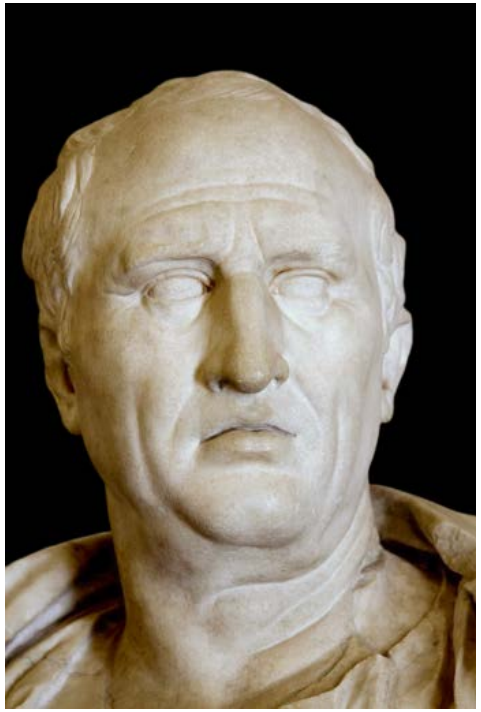
Thought for the Week

"Old age will only be respected if it fights for itself, maintains its rights…and asserts control over its own to its last breath."



Cicero
(106 - 43 BC)

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