Date: June 8, 2020

The Digest - GW Clinical Enterprise

1. GW Covid-19 Intelligence Unit Update - June 8 Highlights

The local picture continues to improve:

- In the District, which entered Phase I of recovery on 30 MAY, there has been one week of sustained decrease in community spread of COVID-19 so far in this phase, and generally positive progress towards meeting other Phase II reopening requirements.

Many of the "big picture" questions remain around COVID-19 transmission dynamics:

- Although we have previously reported that the SARS-CoV-2 virus can aerosolize and deposit itself in the patient care environment, there is little evidence that it remains infective over distance and time, supporting the theory that large droplets are the primary mode of transmission.
- A Canadian meta-analysis recently demonstrated that for SARS-CoV-2, the basic reproduction number (R0) is 3.15, average incubation time was 5 days, the asymptomatic infection rate is 46%, and the case fatality rate is just over 3%. Here is an explainer about the importance and relevance of R0.
- Social Distancing: The Lancet published a 172-study meta-analysis supporting a one meter (good) or two meter (better) separation as being effective in reducing infection. This study also demonstrated that face masks and possibly eye protection conferred additional benefit.
Patient care research and best practices continue to be released at a fast clip:

- Saliva was a topic in several reports this week. A Korean report highlighted a "surprisingly high" viral load in saliva in the subclinical period in a small case series, and in the same vein a study from Hong Kong demonstrated non-inferiority in using saliva for COVID-19 testing.
- In a case series of 1754 women, an uptick in distress and psychiatric symptoms has been observed in pregnant women during the pandemic.
- New York Presbyterian is using a proactive system of "conscious proning" of non-intubated COVID-19 patients with respiratory illness, although the article does not discuss patient outcomes.
- Two small groups of patients and healthcare workers in a retrospective cohort study in China demonstrated a potential preventative effect for individuals receiving the antiviral therapy umifenovir.

Some highlights of articles that are focused on systems of care and COVID-19:

- At least in some areas, the pandemic has negatively influenced two key metrics in the emergency care of patients presenting with life threatening illness, specifically an increase in door-to-balloon time in STEMI in a Spanish study, and a longer time to reperfusion in suspected stroke patients in Beijing.
- Contact Tracking: If we ask will they tell? A COVID-19 contact tracing pilot program in the UK found that two-thirds of people contacted did not "fully cooperate," calling into question the efficacy of test-and-trace approaches to mitigating the spread of the disease. And extensive contact tracing in Washington State's index COVID-19 case found none of the 78% of identified contacts who agreed to testing were SARS-CoV-2 positive.

Stay safe and informed. For past editions of the GW Intelligence Report, please visit the Himmelfarb library site.

GW Covid-19 Intelligence Reports: https://guides.himmelfarb.gwu.edu/SituationReport

3. Light a Candle to Honor Those Affected by COVID-19
The GW Medical Faculty Associates

1. The GW Medical Faculty Associates is ready for more patients to return to our clinic settings and to schedule their elective procedures and surgeries. Numerous safety measures are in place so that patients feel safe coming back to see their providers. We are asking that patients limit the number of people accompanying them to an appointment to no more than one person. Additionally, we are respectfully asking that children not accompany any adult patients unless there is a medical necessity. Virtual appointments are still available for patients.

2. The GW COVID-19 drive-thru testing site at 20th and H Streets, NW will cease operations Thursday, June 11 due to decreased demand.

The drive-thru testing site was set up ten weeks ago as a partnership between the GW MFA, GW University and GW Hospital to meet testing needs in the District of Columbia and has been staffed by GW providers, staff, medical students and residents.

We want to thank everyone in our GW medical community for pulling together to help us stand up the drive-thru testing and keep it operational during the height of the pandemic.

GW MFA will continue to operate its walk-up COVID-19 testing tent at 22nd and I Streets, NW. Testing is available at that location Monday-Friday from 8:30 a.m. to 3:30 p.m, with ordering instructions here. GW's Immediate and Primary Care sites will also have COVID-19 testing available. For more information go to www.gwdocs.com/ipc.

GW Hospital

1. Resumption of surgical procedures: DC is in Phase One of its Reopen DC plan and we have resumed many procedures and necessary surgeries. We continue to have all of our safety processes in place.
The GW SMHS

1. **GW SMHS on Campus:** A web site has been developed as some of the SMHS community comes back to campus over the coming weeks. For guidelines and updates, please visit: [smhs.gwu.edu/smhsoncampus](http://smhs.gwu.edu/smhsoncampus)

2. We have heard from members of our community that they want to support our mission during this time of need. The [GW COVID Response Fund](http://smhs.gwu.edu/smhsoncampus) was established to support the work of our faculty, staff, and students during this crisis.

Staying GWell

[https://smhs.gwu.edu/wellness/resources/covid-19-wellness-resources](https://smhs.gwu.edu/wellness/resources/covid-19-wellness-resources)

1. National Center for Complementary and Integrative Health

   Contact with nature may be good for mental health, physical health, and general subjective well-being. This is a new field of research, and much remains to be learned, but the early evidence is promising.

   [NIH VideoCast - Nature Contact and Human Health: A Multi-method Approach](https://smhs.gwu.edu/wellness/resources/covid-19-wellness-resources)

This email is intended to serve as a digest of all messaging for our clinical faculty, students, and staff. **Starting on June 1, 2020, we will send this email at the close of business each Monday, Wednesday, and Friday,** as we are managing operations during the COVID-19 pandemic.
This content will also be available at [www.COVID19GWHealth.com](http://www.COVID19GWHealth.com) - please refer to that site often, as we will be posting updates on a regular basis.

If you have feedback, please feel free to send to [SMHSNews@gwu.edu](mailto:SMHSNews@gwu.edu)