Date: May 18, 2020

The Daily Digest - GW Clinical Enterprise

1. Highlights from May 18 - 24 Intelligence Report

- In updates in clinical knowledge this week:

  - Small retrospective Italian study shows treatment with high dose IV of the IL-2 receptor blocker anakinra had significantly greater survival and greater vent-free survival at 21 days in ARDS patients on CPAP
  - Small phase 2 trial from China of triple anti-viral therapy (interferon beta-1b, lopinavir-ritonavir and ribavirin) was superior to lopinavir-ritonavir in shortening viral shedding
  - Large NY retrospective study found no mortality difference between patients who received hydroxychloroquine, azithromycin, or both compared to patients who received neither and also found higher cardiac death in group given both
  - A Minnesotan health system implemented a remote Covid-19 patient monitoring platform, providing high patient satisfaction
  - COVID-GRAM: a risk score to predict development of critical illness
  - Further refinement of clinical guidelines continues to be developed:
    - An International Consensus Group has developed guidelines for resuming elective orthopedic surgery and
    - the Infectious Disease Society of America presents recommendations for COVID-19 diagnosis and an algorithm for testing
  - Two pediatric studies show that the small number of children with severe infection can experience a significant burden of disease, needing ICU care, prolonged
hospitalization. **While the majority of these children had pre-existing co-morbidities, one study showed 16/44 (37%) hospitalized children and 2/9 critically ill children had no underlying comorbidities.**

- Surge management: a webinar by HHS Assistant Secretary for Preparedness and Response and FEMA Health Care Resilience Task Force about their experiences in the hardest hit areas
- Healthcare management and policy: the American College of Physicians gives guidance for **staged resumption of pre-pandemic activities** and
- WHO released policy brief on COVID-19 and mental health

For the Weekly GW Covid-19 Intelligence Reports, see these searchable GW resources:
GW Covid-19 Intelligence Reports: [https://guides.himmelfarb.gwu.edu/SituationReport](https://guides.himmelfarb.gwu.edu/SituationReport)

3. **Light a Candle to Honor Those Affected by COVID-19**

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**The GW Medical Faculty Associates**

1. As the MFA expands our ambulatory care to safely provide needed acute and chronic condition care, we have established guidance for the use of ambulatory pre-visit testing and for ambulatory personal protective equipment (PPE). The MFA aims to always provide as safe an environment as possible for our patients, providers and staff.

[Ambulatory Personal Protective Equipment Requirements](https://guides.himmelfarb.gwu.edu/covid-19)
[Ambulatory Pre-Visit Testing](https://guides.himmelfarb.gwu.edu/covid-19)

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**GW Hospital**
1. **Free Musical Instrument Lessons:**

   The National Symphony Orchestra musicians are offering one 30-minute online lesson with an NSO member per student for enrichment. This could be an opportunity to talk about your instrument, or get some tips, guidance, and feedback on your playing. It is important to have an instrument at home to facilitate communication since the lesson is virtual. Please note that the NSO is unable to meet the large demand for piano lessons due to the nature of an orchestra’s instrumentation.

   To inquire about a lesson, contact Lisa-Beth at LBstrings@earthlink.net. Especially during these challenging times, the National Symphony Orchestra musicians thank you for your courage and medical service to our community!

2. **PPE disposal:** Before leaving the hospital or offsite hospital facility, please remember to dispose of your PPE.

3. **Masking:** Please ensure you are wearing a mask while in any GW Hospital facility.

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**The GW SMHS**

1. [A Message From AVP of Safety and Security, Scott Burnotes: Masking Guidelines](#)

2. **SMHS "All Hands" Meeting - Thursday, May 21, 2020 at Noon**

   All SMHS Staffers are welcome to join, but this is not mandatory.

   **When:** May 21, 2020 at NOON
This has been set up not to require a password, but if for any reason it asks for one, please use: staff

3. 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 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

1. Toolkit: On-the-Fly Practices

We are not cognitively or emotionally at our best when stress is too high

- "Microbreaks" are quick, informal, effective for short-term care
- Shown to improve surgeon physical function and mental focus during long/difficult procedures

Examples you can encourage - and role model - to manage stress include:

- Focusing on a physical experience u If you are walking, notice: Weight shifting, or arms swinging
- If you are sitting, notice: Feet on the floor, points of contact with the chair
- If you are in conversation: Deep intentional breath, then re-focus on the conversation
- Stretching - brings attention away from thoughts, releases physical tension


This email is intended to serve as a digest of all messaging for our clinical faculty, students, and staff. We will send this email at the close of business each day, as we are managing daily operations during the COVID-19 pandemic.
This content will also be available at 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