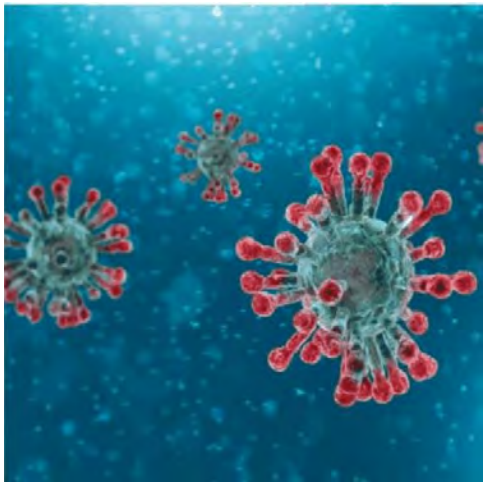
Preparing Behavioral Health Organizations for Coronavirus



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  Director, Department of Standards and Survey Methods

NATIONAL COUNCIL FOR BEHAVIORAL HEALTH

The Joint Commission

Intended Audience

This webinar is being presented to provide information that may be helpful to organizations providing **ambulatory care with an emphasis on behavioral health.**

Topics covered:

- Epidemiology and symptoms of Coronavirus
- Prevention strategies for settings where behavioral health is provided

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Acknowledgement

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Coronavirus

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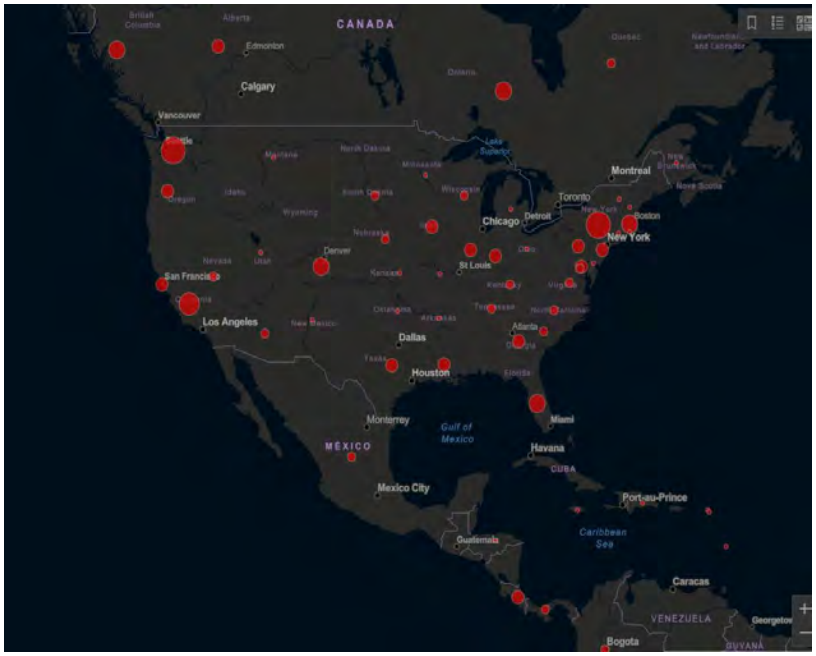
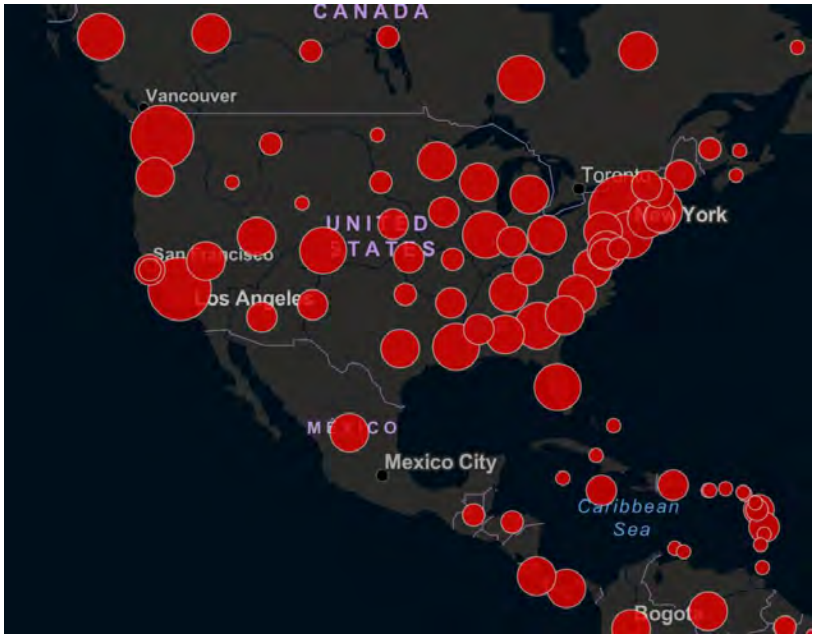
Progression of Cases

3/11/2020



Total 126,136 Cases
US 1312 Cases

3/19/2020



Total 230,055 Cases
US 10,755 Cases

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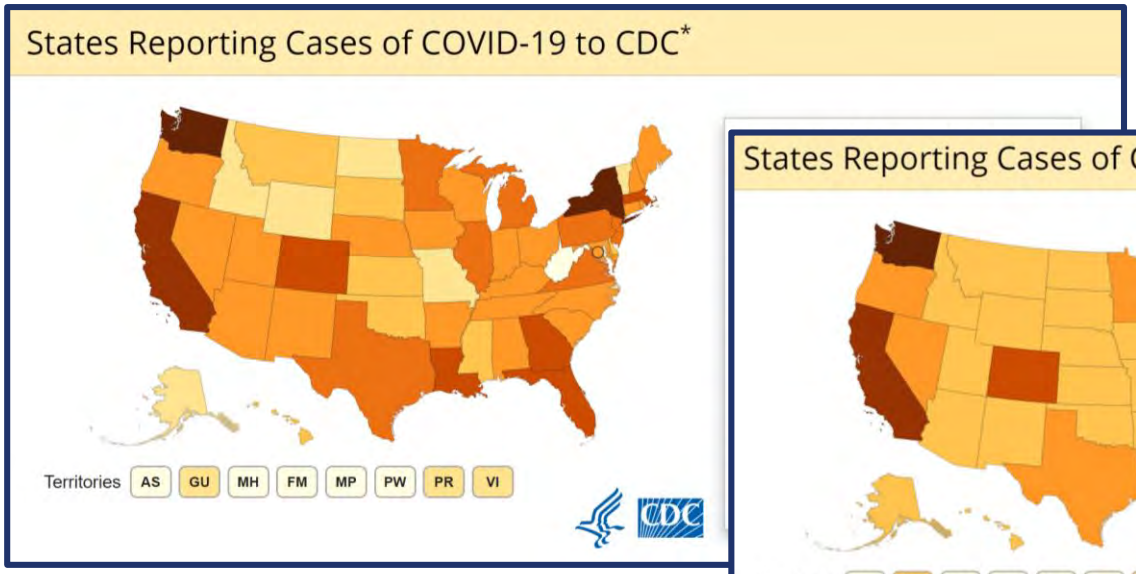
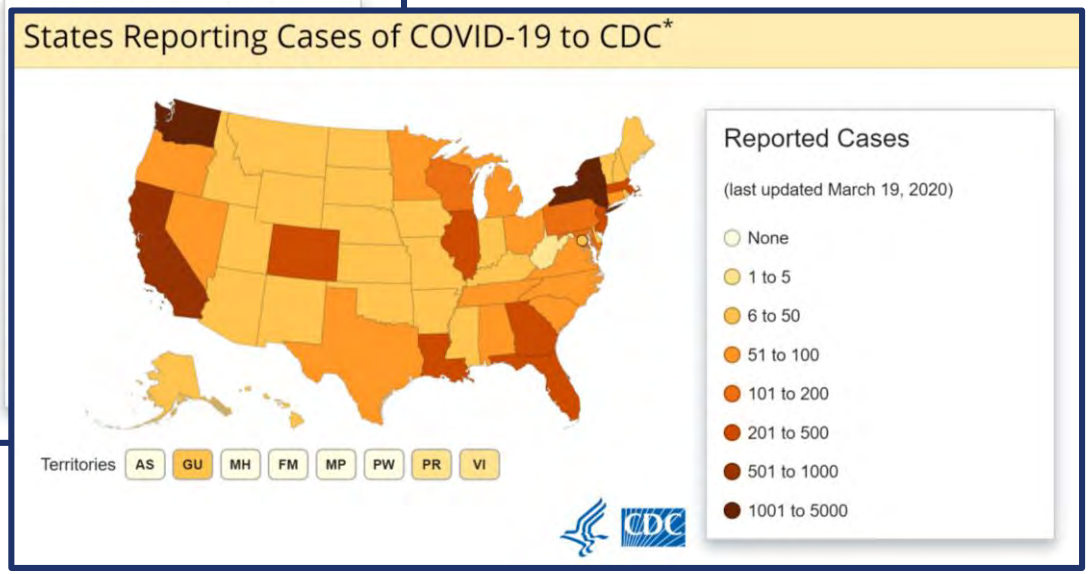
https://www.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6

Cases by State



03/17/2020



03/19/2020

https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html

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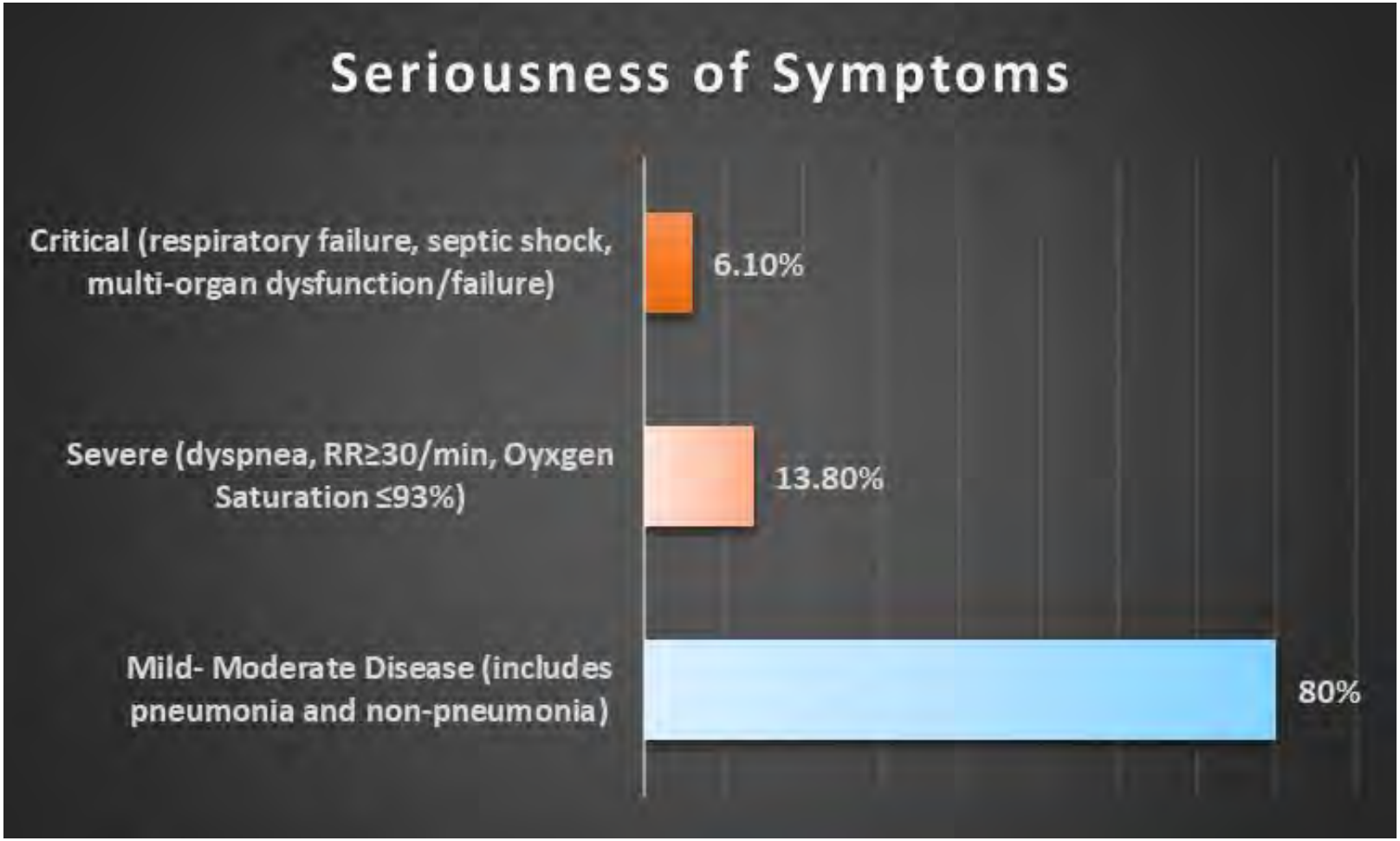
Most Infection Causes Mild-Moderate Disease



Source: Report of the WHO-China Joint Mission on Coronavirus Disease 2019 (COVID-19), Based on 55924 Laboratory Confirmed Cases thru Feb 20, 2020 Available at https://www.who.int/docs/default-source/coronaviruse/who-china-joint-mission-on-covid-19-final-report.pdf Accessed March 18, 2020.

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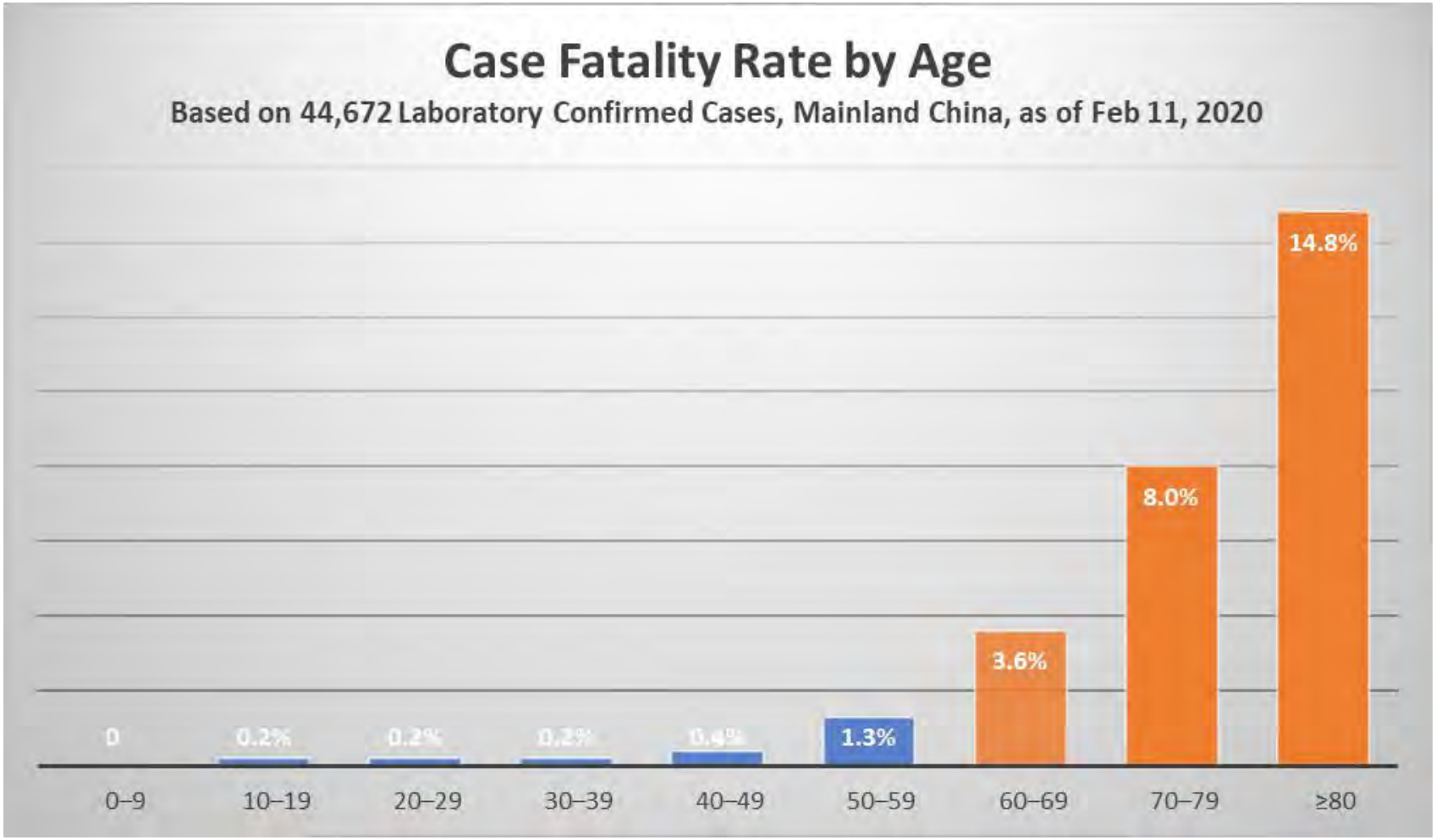
Risk of Mortality Increases with Age



Source: Novel Coronavirus Pneumonia Emergency Response Epidemiology Team. Zhonghua Liu Xing Bing Xue Za Zhi. 2020;41(2):145–151. doi:10.3760/cma.j.issn.0254-6450.2020.02.003 Accessed March 17, 2020.

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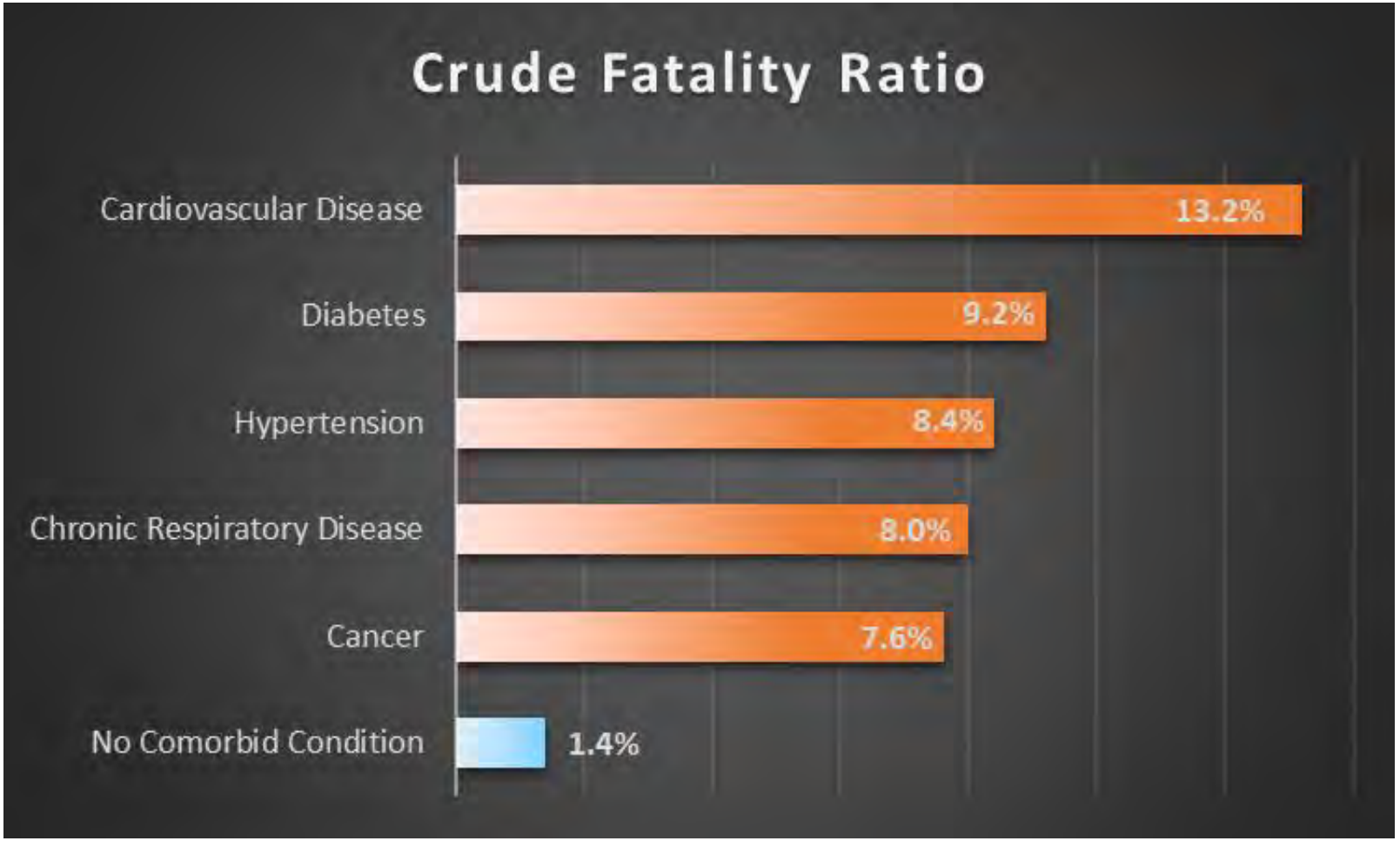
Comorbidities Increase Risk



Source: Report of the WHO-China Joint Mission on Coronavirus Disease 2019 (COVID-19), Based on 55924 Laboratory Confirmed Cases thru Feb 20, 2020 Available at https://www.who.int/docs/default-source/coronaviruse/who-china-joint-mission-on-covid-19-final-report.pdf Accessed March 18, 2020.

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Why is COVID-19 Spreading Quickly

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**. Emergency warning signs include*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fsymptoms.html

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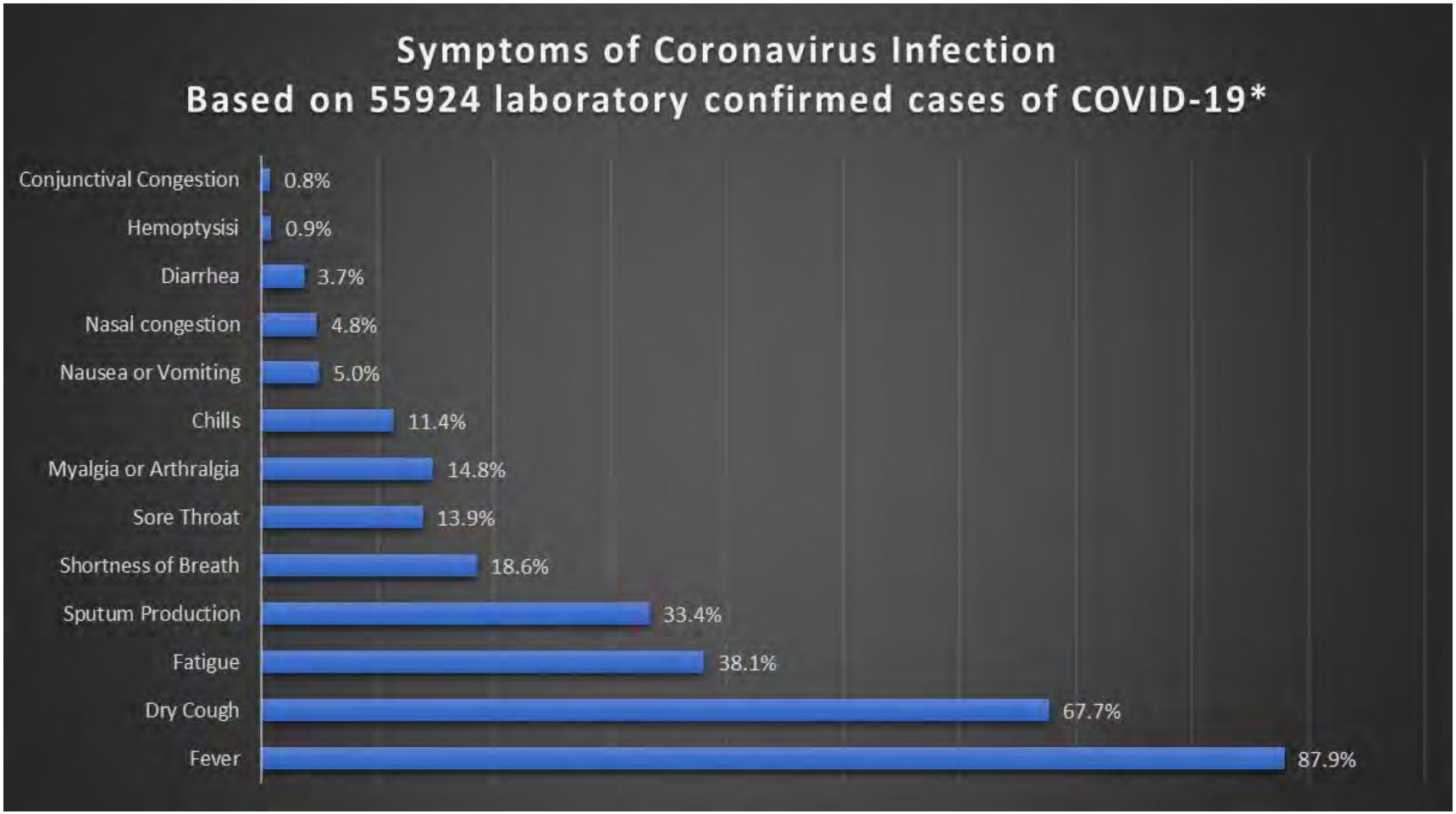
Spectrum of symptoms



Source: Report of the WHO-China Joint Mission on Coronavirus Disease 2019 (COVID-19), Available at https://www.who.int/docs/default-source/coronaviruse/who-china-joint-mission-on-covid-19-final-report.pdf Accessed March 18, 2020.

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Why is COVID-19 Spreading SO Quickly

Influenza

COVID-19

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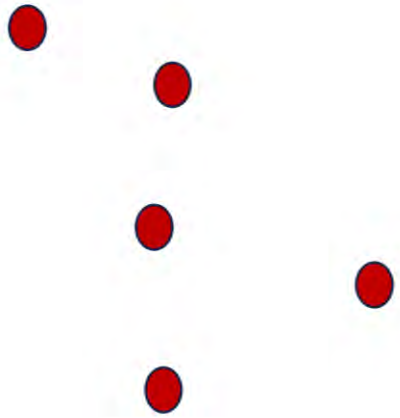

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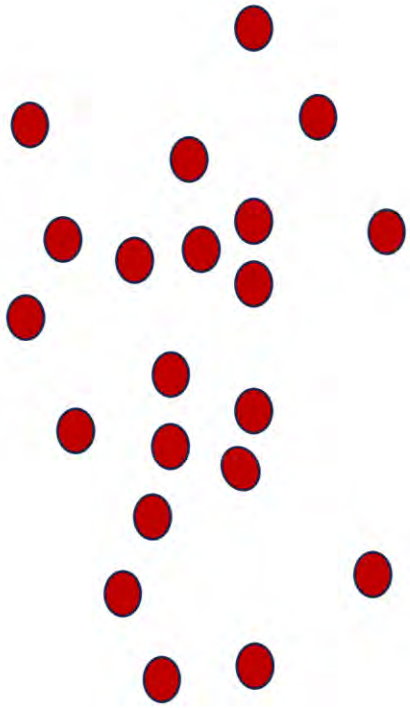
Why is COVID-19 Spreading SO Quickly

Influenza

COVID-19



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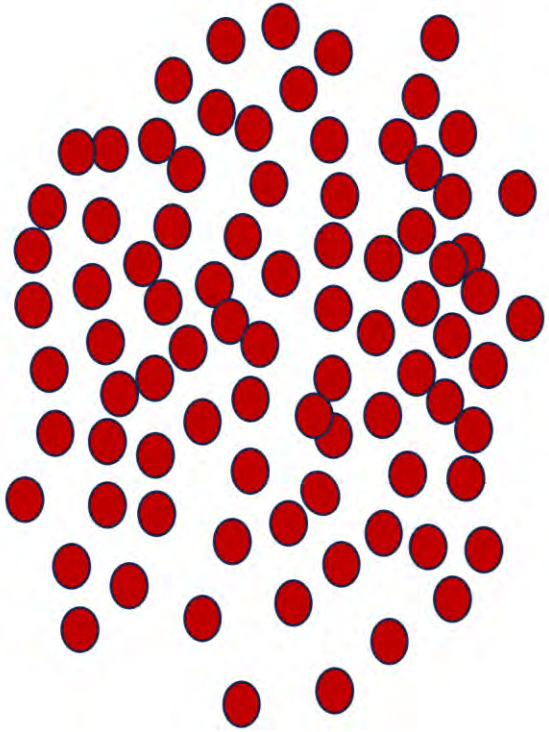
Why is COVID-19 Spreading SO Quickly

Influenza



COVID-19

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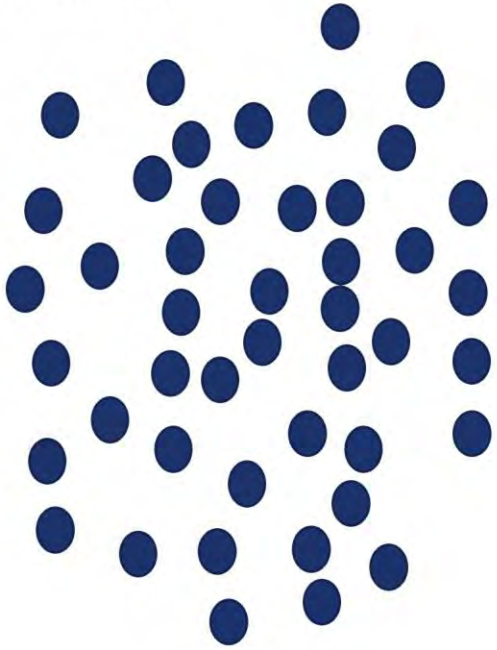
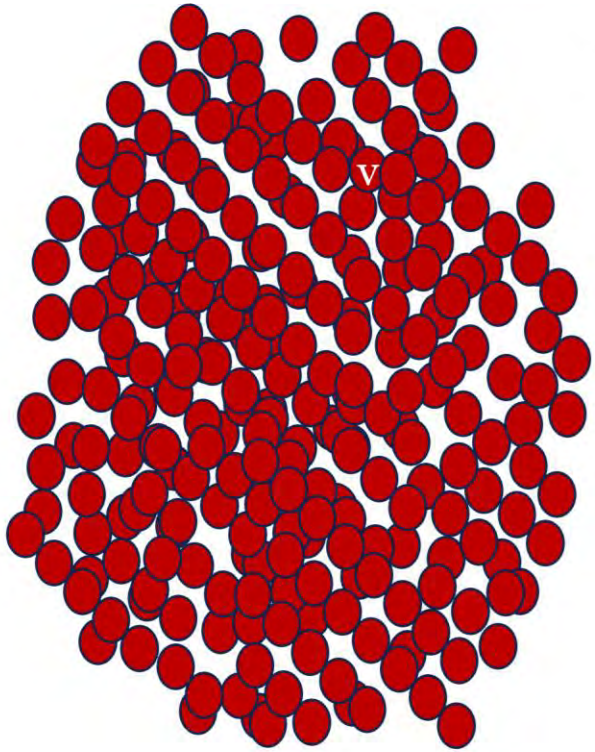
Why is COVID-19 Spreading SO Quickly

Influenza





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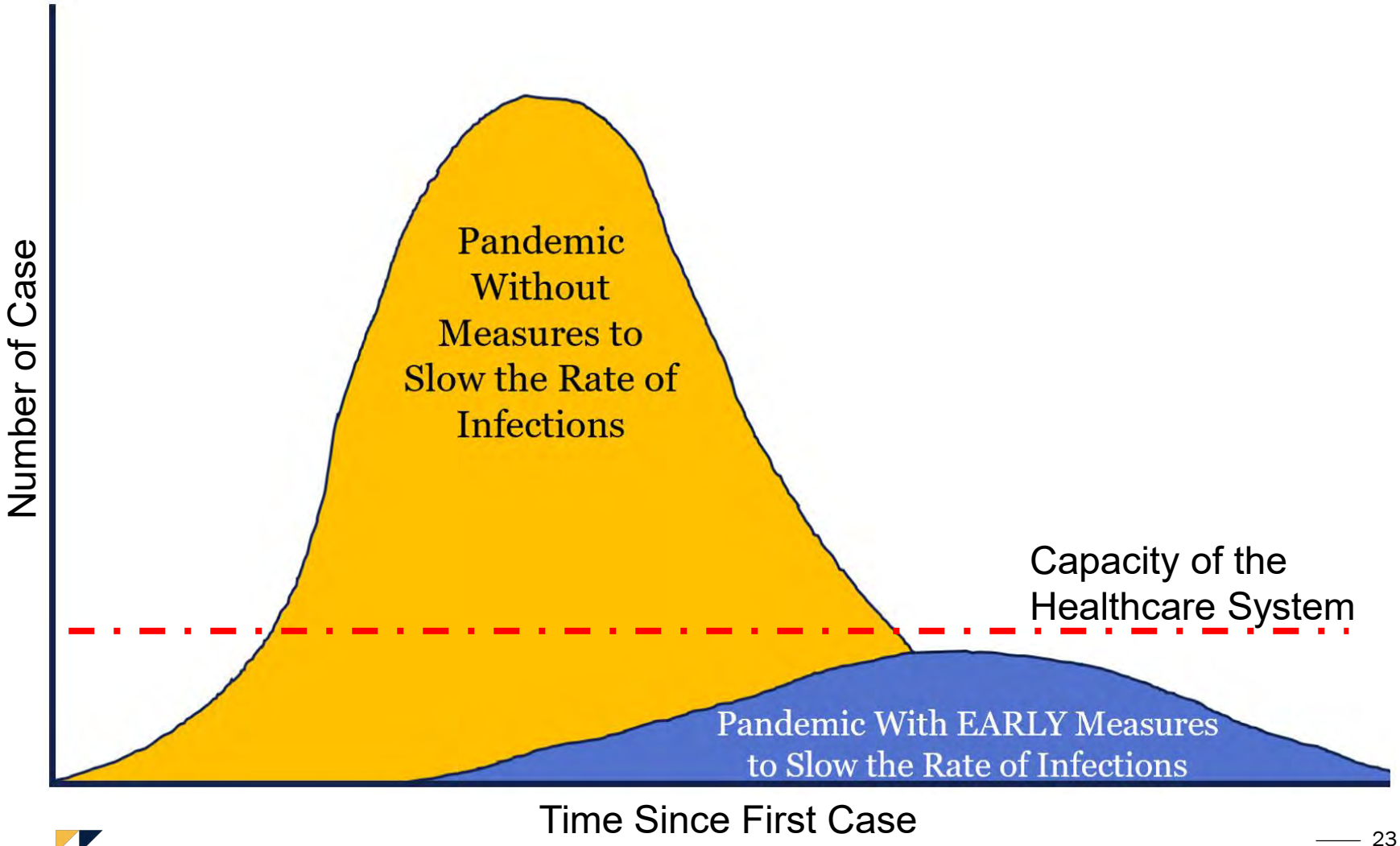
Why is Slowing Spread Important?



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How Can YOU Slow the SPREAD

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Remember How Transmission Occurs

Source: CDC\Brian Judd
https://phil.cdc.gov/details.aspx?pid=11161

- Person to person via droplets (6 feet)
- Airborne transmission (aerosol generating procedures)
- Transmission via surfaces
  - viable for hours to days on surfaces

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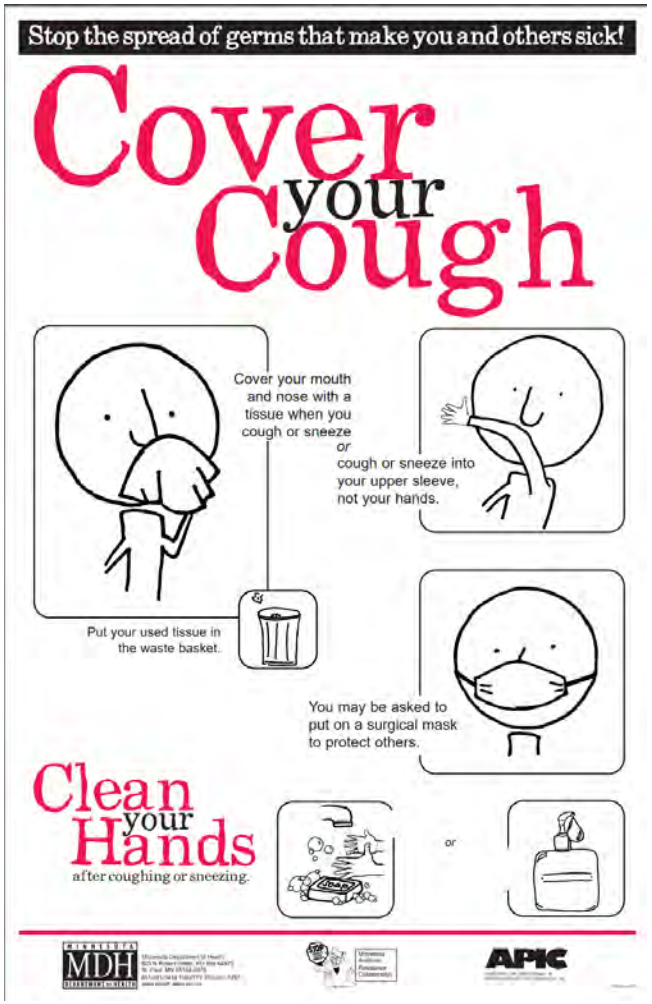
Use What We Know to Stop Transmission

- Social Distancing
- Respiratory Etiquette
- Hand Hygiene
- Clean and disinfect surfaces



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Minimize Chance of Exposures In OP Settings

Before Arrival

- Call clients or have them call ahead
- Plan for ill clients who need to be seen in person
- Consider alternatives: phone and virtual visits

At Arrival

- Provide signage and screen for symptoms
- Ask waiting clients to wait outside and sit at least 6 ft apart
- Have masks, tissue, and hand hygiene products available
- Practice respiratory hygiene and social distancing

After visits

- Clean and disinfect surfaces
- Open windows and doors to increase air circulation

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Continue Providing Appropriate Care

- Assess the client/patient for potential risk of relapse and decompensation
- Increase case management services
- Provide hotline information

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Telehealth

- 1135 Waiver: Care in alternative settings

- Relaxed HIPAA rules

https://www.hhs.gov/hipaa/for-professionals/special-topics/emergency-preparedness/notification-enforcement-discretion-telehealth/index.html

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Sample Signs

This sign can be downloaded from: https://www.hca.wa.gov/assets/OTP-visitor-signage.pdf

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Cleaning in Community Settings

Surfaces

- If dirty, clean with a detergent or soap and water prior to disinfection.
- Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.).
- Do not mix products unless instructed by manufacturer
- More is not better!

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Cleaning in Community Settings

- Disinfect **hard surfaces** with
  - Common EPA-registered household disinfectants (https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2)
  - Alcohol solutions with at least 70% alcohol
  - Diluted household bleach solutions
    - 5 tablespoons (1/3rd cup) bleach per gallon of water or 4 teaspoons bleach per quart of water

From: https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html

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Cleaning in Community Settings

- Clean soft (porous) surfaces (carpets, rugs)
  - Removing visible contamination, if present
  - Clean with appropriate cleaners indicated for use on these surfaces
- Disinfect **soft** surfaces:
  - If able to launder do so in accordance with the manufacturer's instructions using the warmest appropriate water setting for the items and then dry items completely
  - Otherwise, use products with the EPA-approved emerging viral pathogens claims (https://www.americanchemistry.com/Novel-Coronavirus-Fighting-Products-List.pdf) that are suitable for porous surfaces

From: https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html

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Cleaning in Community Settings

Linens, Clothing, and Other Items That Go in the Laundry

- Do not shake dirty laundry
- Wash items in accordance with the manufacturer's instructions using the warmest water setting for the items and dry items completely
- Dirty laundry that has been in contact with an ill person can be washed with other people's items
- Clean and disinfect laundry room surfaces, washers, hampers or other carts for transporting laundry according to guidance above for hard or soft surfaces.

From: https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html

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Community Settings With Overnight Stays

- Follow Interim Guidance for US Institutions of Higher Education (https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-ihe-response.html)
- Need to ensure continuity of safe housing
  - Identify spaces to house and provide services to ill individuals in advance
  - If no cases, educate residents on measures to decrease transmission
  - If cases of COVID-19, work with local public health

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Community Settings Providing Meals

- Need to ensure continuity of meal plans
  - Routine food services sanitation procedures should be adequate for surfaces and utensils (https://www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020/FoodWorkers)
  - Avoid food distribution in settings where people might gather in a group or crowd
    - Consider options
      - "grab-and-go" bagged lunches
      - meal delivery
      - adapt to ensure social distancing

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Application in Different Care Settings

- PSR, Day Hab/Day Treatment, Drop-In Centers
- Residential settings
- In-Home, In-Community services
- Self-Help and Support Groups

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Methadone Programs

- Washington State has provided guidance at https://www.hca.wa.gov/assets/program/opioid-treatment-program-faq.pdf
- Substance Abuse and Mental Health Services (SAMHSA) https://www.samhsa.gov/sites/default/files/otp-guidance-20200316.pdf

Washington State Health Care Authority

COVID-19 and opioid treatment programs

Frequently asked questions

The following information is meant to support opioid treatment program (OTP) medical directors relating to the corona virus (COVID-19) situation in Washington. This guidance contains recommendations and resources from state and federal partners.

States are responsible for regulating OTPs in their jurisdictions. Therefore, each State Opioid Treatment Authority (SOTA) is responsible for working with the OTPs within their state to develop and implement a disaster plan to address COVID–19.

If you have additional questions, please email them to jessica.blose@hca.wa.gov. We will update this document as needed and post updated versions on our OTP webpage.

How do we reduce transmission in our program facility?

- The Centers for Disease Control and Prevention has provided interim infection prevention and control recommendations in health care settings.
- We have created a fillable and printable sign that you can customize for your program.
- Anyone with a respiratory illness (e.g., cough, runny nose) should be given a mask before entering the space.
- Provide hand sanitizer at the front desk and at each dosing window.
- Clean all surfaces and knobs several times each day with EPA-approved sanitizers.

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Methadone Programs

- Give people with respiratory illness (e.g., cough) a mask before entering the space
- Provide hand sanitizer at the front desk and at each dosing window.
- Clean all surfaces and knobs several times each day with EPA-approved sanitizers.
- Clients who present with respiratory symptoms to a location other than the general dispensary and/or lobby.

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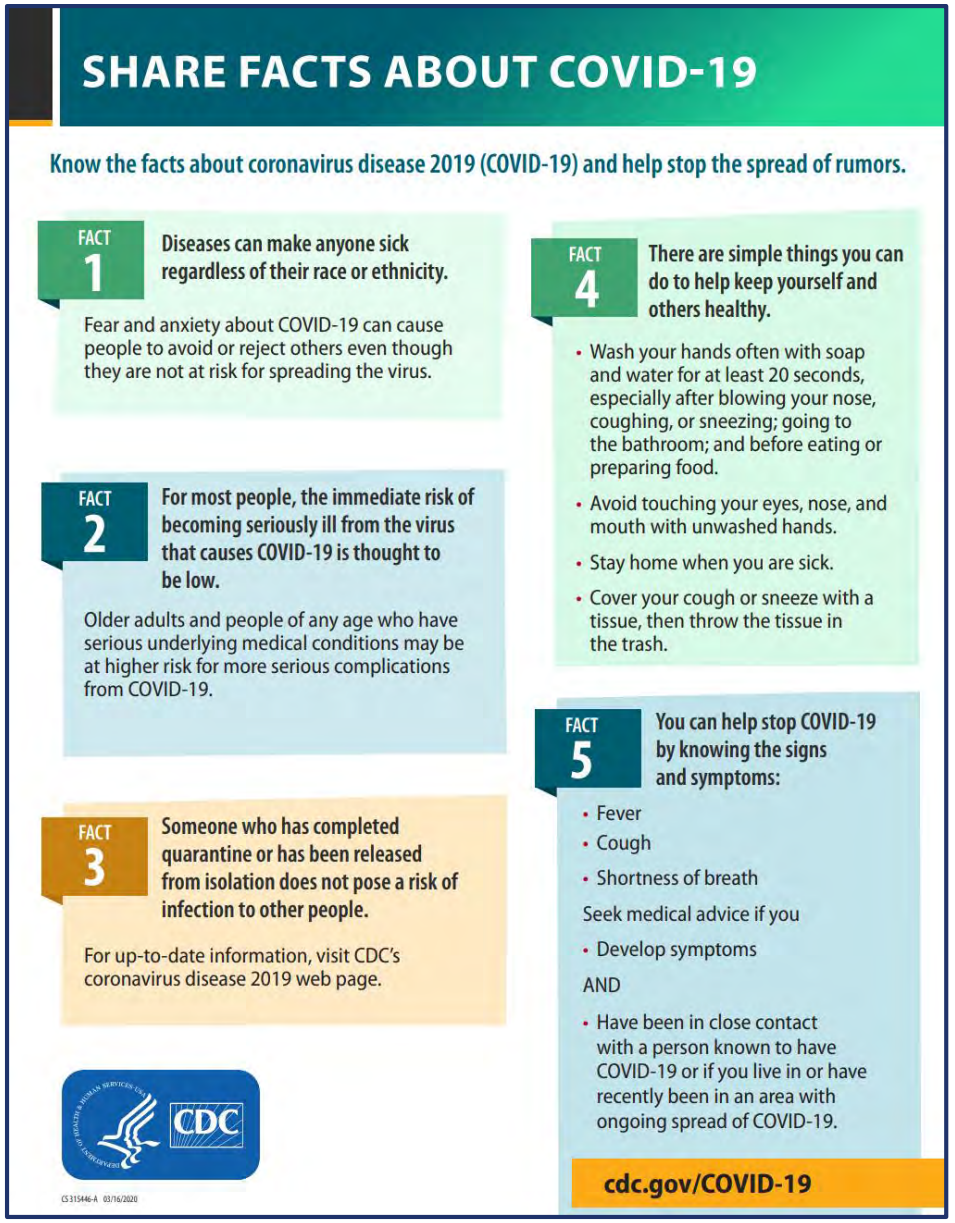
Provide Reassurance and Reducing Stigma

- https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/reducing-stigma.html



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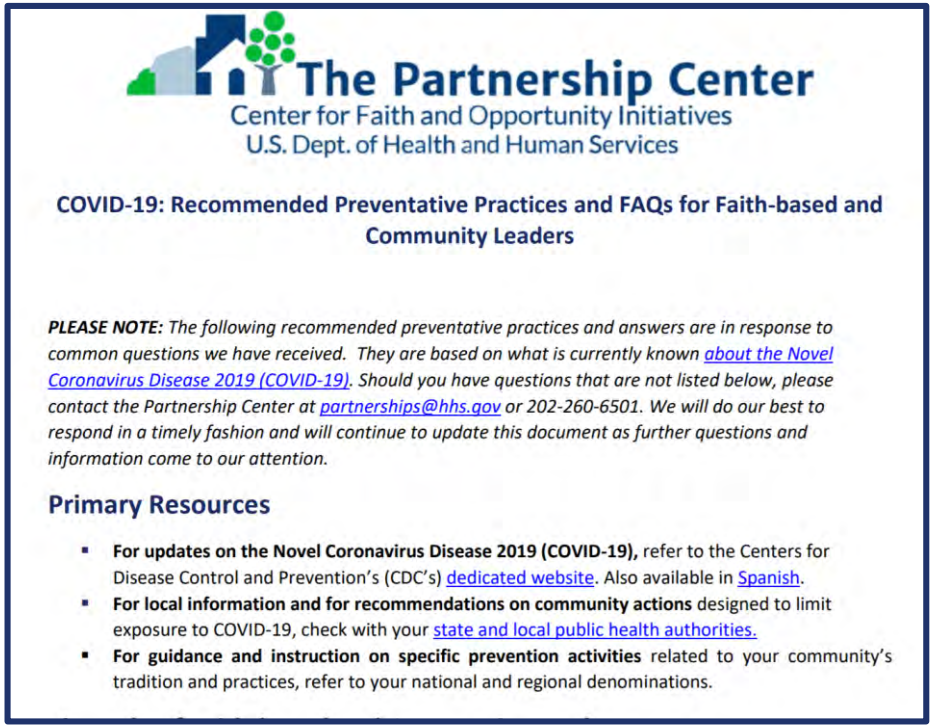
Plan Ahead

1. Make Plans to Stay Connected
2. Make Plans to Provide Ongoing Care and Services
3. Make Plans to Maintain Operational Continuity, Support Staff, and Those Whom You Serve
4. Make Plans to Partner



The Partnership Center
Center for Faith and Opportunity Initiatives
U.S. Dept. of Health and Human Services

COVID-19: Recommended Preventative Practices and FAQs for Faith-based and Community Leaders

PLEASE NOTE: *The following recommended preventative practices and answers are in response to common questions we have received. They are based on what is currently known about the Novel Coronavirus Disease 2019 (COVID-19). Should you have questions that are not listed below, please contact the Partnership Center at partnerships@hhs.gov or 202-260-6501. We will do our best to respond in a timely fashion and will continue to update this document as further questions and information come to our attention.*

Primary Resources

- **For updates on the Novel Coronavirus Disease 2019 (COVID-19),** refer to the Centers for Disease Control and Prevention's (CDC's) dedicated website. Also available in Spanish.
- **For local information and for recommendations on community actions** designed to limit exposure to COVID-19, check with your state and local public health authorities.
- **For guidance and instruction on specific prevention activities** related to your community's tradition and practices, refer to your national and regional denominations.

https://www.hhs.gov/sites/default/files/3-17-20-faith-and-community-based-covid-19-faq.pdf

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Instructions for People Who Do Get Sick

- Protect caregivers and others from exposure
- Treat fever, maintain hydration, and get rest
- Seek medical treatment for worsening symptoms and emergency warning signs (e.g., difficulty breathing, shortness of breath, chest pain, new confusion)
- If not tested, recommendation is to stay home until
  - no fever for at least 72 hours without the use medicine that reduces fevers
    AND
  - other symptoms have improved

    AND
  - at least 7 days have passed since their symptoms first appeared

https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html#monitor

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Resources

- Healthcare Facilities:
  - Steps to Prepare Facility for Cases https://www.cdc.gov/coronavirus/2019-ncov/healthcare-facilities/steps-to-prepare.html
  - Preparing for Community Spread: https://www.cdc.gov/coronavirus/2019-ncov/healthcare-facilities/guidance-hcf.html
- School, Workplace and Community Facilities
  - https://www.cdc.gov/coronavirus/2019-ncov/community/index.html
  - Cleaning and Disinfection: https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html
  - https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/checklist.html

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Resources

- The Joint Commission
  - https://www.jointcommission.org/resources/patient-safety-topics/infection-prevention-and-control/

- National Council for Behavioral Health
  - https://www.thenationalcouncil.org/covid19/

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Questions

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