



Primary Care & Telehealth Strategies for Addressing the Secondary Health Effects of COVID-19

California ACEs Aware Initiative



May 27, 2020



ACEs Aware Mission



To change and save lives by helping providers understand the importance of screening for Adverse Childhood Experiences and training providers to respond with trauma-informed care to mitigate the health impacts of toxic stress.



ACE Provider Training



- **Get trained** at <http://www.acesaware.org/training>
- Free, 2-hour online course that offers CME and MOC credits
- Includes information on:
 - DHCS policies and requirements for providers
 - Science of trauma and toxic stress
 - How to screen for ACEs
 - How to implement trauma-informed care



Today's Presenters

Devika Bhushan, MD, FAAP  [DrDevikaB](#)

Pediatrician & Chief Health Officer, Office of the California Surgeon General

James Hardy, MD

Associate Clinical Professor, Department of Emergency Medicine at UCSF

Moira Szilagyi, MD, PhD, FAAP  [drmoira777](#)

Nominee, AAP President-elect; Professor of Pediatrics, Interim Chief, General Pediatrics and Section Chief, Developmental Behavioral Pediatrics at UCLA

Rachel, MD, FACOG

FPA Women's Health



Agenda



1. Overview: Secondary health impacts of the COVID-19 pandemic
2. Non-COVID emergency room and hospitalization patterns
3. The view from primary care
4. Audience questions / answers





Secondary Health Impacts of COVID-19: Overview

Dr. Devika Bhushan
Pediatrician

Anticipated Secondary Health Impacts

- Heart attacks; strokes; HTN
- Diabetes
- COPD, asthma flares
- Kidney disease
- Poorer oral health
- Other infections:
 - Decreased vaccination
 - Immune dysregulation
- Poorer perinatal and birth outcomes
- Depression, anxiety
- Suicidality
- PTSD
- Substance use
- Interpersonal violence: child abuse, neglect, IPV, elder abuse

Sources: Listed in References (end)



Underlying Reasons for Secondary Impacts



1. Activated **biological stress** response
 - Neuro-endocrine-immune dysregulation
2. **Disrupted healthcare access**
3. **Reduced health maintenance**

Anticipated Secondary Health Impacts

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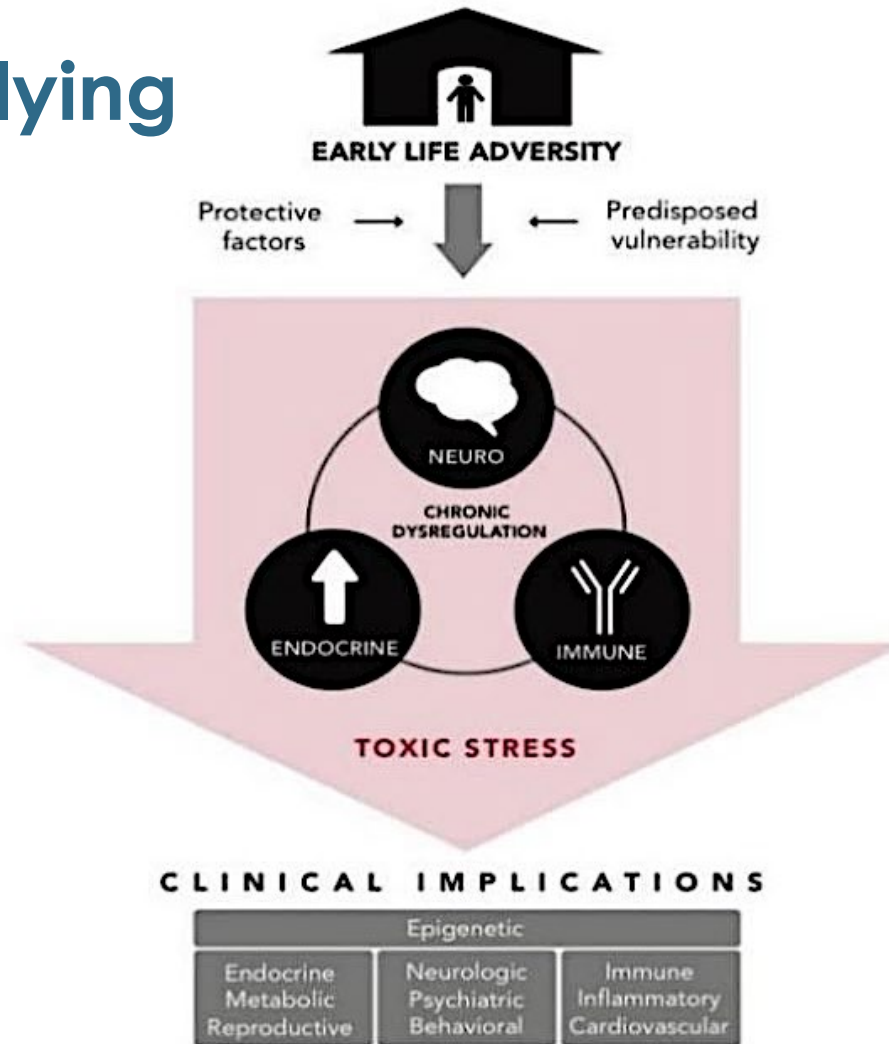
- **Depression, anxiety**
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- **PTSD**
- **Substance use**
- **Interpersonal violence: child abuse, neglect, IPV, elder abuse**

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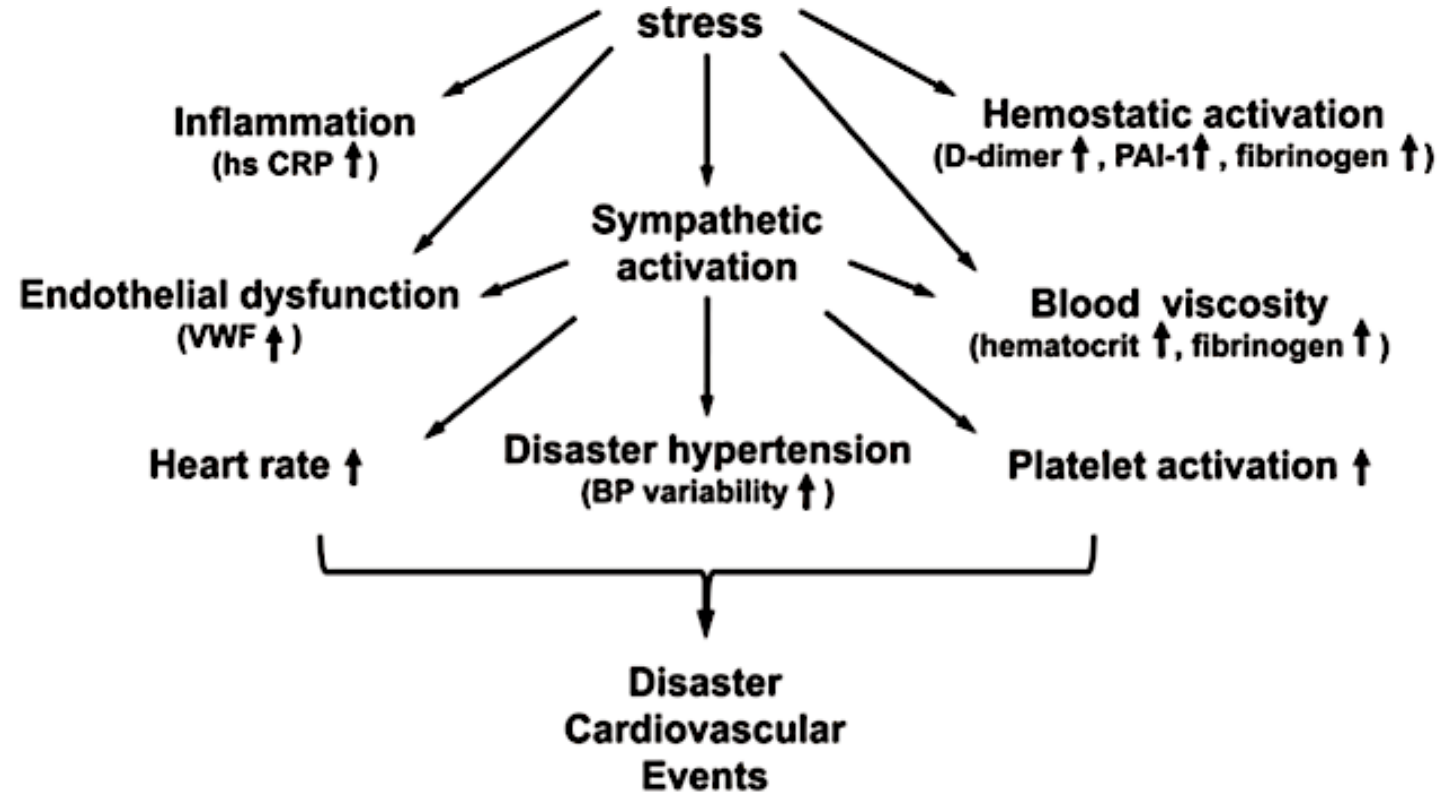
Toxic Stress: Underlying Vulnerability

Already biologically
“**stress-sensitized**”



Source: Bucci *et al.*, 2016

A Closer Look: Cardio/Cerebrovascular Risk



Sources: Kario *et al.*, 2002; 2003; 2012; Trevisan *et al.*, 1986; Gautam *et al.*, 2009

Stress Relief Playbooks



Available at: covid19.ca.gov

The Role of Health Care Providers



State of California—Health and Human Services Agency
Department of Health Care Services and Office of the Surgeon General



BRADLEY P. GILBERT, MD, MPP
DIRECTOR



Nadine Burke Harris, MD, MPH
SURGEON GENERAL



GAVIN NEWSOM
GOVERNOR

DATE: APRIL 7, 2020

ALL PLAN LETTER 20-008

TO: ALL MEDI-CAL MANAGED CARE HEALTH PLANS

SUBJECT: MITIGATING HEALTH IMPACTS OF SECONDARY STRESS DUE TO
THE COVID-19 EMERGENCY

<https://www.acesaware.org/heal/covid19/>





Non-COVID Emergency Room & Hospitalization Patterns

Dr. James Hardy
Emergency Department Physician

Pandemic Stressors and Emergency Care



Delayed Care Related to Fear

- Increased morbidity and mortality
- Downstream impact on quality of life and income

Impeded linkage to Care

- High impact on most vulnerable patients
- Sequelae of untreated psychiatric disease and SUD

Visitor Policies and Isolation

- Geriatric patients and patients with cognitive impairment
- Grief



The View from Primary Care

Dr. Moira Szilagyi
Pediatrician

Dr. Rachel
Women's Health Physician

Question 1

What kinds of **symptoms/conditions** are you seeing more of now than prior to the COVID-19 pandemic?

Question 2

Are clinicians screening for and promoting health maintenance items, including screening for ACEs and toxic stress, as part of preventive care?

What are some **key lessons and barriers?**

Question 3

What kinds of care or interventions are commonly being deferred?

What **impact** is this having?

Question 4

What kinds of **strategies** have been helpful in helping patients navigate stress, anxiety, and other conditions that are now more common?

What has worked particularly well via **telehealth** / under these novel circumstances?

Question 5

What are some other lessons learned for how best to **support** patients and clinicians (ourselves and our colleagues) right now?



Audience Questions & Answers

Upcoming Webinars

The Last Wednesday of Each Month from 12-1 p.m. PDT



June 24th 12 – 1 p.m. PDT: Fundamentals of ACE Screening and Response in Pediatrics

July 29th 12 – 1 p.m. PDT: Fundamentals of ACE Screening & Response for Adults

Register for Webinars and Find Webinar Recordings at:

www.acesaware.org/educational-events





Questions?

Contact Us



acesaware.org



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