



PROVIDER BULLETIN



COUNTY OF MONTEREY
HEALTH DEPARTMENT

A Monterey County Health Department bi-monthly newsletter summarizing national, state, and local public health-related issues for county healthcare providers.

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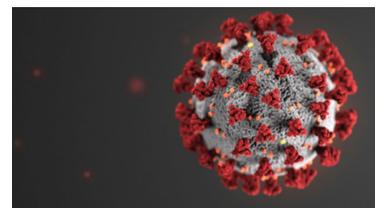
Subscriber's Corner

Communicable Disease Updates

COVID-19

CDC COVID-19 Updates

The Centers for Disease Control and Prevention (CDC) provides daily updates and guidance, including [a section specific to rural health care](#), a [Toolkit for Tribal Communities](#), and [a vaccine locator by state](#).



And remember, MCHD publishes updates to county COVID-19 data [here](#).

Emerging Strong from COVID-19: Priorities for Health System Transformation

The National Academy of Medicine published an article about the Emerging Stronger After COVID-19. The Academy brought together field leaders from across the major health system sectors to evaluate how each sector has responded to the pandemic and the opportunities that exist for health systems transformation. The health sectors have an opportunity to capitalize on the hard lessons of COVID-19 and build a health care system that centers on patients, families, and communities; the well-being of physicians, supports care systems, public health, and biomedical research to perform at the best of their abilities. To learn more, click [here](#).

CDPH Healthcare Provider Health Advisory

Updated Guidance on Laboratory Testing of Pediatric Patients for Monkeypox (MPX) Virus Infection in California

This Health Advisory provides additional information for providers about judicious use of Monkeypox (MPX) testing in children and non-sexually active adolescents. Rashes are common among children and adolescents that are caused by a variety of infections and non-infections conditions. The MPX outbreak in California and in the U.S. remains concentrated among adults who identify as men, and transmission has primarily occurred during sexual and intimate contact with other men. The American Academy of Pediatrics (AAP) communicated risk of children getting infected in MPX is low. The AAP recommends to test patients with suspicious lesions if there is a history of close, personal contact with someone who has MPX; this may include living with or being care for by someone who has MPX or intimate or sexual contact for adolescents who are sexually active.

To see the full Health Advisory, [here](#).

Chronic Disease Updates

Hypertension

**UCLA & UCSF
Special Guests on**

Stroke, Accelerated Detection & Hospital Arrival; Familial



Hypercholesterolemia & Lp(a), Powerful Risk Factors for Stroke & MI- (Recorded Webinar)

Right Care Initiative Virtual University of Best Practices conducted a webinar on Stroke, Accelerated Detection & Hospital Arrival; Familial Hypercholesterolemia & Lp(a), Powerful Risk Factors for Stroke & MI, with special guests speakers from UCLA & UCSF on June 28, 2022. To access the recorded webinar, click [here](#).

Diabetes

2022 DIABETES UPDATE

HIGH IMPACT MANAGEMENT FOR CLINICIANS

SUNDAY | 11.06.22 | FAIRFIELD, CA

TOURO UNIVERSITY CALIFORNIA

2022 Diabetes Update: High Impact Management for Clinicians Hybrid Event

Save the Date

November 6, 2022, in Fairfield, CA

In this one-day diabetes symposium, the learners will gain key skills and insights to take to their practice immediately. Topics include the use of continuous glucose monitoring, the gut microbiome, and patient-centered language and approaches. Join national experts in person or virtually. Approved for 7.25 AAFP Prescribed Credits, AMA PRA, and AOA 1-A. For

California Will Start Making Its Own Insulin to Combat High Drug Prices

On July 7th, 2022, California Gov. Gavin Newsom approved a budget that allocates \$100 million for the state to create its own insulin, a response to the high prices for the life-saving medication that have made it inaccessible to individuals who suffer from diabetes. For more information, click [here](#).

The National Diabetes Prevention Program Customer Services (CSC) Newsletter

The National Diabetes Prevention Program Customer Services (CSC) Newsletter provides information such as recently published resources, upcoming technical assistance, and training events. In addition, the newsletter provides updated information on the status of the National DPP. You can also visit the spreadsheet with upcoming [trainings](#) offered by training entities that have signed a Memorandum of Understanding with the Centers for Disease Control and Prevention to provide training for lifestyle coaches. To access the newsletter, click [here](#).

Diabetes Self-Management Education and Support (DSMES) Billing-Back to the Basics Free Webinar

The webinar provides a background of DSMES reimbursement which includes an overview of the DSMT benefit for centers for Medicare and Medicaid services beneficiaries with diabetes. A description of DSMT billing codes and reimbursement required for providing the service will be covered. Guest speakers will present an overview of the current state of telehealth and DSMT. In addition, speakers provide insight about how to maximize your value and increase the sustainability of services provided.

Please follow the instruction to access the webinar:

Learners are highly encouraged to watch the on-demand webinar before joining the first live Q&A call. The billing codes table for diabetes-related services that includes 2022 Medicare FFS rates is also attached for your reference. The webinar access will expire on 12/31/2022. Please share this information with your partners.

Instructions:

1. Go to www.diabeteseducator.org and click the “My Learning” link – found under the ‘Sign In’ drop-down menu near the upper right.

2. Login, or if you are new to ADCES, sign-up. You will be directed to the “My Learning” portal.
3. At the bottom right of the page, submit your GE CODE: JPK6MXC7 You will only need the code once.
4. Click “go” to enter the learning activity, or refresh the My Online Learning page, to see the activity listed in your ENROLLMENTS list. Click the title to begin.
5. You can return to the “My Learning” link at www.diabeteseducator.org whenever you want to log back into your learning activity. (No need to use the code again.)

The California Medical Association- Health Equity and Diabetes Prevention Webinar

The California Medical Association and CDPH presents, “[*Break the Bias: Health Equity and the Importance of Screening and Referring for Diabetes Prevention*](#)” webinar. This virtual program features experts sharing how to advance health equity by screening patients for prediabetes and referring them to the National Diabetes Prevention Program.

Diabetes Insider- How Diabetes Affects Your Skin

Did you know that diabetes can affect many parts of your body, including your skin? Skin changes are one of the most common signs of diabetes. Learn about the signs of diabetes that can appear on your skin. The skin is the largest organ of the human body. It’s packed with nerves and blood vessels that allow us to sense touch, temperature, pain, and pressure. Diabetes can affect the nerves and blood vessels in your body. To learn more, click [here](#).

Rx for the National Diabetes Prevention Program-Action Guide for Community Pharmacists

Prescription for the National Diabetes Prevention Program is an action guide for community pharmacists and pharmacy members. The guide provides how you can support the National Diabetes Prevention Program (DPP) to promote awareness of prediabetes and National DPP among patients at risk, screen, test, refer patients; offer the National DPP lifestyle change program, and more.

To access the guide, click [here](#).

Air Pollution and Type 2 Diabetes

Experimental and epidemiological studies indicate an association between

exposure to particulate matter (PM) air pollution and increased risk of type 2 diabetes. In view of the high and increasing prevalence of diabetes. The study aims to quantify the burden of type 2 diabetes attributable to PM2-5 originating from ambient and household air pollution. To view the article, click [here](#).

National Diabetes Prevention Program (National DPP) Customer Service Center Announcement

The National DPP Customer Service Center announced a new optional feature available to Centers for Disease Control and Prevention (CDC)-recognized organizations in the [DPRP Data Submission and Administration Portal \(DPRP Portal\)](#). Organizations are able to add program and cohort attributes to their profile that will appear on the [National Diabetes Prevention Program Find a Program](#). To access the new *Class Information* section, organizations will login to the DPRP Portal and navigate through the *Organization Profile* module to the new section. Please note that this new section replaces the *Public Class Location* section that was previously only available to in-person organizations that indicated their classes were open to the public. Once in this section, organizations will be able to add information regarding the languages that sessions are offered in, payment sources accepted, and any special program features offered. All organizations, regardless of delivery mode, will now be able to enter this information.

The Adjusting Program Delivery During the COVID-19 Public Health Emergency Webinar- (Recorded Webinar)

The Adjusting program Delivery During the COVID-19 Public Health Emergency Webinar accents how CDC-recognized organizations adapted and adjusted delivery of the lifestyle change program in response to the COVID-19 public health emergency. The webinar also highlights key efforts scale the National DPP in areas that are underserved, discusses the partners in that effort, and provides an overview of the evaluation framework for the project. Along with partners, CDC presents a key case study conducted in 2021, Adjusting Program Delivery During the COVID-19 Public Health Emergency to Enroll and Retain Populations of Focus in the National DPP Lifestyle Change Program.

To access, the webinar click [here](#).

Diabetes Insider-Problems Accessing Enough Food Could Affect Diabetes Management

Millions of people across America have problems accessing enough food or enough healthy food known as *food and nutrition insecurity*. This can increase the risk of type 2 diabetes and affect how people with diabetes manage their

health. Learn how food and nutrition insecurity can increase the risk of type 2 diabetes and affect diabetes management. To learn more, click [here](#).

Prevention of Type 2 Diabetes Mellitus by R Paul Robertson

R Paul Robertson, MD, published an article highlighting type 2 diabetes mellitus which is characterized by hyperglycemia, insulin resistance, and impairment in insulin secretion. He stated that although the lifetime of type 2 diabetes is high, our ability to predict and prevent type 2 diabetes in the general population is challenging. However, individuals at high risk, including those with impaired fasting glucose (IFG), impaired glucose tolerance (IGT), obesity, close relatives with type 2 diabetes, or who are members of certain ethnic groups (Asian, Hispanic, African American), are appropriate candidates for preventative interventions. To learn more, click [here](#).

Overview of Peripheral Artery Disease in Patients with Diabetes Mellitus by Berg et al.

Berger et al. published an article stating that more than 170 million people worldwide have diabetes mellitus (DM), and this number is projected to increase to nearly 370 million people by 2030. Diabetes is a major risk factor for all forms of cardiovascular disease, which is the most common cause of death for adults with diabetes mellitus. In addition, he stated that diabetes mellitus is a risk factor for peripheral artery (PAD), defined as atherosclerosis in lower extremity arteries. To view the article, click [here](#).

Bone Disease in Diabetes Mellitus by Hordon

Lesley D Hordon, MD, published an article about the complexity of diabetes in the bones. She mentions that while most studies agree that fractures increase in diabetes, bone mineral density (BMD) may not reflect bone fragility, particular in type 2 diabetes. The extent to which the metabolic abnormalities of diabetes potentially affect bone metabolism, structure, quality, and mineral density is still debated. To view article, click [here](#).

COVID-19: Issues Related to Diabetes Mellitus Adults by Wexler

Deborah J Wexler, MD, released an article about the care of patients with endocrine disorders during the coronavirus disease. Dr. Wexler states that patients with diabetes are at risk for more severe illness. COVID-19 appears to precipitate severe manifestations of diabetes, including diabetic ketoacidosis (DKA), hyperosmolar hyperglycemic state (HHS), and severe insulin resistance. To view the article, click [here](#).

Nutritional Consideration in Type 2 Diabetes

Mellitus by Delahanty

Medical nutrition therapy (MNT) plans created by a Registered Dietician/Nutrition are essential in diabetes self-management. The main components of MNT's are weight management and physical activity, caloric intake, day to day carbohydrate consistency, nutritional, and meal timings. Nutritional plans should focus on managing hemoglobin, LDL cholesterol, and blood pressure. To ensure adherence special attention must be placed to ensure an individual's preferences, and goals. To view the article, click [here](#).

Substance Use Prevention and Treatment

Tobacco

New Trauma-Informed Approaches To Tobacco Prevention And Cessation Brief

A new resource, "[Trauma-Informed Approaches to Tobacco Prevention and Cessation Brief](#)" is now available. The purpose of this resource is to describe the connection between Adverse Childhood Experiences (ACEs) and tobacco use; share how cessation service delivery can adopt and implement trauma-informed approaches; and provide recommendations and strategies for how cessation programs can apply the Substance Abuse and Mental Health Services Administration's (SAMSHA) "Six Principles of a Trauma-Informed Approach."

This brief was created in partnership with the California Department of Public Health, Injury and Prevention Branch (CDPH/IVPB) and the California Department of Social Service, Office of Child Abuse Prevention's (CDSS/OCAP)'s, Essentials for Childhood (EFC) Initiative and CDPH's California Tobacco Control Program (CTCP). We are excited to share this resource with all those who are interested in creating tobacco-free environments and countering trauma and adversity.

Please consider sharing this brief with your networks and thank you for your partnership and efforts to improve child wellbeing and promote tobacco cessation in California.

For more information, please contact [Beth Olagues](#), at (916) 552-9829

Other

Mental Health

Suicide Prevention Service

The Suicide Prevention Service launched the new three-digit dialing code 988 which directs to the National Suicide Prevention Lifeline. Individuals can now call or text 988 to receive services of intervention. To learn more, click [here](#).



988
SUICID
& CRISIS
LIFELINE

If you
or someone
you know
needs support,
call or text 988
or chat
988lifeline.org

You are irreplaceable. Talk to someone.





Training Opportunities

Preventing Firearm Injury: What Clinicians Can Do

The BulletPoints Project at UCD Davis Health launched a free online continuing education course to help physicians and other health care providers

reduce gun violence. The training present how to have a conversation with patients who have access to firearms and may be at risk of interpersonal violence, suicide, or unintentional injury. Providers who complete the course can receive one hour of Continuing Medical Education (CME) through the California Medical Association or Continuing Education (CE) credits through the American Psychological Association.

To learn more, click [here](#).

Berkeley Right Care Initiative Virtual University of Best Practices-Recorded Webinars

Berkeley Right Care Initiative Virtual University of Best Practices offers many recorded webinars such as Tips for Excellent HTN Control & Pharmacy Tech as Health Coaches with USC, Lim Conversations +PAD with USC & Sandford among many more. To access previous recorded webinars and for more information, click [here](#).

Resources

Connecting Seniors with Technology

Alliance of Aging is offering one-on-one trainings for seniors ages 60+ on how to use smart phones, tablets, computers, and laptops. The classes are offered Tuesdays from 10:00 am- 1:00 pm and Fridays from 1:30 pm – 4:30 pm. Please call to make an appointment at 831-646-4931 or 831-646-5060.



Connecting Seniors with Technology

Alliance on Aging is offering free one-on-one training for seniors age 60+ on how to use your:



Smart Phones

Tablets

Computers

Laptops/
Chromebooks

WHEN: Every Tuesday 10am-1pm or Friday 1:30-4:30pm

WHERE: THE HUB, 236 Monterey Street, Oldtown Salinas

To schedule an appointment please call

831.646.4931 or 831.646.5060

*Bus Passes and Taxi Vouchers available, if transportation is an issue please ask about them when you call for an appointment.

Training provided by Loaves, Fishes and Computers



The HUB - 236 Monterey Street - Salinas, CA 93901 - 831.646.5050 -

Subscriber's Corner

If you would like to contribute to the next Provider Bulletin, please send in your requests by October 31, 2022.

Contact Krista Hanni for more information at
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Thank you for reading this edition of the MCHD Provider Bulletin

If you need help or have any questions please contact our PIO, Karen Smith
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STAY CONNECTED



