



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.

Important Contacts:

Communicable Disease Prevention and Control

Phone: (831) 755-4521

After hours: (831) 755-5100

Fax: (831) 775-8076

Environmental Health Consumer Protection

Phone: (831) 755-4540

In this Issue:

Communicable Disease Updates

COVID-19

- CDC COVID-19 Updates
- COVID-19 Vaccinations and Testing
- Level Up and Upgrade Your Mask

Health Advisory

- Outbreak of Ebola Virus Disease in Uganda

Respiratory Illness Infection Prevention

- Prevention Safety Tips
- Flu Vaccinations Clinics

Chronic Disease Updates

Hypertension

- Prevention Forward Cultural Humility Website is Now Live
- Silicon Valley Stroke Response Innovation- (Recorded Webinar)

Diabetes

- November is National Diabetes Month
- Break the Bias: Healthy Equity and the Importance of Screening and Referring for Diabetes Prevention-Webinar
- Centers for Disease Control and Prevention's (CDC) Imagine Type 2 Campaign Launch
- Manage Gestational Diabetes for Healthy Pregnancy and Baby
- Free Advanced Lifestyle Coach Training Webinars
- What People with Diabetes Want You to Know

Substance Use Prevention and Treatment

Tobacco

- Supporting Young Adults in Quitting Tobacco and Nicotine Products-Webinar
- E-Cigarettes and Smoking Cessation: An Update for Clinicians, Co-Hosted by ATTUD- (Recorded Webinar)

Prescribe Safe Monterey County

- Prescribe Safe Monterey County Fall 2022 Newsletter

Addiction in Emergency Medicine and Acute Care

- Dr. Grover's Podcast on Addiction in Emergency Medicine and Acute Care

Other

Health Equity

- Words Matter: Strategies to Reduce Bias in Electronic Health Records
- Building Patients-Provider Trust to Help Patients Navigate a Biased System

Mental Health

- Anxiety Screening

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](#).

COVID-19 Vaccination and Testing

The Community Foundation for Monterey County's COVID-19 Collaborative strives to increase accessibility to COVID-19 vaccination and testing. The following link provides a list of ongoing vaccination and testing sites in Monterey County. To access site, click [here](#).

Level Up and Upgrade Your Mask

Masking is still essential in the fight against COVID-19 and its variants. Below are some great graphics from CDPH to share with patients or on your social media on how to reduce your chances of exposure by selecting an effective mask with good fit and filtration, like and N95, KN95, or KF94.



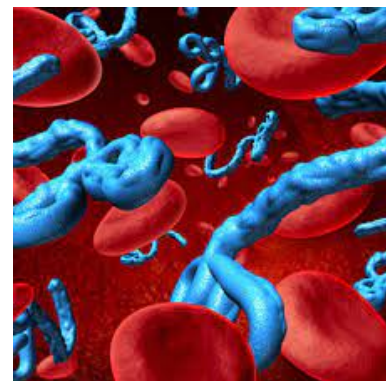
Health Advisory

Outbreak of Ebola Virus Disease in Uganda

Date: October 18, 2022

Contact:

Edward Moreno, MD, MPH
Brandon Gates, MPH
Health Officer & Director of Public Health Program
Manager
831-755-4585 831-755-4128



Current Situation

The California Department of Public Health (CDPH), in collaboration with the U.S. Centers for Disease Control and Prevention (CDC), has been closely monitoring an [outbreak of Ebola virus disease \(EVD\)](#) due to Sudan virus (species Sudan ebolavirus) in Central Uganda. Beginning the week of October 10, 2022, the CDC and Department of Homeland Security began funneling air

passengers traveling to the U.S. who have been in Uganda in the three weeks prior to travel to the U.S. through five pre-designated airports in the U.S. for EVD screening. Passengers traveling from Uganda who are asymptomatic continue on to their destinations. Local health departments are conducting risk assessments and monitoring returning travelers upon arrival at their destinations.

Person-to-person transmission of EVD occurs through direct contact with blood and other bodily fluids of a person who is sick with or died from EVD. EVD can also spread through direct contact with contaminated objects (like needles and syringes) or semen from a man who recently recovered from EVD. Signs and symptoms of EVD include fever, severe headache, muscle pain, weakness, fatigue, vomiting, diarrhea, stomach pain, and unexplained bleeding. The incubation period for EVD is up to 21 days from last exposure. Unlike Ebola Zaire, there are no FDA-licensed treatments or vaccines for Ebola Sudan. EVD is a disease with a high mortality rate; however, early supportive care increases the chances of recovery.

Recommendations

While there are no suspected, probable, or confirmed cases of EVD reported in the U.S. to date, the California Department of Public Health (CDPH) and Monterey County Health Department (MCHD) request that healthcare providers in hospitals, emergency departments, urgent care centers, and outpatient clinics prepare to identify and isolate suspected EVD cases by following recommendations outlined below:

- **Obtain a travel history** on all patients presenting with fever, vomiting, diarrhea, rash, and/or non-specific flu-like illness.
- **If there is a suspicion for EVD based on symptoms and travel within the last 21 days to Uganda, immediately notify the Monterey County Health Department's Communicable Disease Unit.**
 - Call 831-755-4521 during normal business hours.
 - Outside of normal business hours, call 831-755-5100 and ask for the Hazardous Materials Team. They will connect you with the on-call public health professional.
- **Isolate the patient** in a single room with a private bathroom and limited access, if possible. Keep a log of all individuals who enter the room. Utilize a negative pressure room for any aerosol generating procedures (AGPs). AGPs should be avoided unless critical for care.
- **Use personal protective equipment (PPE)** when caring for the patient.
 - Use at least standard, contact, and droplet precautions (gloves, surgical mask, eye protection, and fluid-resistant gown) while in the patient's room. Use of a respirator is recommended during AGPs.
- Limit laboratory testing to essential tests. Laboratories should contact the Health Department's Public Health Laboratory at 831-755-4516 for technical assistance, including how to arrange for EVD testing.
 - Healthcare providers should call the MCHD Communicable Disease Unit to report a suspected case **before** calling the laboratory to coordinate testing.

- Monterey County Health Department's Communicable Disease Unit: normal business hours - 831-755-4521; after hours - 831-755-5100 and ask for the Hazardous Materials Team. They will transfer you to the on-call public health professional.
- Monterey County Public Health Laboratory: 831-755-4516.
- CDC EVD Website for Clinicians: <https://www.cdc.gov/vhf/ebola/clinicians/ind>
- [Printable copy of this Advisory](#)

Respiratory Illness Infection Prevention

Prevention Safety Tips

As respiratory illness arises in the winter season everyone can play a role in preventing infections to keep yourself and your loved ones safe from respiratory infections. Please continue to share these tips and graphics with patients and on your social media to remind them how they can keep themselves and their loved ones healthy:

- Wash your hands
- Cover your cough
- Staying at home if you are sick
- Keeping your vaccines Up-to-date.



No Cost Flu Vaccination Clinics

Getting vaccinated is the single best step you can take to protect yourself and your loved ones against the flu.

The Monterey County Health Department is partnering with local organizations to provide no cost influenza “flu” vaccination clinics at community-based locations throughout the county again this year. Anyone 6 months of age and older is welcome to attend.

COVID-19 vaccinations will also be available both for those starting the vaccination series and those who need a booster. Individuals may get both flu and COVID-19 vaccinations on the same day. Vaccinations are provided on a walk-in basis only.

Flu may seem harmless; however, many individuals are at risk for serious complications if they get the flu. Seniors, those with chronic illnesses, pregnant women and young children can get very sick with flu -- sometimes even resulting in hospitalization or death. Everyone six months of age and older should be vaccinated each fall against the flu.

Flu clinics are scheduled for the following dates, times, and places:

- Wednesday, November 9th – 4 to 7 pm: Main St Middle School, Soledad

- Wednesday, November 16th – 4 to 7 pm: Chualar Fire Station

Children must be accompanied by a parent or legal guardian. Clinics are subject to weather cancellation and vaccine supply.

For more information on flu, visit the Monterey County Health Department's website at www.mtyhd.org/flu or the Centers for Disease Control and Prevention's website at www.cdc.gov/flu

Chronic Disease Updates

Hypertension

Prevention Forward Cultural Humility Website is Now Live



The Prevention Forward Cultural Humility website is now alive. Cultural humility can be recognized as a self-reflection and self-critique where individuals can learn about other's cultures and have an exploration of their own beliefs and identities. The Prevention Forward Cultural Humility website was created by Asare Research and Development, creating resources for partners, and stakeholders' access to cultural humility and health equity resources and best practices to prevent and manage heart disease, stroke, high cholesterol, and diabetes.

Please visit the new site by clicking [here](#).

Silicon Valley Stroke Response Innovation- (Recorded Webinar)

The Berkeley Right Care Initiative Virtual University of Best Practices held a webinar on October 25, 2022, about Silicon Valley Stroke Response Innovation. The webinar touched on the following subjects:

- Information on the National Institute of Neurological Disorder & Stroke
- San Mateo County Mobile Stroke Unit with State & National Data
- San Mateo Emergency Medical Services
- Stroke Awareness

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

Diabetes



DIABETES MANAGEMENT IT TAKES A TEAM

November is National Diabetes Month

November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes. This year's focus is on managing diabetes by building your health care team. Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

The National Institute of Diabetes and Digestive and Kidney Diseases offers tips on how manage diabetes and build your care team. For more information, [here](#).

Visit the following resources for diabetes management and prevention:

- Small changes can make a big difference, checkout [don't feed the diabetes](#) for classes, resources, and places to exercise.
- [2-1-1](#) diabetes resources offers, diabetes management, exercise and wellness, nutrition resources, and more.
- [Do I have prediabetes](#) offers information on ways to reverse prediabetes.

Break the Bias: Healthy Equity and the Importance of Screening and Referring for Diabetes Prevention-Webinar

The California Department of Public Health and the California Medical Association (CMA) are proud to present “Break the Bias: Health Equity and the Importance of Screening and Referring for Diabetes Prevention” as an online continuing medical education (CME) opportunity for physicians in California at no cost. California experienced a large percentage increase in deaths from 2019 to 2020, including from diabetes (17.7%), with differences in death rates within each race/ethnic group increased for all race/ethnic groups, and disparities in rates between groups increased (Data Brief: 2020 Increases in Deaths in California). This one hour and 50-minute virtual CME features experts sharing how screening patients for prediabetes, referring them to the National Diabetes Prevention Program, and identifying and overcoming barriers to screening and referral can advance health equity.

For more information, [here](#).

Centers for Disease Control and Prevention's (CDC) Imagine Type 2 Campaign Launch

The CDC's launched the Imagine You Preventing Type 2 campaign. This video series aims to reach a large segment of the 96 million US adults living with prediabetes. Raising awareness is critically important. Despite its prevalence—more than 1 in 3 Americans has prediabetes—more than 8 in 10 of people with prediabetes don't know they have it. To help people make that vital connection, Imagine You Preventing Type 2 takes viewers inside the real-life experiences of 3 participants in the National Diabetes Prevention Program lifestyle change program. Through unscripted storytelling, participants share their progress, including overcoming plateaus, handling obstacles, and celebrating successes, all with the support of their certified Lifestyle Coach.

The videos will be broadcast from now until the end of the year across ABC Television Stations as well as Disney's streaming platforms, including Hulu and ESPN. The whole series can be viewed by visiting [Diabetes TV](#), viewers can also find links to the National DPP and learn how to enroll in the lifestyle change program.

Manage Gestational Diabetes for Healthy Pregnancy and Baby

Did you know pregnant women can develop a type of diabetes called gestational diabetes? A CDC recent study highlighted a rate increase by 13% from 2019 to 2020. About half of people with gestational diabetes go on to develop type 2 diabetes.

Having gestational diabetes can lead to health problems for your baby as well. Babies are at risk for being born larger than average, which makes delivery difficult. They are also at a higher risk of developing obesity or type 2 diabetes later in life. The good news is that you can increase the chances for a healthy pregnancy by managing gestational diabetes. To learn more about gestational diabetes, click [here](#).

Free Advanced Lifestyle Coach Training Webinars

The Los Angeles County Department of Public Health and the Association of Diabetes Care & Education Specialists (ADCES) invites you to participate in the following free Advanced Lifestyle Coach Training Webinars:

- Using Motivational Interviewing in Your Lifestyle Change Program to Support Behavior Change and Retention
- Meeting the Needs of Culturally Diversified Individuals and Growing Your Cultural Competences in Providing Diabetes Prevention

Each training webinar provides 1.5 credit hours of continuing education for advanced lifestyle coach training, which count towards the CDC's minimum

recognition requirement of 2 hours per year. To register follow instructions below:

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: GXRTL67L
4. You will only need the code once.
5. 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.
6. You can return to the “My Learning” link at www.diabeteseducator.org whenever you want to log back in to your learning activity. (No need to use the activation code again.)

What People with Diabetes Want You to Know

Diabetes is a serious condition that affects over 37 million Americans. Many people think that people only have diabetes because of bad habits, but this belief isn't the full picture. There are other factors that can cause diabetes. Diabetes stigma, or negative attitudes towards someone because of their diabetes, can lead to more health complications by stopping people from getting the care they need, making managing diabetes more difficult due to the added stress, and affecting a person's mental health.

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

[Learn how DSMES can you manage your diabetes.](#)

Help to Kickstart Diabetes Self-Care

As you know, the uptake of DSMES is an enormous problem. Fewer than 5% of Medicare beneficiaries and fewer than 7% of privately insured people diagnosed with diabetes participate in the first year after diagnosis. Lack of knowledge in how to perform the many tasks required to manage diabetes can have serious short-term and long-term negative impacts on health and quality of life. People with diabetes need DSMES to learn skills and strategies to manage their diabetes effectively.

Diabetes Kickstart is an animated video series created by CDC to help fill that gap and to raise awareness of and access to DSMES services. The series is designed to:

- Introduce and explain the key concepts of diabetes management* and emphasize their critical importance to the health and well-being of people living with diabetes.
- Deliver easily consumable information in an anytime, anywhere format at no cost to viewers.
- Help people get started with day-to-day diabetes management or help them make changes to enhance management and improve health.

- Support and increase the visibility of DSMES and help people get more out of DSMES when they participate.

* Based on the ADCE7 Self-Care Behaviors.

How you can help: Consider sharing [Diabetes Kickstart](#) with your networks to help disseminate this important series.

Substance Use Prevention and Treatment

Tobacco

Supporting Young Adults in Quitting Tobacco and Nicotine Products- Webinar



In preparation for the Great American Smokeout, California Youth Advocacy Network (CYAN) is hosting a webinar, Supporting Young Adults in Quitting Tobacco and Nicotine Products. The webinar will be held on **Wednesday, November 9th from 1:00 pm – 2:00 pm**. This webinar will provide a brief overview of current young adult tobacco use behavior, discuss changes in young adult addiction since the introduction of nicotine salt vaping devices, share information on tobacco/nicotine addiction, highlight young adult quit behavior, and promote resources students can use to support quit attempts

Register for this webinar, click [here](#).

E-Cigarettes and Smoking Cessation: An Update for Clinicians, Co-Hosted by ATTUD- (Recorded Webinar)

University of California San Francisco invites you to watch the recorded webinar on E-Cigarettes and Smoking Cessation: An Update for Clinicians. Webinar speaker Dr. Nancy A. Rigotti a professor at Harvard Medical School and founder director of Massachusetts General Hospital's Tobacco Research and Treatment Center discussed the following items:

- Public health risks and benefits of e-cigarette use
- Recent clinical trial evidence about the efficacy of e-cigarettes for

smoking cessation

- Showcase evidence about the potential risks of e-cigarettes for smoking cessation
- Overview of an evidence-based plan for discussing e-cigarettes with patients/clients who smoke cigarettes

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

Prescribe Safe Monterey County

Prescribe Safe Monterey County Fall 2022 Newsletter



Montage Health released the Fall 2022 Prescribe Safe Monterey County newsletter. The newsletter highlights announcements, latest map trends, local information, updates, and more.

The fall newsletter includes the following:

- DEA warns of brightly colored fentanyl used to target young Americans
- 2022 Tri-County ODMAP information-to-date
- Monterey County brings awareness to opioid overdose and addiction-*Monterey Herald*
- Salinas Walks with a Doc focuses on life saving measures for opioid overdoses
- California hospital address overdose death and mental health crisis

To view full newsletter, click [here](#).

Addiction in Emergency Medicine

Addiction in Emergency Medicine and Acute Care

Dr. Casey Grave recent podcast discusses about addiction in emergency medicine and acute care. The podcast provides evidence-based podcast on how to think about, diagnose, and treat substance use disorders in the Emergency Department and Acute Care. Why?

One American dies every 6 minutes from a drug overdose, and one American dies every 5 minutes from excessive alcohol use. As many as 64% of adult



Emergency Department (ED) patients meet criteria for problematic substance use. Patients with untreated substance use are 81% more likely to require admission when they come to the ED. We need to learn more and do better in treating substance use in the acute care setting.

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

Other

Health Equity

Words Matter: Strategies to Reduce Bias in Electronic Health Records



Biases and stigmatizing language, consciously or subconsciously in the electronic health records (HER) can be reflected through negative physical or behavioral descriptors of patients, often related to race and ethnicity. Biased language in the HER can negatively influence patient's care across providers.

Center for Health Care Strategies provides tools for providers on how to write EHR notes that promote patient-centered care and dignity, which includes:

- Trusting patients and avoiding communicating disbelief
- Being mindful when using quotes
- Learning to recognize and avoid stigmatizing language
- Focus on positive themes and humanizing details
- Educating providers and providers-in-training

To access tools, click [here](#).

Building Patients-Provider Trust to Help Patients Navigate a Biased System

The Center for Health Care Strategies released a tool on how to Build Patient-Provider Trust to Help Patients Navigate a Biased System. This tool aims to help providers better understand the impact of their own bias and to better serve patients and families of color. This tool also includes a handout to be shared with patients and families, which provides suggestions for preparing for medical appointments that can support effective engagement with providers.

To access tool, please [here](#).

Mental Health

Anxiety Screening

Experts are [encouraging](#) routine screening for anxiety. The U.S. Preventative Service Task Force is recommending primary care physicians to screen adults ages 19-64 for anxiety during their routine visits, even if patients are not presenting with symptoms. The task force is a group of health experts who play a key role in advocating for preventative services that should be covered by health insurances.



Anxiety affects millions of Americans each year, and the U.S. Preventative Service Task Force aims to layer a first line of defense to detect and treat anxiety disorder with their recommendations. To access resources and screening for anxiety and depression, click [here](#).

Subscriber's Corner

If you would like to contribute to the next Provider Bulletin, please send in your requests by December 29, 2022.

Contact Krista Hanni for more information at
hannikd@co.monterey.ca.us

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
KlahnK@co.monterey.ca.us

STAY CONNECTED

