



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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Communicable Disease Updates

COVID-19

CDPH Updates: California State of Emergency



California Department of Public Health (CDPH) announced as of February 28th, the California State of Emergency has ended. However, COVID-19 is still here, and Californians continue to have access to vaccines, testing, and treatment to fight COVID-19. In addition, as of **March 3rd**, CDPH announced updates to several state public health officer orders that have guided

Californians on how best to protect themselves and their families throughout the pandemic. The updates to the orders related to vaccination, masking, isolation, and quarantine will take effect in the coming days and weeks.

Click [here](#) for more healthcare information.

CDC COVID-19 Updates

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 Crucial Conversations Campaign

California Department of Public Health (CDPH) Vaccinate All 58 partnered with #ThisIsOurShot to provide resources for “COVID-19 Crucial Conversations”. This campaign aims to support all California health providers to motivate patients to receive the COVID-19 vaccine. Campaign resources provide program updates, program enrollment, information about My Turn, vaccination management, vaccine administration, reporting requirements, past webinars, and many more.

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

Upcoming Webinar: Dispelling COVID-19 Misinformation

California Department of Public Health (CDPH) is hosting a webinar on **Wednesday, March 8, 2028, from 12:00-1:00 PM PT** to discuss Dispelling COVID-19 Misinformation as part of Crucial Conversations. To register, click [here](#).

COVID-19 Crucial Conversations



Upcoming Webinar: Dispelling COVID-19 Misinformation

Please join Asha Shajahan, MD, MHSA, to learn conversation methodologies for talking with patients about COVID-19 misinformation, including COVID-19 vaccines and therapeutics.

Wednesday, March 8, 2023
12:00PM - 1:00PM PT

[Register here!](#)



Updates

Most Reported Communicable Diseases Among Monterey County Residents in 2022

The table below shows the most reported communicable diseases among Monterey County residents in 2022.

Rank	Disease or Condition	Number Cases	Percent Change from 2021
1	COVID-19	24,474	4%
2	Chlamydia	2,111	2%
3	Gonorrhea	367	-42%
4	Coccidioidomycosis	141	-10%
5	Campylobacteriosis	66	-6%
6	Hepatitis C	35	-77%
7	Salmonellosis	34	13%
8	Monkeypox (MPOX)	18	n/a
9	Shigellosis	17	31%
10	Giardiasis	14	-13%

Source: Monterey County Health Department's Division of Communicable Disease Prevention and Control, March 2, 2023.

*2022 data should be considered provisional.

Reminder to Utilize New Report of Rabies Exposure or Animal Bite Form

As a reminder, [Report of Rabies Exposure or Animal Bite form](#), was updated last year to more thoroughly gather all the pertinent information surrounding the circumstances of the exposure or bite, and the actions being taken by medical providers and Animal Control agencies in order to better assess the risk of rabies exposure for post-exposure prophylaxis recommendations and follow-up with the victim and animal owner.

The form is now divided into three sections labeled by the individuals who are best able to provide the relevant information: the bite victim (or parent), the medical provider and the Animal Control Officer. Please replace old reporting forms at your agency with these new forms and train your staff accordingly.

More detailed guidance documents for rabies risk assessment and PEP administration are located at www.mtyhd.org/rabies. If you have additional questions or concerns, please call the Monterey County Health Department's Epidemiology & Surveillance Unit at 831-755-4698.

Health Advisory

Increase in Extensively Drug-Resistant Shigellosis in the United States



February 24, 2023

Centers for Disease Control and Prevention (CDC) has been monitoring an increase in extensively drug-resistant (XDR) *Shigella* infections (shigellosis) reported through national surveillance systems [1]. In 2022, about 5% of *Shigella* infections reported to CDC were caused by XDR strains, compared with 0% in 2015. Clinicians treating patients infected with XDR strains have limited antimicrobial treatment options. *Shigella* bacteria are easily transmissible. XDR *Shigella* strains can spread antimicrobial resistance genes to other enteric bacteria. Given these potentially serious public health concerns, CDC asks healthcare professionals to be vigilant about suspecting and reporting cases of XDR *Shigella* infection to their local or state health department and educating patients and communities at increased risk about prevention and transmission.

Shigellosis is an acute enteric infection that is an important cause of domestically acquired and travel-associated bacterial diarrhea in the United States. Shigellosis usually causes inflammatory diarrhea that can be bloody and may also lead to fever, abdominal cramping, and tenesmus. Infections are generally self-limiting; however, antimicrobial treatment may be indicated to prevent complications or shorten the duration of illness [2]. CDC defines XDR *Shigella* bacteria as strains that are resistant to all commonly recommended empiric and alternative antibiotics — azithromycin, ciprofloxacin, ceftriaxone, trimethoprim-sulfamethoxazole (TMP-SMX), and ampicillin.

Currently, there are no data from clinical studies of treatment of XDR Shigella to inform recommendations for the optimal antimicrobial treatment of these infections. As such, CDC does not have recommendations for optimal antimicrobial treatment of XDR Shigella infections.

To view the complete advisory, click [here](#).

References (for entire advisory)

1. CDC. [National Antimicrobial Resistance Monitoring System \(NARMS\) Now: Human Data](#). Atlanta, Georgia: U.S. Department of Health and Human Services, CDC. 2/24/2023.
2. Shane AL, Mody RK, Crump J, et al. [2017 Infectious Diseases Society of America clinical practice guidelines for the diagnosis and management of infectious diarrhea](#). Clin Infect Dis. 2017 Dec; 65(12): p. e45–e80.
3. Simms I, Field N, Jenkins C, et al. [Intensified shigellosis epidemic associated with sexual transmission in men who have sex with men—*Shigella flexneri* and *S. sonnei* in England, 2004 to end of February 2015](#). Euro Surveill. 2015 Apr; 20(15): 21097.
4. Hines JZ, Pinsent T, Rees K, et al. [Notes from the field: Shigellosis outbreak among men who have sex with men and homeless persons – Oregon, 2015–2016](#). MMWR Morb Mortal Wkly Rep. 2016 Aug; 65(31): p. 812–13.
5. Shiferaw B, Solghan S, Palmer A, et al. [Antimicrobial susceptibility patterns of *Shigella* isolates in Foodborne Diseases Active Surveillance Network \(FoodNet\) sites, 2000–2010](#). Clin Infect Dis. 2012 June; 54(Suppl 5): p. S458–63.
6. Mohan K, Hibbert M, Rooney G, et al. [What is the overlap between HIV and shigellosis epidemics in England: further evidence of MSM transmission?](#) Sex Transm Infect. 2018 Feb; 94(1): p. 67–71.
7. Charles H, Prochazka M, Thorley K, et al. [Outbreak of sexually transmitted, extensively drug-resistant *Shigella sonnei* in the UK, 2021-22: a descriptive epidemiological study](#). Lancet Infect Dis. 2022 Oct; 22(10): p. 1503–10.
8. McNeil CJ, Kirkcaldy RD, Workowski K. [Enteric infections in men who have sex with men](#). Clin Infect Dis. 2022 Apr; 74(Suppl 2): p. S169–78.
9. Workowski KA, Bachmann LH, Chan PA, et al. [Sexually transmitted infections treatment guidelines, 2021](#). MMWR Recomm Rep. 2021 Jul; 70(4): p. 1–187.
10. CDC. [Health Update – CDC recommendations for managing and reporting *Shigella* infections with possible reduced susceptibility to ciprofloxacin](#). CDC Health Alert Network. 2018 June; CDCHAN-00411.

Chronic Disease Updates

Hypertension

Early Identification and Treatment of Women’s Cardiovascular Risk Factors Prevents Cardiovascular Disease



Susan L. Ivery, MD, MHSA, et al. published an important clinical article in Clinical Cardiology entitled "Early Identification and Treatment of Women's Cardiovascular Risk Factors Prevents Cardiovascular Disease, Saves Lives, and Protects Future Generations: Policy Recommendations and Take Action Plan Utilizing Policy Levers."

Abstract:

Cardiovascular diseases (CVD), including heart attacks, strokes, heart failure, and uncontrolled hypertension, are the leading cause of death among women of all ages. Dr. Ivery et al. acknowledge that although the efforts to increase awareness about CVD in women and CVD among younger women and women of color have increased. Dr. Ivery et al. recommend the following steps to take action using policy to address CVD in women. (1) Promoting periodic screening for risk factors, including blood pressure, lipids/cholesterol, and diabetes, for all women starting at 18-21 years, with calculated atherosclerotic CVD (ASCVD) risk score use among women 40 years or older. (2) Considering coronary artery calcium (CAC) screening for those with the intermediate risk per current guidelines. (3) Enhancing Obstetric and Gynecology and primary care physician education and reproductive age CVD risk markers, and the follow-up is needed, including extended post-partum follow-up. (4) Offering Health Coaching/motivational Interviewing to support behavior change. (5) Funding demonstration projects using different care models. (6) Creating a Stop High Blood Pressure consult line (for providers and patients) and providing other support resources with actions consumers can take, modeled after the California tobacco line. And lastly, (7) requires the inclusion of adverse pregnancy outcomes in all Electronic Health Records, with reminder systems to follow up on hypertension post-partum.

To view the full peer-reviewed article in Clinical Cardiology, click [here](#).

Preventative Cardiology & Cardiac Rehab with Stanford & UCSF- (Recorded Webinar)

The Berkeley Right Care Initiative Virtual University of Best Practices held a webinar on January 9, 2023, on Preventative Cardiology & Cardiac Rehab with Stanford & UCSF. During the webinar, Eleanor Levin, MD, Clinical Associate Professor, Medicine at Primary Care & Population Health, Stanford University, and Sandra Tsai, MD, Clinical Associate Professor, and Primary Care & Population Health at Stanford University, provided updates on Preventative Cardiology. In addition, Alexis Beatty, MD, MAS, Associate Professor, Epidemiology & Biostatistics, and Michelle Murry, MSN, BS, RN, presented about Reducing Barriers via Virtual & Hybrid Options to Increase Cardiac Rehab Utilization.

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

To view slides, click [here](#).

Diabetes

Pre-Diabetes & Type 2 Diabetes: Translating Evidence into Practice Webinar



California Right Care Initiative Virtual University of Best Practices, invites you to join the Pre-Diabetes & Type 2 Diabetes: Translating Evidence into Practice Webinar on **Monday, March 13, 2023, from 12:00-2:00 PM PST**. The attendees will earn 2 CME. Special guest speakers such as Tannaz Moin, MD, MBA, MSHS, and Kenrick Duru, MD, MSHS, among others, will discuss pre-diabetes, diabetes, shared decision-making, and national efforts on quality measures. To register, click [here](#).

Please register [here](#).

Pre-Diabetes & Type 2 Diabetes: Translating Evidence into Practice



Tannaz Moin MD, MBA, MSHS
Associate Professor, Divisions of Endocrinology,
Diabetes & Metabolism and General Internal
Medicine & Health Services Research, David
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Kenrick Duru MD, MSHS
Professor, Department of Medicine,
David Geffen School of Medicine

California Prevent Diabetes: Screen, Test, Act Today™ Quarterly Webinar- Pharmacist Interventions in Diabetes Prevention and Management- Webinar

Please join the California Prevent Diabetes: Screen, Test, Act Today™ (CA PDSTAT) on **Thursday, April, 13, 2023, from 10:30 AM – 12:00 PM PT**, Quarterly Webinar- Pharmacist Interventions in Diabetes Prevention and Management. This webinar aims to provide CA PDSTAT members with information and updates on diabetes prevention and management. During the webinar, the University of Southern California and the California Right Meds Collaborative will discuss pharmacist interventions in diabetes prevention and

management. The webinar will also provide a networking opportunity for CA PDSTAT members to discuss their successes and challenges in implementing diabetes prevention and management activities.

To register, click [here](#).

American Diabetes Association-ERP Reimbursement Symposium

The American Diabetes Association invites you to join the ERP Reimbursement Symposium on **Friday, April 28, 2023**. The ERP Reimbursement Symposium is an accredited healthcare provider continuing education program that will award physicians, physician assistants, nurses, dietitians, pharmacists, and certified diabetes care and education specialists that attend 6 CEUs. The program aims to increase participant access to quality, evidence-based, and sustainable Diabetes Self-Management Education and Support (DSMES) services.

For more information, click [here](#).

Spanish-Language Lifestyle Coach Training Scholarship Opportunity

Please spread this excellent opportunity to become a Lifestyle Coach with colleagues, patients, and community residents.

The Association of Diabetes Care & Education Specialists (ADCES) is committed to building the capacity of lifestyle coaches to provide diabetes prevention programs within their communities. Through funding from the Centers for Disease Control and Prevention (CDC) and the American College of Preventive Medicine, ADCES provides scholarships to 12 participants to attend an in-person Spanish-language Lifestyle Coach Training in Chicago, Illinois. Those who receive the scholarship will receive a complimentary registration to bilingual/bicultural lifestyle coach training and up to \$750 in travel reimbursement to offset the cost of airfare, hotel, and other eligible travel expenses. To learn more about the PrevengaT2 lifestyle change program, its background and goals, and your role as a coach, review the CDC's [Program Overview](#). If you have any additional questions, email dpp@adces.org.

All applications are due by **5 p.m. March 13, 2023**. Click [here](#) to access the application.

Omnibus and its Impact on DSMT and Telehealth

Legislation, signed into law by President Biden on December 29, 2022, extends the public health emergency flexibilities that have allowed Accredited and Recognized DSMES programs to furnish Medicare beneficiaries with diabetes care and education via telehealth receive reimbursement for those services

through the end of 2024. To learn more, click [here](#).

Summary of Recommendation to Improve the Nation's Approach to Address Diabetes and its Complications

Members of the National Clinical Care Commission (NCCC) authored a series of articles published in Diabetes Care as a unique topic collection titled [The National Clinical Care Commission Report to Congress: Recommendations to Better Leverage Federal Policies and Programs](#). Between 2018 and 2021, the NCCC evaluated and provided recommendations to leverage federal policies and programs to prevent and control diabetes and its complications effectively. The six articles summarize the NCCC's [Report to Congress](#) submitted in January 2022 by providing 39 specific recommendations, including three foundational recommendations that addressed the necessity of an all-of-government approach to diabetes, health equity, and access to health care.

- [Living With an Insulin Pump](#) is a resource that describes a treatment option for people who live with diabetes and need to take insulin. It also explains how the insulin pump works and how to use the pump in different scenarios.
- [Managing Diabetes in Cold Weather](#) provides helpful strategies for people with diabetes to manage their diabetes during winter.
- [Diabetes Un buen Comienzo \(Spanish\)](#) explains the basics of managing diabetes through animated videos. These seven videos highlight self-care tips and strategies that anyone can use. The web feature is also available in English.

Substance Use Prevention and Treatment

Tobacco

Update: California Prohibits Retailers from Selling Flavored Tobacco Products



On November 8, 2022, Californians voted yes on Proposition 31, upholding Senate Bill (SB) 793. The bill passed and prohibited tobacco retailers from

selling most flavored tobacco products, including menthol cigarettes and e-cigarettes. The law took effect on December 21, 2022. For more information, click [here](#).

Tobacco Dependence Treatment & Behavioral Health Course

Kick It provides a mental health and substance use disorder course with the knowledge necessary to assess and treat tobacco dependence in tobacco users with co-occurring psychiatric and/or addictive disorders. To access the webinar, click [here](#).

Cannabis

Assessing Barriers to Community Engagement in Cannabis Policy Study



Assessing Barriers to Community Engagement in Cannabis Policy Study
The Public Health Institute is conducting the “ABC” study to assess barriers to community engagement in cannabis policy. The study is requesting input around the engagement of community partners working for policy and environmental change around the Triangulum of cannabis and tobacco to dive into barriers and insight from the community of components helping alleviate barriers.

Share the study with patients, community, health organizations, and individuals who participate in cannabis policy and areas of interface with tobacco policy.

To provide consent and complete the survey, click [here](#).

Alcohol

Fall 2022 About A.A. Newsletter: Vital Ways to Reach Those Who Suffer from Alcoholism



About A.A. released the Fall 2022 newsletter about Vital Ways to Reach Those Who Suffer from Alcoholism. The newsletter provides resources for professionals in healthcare, law, corrections, and clergy who offers services to patients and clients. Please, click [here](#) to view the newsletter.

Other

Training Opportunities

California Firearm Violence Research Center at UCD Series

The EM Pulse Podcast based at UC Davis collaborated with the BulletPoints Project to develop a podcast series about healthcare providers' initiatives in preventing firearm injury and providing counseling about firearm injury prevention. The collaboration is composed of 4 series. The episodes are now accessible. The following topics are in the series:

- [Episode 1: Blood in my shoe](#)- The first episode of the EM Pulse Podcast series on the BulletPoints Project features Dr. Amy Barnhorst covering the role of healthcare providers in preventing firearm injury and the work of our team here at BulletPoints.
- [Episode 2: Approach](#)- In episode two of the EM Pulse Podcast, Dr. Barnhorst and the hosts discuss the Approach, the first component of the BulletPoints 3A's Framework for counseling about firearm injury prevention. Conversations with patients are more effective when clinicians use an informed, culturally-appropriate, respectful approach rooted in harm reduction.
- [Episode 3: Assess](#)- In episode three of the EM Pulse Podcast, Dr. Barnhorst and the hosts delve into Assess, the second component of the BulletPoints 3A's Framework. This step helps clinicians determine whether it's clinically relevant to ask patients about access to firearms, and, if such a discussion is indicated, how to ask about access and then gauge willingness to work together on reducing risk.
- [Episode 4: Act](#)- In episode four of the EM Pulse Podcast, Dr. Barnhorst and the hosts discuss Act, the third component of the BulletPoints 3A's Framework. Dr. Barnhorst explains what physicians can do to help mitigate risk, including temporary transfer of firearms, psychiatric holds when appropriate, and "red flag" laws that allow for emergent removal of firearms in extremely high risk situations.

Scholarships

Community Foundation for Monterey County Scholarships

The Community Foundation for Monterey County (CFMC) offers \$1.4 million in scholarships. The CFMC has been working with many generous individuals,

families, and businesses to help provide scholarships to Monterey County students. Students can apply for up to 65 different scholarships. The deadline to complete the application for the 2023/2024 academic year is **Wednesday, March 15, 2023**.

Spread the word among patients and community residents to apply; for more information and to apply, click [here](#).



Subscriber's Corner

If you would like to contribute to the next Provider Bulletin, please send in your requests by April 28, 2023.

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

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