



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

COVID-19 Genomic Surveillance Program



Monterey County Public Health Bureau's Epidemiology and Surveillance Unit in partnership with the Monterey County Public Health Laboratory (MCPHL) continues to accept specimens for the COVID-19 genomic surveillance program. Whole Genome Sequencing (WGS) of locally collected specimens aid in rapid variant detection and outbreak investigations.

Both PCR and rapid antigen test swabs can be submitted for COVID-19 WGS free of charge. Swabs should be placed in a tube with Viral Transport Media (VTM) for transport to MCPHL accompanied by completed requisition forms for each specimen. MCPHL can provide test kits or VTM, if needed, to support specimen collection for genomic surveillance. Specimens can be received by MCPHL Monday through Friday 8AM to 4PM. To access lab requisition, click [here](#).

If there are any questions about coordinating sample collection, please contact either:

Epidemiology and Surveillance Unit: 831-755-4698 or
MCHDEpi@co.monterey.ca.us
Public Health Lab: 831-755-4516

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](#).

Updates

Top 10 Reported Diseases Among Monterey County Residents



The table below shows the top 10 reported diseases among Monterey County residents in the first quarter of 2023.

Rank	Disease or Condition	Number of Cases*
1	COVID-19	3,441
2	Chlamydia	514
3	Hepatitis C	179
4	Campylobacteriosis	21
5	Gonorrhea	20
6	Coccidioidomycosis	18
7	Syphilis	16
8	MRSA	15
9	Hepatitis B	12
10	Giardiasis	5

*All data is provisional

Epidemiologic and Clinical Features of Mpox- Associated Deaths-United States, May 10, 2022-March 7, 2023

The U.S. Department of Health and Human Services and the Centers for Control and Prevention released a collaborative morbidity and mortality weekly report on Epidemiologic and Clinical Features of Mpox-Association Deaths in the United States. As of March 7, 2023, a total of 30,235 confirmed and probably monkeypox (mpox) cases were reported. To learn more about the article and report , click [here](#).

Chronic Disease Updates

Hypertension

Kaiser on LDL & AFIB Qualify Improvements

Projects



The Berkely Right Care Initiative, University of Best Practices, held a webinar on April 10, 2023, on LDL & AFIB Quality Improvements Projects. Speaker Michael Kanter, MD, CPPS, Chair, Department of Clinical Science, Kaiser Permanente J. Tyson School of discussed *Improving Population Health: Kaiser's Compete Model & Continuous Qualify Projects*. Other speakers such as Mathew Mettford, Ph.D., Director of Research Clinics, Kaiser Permanente Northern California Division of Research, and Ronald D Scott, MD, Family Medicine, Culver Marina, West LA, National Clinical Led Cholesterol & Cardiovascular discussed *LDL Sure Net Program-Is Everyone with an LDL > 190 Getting Treated.?* The webinar also includes other speakers among other topics.

To view the agenda, click [here](#) and to access the recorded webinar, click [here](#)

Diabetes

The California Medical Association-Health Equity and Diabetes Prevention Webinar



The "Break the Bias: Health Equity and the Importance of Screening and Referring for Diabetes Prevention" on-demand webinar is being jointly presented by the California Medical Association and the California Department of Public Health. The webinar brings together experts who will share insights on advancing health equity by screening patients for prediabetes and referring them to the National Diabetes Prevention Program (National DPP). To view the webinar, click [here](#).

Recovering from a Diabetes-Related Amputation

Preventing or delaying complications from diabetes, such as lower-limb complications, requires proper diabetes management and foot care. Although amputations may sometimes be necessary to treat severe infections and can even be life-saving, they may initially feel like a setback. However, with time, practice, and support, leading a healthy and active lifestyle can be possible after a lower-limb amputation. If you or someone you know is facing amputation, it's essential to learn what to expect, the steps to recovery, and how to move forward. To learn more, click [here](#).

Gestational Diabetes and Postpartum Depression

Need a handy webpage on gestational diabetes and postpartum depression for your patients? Here's the CDC's website with a handy and informative overview, along with suggestions for prevention and management:

"When you're pregnant, your body changes from belly to hormones. One important hormone that's affected is insulin. During pregnancy, your body makes several hormones to keep your baby healthy and growing. These hormones can cause your body's cells to use insulin less effectively, a condition called insulin resistance. During late pregnancy, insulin resistance increases a lot. Insulin resistance can cause some women to develop a type of diabetes called gestational diabetes. And having gestational diabetes can increase postpartum depression. To learn more, click [here](#)."

Substance Use Prevention and Treatment

Tobacco

Cessation Training & Technical Assistance Provider Matrix



Cessation Training & Technical Assistance Providers is happy to release a new downloadable resource: "[Cessation Training & Technical Assistance Providers](#)." This two-page matrix highlights currently available technical assistance, training to advance tobacco cessation at the local and state levels, and project contact information.

Ask, Advise, Refer: Guide for Working with the Latinx Community

The Bay Area Strength Through Activism (BASTA) and the Latino Coordinating Center for a Tobacco-Free California provide a Guide for Working with the Latinx Community. The guide offers insight into how providers can ask their patients about tobacco cessation, advice examples when patients are considering quitting, and where to refer. To view guide, click [here](#).

California Just Quit Flavored Tobacco

Now is a great time to offer counseling and medication assistance for patients who have been using flavored tobacco products. California no longer allows the retail sale of most flavored tobacco products. Kit It California provides information about how you can help your patients. Click [here](#) to learn more.

Opioids

Prescribe Safe Monterey County Spring 2023 Newsletter



MONTAGE
Health

Prescribe Safe

Prescribe Safe Monterey County Spring 2023 Newsletter is now available. The spring newsletter highlights announcements, news, and coming events. The newsletter includes:

- FDA approves first over-the counter nasal spray
- Good Samaritan protections for naloxone administration pass Assembly committee
- Fentanyl, etizolam, and beyond: A feasibility study of a community partnership using handheld Raman spectrometry to identify substance in the local illicit drug supply.
- First Xylazine death confirmed in Santa Clara County
- AMA: Payers should cover over-the counter naloxone

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

Other

Subscriber's Corner

If you would like to contribute to the next Provider Bulletin, please send in your requests by June 30, 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

STAY CONNECTED

