

Continuing Education

HHS Learning Opportunity: Telemedicine Hack (*ongoing*)

A 10-week learning community to accelerate telemedicine implementation for ambulatory providers. First session begins on Wednesday, July 22nd.

Key components of Telemedicine Hack include:

- Five teleECHO sessions on key topics (e.g., workflows, documentation, reimbursement) highlighting best practices and case studies from the field
- Five virtual "office hour" discussion panels with case presenters, government agencies, topical experts, and stakeholder associations responding to your questions
- Inter-session peer-to-peer learning facilitated via virtual discussion boards and ad hoc interest groups
- CME/CEU credits are available for attending, at no cost to participants

Registration is available [here](#).

Airborne Transmission of SARS-CoV-2: A Virtual Workshop

Recording is available [here](#)

- This Environmental Health Matters Initiative (EHMI) workshop delves into the rapidly evolving science on the spread of the virus, as part of a larger body of COVID-19 related work at the National Academies
- This event features experts in aerosol science, virology, infectious disease, and epidemiology

Up-coming Webinars

ADA HPI: Will COVID-19 Weaken the Dental Care Safety Net?

Tuesday, September 01 at 12:00 PM

Register [here](#)

Clinical Guidance

[Virginia Dental Safety Net Clinic Status](#)

Please remember to [contact Virginia Health Catalyst](#) to update your clinic's information accordingly!

COVID-19, saliva, and the role of testing

- COVID-19 has been detected in saliva samples -- this is important for testing opportunities as well as the performance of dental treatment during this pandemic
 - This review article explores how [Saliva is a non-negligible factor in the spread of COVID-19](#)
- A [recent study](#) was published in Special Care Dentistry that discussed the role of oral hygiene and shedding of the COVID-19 virus
 - Most patients demonstrate a viral shedding time of ≤ 30 days
 - In patients with poor oral hygiene, it was suggested that this shedding period ≥ 44 days
 - These viral nuclei are likely noninfectious, however, presence in the oral cavity will affect the outcomes of saliva-based COVID-19 testing i.e., a patient may still test positive for COVID-19 even if they are noninfectious
- The [opportunity for patient collected swabs](#) for COVID-19 testing may help reduce risk of transmission to healthcare workers, increase patient comfort, and decrease need for PPE

- Helps alleviate concerns regarding access to sufficient PPE for healthcare providers
- Decrease potential for patient coughing, sneezing, or gagging during sample collection
- A [modeling study](#) further examines “virus levels released from individuals with asymptomatic to moderate COVID-19 into different aerosol sizes by normal breathing and coughing”
 - Modeling studies provide valuable baseline data, however real-world study and application is still needed
 - It is recommended that current guidance regarding social distancing and respiratory protection with face coverings should be followed

NNOHA: Dental Leadership Burnout After 5 Months (webinar 08.24.2020)

Recording available [here](#)

- Understanding acute v. chronic stress
- Burnout = physical, emotional, and/or mental exhaustion resulting from performing at high level under stress and tension
 - Decreased motivation, negative performance, and poor attitude result
 - Inability to focus on self-care can result in burnout, seen especially in healthcare professionals who are focused on caring for others
 - Physiological and physical symptoms can result
- Different burnout assessments are available
- Acknowledge stressors and talk about
- Challenge negative thoughts and reframe
- Know what you can control and what you cannot control
 - Practice letting go of what you cannot control
- *Realistic* expectations for yourself and your team
- While working, taking breaks is important even if it is a short 5 minutes to breath
- Set limits / boundaries
 - E.g., do not bring work home with you
- Seek counseling or additional support if needed
 - E.g., if your center offers counseling services for patients, consider connecting your dental team with their services as well
- Support your dental care providers
 - Allow for space for them to express concerns

Community

New York Times: [Can You Get a Flu Shot Now? Yes, and Doctors Say You Should](#)

- Help prevent a “twindemic”
 - Ongoing COVID-19 pandemic coupled with seasonal flu epidemic
- Everyone age 6 months or older should be getting the flu shot
- Those who are higher risk should consider getting the flu shot
 - Age 65+, underlying conditions such as asthma or heart disease, caretakers who are exposed to vulnerable groups, essential healthcare workers
- Get the flu shot in September - October before flu season begins
 - Even if you miss the recommended time frame, still get the flu shot
 - Flu season usually peaks around February
- Young and healthy individuals should still get the flu shot

- Encourage your pregnant patient to get the flu vaccine as well
 - They are a high risk patient population
- Remember: there are egg free vaccines available
 - Encourage your patients to inquire about these options if they have an egg allergy