

An illustration of several hands of various skin tones (light brown, tan, and dark brown) raised in the air, symbolizing unity and diversity. The hands are positioned at different heights and angles, creating a sense of collective action.

Strength In Unity

Learning Collaborative
Week Four
3/24/2022

Agenda

- Evaluation Team Update
- Project Updates
- Community Updates
- COVID-19 Updates
 - Clinical Update, Ed Zuroweste, MD
 - 4th dose
 - Long COVID
 - Health Communication and Health Promotion
 - Trusted Messenger
 - Trusted Messenger and Trusted Faith Leaders
 - Partnerships with Faith-Based Organizations
 - Mobile Vaccine Units to serve communities
 - Community Health Workers & COVID-19
 - Integrating CHWs into COVID-19 Mitigation Efforts - Role, Advocacy and Outreach Prevention
 - How CHWs Can Respond to COVID-19
 - Activities that CHWs can specifically do to educate their communities about COVID-19

Evaluation Update

- We need each participant to fill out the evaluation form at the end of each collaborative session. It's required by our funders.
- This is a participatory process; every answer you give helps improve each collaborative.



Rebirth Update

- Successes
- Challenges
- Staffing
- Change in Workplan



Haitian Development Center of Delmarva Update

- Successes
- Challenges
- Staffing
- Change in Workplan

Community Update

Kayla Creighton

kayla.creighton@maryland.gov



Public Health
Prevent. Promote. Protect.

Wicomico County
Health Department

WHAT'S A COVID-19 COMMUNITY LEVEL?

- It's a new tool to help communities decide what prevention measures to take based on the latest data
- Every community in the United States is classified as:

Low Limited impact on healthcare system, low levels of severe illness	Medium Some impact on healthcare system, more people with severe illness	High High potential for healthcare system strain; high level of severe illness
---	--	--



cdc.gov/coronavirus

CS929521-B 02/25/2022

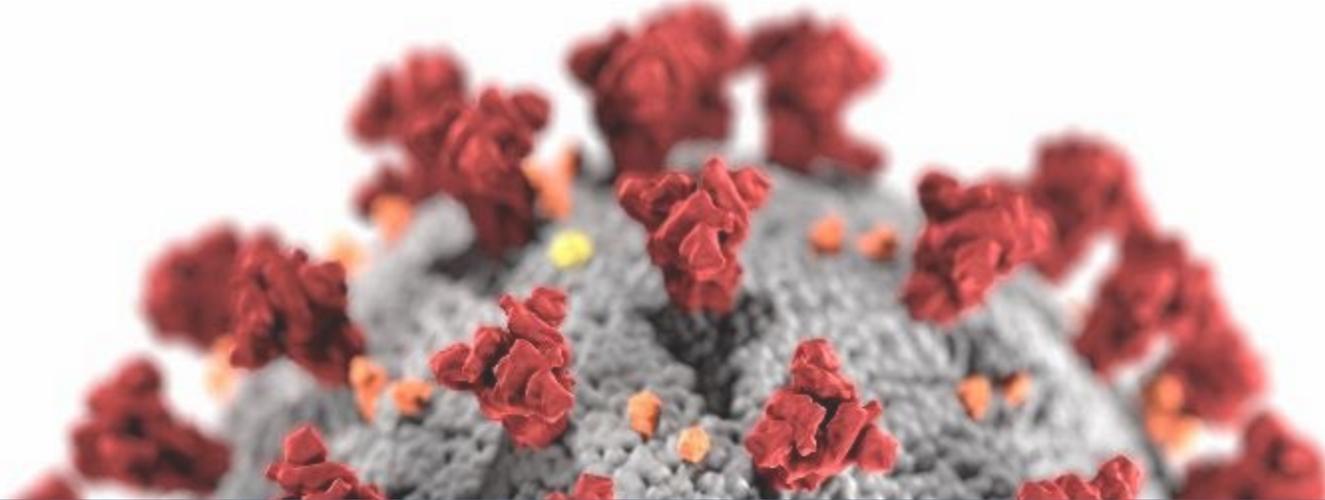
Know Your COVID-19 Community Level

Low

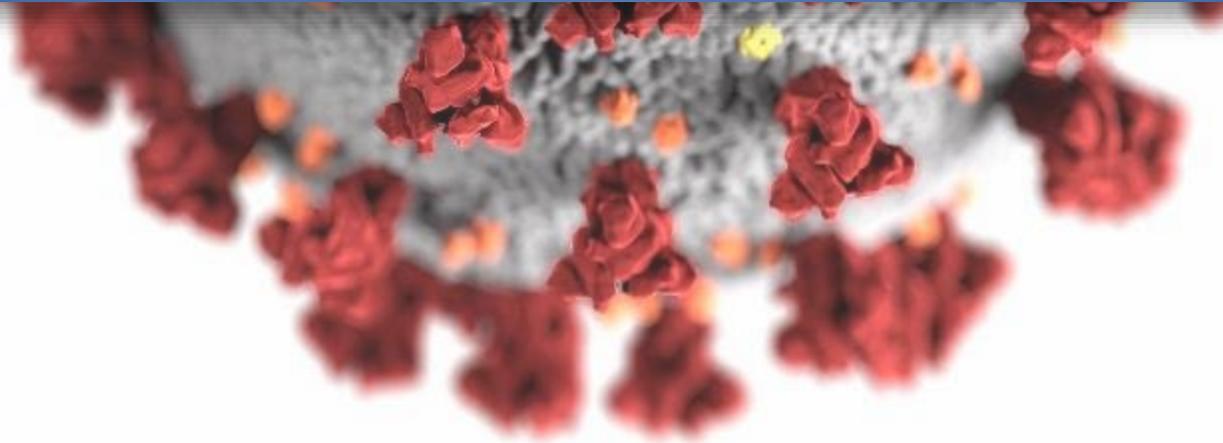
In **Wicomico County, Maryland**, community level is **Low**.

- Stay [up to date](#) with COVID-19 vaccines
- [Get tested](#) if you have symptoms

Updated: March 17, 2022



COVID-19 UPDATE



Clinical Update





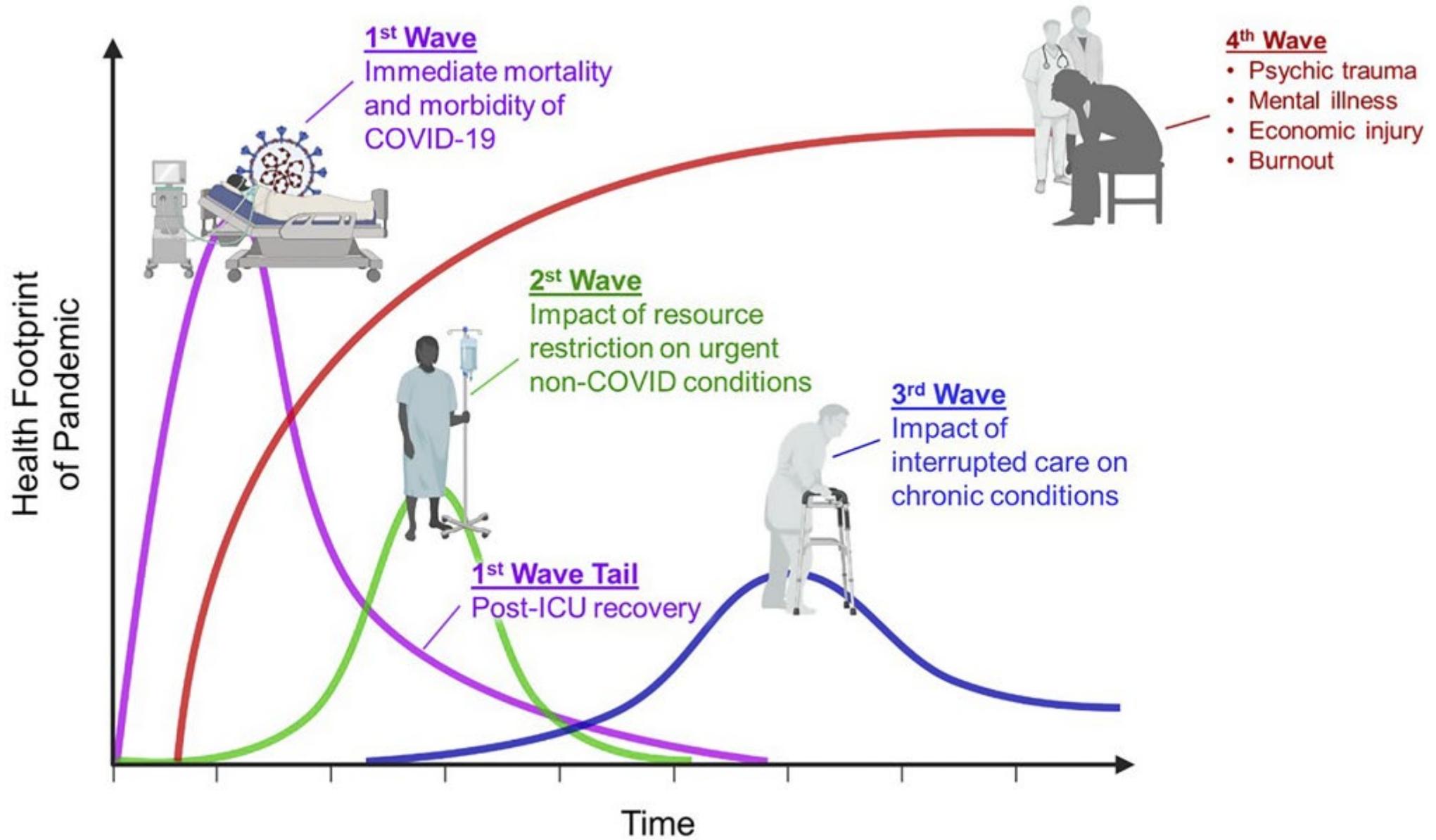
Photo by Phil Roeder

4th Dose

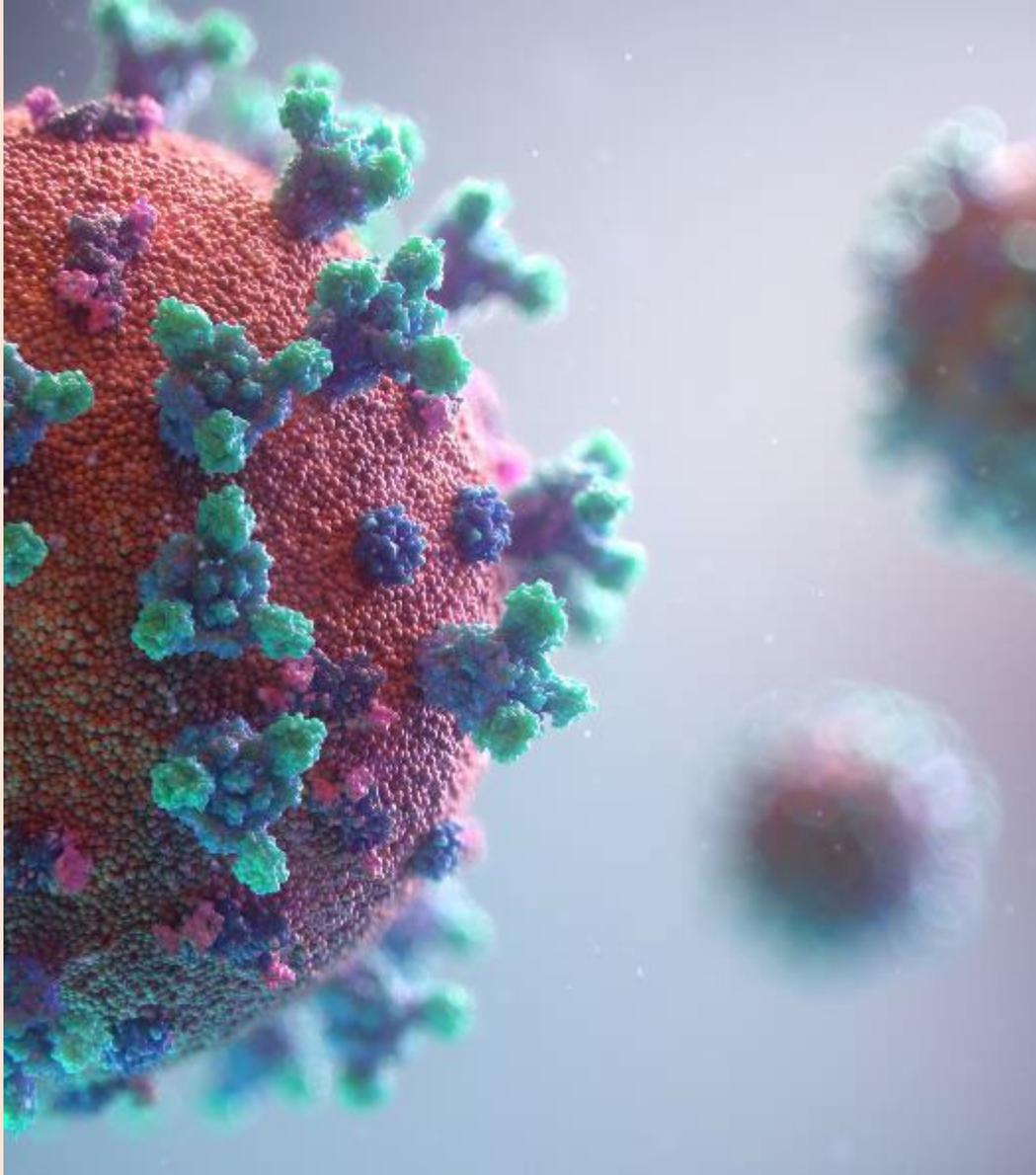
- Emergency Use Authorization requested
- Pfizer – adults 65 and over
- Moderna – all adults
- Waning immunity

What is Long COVID?

- Long COVID is also known as long-haul COVID, post-acute COVID-19, long-term effects of COVID, or chronic COVID.
- ~ 24 million people in the US may have symptoms after recovery from acute COVID. Estimates vary widely but may be up to 30%. The U.K. officially estimates 2.3% or 6 million in the US
- Can affect many systems and organs in the body:
Fatigue, brain fog, depression, shortness of breath, difficulty breathing, sleep problems, joint and muscle pain, blood clots in legs (DVT) and lungs (PE)
- Even people who had an asymptomatic case of COVID-19 may still develop long COVID. And symptoms may not appear until 3 months after infection.

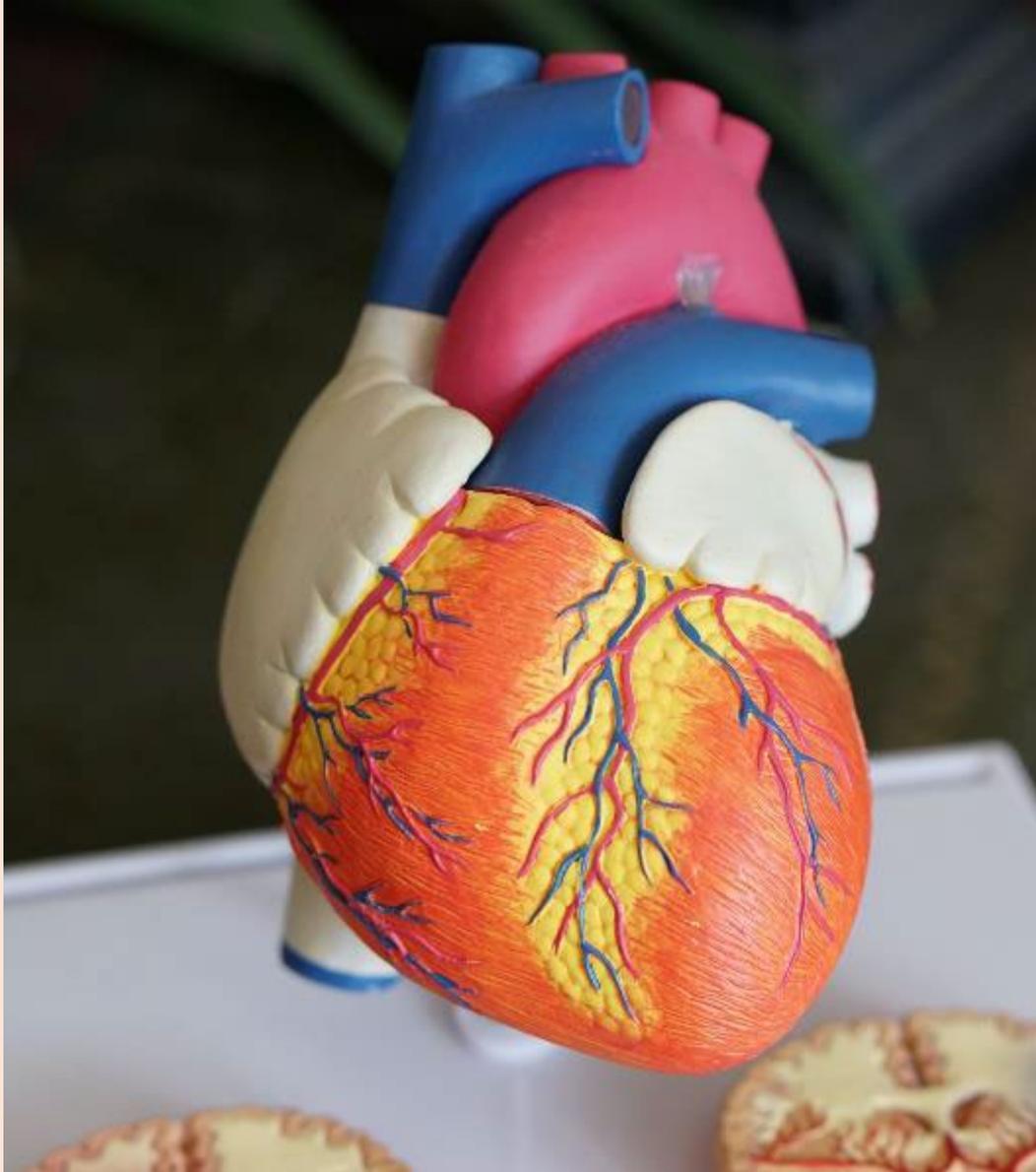


Source: Victor Tseng @VectorSting



Causes of Long COVID

- Direct cell damage: Initial and direct cell damage can cause lingering or ongoing symptoms. Cell damage to the heart may cause long-lasting arrhythmias.
- Viral Persistence: Virus remains in organs after initial infection and continue to do damage
- Post-ICU care syndrome: Muscle weakness, cognitive brain dysfunction, and psychosocial stress.
- Post acute recovery: Symptoms that appear after apparent initial recovery of the virus.

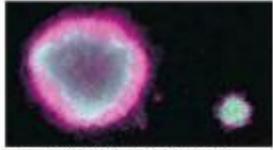


How Can COVID-19 Impact the Heart?

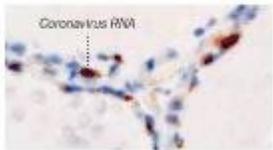
- Causes direct damage to the heart cells
- Affects the inner surfaces of veins and arteries
- Damages arteries and veins can also cause inflammation in blood vessels and very small blood clots
- Lung damage prevents oxygen from reaching the heart muscle, damaging damages the heart



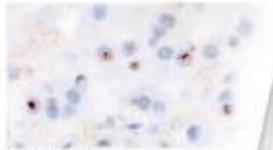
Damaged nerve fibers



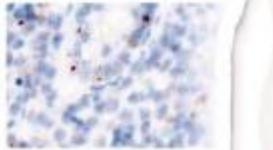
Hyperactivated platelets in the blood



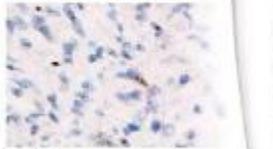
Persistent virus remnants in the Thyroid



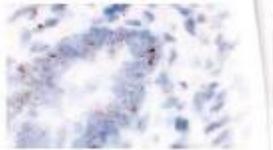
Adrenal gland



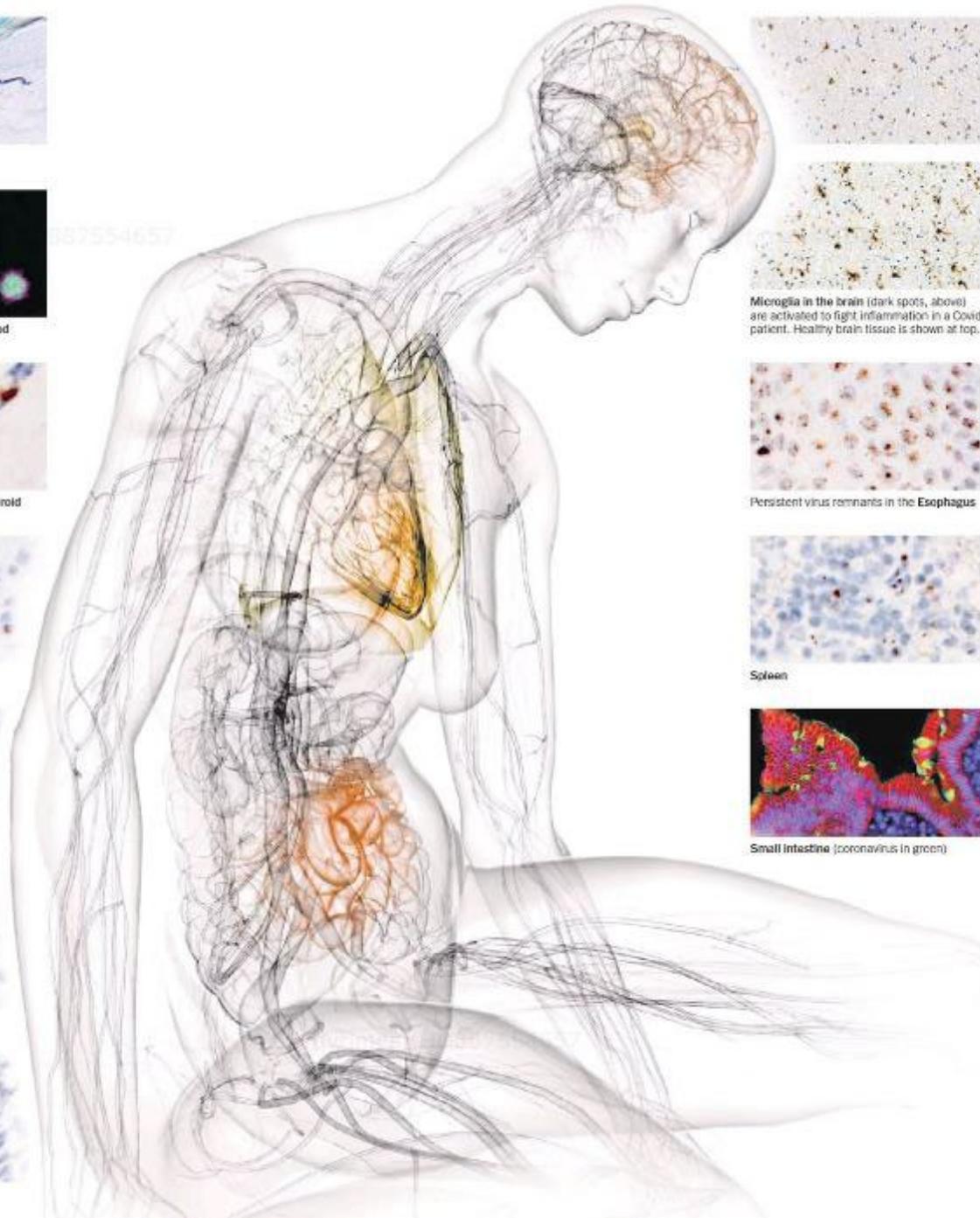
Appendix



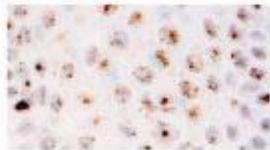
Ovaries



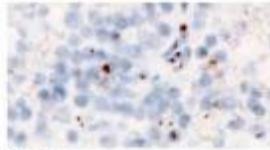
Uterine lining



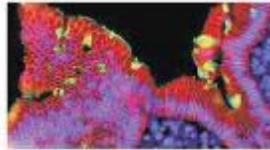
Microglia in the brain (dark spots, above) are activated to fight inflammation in a Covid patient. Healthy brain tissue is shown at top.



Persistent virus remnants in the Esophagus



Spleen



Small Intestine (coronavirus in green)

Traces of Long Covid

Long Covid is a chronic illness with varying symptoms and physical changes that might not be detectable with conventional lab tests. But researchers looking closely at long Covid patients are finding persistent traces of the coronavirus and the toll it takes on the body.

Jonathan Corum and Josh Keller/The New York Times;
Illustration by Violet Frances for Bryan Christie Design

Image sources: Peter Novak et al., *Annals of Neurology* (nerves); Etheresia Pretorius et al., *Cardiovascular Diabetology* (clots); Anthony Fernández-Castañeda, Myoung-Hwa Lee et al., *bioRxiv* (brain); Christian Gaebler et al., *Nature* (intestine); Daniel Chertow et al., *Research Square* (other tissues)



Long COVID & Children

- Fatigue
- Difficulties concentrating
- Insomnia
- Rare
- Long COVID is significantly lower among children compared to adults



Long COVID & Women

- Women report more symptoms of Long COVID compared to men.
- Women who reported long COVID
 - Younger compared to those that who did not report
 - Predominantly middle-aged women
 - Asia and Europe - similar trends

Long COVID & Comorbidities

- Research shows patterns of long COVID with diabetes.
- Diabetes: Bi-directional: COVID seems to cause Type II Diabetes and those with Type II Diabetes seem to suffer from Long COVID.
 - JAMA [study](#) over 2 million people
 - Rate of new Type II Diabetes 2 x higher in people who tested positive for COVID-19 compared with those who tested negative.
 - [study](#), Individuals with Type II Diabetes more likely to have long COVID 2-3 months after initial infection.
- Asthma linked to long COVID.

Treatment

- [The American Academy of Physical Medicine and Rehabilitation](#)
 - 3 initial guidance statements on fatigue, breathing discomfort, and cognitive symptoms
 - Plan to roll out guidance statements in coming months.
 - Gathered resources from other organizations.
- Primary care teams can address concerns about blood clots by prescribing blood thinners following infection, and ensuring that patients know the symptoms of blood clots.

Health Communications Update





Trusted Messenger

A diverse ensemble of health care professionals works to overcome COVID-vaccine hesitancy in at-risk communities across Minnesota.

Trusted Messenger is a PBS documentary that follows a diverse ensemble of healthcare professionals as they set out to gain the trust of communities of color across Minnesota during the COVID-19 pandemic. The resulting film highlights community-led efforts to overcome vaccine hesitancy and bring the pandemic under control.

<https://www.tpt.org/trusted-messenger/>

<https://nrcrim.org/sites/nrcrim.umn.edu/files/2021-11/Trusted-Messenger-Discussion-Questions.pdf>



Trusted Messenger + Trusted Faith Leaders

The availability of accurate COVID-19 information that is culturally- and linguistically-appropriate is essential to keeping communities safe. Likewise, it is also important to provide information via channels that community members actively use and trust.

<https://nrcrim.org/covid-champions-trusted-faith-leaders>



Partnerships with Faith-Based Organizations

Immunization rates are lower among refugee, immigrant and migrant (RIM) communities due to factors which include cultural and linguistic diversity, knowledge and beliefs about a disease and vaccine, and challenges accessing healthcare (related to cost, transportation, medical system complexity / unfamiliarity, lack of welcoming environment, etc.). This challenge is expected to persist as the COVID-19 vaccine becomes increasingly available.

<https://nrcrim.org/vaccine-campaign-partnerships-faith-based-organizations>



Mobile Vaccine Units to Serve Communities

Ensuring equitable barrier-free access to vaccines and accurate health information is especially critical for RIM communities to mitigate the disproportionate impacts of COVID-19.

<https://nrccrim.org/mobile-vaccine-units-serve-communities>



Community Health Workers & COVID-19

Bringing it all together

To strengthen the public health response to COVID-19, we need CHWs.

What are some ways that a CHW can promote health regarding COVID-19?



Integrating CHWs into COVID-19 Mitigation Efforts Role, Advocacy and Outreach Prevention

- Assess community risk and mapping of high-risk populations for targeted intervention
- Engagement of local health departments and Community Structures
- Organize and carry out community education campaigns to promote social distancing and advocate for timely policies
- Encourage strategies in the district and online to promote mental and physical health and resilience
- Provide capacity building and training for community structures



How CHWs Can Respond to COVID-19

- Assess population needs, assets and capacities that affect communities' health.
- Apply awareness of cultural values and practices to the design or implementation of public health programs.
- Assist with implementing population-based intervention.
- Select methods to evaluate public health programs

How CHWs Can Respond to COVID-19



- Communicate audience-appropriate public health content, both in writing (health messaging using technology) and through oral presentation.
- Provide moral support for people with COVID-19 by providing local resources and information
- With public health officers, support contact tracing, symptom reporting, and monitoring of contacts of COVID-19 patients to ensure access to testing and treatment for people who develop signs and symptoms.



Activities that CHWs can specifically do to educate their communities about COVID-19

- Distribute community education materials on symptoms of COVID-19 and how it spreads.
- Answer community members' questions about COVID-19 and dispel myths, rumors, and misinformation circulating in the community.
- Provide education to reduce stigma against community members who are diagnosed with COVID-19, and encourage empathy and support to community members who are isolating or quarantining.
- Promote COVID-19 prevention measures including frequent hand washing, respiratory hygiene (coughing/sneezing into elbow), wearing masks properly and getting vaccinated when vaccines become available.

Activities that CHWs can specifically do to educate their communities about COVID-19



- Encourage community members to seek testing or clinical care if they develop COVID-19 symptoms or come in close contact with people with COVID-19. The World Health Organization provides guidance for prioritizing testing when diagnostic capacity is limited[external icon](#).
- Screen for COVID-19 symptoms[external icon](#) when household or community visits are already included as part of routine duties.
- Provide awareness and support for prevention of indirect impacts of COVID-19 (e.g., violence, food insecurity, lack of routine health care, and childhood immunizations). Look for and consider signs and symptom[external icon](#) of violence and abuse.
- Use social media to promote information.

**Identify some additional benefits
in having CHWs involved in
COVID-19 mitigation efforts?**

Learning Collaborative Archive

[Strength in Unity | NACCHO Learning Collaborative](#)

Evaluation

Please follow this [link](#) to provide some feedback on this learning collaborative.