Please Read These Emails Every Day

This one goes directly to you from Dawn LeBaron

Scan for information that is relevant to you

April 16, 2020

COVID-19 PATIENT ACTIVITY IN VERMONT
Total Tests - 11,507
Total Cases - 768
Currently Hospitalized - 33
People Being Monitored - 30
People Completed Monitoring - 803
Deaths - 35

COVID-19 INPATIENT ACTIVITY AT UVM MEDICAL CENTER
McClure 6 - 16 Positive, 5 PUI
McClure 4 - 4 Positive, 2 PUI
Baird 3 - 3 PUI
Employees Testing Positive - 30

Note: The above numbers reflect what we know on the morning of the day we publish.

Good Afternoon:
As our world starts to feel smaller, we find meaning in the smallest acts of grace and kindness. Look around you – they are everywhere.

Here are today’s updates:
You will also be receiving these regular email updates from Dr. Desjardins with important institutional updates

It turns out many of you appreciated the summary yesterday, so I am back!
Check out this inspirational video by Admiral McRaven that was referenced in Tuesday’s email

“10 Ways to Change the World Each Day”

- Recommended by Dr. Marie Sandoval

So today, Dr. Marie Sandoval sent me this video of a speech given by Admiral McRaven. Disclaimer: It is a bit long - by today’s You Tube standards - and better if listened to instead of looked at. I was curious - intrigued by the whole military structure, philosophy and mental games - so I watched. Conclusion: I made my bed - we eventually may need to sing - I won’t ever ring the bell...:-) Thank you Marie.

https://www.youtube.com/watch?v=TBulGBCF9jc

Good night.

Isabelle

Click the image to link to the You Tube video or copy this link:

https://www.youtube.com/watch?v=TBulGBCF9jc
Check out these sources for the most up to date information

UVMMC intranet:
https://fahc.sharepoint.com/teams/Coronavirus

UVM:
And Every Week at Medicine Grand Rounds

Update from Dr. Parsons
Faculty Support

Zoom Meetings, Thursdays 8am
Contact your Division Reps for ideas or if you’d like to “zoom-in”

- Katharine Cheung (Nephro)
- **Jennifer Kelly (Endo)**
- Farrah Kahn (Heme Onc)
- Marta Kokoszynska (Pulm)
- Alana Nevares (Rheum)
- Cindy Noyes (ID)
- **Joe Pierson (Derm)**
- Sheela Reddy (GI)
- **Marie Sandoval (GIM)**
- Tina Thornton (Research)
- Kramer Wahlberg, Beth Wahlberg, Julia Powelson (Medicine Chief Residents)
- Magdalena Zeglin (Cardio)
- Amelia Gennari (Geriatrics)
- Zail Berry (Geriatrics)
- Maura Barry (Heme Onc)
- Jason Bartsch (Hospitalist)
- Narandra Bethina (Rheum)
- Jason Botten (Immunobio)
- LeeAnna Burgess (Hospitalist)
- Nick Ferrentino (GI)
- Garth Garrison (Pulm)
- Farrah Kahn (Heme Onc)
- Rony Lahoud (Cardio)
- John Miller (GIM)
- JuanPablo PerdomoRodriguez (Endo)
- Kristen Pierce (ID)
- Marios Prikis (Nephro)
- Christine Weinberger (Derm)

Admin Support
Lisa Pitrowiski
Faculty Support: Resources

• Dr Amit Sood (Mayo Clinic) morning gratitude practice (only 3 minutes)
  https://www.youtube.com/watch?v=0M-TLhGKgwA

• National Academy of Medicine

• U Washington town hall video – focus on Covid-19
  https://mediasite.hs.washington.edu/Mediasite/Play/b785ee6c96934e2a8fdb02b4c15424901d

• Communications primer for talking with patients/families w/ Covid-19
  https://www.vitaltalk.org/guides/covid-19-communication-skills/

• Center to Advance Palliative Care (CAPC) with other resources
  https://www.capc.org/toolkits/covid-19-response-resources/
Who do I want to be during COVID-19?

FEAR ZONE
- I get mad easily
- I recognize that we are all trying to do our best
- I forward all messages I receive
- I spread emotions related to fear and anger
- I complain frequently

LEARNING ZONE
- I evaluate information before spreading something false
- I identify my emotions
- I become aware of the situation and think how to act
- I live in the present and focus on the future

GROWTH ZONE
- I look for a way to adapt to new changes
- I practice quietude, patience, relationships and creativity
- I keep a happy emotional state and spread hope
- I thank and appreciate others
- I identify my emotions
- I live in the present and focus on the future
Drop-in Support Groups Available

The Department of Psychological Services is offering daily zoom meetings for staff, providers and leaders who are caring for critically ill patients. These sessions are intended to provide front line staff with emotional support and opportunities to process their experiences. Currently, the following days and times are open to meet with Psychological Services staff members:

To join any of the above meetings, contact the providers via email to request an invitation or simply click on the link corresponding to the meeting you want to join. If prompted for a password, enter MedPsych. Any team that would like support is welcome to schedule a focused group session by contacting Dr. Marlene Maron.

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<thead>
<tr>
<th>Days</th>
<th>Names</th>
<th>Links</th>
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<tr>
<td>Mondays at noon</td>
<td>Marissa Coleman, PsyD</td>
<td><a href="https://uvmhealth.zoom.us/j/8028472721">https://uvmhealth.zoom.us/j/8028472721</a></td>
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<tr>
<td>Mondays and Fridays at 3pm</td>
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<td>Tuesdays at 9am</td>
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<td>Wednesdays at noon</td>
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<tr>
<td>Thursdays at 1pm</td>
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<td><a href="https://uvmhealth.zoom.us/j/5799201927">https://uvmhealth.zoom.us/j/5799201927</a></td>
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<td>Fridays at noon</td>
<td>Emily Pichler, PhD</td>
<td><a href="https://uvmhealth.zoom.us/j/2240588468">https://uvmhealth.zoom.us/j/2240588468</a></td>
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Free Webinar:
Keeping Your Heart and Brain Healthy During COVID-19

Jan Carney, MD, MPH
Associate Dean for Public Health and Health Policy UVM Larner College of Medicine

Mary Cushman, MD, MSc
Professor of Medicine UVM Larner College of Medicine and American Heart Association Eastern States Board Member

Sherrie Khadanga, MD
Cardiologist/Assistant Professor in Medicine at The Robert Larner, M.D. College of Medicine at The University of Vermont

Tuesday, April 21 at 12:00 PM

Join us for a free webinar that will provide important information on what to do if you are having health problems, how to stay in good health during this pandemic, and the opportunity to ask doctors any questions you may be having in this time of uncertainty.

Questions? Please contact Nancy.Luke@Heart.Org