

# 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







Desjardins, Isabelle

⊞ UVMC Clinical Leaders; ⊞ FP Div Chiefs/Site Leaders; ⊞ ACMOs; ■ D'Amico, Michael; ■ Davidson, Melissa; ■ Robinson, Keith; ■ Teleron, Amy Lynn; ■ Lahey, Timothy P.; ⊞ CLM Teams; + 7 ▾

### Summary of the Day

**i** You forwarded this message on 3/26/2020 9:59 AM.

- |  |   |   |
|--|---|---|
|  UVMC COVID-19 Therapeutic Algorithm 1.6.pptx<br>77 KB ▾           |  UVMC COVID resource triage 200324 final.pdf<br>881 KB ▾ |  Ethics guidance - limitation of rx if insufficient PPE 200320.pdf<br>102 KB ▾ |
|  PPE for Perioperative Environment Policy - Final.docx<br>666 KB ▾ |   |   |

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



Desjardins, Isabelle

UVMHC Clinical Leaders; FP Div Chiefs/Site Leaders; ACMOs; D'Amico, Michael; Davidson, Melissa; Robinson, Keith; Teleron, Amy Lynn; Lahey, Timothy P.; CLM Tex

## Summary of the Day

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=TBuIGBCF9jc>

Good night.

Isabelle

Click the image to link to the  
YouTube video or copy this link:  
<https://www.youtube.com/watch?v=TBuIGBCF9jc>



Check out these sources for the most up to date information

UVMCC intranet:

<https://fahc.sharepoint.com/teams/Coronavirus>

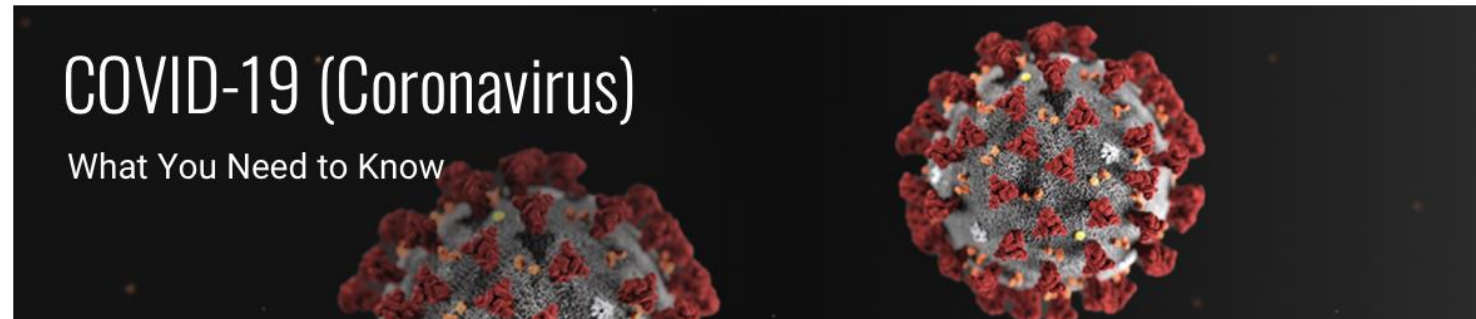


UVM:

<https://www.uvm.edu/emergency/covid-19-coronavirus/covid-19-coronavirus-information-and-updates>

MENU OFFICE OF EMERGENCY MANAGEMENT

COVID-19 (Coronavirus) Information and Updates



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

<https://nam.edu/initiatives/clinician-resilience-and-well-being/clinician-well-being-resources-during-covid-19/>

- U Washington town hall video – focus on Covid-19

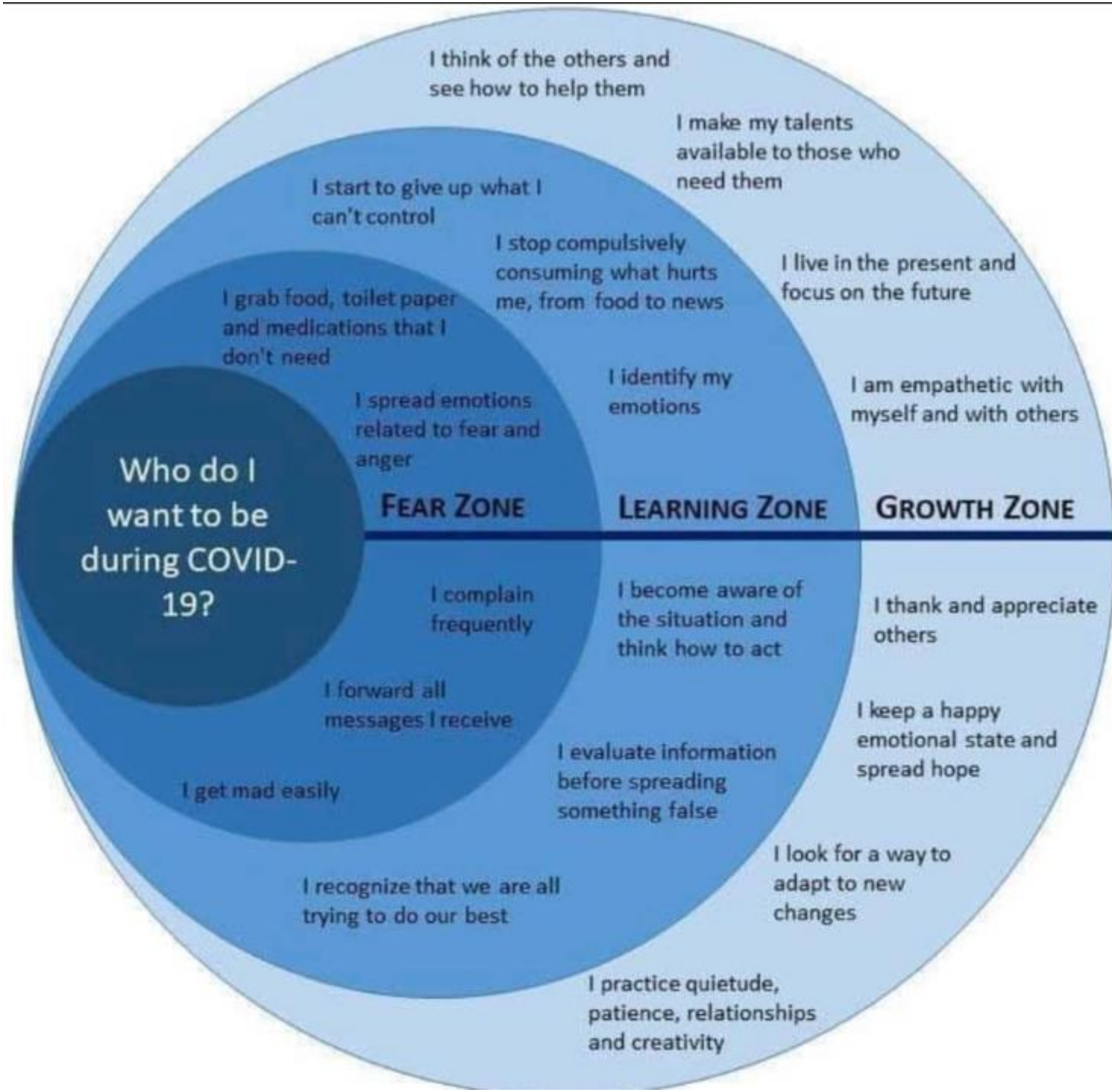
<https://mediasite.hs.washington.edu/Mediasite/Play/b785ee6c96934e2a8fdb02b4c15424901d>

- 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/>





# Faculty Support: Resources deemed helpful by colleagues here

*\*This document will be distributed afterwards as a pdf with hyperlinks included*

## 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](#).

Mondays at noon	<a href="#">Marissa Coleman</a> , PsyD	<a href="https://uvmhealth.zoom.us/j/8028472721">https://uvmhealth.zoom.us/j/8028472721</a>
Mondays and Fridays at 3pm	<a href="#">Mary Marron</a> , PsyD	<a href="https://uvmhealth.zoom.us/j/6307919231">https://uvmhealth.zoom.us/j/6307919231</a>
Tuesdays at 9am	<a href="#">Shira Louria</a> , PsyD	<a href="https://uvmhealth.zoom.us/j/5799201927">https://uvmhealth.zoom.us/j/5799201927</a>
Wednesdays at noon	<a href="#">Marlene Maron</a> , PhD	<a href="https://uvmhealth.zoom.us/j/6307919231">https://uvmhealth.zoom.us/j/6307919231</a>
Thursdays at 1pm	<a href="#">Shira Louria</a> , PsyD	<a href="https://uvmhealth.zoom.us/j/5799201927">https://uvmhealth.zoom.us/j/5799201927</a>
Fridays at noon	<a href="#">Emily Pichler</a> , PhD	<a href="https://uvmhealth.zoom.us/j/2240588468">https://uvmhealth.zoom.us/j/2240588468</a>



# 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](mailto:Nancy.Luke@Heart.Org)**