

NDAAP March 24, 2020

Coronavirus/COVID-19 in North Dakota

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About COVID-19:

- Beta Coronavirus -similar to SARS
- Transmission is droplet (similar to most coronavirus)
 - Airborne as has been shown to be present up to 3 hours in the air
 - transmission through stool is also possible
- Contagiousness - 5% from general population, 20% amongst household contacts, less infectious than polio, Measles, or Mumps
- Viral shedding from 8-37 days, stool shedding longer in children
- Incubation Period - up to 14 days (reason for period of post-contact quarantine), typically is within 4-5 days of exposure
- Clinical Symptoms - fever defined as temp > 99.5, sore throat, dry cough, lethargy, early anosmia, typically sx's peak around 1 week
- Severe sx's and death secondary to ARDS, myocarditis, fatal arrhythmias
- Labs/Testing: non-specific - mild decrease lymphocytes, increased LDH and ferritin; definitive testing is NP PCR swab for coronavirus *
- Testing Cost: DOH free, Quest \$125-\$175 estimate
- 20% rate of co-infection (when patients would have coronavirus and concurrent other infection), so testing for coronavirus is recommended even in situation where testing is positive for another virus)
- Testing algorithm: fever + lower respiratory tract sx's are currently criteria for testing in Sanford Fargo - DOH treatment algorithm fever + cough/chills/SOB/myalgia; no testing recommended on asymptomatic, if testing becomes limited, hospitalized and healthcare workers to take priority
- Testing Centers/Result turnaround: Inpatient test conducted through the NDDOH: 48 hours; Quest: 1 week; Sanford Sioux Falls and other labs are starting to set up their own testing with unknown but believed shorter turnaround times than quest
- Imaging: CXR: bilateral lower lobe infiltrates, typically peripheral rather than central distribution; no benefit in chest CT for diagnostic purposes
- Birthing: Rooming newborn with the mothers and keep them 6 feet apart except when breastfeeding. Mothers wear masks and practice good hand-washing.
- Recommended the WHO website: Google WHO COVID-19 situation reports or click [HERE](#).

ND Snapshot: 36 cases, 7 hospitalizations. Current epicenter in state is Bismarck/Mandan area. The NDDOH website is updated regularly – click [HERE](#) to access it.

Questions related to testing:

Is testing recommended on children if adults in same household test positive and have similar symptoms? DOH response: Yes. Governor Burgum wants everyone who warrants testing, tested so that we are aware of the true extent of disease in ND.

Is testing for coronavirus necessary in a child who tests positive for other virus/viruses? ID response: Yes. Because there is a 20% coinfection rate amongst persons infected with coronavirus, a positive test for another viral pathogen, does not preclude infection with coronavirus.

Personal Protective Equipment (PPE): What are the PPE recommendations for seeing children in outpatient pediatrics clinic? Use droplet precautions when necessary. Discussed inpatient recommendations as clear and full PPE. Outpatient usage of often surgical masks depending on institution. Nobody on call was aware of specific recommendations on this in the outpatient setting. Some discussion of concern for shortage of PPE given what we are seeing in New York right now. For now, utilizing best judgment based on clinical situation. Many large companies are now donating N95 masks (more information available [HERE](#)).

Practice Management

Discussion of changes in practice set up to keep sick and well children separated. Clinics in both Fargo and Bismarck have started to prescreen patients and direct sick patients to “dirty clinics” and manage well child care at “well clinics”. Some clinics have also tried to start incorporating video visits where appropriate. Importance of maintaining regular immunizations through coronavirus pandemic is recommended by AAP/CDC/NDDOH.

Daycare/Childcare: DOH has currently allowed daycares to remain open to provide care for our essential workers. Some discussion of increasing provider:child ratios to maintain better social distancing, but review process for daycares is lengthy, so uncertain right now how this will be achieved. Other access to reliable workforce for childcare brainstormed such as medical student/PT/OT/Speech Workforce discussed. New daycare regulations will be released on Thursday, March 26th.

[DOH had questions regarding changes that may arise if medical system becomes overwhelmed in ND by coronavirus surge.](#) *How would pediatricians feel about having inpatient peds sent out to freestanding children’s hospital (NICU - 18-21)?* Workforce in those specialties would be used to care for adults. Lots of discussion around this including cost and risks of transport, family separation, crossing state borders and could this further expose ND. No consensus was arrived at.

Food Access in Children and Communities at Risk: Dr. Tinguely had brought this forth via email in the past week and started the discussion based on an NPR segment where he heard meals on wheels were being brought to children in some other communities across the country. Included on the email correspondence was Karen Ehrens, Coalition Leader from Creating a Hunger Free North Dakota, NDAAP leadership and past leadership, DOH, and UND President/UNDSMHS

Dean. On the call, we also brainstormed partners in moving this idea forward including DPI, potentially DHHS, DOH. We believe that this is being done in smaller communities like Wahpeton and Larimore. Dr. Anderson will brainstorm with other states in the region on our weekly call tomorrow. Continued help in moving this forward needed. Please contact NDAAP if you have ideas or interest in helping to push this effort forward.

Headspace, a meditation app, is providing free membership due to the pandemic. Click [HERE](#) to access their website.

The CDC's Clinician Outreach and Communication Activity (COCA) calls/webinars are being held frequently. To view upcoming and past events, click [HERE](#). One that was held on March 12th was [Coronavirus Disease 2019 \(COVID-19\) Update—Information for Clinicians Caring for Children and Pregnant Women](#). Tomorrow's (3/25) webinar at 1 pm is [COVID-19 Update: Optimization Strategies for Healthcare Personal Protective Equipment \(PPE\)](#).

NDAAP will be participating in weekly meetings with AAP District VI to discuss how states in our region are doing, and to share resources and information. We will keep you updated.

Please let us know how we can continue to help.

Will plan to set up another zoom meeting in the next 2-3 weeks.

Many Thanks for those who were able to attend yesterday evening. Presentation, Questions, and Discussion were very informative.

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