

SELF-CARE DURING THE COVID-19 PANDEMIC

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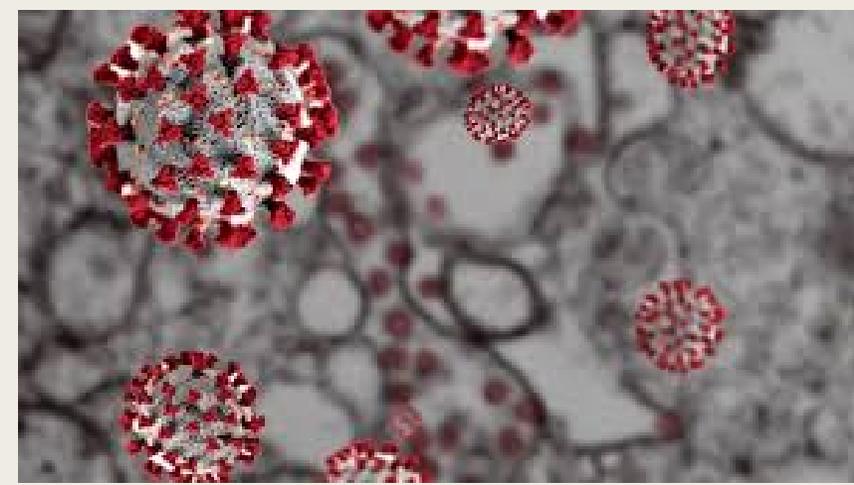
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Coronavirus and Facts



1. FACT: Most people who get COVID-19 recover from it

- Most people who get COVID-19 have mild or moderate symptoms and can recover, thanks to supportive care

2. FACT: There are currently no drugs licensed for the treatment or prevention of COVID-19

- While several drug trials are ongoing, there is currently no proof that hydroxychloroquine or any other drug can cure or prevent COVID-19. According to WHO, the misuse of hydroxychloroquine can cause serious side effects and illness and even lead to death

3. FACT: Antibiotics CANNOT prevent or treat COVID-19

- Antibiotics work only against bacteria, not viruses

4. FACT: Vaccines against pneumonia DO NOT protect against the COVID-19 virus

- Although Vaccines against pneumonia do not provide protection against the new coronavirus, vaccination against respiratory illnesses is highly recommended to protect your health.

Coronavirus and Facts

- According to the Centers for Disease Control & Prevention the **total number of coronavirus cases are 6.08 million (184 thousand deaths)**
- According to the World Health Organization, SARS-CoV-2 can survive for **72 hours on plastic and stainless steel, 24 hours on cardboard, 4 hours on copper**
- The virus can remain suspended in the air for about **30 minutes, before settling onto surfaces**
- Evidence suggests that it's harder to catch the virus from a soft surface (e.g. fabric)
- As stated by CDC, surface disinfection with **0.1% sodium hypochlorite (diluted bleach) or 62-71% of ethanol is effective** in destroying SARS-CoV-2 in a minute
- The CDC continues to recommend **the use of telemedicine appointments** to provide high-quality of care to patients in an effort to reduce the risk of SARS-CoV-2 transmission in health care settings



Importance of Maintaining Good Personal Hygiene

- Skin is a physical barrier: Protects from external threats such as **pathogens, chemicals, toxic substances, and allergens**
- **Hand-washing** remains the best defense against the spread of viruses, including SARS-CoV-2
- **Frequent hand-washing** for an extended period of time **can** cause the natural moisture and oils on the **skin** to be **washed** away, resulting in **dry** and cracked **skin**
- According to Cureus Journal of Medical Science, frequent hygienization of hands may generate various changes in skin texture, ranging from **cutaneous xerosis** (dryness of the skin) to **irritant contact dermatitis** or, rarely, even **allergic contact dermatitis**
- As pharmacists, we have to frequently **maintain good hygiene** and protect ourselves from irritation. Therefore, it is important to choose products that have low **irritancy potential**, and incorporate lotions into our hygiene regimen

The Physical and Mental Effects of Social Distancing

- Humans are social creatures
- The **elderly** are particularly vulnerable during isolation
- Social distancing is leading to heightened feelings of **anxiety** and **depression** amongst the general public
- In a KFF Tracking Poll conducted in mid-July, **53%** of adults in the United States reported that their mental health has been negatively impacted due to worry and stress over the coronavirus
- Stress caused by social distancing may be due to **loss of income, loss of structure and routine, and loss of face-to-face social interaction**
- Health care workers are an important population to consider, as they are on the front lines of this epidemic



How Does COVID-19 Impact Children



- While children have been spared from the direct effect of the virus, the crisis caused a **profound effect on their normalcy**
- According to UNESCO, the education of nearly **1.6 billion children in 190 countries** have so far been affected
- Optimal brain development requires a stimulating and enriching environment, adequate nutrition, learning opportunities, and social interactions
- Mental health problems **affect one in six children**, and will shoot up during community crises, such as this pandemic
- Socio-economic impact on household **incomes**, elevated **stress levels** at homes, **negative interactions** – all may lead to irreversible consequences in child's development in the long run

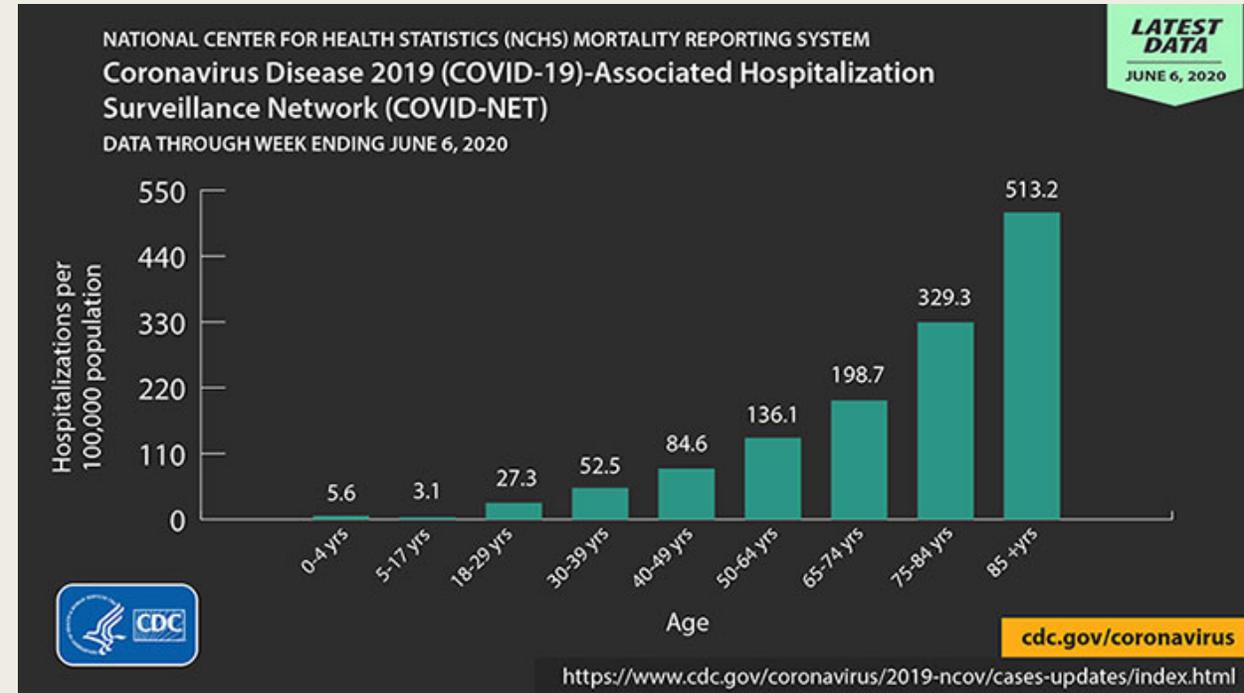
How To Reduce Impact on Children



- Not all children are same – some are at higher risk/sensitive compared to others
- **Limit exposure to graphic media** and frightening stories on TV, and social media
- Provide **safe, supportive, and consistent relationships** with adults at home
- Give them chance to **talk** about their feelings and listen
- A **healthy body** is good for a **healthy mind** (Take them for jogs, swimming, playing in a park, bike riding, skate boarding, etc.)
- Seek professional help if children show **extreme emotions and behaviors** which are persistent and intense

How Does COVID-19 Affect Elderly

- Unlike children who are resistant, **elders are very vulnerable to virus infection**
- **Ageism** may have significantly contributed to the detrimental effects on the health and longevity of older adults with COVID-19
- The CDC states **8** out of **10** COVID-19 related deaths have been in adults **> 65 years age**
- Health **anxiety, panic, adjustment disorders, depression chronic stress, and insomnia** are **major offshoots** from COVID-19 crisis



This graph demonstrates how more percentage of elderly are hospitalized compared to other age groups.

CARE FOR THE ELDERLY

- Physical distancing is **not** social isolation
- Make use of **technology to stay connected** with loved ones
- Talk to health care providers **online, by phone or email** rather than personal visits to clinics/hospital
- Limit in-person visits to pharmacy/grocery stores
- Weigh risks before venturing out
- Take note when people **stop calling** (A lot of people don't reach out when they're not feeling well because they don't want to trouble family members or friends. **Be proactive with follow-up**)





Maintaining a Healthy Relationship With Yourself

- An **opportunity** to get to things done you've been thinking to do
- **Exercise:** yoga, walking, running, meditation
- Play board games with the family
- If you live alone, pick up phone and **talk to a friend or family member**
- Pharmacists, being the most accessible health care professionals, have an important role to play in the management of this pandemic. If you have **any concerns** you can always contact your pharmacist to **address any issues or concerns**



Pharmacists and COVID-19

- Pharmacies are now offering patients **90-day supplies on maintenance prescriptions** to try and help patients avoid taking extra trips to pharmacies
- Pharmacies are now also using **mail order style pharmacy practices** to help patients receive their prescriptions directly to their door without having to come to pick up
- For patients at **high risk**, pharmacists advise **mail order, curbside pick up, drive through services**, or advising if **someone else may be available to pick up for the patient who is not at higher risk of severe illness**
- Many pharmacies, and some independent pharmacies offer delivery services for their patients
- Many pharmacies are adapting to technology by giving patients access to their **specified app**. This can help patients order prescriptions, ask for refills, and check when the prescription may be ready
- CDC helps guide the pharmacies with ideas that can be implemented for safer patient care
- Any patient who comes into the pharmacy **must wear a face mask** for the safety of the patients and staff
- Pharmacy **staff must wear face masks at all times**

Pharmacists and COVID-19

- For patients who have to go pharmacy to receive either controlled medications or high cost drugs, pharmacies are practicing social distancing inside the facility
- There are a **limited amount of people who may be physically inside the pharmacy** at any certain time
- There are also **markers that help patients show the distance of 6 feet** to aid the patients when they come in
- The addition of **plexiglass at all registers** helps give an extra barrier of protection for both patient and pharmacy staff
- **Hand sanitizers** are provided on **counters** for patient use
- Prescribers are being asked to send prescriptions either by **phone or electronically for certain medications to avoid paper prescriptions** in accordance with state laws, regulations, or executive orders
- Any pharmacy staff who may be sick is advised to stay home for the safety of patients and staff

Outreach and Helpline

- SAMHSA's National Helpline – 1-800-662-HELP (4357)

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

- <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Resources.aspx>

The California Department of Public Health has produced COVID outreach resources to assist communities in their public education efforts.

- [Friendship Line](#): Call 888-670-1360

for 24/7 support if you are 60 years or older, or an adult living with disabilities

References

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