



Norbert Goldfield, MD
Founder, CEO

Ask Nurses & Doctors LLC

72 Laurel Park
Northampton MA 01060
413-800-2680
norbert@asknursesdoctors.com
www.asknursesdoctors.com
@asknursesdoctors.com

I Have Symptoms – Can I Afford to Get Tested ,Impact on Health Workers; Political Vaccines.

This week was a banner week. The first week that I wasn't dealing with a patient actively sick from COVID. Or was it? I had a patient yesterday who has very suspicious symptoms, wasn't very sick, and thus felt that for purely financial reasons she didn't want to get tested. If she gets tested and is positive; she is out of work. Workers in the U.S. do not have the same unemployment benefits as their compatriots in Western Europe. I encouraged her to wear a mask both in and out of the house and to be washing everything separately from other family members. Sample Updates: family of my patient who passed away was able to view her body – a very consequential act for a patient of mine who I'd known for decades. In the past, I would have ordinarily gone to the wake but... no more. The patient who was intubated for weeks with the large blood clot in the leg? This week, I am trying to figure out with cardiology whether and for how long he should stay on the anticoagulants – COVID is a new disease.

America's health care workers are dying. In some states, health personnel account for as many as 20% of known COVID cases. I don't know any who have died. But I do know of sick health professionals; in addition, I very much feel the stress that health professionals are going through. Mental health professionals in particular are just overwhelmed. I felt it this week in my interactions. <https://khn.org/news/lost-on-the-frontline-health-care-worker-death-toll-covid19-coronavirus/?utm>

What about the new data reporting system announced this week that many of you may think is arcane. Well it is but... It was a disastrous rollout coupled with growing concerns over sidelining of the CDC. Many major hospitals were not notified in advance of the change. The change even surprised CDC officials. We will never know but I just always assume it is the double whammy of complete ineptitude on most every part of the federal response together with the politics of the executive branch that we've become sadly injured to.

https://www.statnews.com/2020/07/16/hospital-data-reporting-covid-19/?utm_source=STAT+Newsletters&utm

Return-to-play for youth athletes: The American College of Cardiology has laid out expert guidance for evaluating when and whether a pediatric patient who has had COVID-19 can return to playing sports. Patients should be symptom-free for at least 2 weeks before returning to play. <https://www.acc.org/latest-in-cardiology/articles/2020/07/13/13/37/returning-to-play-after-coronavirus-infection>

This article is a *thorough* just published review of the COVID literature on CoVID. *Pathophysiology, Transmission, Diagnosis, and Treatment of Coronavirus Disease 2019* <https://jamanetwork.com/journals/jama/fullarticle/2768391> With respect to quarantine, my daughter self-quarantined next door 3 months ago, went back to NYC after being with us for two months and now wants to come back again. What's the current science on who should quarantine? Anyone who has been in close contact with someone who has COVID-19. This includes people who previously had COVID-19 and people who have taken a serologic (antibody) test and have antibodies to the virus. <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html> What about my daughter coming back from NYC who has tried to be careful. We have no data on that.

Lastly, I very much like Jeff Lerner's just published piece in the Philadelphia Inquirer not because of the mention of AND but of his brilliant metaphor of the need to deploy our **political vaccine**: All health care professionals can play a critical role in creating a "political vaccine" against disinformation. We need to speak out publicly for science now. <https://www.inquirer.com/health/expert-opinions/coronavirus-disinformation-health-care-workers-speak-out-20200717.html>

This week I've added to the Congressional districts that I am working on via *AND*; continue to add to list of health professionals for Biden in FL, MI, and PA. Ideas and contacts welcome.

Norbert

Norbert Goldfield, M.D.