



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

## **More Covid + patients, So Much We Don't know about the Disease and then the Cost**

I am not surprised anymore by all my new positive COVID-19 patients. Another family tested positive in the last few days. I am also amazed by how little we know about this illness. I had a patient on Friday who tested positive but... thus far... has had very few symptoms despite the fact that she has very significant chronic illnesses. Researchers have documented the mental health fallout of this pandemic. Today I will write a letter on behalf of a patient whose already present anxiety has paralyzed her emotionally and she cannot work at all. We do not have sufficient mental health resources to even begin to meet the needs of our patients.

We are beginning to understand the challenges of treating the virus in children. This article followed almost 600 children, most likely on the sicker side of the spectrum.

[https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642\(20\)30177-2/fulltext](https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642(20)30177-2/fulltext) and

another highlights the autoimmune type manifestations of COVID-

19[https://www.cidrap.umn.edu/news-perspective/2020/06/worrisome-details-noted-kids-covid-inflammatory-syndrome?utm\\_](https://www.cidrap.umn.edu/news-perspective/2020/06/worrisome-details-noted-kids-covid-inflammatory-syndrome?utm_).

With respect to antibody tests: Antibody tests are likely to have a useful role for detecting previous SARS-CoV-2 infection if used 15 or more days after the onset of symptoms. However, the duration of antibody rises is currently unknown, and this good study found very little data beyond 35 days post-symptom onset. We are therefore uncertain about the utility of these tests for seroprevalence surveys for public health management purposes.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD013652/full>

Everyone has read about the fact that just as the number of weekly coronavirus cases reached a new high in the United States, the executive branch filed a legal brief asking the Supreme Court to strike down the entire Affordable Care Act. But people may not recall that executive branch is also trying to cut Medicaid. Politico headline: *Voters in deep-red Oklahoma weigh Medicaid expansion as virus cases climb. A ballot measure on Tuesday, if successful, could also set back Trump's efforts to block grant (code words for cut) Medicaid.*

[https://www.politico.com/news/2020/06/29/oklahoma-first-expand-medicaid-during-pandemic-341841?utm\\_](https://www.politico.com/news/2020/06/29/oklahoma-first-expand-medicaid-during-pandemic-341841?utm_).

There will be significant health consequences for Americans leaving the WHO. Without access to the intelligence coming from other institutions at the table, the U.S. will be “flying blind,”... For one thing viruses often are first spotted in Asia. For another, countries that are reluctant to share viruses on a bilateral basis — because of fears others will profit from them — will often only share viruses with the WHO. The risk to the U.S. is not just for flu vaccine development.

[https://www.statnews.com/2020/06/29/u-s-withdrawal-from-who-threatens-to-leave-it-flying-blind-on-flu-vaccines/?utm\\_source=STAT+Newsletters&utm](https://www.statnews.com/2020/06/29/u-s-withdrawal-from-who-threatens-to-leave-it-flying-blind-on-flu-vaccines/?utm_source=STAT+Newsletters&utm)

Starting with this COVID note, I will highlight the science and best practices for one preventive measure. This time – **Masks**. Happy to send the back-up articles. Extracted from Up to Date, our “medical encyclopedia,” In a retrospective study of 124 patients with confirmed COVID-19 and their families in Beijing, China, secondary transmission occurred in 41 families; use of masks by family members (including the index patient) prior to illness onset in the index patient was independently associated with a reduced risk of infection. In another study that included 17 patients with common cold coronavirus infections, use of a medical mask eliminated detectable viral RNA in droplet and aerosol particles collected from exhaled breath (although viral RNA was only detected in 30 and 40 percent of such specimens when patients were not wearing masks). Studies on the filtration efficacy of fabrics suggest that certain fabrics (eg, dish towel fabric), particularly when double-layered, can approach the filtration efficacy of medical masks. Lastly, in a report of 382 service members who were surveyed about personal preventive strategies in the setting of a SARS-CoV-2 outbreak on a United States Navy aircraft carrier, self-report of wearing a face cover was independently associated with a lower likelihood of infection as were avoiding common areas and observing social distancing. Lastly, this article shows how to put on, fit and care for your mask <https://www.nytimes.com/interactive/2020/06/25/burst/how-to-get-the-most-out-of-your-mask.html?action=>

In terms of AND actions: AND is working with health professionals (HPs) to appear in ads for one Congressman; LTE and op-eds being produced by HPs for Michigan and Florida races. Lastly, Florida physicians, starting with many in Jacksonville are circulating this petition re the RNC. If you are a physician please consider signing by clicking on the link below. As always feedback and suggestions are welcome!

[https://docs.google.com/forms/d/e/1FAIpQLSdq2ImE0v3EpB\\_b8fbcMXfvvUabjf8YSLBDhdi\\_9oe7Utt4zQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdq2ImE0v3EpB_b8fbcMXfvvUabjf8YSLBDhdi_9oe7Utt4zQ/viewform)

Norbert

Norbert Goldfield, M.D.