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June 1 AND Update: Extubated Patient is Home; Covid Impact on Blacks.

My patient who was intubated for weeks, was extubated, went to rehab and ten days ago went home. Long physical recovery; needs a cane; memory is poor; depressed **but** is happy to be alive. Another Covid + patient just discharged from the hospital. Covid question I addressed today: Covid positive patient symptomatic (fever, cough, sore throat) who managed herself at home. I checked in on her by phone. 14 days later she wants to go back to work. No more fever. But a residual cough, What to do: test or no test? Answer: no test and send her back to work.

Per NYT: Three factors particularly important for aerosol transmission: proximity to the infected person, air flow and timing. Apart from avoiding crowded indoor spaces, the most effective thing people can do is wear masks. Even if masks don't fully shield you from droplets loaded with virus, they can cut down the amount you receive, and perhaps bring it below the infectious dose. <https://www.nytimes.com/2020/05/29/health/coronavirus-transmission-dose.html?utm> From the Lancet: This study shows that better ventilation of spaces reduces the airborne time of respiratory droplets. This finding is relevant because typically poorly ventilated and populated spaces, like public transport and nursing homes, have been reported as sites of viral transmission despite preventive physical distancing... The implications are important for settings where aerosolisation by coughing and medical treatments and close contact with COVID-19 patients is very common. [https://www.thelancet.com/journals/lanres/article/PIIS2213-2600\(20\)30245-9/fulltext](https://www.thelancet.com/journals/lanres/article/PIIS2213-2600(20)30245-9/fulltext). Re proximity: remember infected person doesn't mean symptomatic!!

Nice piece on what different Medicaid programs are doing re Covid from a delivery perspective. https://www.triple-tree.com/strategic-insights/2020/may/medicaid-in-the-new-normal/?utm_source=Email&utm_medium=Blog&utm_campaign=Medicaid-New-Normal. Covid will only widen the difference between Medicaid expansion states and those that rejected expansion. <https://enewspaper.latimes.com/desktop/latimes/default.aspx?edid=c5040bfd-636b-4917-82ba-fc05636c1934> The impact on rural hospitals just continues and will get worse. https://www.washingtonpost.com/nation/2020/05/24/coronavirus-rural-america-outbreaks/?arc404=true&itid=lk_inline_manual_7

Covid continues to decimate the Black community. As reported today by Dylan Scott in his excellent column, *this weekend we saw the collision of two public health crises: police violence and the coronavirus*. . <https://www.vox.com/2020/6/1/21276957/george-floyd-protests-coronavirus-police-brutality-racism>: excerpts: Covid illustrates this nation's structural racism in two important ways. **First, police violence is a public health risk**. In almost any way you measure it, the US criminal justice system is prejudiced against black Americans, and

black people are much more likely to be subjected to state-sanctioned violence in the US compared to white Americans. Black men, by far the most at-risk group, face one in 1,000 odds of being killed by the police over the course of their lives. Suicide in jail accounts for 34% of all deaths (suicide rates for prisoners is 4x the rate of the general public)!

<https://theconversation.com/how-mass-incarceration-harms-u-s-health-in-5-charts-90674>

Second, people are coming out to protest in the middle of a pandemic that has disproportionately impacted Black Americans: Black people are more likely to work in jobs considered "essential," exposing them more to the virus. America's failure to build an equitable health system means its black residents have high rates of preexisting conditions that make them more vulnerable to Covid-19. They also live in places with more air pollution and have less reliable access to clean water. Lastly, I do the food shopping; have you noticed skyrocketing food prices? They are predicted to stay high making it more difficult for the poor to eat nutritious meals worsening their chronic conditions.

Can one protest safely. Here are the precautions one should take

<https://www.vox.com/2020/5/31/21276082/covid-19-protests-george-floyd-minnesota-los-angeles-coronavirus-risk-safety?utm>

I am focused on organizing health professionals via AND. Today, I welcome health professionals who are interested in working with me in the following Congressional districts: NY-2; WA-3; Me-2; CA 39, 45, 48; and several races in NJ.

Lastly, Medscape is tabulating a list of health care workers who have died from Covid.

<https://www.medscape.com/viewarticle/927976>