Allergy & Asthma Network News

More information at allergyasthmanetwork.org

Advances in Allergy & Asthma Webinar
- Disparities in Food Allergy: Racial, Ethnic & Socioeconomic Considerations
- Thursday, Sept. 24th – 4:00 PM EDT

Check out our News for this & more!
- Face Masks -Critical for People with Asthma and Allergies During the COVID-19 Pandemic
- https://allergyasthmanetwork.org/news-articles/

USAsthma Summit 2020
- Friday, November 13 from 12:00 p.m. to 4:00 pm

Creative Approaches to Routine Asthma/Allergy Care during COVID-19

Dr. Jackie Eghrari-Sabet
Dr. Purvi Parikh
Tonya Winders
Our Speakers

Dr. Jackie Eghrari-Sabet
Clinical Assistant Professor of Medicine, George Washington School of Medicine & Health Sciences
Medical Director, Telehealth, Allergy & Asthma Network

Dr. Purvi Parikh
Clinical Assistant Professor of Medicine, NYU Langone School of Medicine & Director, Allergy and Asthma Association, Murray Hill
National Spokesperson, Allergy & Asthma Network

Tonya Winders
President & CEO, Allergy & Asthma Network
President, Global Allergy & Airways Patient Platform

Outline

- Current State of COVID – 19
- In-Office Care Strategies
- Asthma & Allergy Care – Creative Approaches
- Latest Facts & Myths about COVID-19
Poll Question

• We’d like to know who is here today.
• What “title” best describes you?

Current State of COVID-19

Tonya Winders
In the News

- Astra Zeneca placed COVID-19 vaccine trials on hold
  - One volunteer in the UK developed a serious neurological issue
  - Not unprecedented action in vaccine trials

Vaccine projects

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WHO: Vaccines landscape
https://www.who.int/publications/m/item/draft-landscape-of-covid-19-candidate-vaccines

COVID-19 Cases in US by Date Reported
In the News

- California Governor reports lowest daily case count in nearly 4 months
- CDC: National Forecasts:
  - 3 national forecasts predict a likely increase in the number of new hospitalizations per day over the next four weeks
  - 3 forecasts predict a likely decline
  - 1 forecast is uncertain about the trend
  - For October 5, the forecasts estimate 1,600 to 6,000 new COVID-19 hospitalizations per day
- CDC Mask Update:
  - Wear masks in public settings around people who don’t live in your household and when you can’t stay 6 feet away from others
  - Wear the mask over your nose and mouth and secure it under your chin

COVID-19 Information – Allergy & Asthma Network

- COVID-19 Information Center
  - FAQ’s
  - Mental Health Tools
  - Infographics
  - Much more . . .
- COVID-19 School Resources
  - National recommendations
  - Network Notes for Parents
  - Planning Tools
  - Asthma Care Resources
  - Posters for School

CDC: The effectiveness of gaiters and face shields is "unknown at this time"
Poll Question

• How have you received your medical care during COVID-19?

In Office Care Strategies

Dr. Purvi Parikh
The Office Environment is Changing

The Socially Distanced Medical Office Experience
- Staggered appointments
- Barriers
- Signage
- Masks on patients & staff

Challenge: How do we keep things personal when we’re trying to be distant?

Protecting Office Staff

Need to have appropriate PPE

Stringent cleaning protocols

Precautions for staff
- Separated work stations for social distancing
- Mandated masks
- Cleaning of patient rooms and staff work space
- Patient screening
  - Questionnaires
  - Temp checks
### COVID-19 - Task Risk Assessment

**Low Risk**
- Biologic Therapy
- Immunotherapy
- Skin Testing
- Patch Testing

**Medium Risk**
- Food Challenge
- Drug Challenge
- Skin Testing (Young Children)

**High Risk**
- Spirometry
- Nebulizer Treatment
- Exhaled Nitric Oxide
- Peak Flow Meter in-Office
- Patients Demonstrating MDI Technique

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**When COVID-19 Numbers Rise, Reduce Office Visits**

- Again, if running a temperature, no office visit
- Cancel “nonessential” appointments
- Give allergy shots every 2 weeks instead of weekly

- Patients receiving a biologic medication injection still need to come in –
  - Look to giving it less frequently if appropriate
- Oral immunotherapy needs special consideration

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[https://education.aaaai.org/resources-for-a-clinicians/prepare-your-practice_covid-19](https://education.aaaai.org/resources-for-a-clinicians/prepare-your-practice_covid-19)
Creative Solutions

Electronic or phone check in upon arrival at office
• Wait in car until you can be seen
• Avoids time in waiting room

Forms or payments can be done electronically prior to arriving

Some allergists are giving shots in the parking lot and having patients wait in the car

Opening windows if possible to avoid ventilation & airflow near spirometry

The only thing that is constant during this pandemic is that everything will change!
Asthma & Allergy Care – Creative Approaches

Dr. Jackie Eghrari-Sabet

Constants
- Calendars
- Customs
- Contact
COVID-19 has Made Life Unrecognizable

Touch Points
- In the midst of the virus-
- Need to organize our thinking towards health

Reminders
- Need to be reminded to stay on top of health

Calendar

Days away from the official start of Fall
- Fall allergies

2020 “Twist”
- Ragweed exposure is variable

Less Exposure in 2020:
- Youth Athletes - limited or no practices/games
- Home Office Worker – no commute

More Exposure in 2020:
- Students in outdoor classrooms or near open windows
- People dining outdoors, walking more
Best Way to Combat Ragweed

Avoidance

Filter air with air conditioning when you can

Shower & rinse pollen off at least before you go to bed

If you have allergic asthma from ragweed – Continue maintenance asthma treatments

Customs – Old & New

Back to School

• Back to school looks different
  • At home or hybrid settings
• Students not exposed to dust mites at schools
  • Exposed at home
  • Combined with pet dander & household allergens
• Need to consider “Back to School Cleaning”

Home Office

• Minimize allergens as work at home continues
  • Wash pets – cut down on dander
  • No pets in sleeping areas
  • Dust mite covers on beds
  • HEPA filters

CONTINUE ON ALLERGY & ASTHMA MEDICATIONS AS PRESCRIBED
Contact your Healthcare Provider

Historically, this is the time of year for check-ups
• With COVID-19 concerns, many missed their annual health visit

Unusual times call for innovation – includes healthcare
• Telemedicine is well accepted and in widespread use

Regular check-ups can be done in a traditional way or through telemedicine

Benefits of Telemedicine

Efficient
• No travel time
• No waiting time

Focused
• Undivided attention
• Time for patient – and family - to ask questions

Resources
• Care provider can lead you to web-based resources for follow-up
What to Expect From a Telemedicine Visit

Full medical history
- Report your symptoms – concerns
- What’s really bothering you?

Physical exam
- Assess symptoms
- Send for lab work
- Diagnose

Share decisions on treatment plan

Putting it All Together

BE PREPARED

PLAN AHEAD

Address how you can tackle your allergies in this new reality with telemedicine and treatment at home.
What was once done in the office can now be done with telemedicine!

Revisiting Treatment Risks

Low Risk Treatments

- **Biologic therapy** — many of these are done at home for asthma and for atopic dermatitis. You can have your follow up visits via telemedicine.
- **Immunotherapy** — can also be done at home with SLIT (FDA approved tablets). In many cases you already have your testing on file at the office and that can be used to guide your decision to start SLIT allergy tablets.
- **Allergy assessment** — in home visits to “view” and advise on avoidance via telemedicine visit.
Revisiting Treatment Risks

Medium Risk Treatments

- **Food allergy management** — while food challenge is medium risk in office, the diagnosis, and management of food allergy can easily be done via telemedicine — particularly if you missed your usual summertime check up
  - Food Allergy coaches
- **Penicillin allergy** — history can be taken via telemedicine to see who needs in office testing

High Risk Treatments

- Mostly around asthma flares and exacerbations.
- **Telemedicine** is great for managing asthma, keeping your asthma well maintained, used for education and reaching out for guidance BEFORE the exacerbation needs an urgent in person visit
  - Asthma Telehealth
Our Lives Have Changed

More emphasis on our overall health — and especially respiratory health

| Spending more and more time on line finding what works for us | Telemedicine is filling an important space currently for many who want to keep up with their health – but do so from home |

You can have a medical visit from home to address your concerns with your allergy /asthma symptoms & continue your follow up care via telemedicine
Al Keith
A musical reminder about why we’re doing what we’re doing
A great teaching tool for this viral outbreak –
https://asthmablues.com/pages/the-asthma-blues-story?_pos=1&_sid=31f263736&_ss=r

Musical Educational Tool

“Flatten the Curve”

Latest Facts & Myths about COVID-19

Tonya Winders

Keep track of how many you answer correctly – we’ll ask you later!
(Anonymously of course!)
Fact or Myth?

Elderly family members need ongoing support.
- Ask them what they want and need
- Support them with what THEY want
- Engage them by virtual means
- Encourage hobbies/activities/interests
- Provide support to caregivers

Fact or Myth?

There are no restrictions on trick or treat this year at Halloween.
- Different areas will have different rules and guidance
  - Know the guidance for your area
  - If there’s still on-going community spread in your area, it’s probably not a good idea

Issues:
- Social distancing – People often trick or treat in groups
- Face-to-face exposure
- Touching candy, toys, doors, etc.

Safety precautions:
- Have strict rules about distancing
- Don’t share props, toys or bowls
- Bring hand sanitizer
- Practice not touching your face
Fact or Myth?

We can’t get together at Thanksgiving.
- If you want to get your family together, think about ways to reduce the risk. There are two general ways to approach harm reduction.
- First, do what you can to reduce the risk of transmission, assuming someone at your gathering brings COVID along as an uninvited guest.
  - Wear a mask
  - Keep it short
  - Improve the ventilation
  - Wash hands
- Elderly guest? Make sure that everyone coming to your Thanksgiving table has NO EXPOSURES for the whole 14 days before November 26th.
  - The magic day to start a personal pre-holiday quarantine is Friday, November 13th.

From “Dear Pandemic”

Fact or Myth?

The pandemic can cause tooth cracks and damage.
- In a recent New York Times article, Dr. Tammy Chen, a Manhattan prosthodontist, explained how COVID-19 might lead to dental fractures:
  - Stress – leads to clenching and grinding of teeth.
  - Poor ergonomics from working from home – related to nerves in shoulders & neck
- What can be done?
  - Cultivate awareness – teeth shouldn’t actually touch during the day – relax
  - Use a night guard if needed – even during the day
  - Fix your work station
  - Move around
  - Bath and breathe bedtime ritual to relax

From “Dear Pandemic”
Fact or Myth?

COVID-19 can be carried in cigarette smoke.

- Smoking, vaping, and exposure to secondhand smoke and aerosols can increase risks associated with COVID-19 transmission
- Removing face coverings to smoke or vape indoors undermines the proven benefit of face coverings
- There is an increased risk of transmitting or inhaling COVID-19 via infectious respiratory droplets, uncovered coughs, and increased touching of faces.

Fact or Myth?

The COVID-19 virus will die when it’s hot and humid outside.

- From the evidence so far, COVID-19 can be transmitted in all areas, including places with hot and humid weather as well as cold and frigid conditions.
- Regardless of your climate, adopt protective measures if you live in or travel to an area with reported COVID-19 cases.
Fact or Myth?

HEPA filters can help reduce COVID-19 virus in a room.

- When used properly, air cleaners and HVAC filters can help reduce airborne contaminants including viruses in a building or small space
- By itself, air cleaning or filtration is not enough to protect people from exposure to the virus that causes COVID-19
- When used along with other best practices recommended by CDC and others, filtration can be part of a plan to protect people indoors

Poll Question

• How many of the “Facts & Myths” did you get correct?
Questions?

*Please record your questions in the Question box on your webinar control panel*
*We will address as many questions as we can*

Join us on **September 23rd** for the **14th** webinar in our COVID-19 Webinar Series -

**Mind-Body Connection during COVID-19:** Physical, Emotional, Relational Health and More
Creative Approaches to Routine Asthma/Allergy Care during COVID-19

Thank you for listening!
Get guidelines-based information at allergyasthmnanetwork.org