COVID-Safe for Schools Town Hall: Part 3

Presented by: Atrium Health
Meeting Outline

November 19, 2020

01 RUTH KRYSTOPOLSKI, MBA
   Senior Vice President, Population Health

02 CHRISTINE TURLEY, MD
   Vice Chair for Research, Levine Children’s Hospital

03 KENDRA JONES, MA, LCMHC, NCC
   Counselor, Employee Assistance Program

04 LEWIS MCCURDY, MD
   Specialty Director, Infectious Diseases
Introduction & COVID-Safe for Schools Commitment

RUTH KRYSTOPOLSKI, MBA
Senior Vice President, Population Health
Post Meeting

This meeting is being recorded and will be available along with a copy of the slide deck on our webpage.

AtriumHealth.org/Schools

Today’s Meeting: Please submit questions via the chat function.
COVID-Safe Resource Web Page

- COVID-Safe Resource Guide
- Continually updated with new CDC guidance

Available on AtriumHealth.org/Schools
### COVID-19 Testing Overview

**TEST TYPE** | **COLLECTION METHOD** | **PROS** | **CONS** | **AVAILABILITY** | **RECOMMENDED POPULATIONS TO BE TESTED** | **COST** | **EXAMPLES OF TESTS** |
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Molecular (PCR): Individual Lab</td>
<td>Nasopharyngeal swab</td>
<td>The most accurate diagnostic test currently available</td>
<td>It can take several days for patients to receive results</td>
<td>Widely available to the general public</td>
<td>Symptomatic patients</td>
<td>$$$</td>
<td>Roche Cebas SARS-CoV2</td>
</tr>
<tr>
<td></td>
<td>Nasal swab</td>
<td></td>
<td></td>
<td>Available at Atrium Health PCPs, Urgent Care, and Through Employer Solutions</td>
<td>Asymptomatic patients (with medical recommendation)</td>
<td></td>
<td>Luminex xt Dx DGx CoviD Extended Panel Assay</td>
</tr>
<tr>
<td></td>
<td>Oral/nasopharyngeal (back of throat) swab</td>
<td></td>
<td></td>
<td></td>
<td>People from historically marginalized populations who have been disproportionately impacted by COVID-19</td>
<td></td>
<td>Abbott m2000 Real-Time SARS-CoV-2</td>
</tr>
<tr>
<td></td>
<td>Saliva</td>
<td></td>
<td></td>
<td></td>
<td>People who are at higher risk for severe illness</td>
<td></td>
<td>Diasorin Molecular SimplEasy COVID-19 direct assay</td>
</tr>
<tr>
<td>Molecular (PCR): Individual Rapid</td>
<td>Nasopharyngeal swab</td>
<td>The most accurate diagnostic test currently available</td>
<td>Higher price point than other testing options</td>
<td>Very limited availability at Atrium Health</td>
<td>Symptomatic patients</td>
<td>$$$</td>
<td>Cepheid Xpert Xpress SARS-CoV-2</td>
</tr>
<tr>
<td></td>
<td>Nasal swab</td>
<td></td>
<td></td>
<td>reagents are in short supply</td>
<td>Asymptomatic patients (with medical recommendation)</td>
<td></td>
<td>Mesa Accula SARS-CoV-2 test</td>
</tr>
<tr>
<td></td>
<td>Oral/nasopharyngeal (back of throat) swab</td>
<td></td>
<td></td>
<td></td>
<td>Triaging individuals with respiratory symptoms in an Emergency Department or similar setting</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Saliva</td>
<td></td>
<td></td>
<td></td>
<td>Correctional facilities, long-term care facilities or other high risk, congregate settings where active cases have been confirmed and are part of an outbreak investigation</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Molecular (NEAR): Individual Rapid</td>
<td>Nasopharyngeal swab</td>
<td>Ultra-fast test results within 5-15 mins</td>
<td>Possibility of false negative test results</td>
<td>Widely available to the general public</td>
<td>Symptomatic patients</td>
<td>$$</td>
<td>Abbott ID NOW COVID-19 test</td>
</tr>
<tr>
<td></td>
<td>Nasal swab</td>
<td></td>
<td></td>
<td>Soon to be available at Atrium Health PCPs, Urgent Care, and Through Employer Solutions</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Oral/nasopharyngeal (back of throat) swab</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Saliva</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Antigen: Individual Rapid</td>
<td>Nasopharyngeal swab</td>
<td>Test results are provided in 20 mins</td>
<td>Higher chance of false negative and false positive test results</td>
<td>Not widely available to the general public</td>
<td>Symptomatic patients</td>
<td>$</td>
<td>Abbott BinaxNOW COVID-19 Ag Card</td>
</tr>
<tr>
<td></td>
<td>Nasal swab</td>
<td></td>
<td></td>
<td></td>
<td>Triaging individuals with respiratory symptoms in an Emergency Department or similar setting</td>
<td></td>
<td>Global Sofia 2 SARS Antigen FIA</td>
</tr>
<tr>
<td></td>
<td>Test results are provided in 20 mins</td>
<td></td>
<td></td>
<td>Not currently available at Atrium Health</td>
<td></td>
<td>Luminexx SARS-CoV-2 Ag Test</td>
<td></td>
</tr>
</tbody>
</table>
| | | Relatively inexpensive | | | | | SynAPID Vet System

Available on AtriumHealth.org/Schools
COVID-Safe Resource Web Page

- Urgent Care Testing Locations
  - Map can be printed/electronically shared
  - ‘Reserve your spot’ appointment scheduling available

Available on AtriumHealth.org/Schools
Vaccine Development and How You Can Help

CHRISTINE TURLEY, MD
Vice Chair for Research, Levine Children’s Hospital
Vaccine Basics

Essential Concept:

• Vaccines “teach” the immune system to respond to something that doesn’t belong

• Lowers risk of illness/adverse events than getting the immune response through natural infection

Image credit: Fotofolia, Science Clarified
How Vaccines Work

- Inject part of a virus (or bacteria)
  - Select part that produces an immune response that is important to fighting off the actual virus
- Give the immune system a chance to run through the steps of creating an antibody
- No chance of having the effects of an actual infection
- Develop circulating antibodies
- Develop memory B cells to cut down on response time
How well a vaccine produces a response depends on:

- Characteristics of the vaccine
- Characteristics of the vaccine recipient

Building a vaccine “sandwich”

- Genetic Code (recipe)
- Vector (bread)
- Antigen (meat)
- Adjuvant (condiment)
Vaccine Science 101

How well a vaccine produces a response depends on:

- Characteristics of the vaccine
- Characteristics of the vaccine recipient
Vaccine Development: Testing in Healthy Individuals

Preclinical: Two animal rule

First in humans/Phase 1
- Safety

Phase 2
- Dose-Finding Safety

Phase 3
- Efficacy Safety

Licensure

Post-Licensure
- VAERS (CDC and FDA)
Vaccine Development: Testing in Healthy Individuals

Preclinical: Two animal rule

First in humans/Phase 1

Safety

Phase 2

Dose-Finding Safety

Phase 3

Efficacy Safety

Licensure

FDA:
- Approves trial design, plans and targets
- Monitors progress
- Evaluates outcomes
- Advised by Vaccines and Related Biological Products Advisory Committee
- Charged with approving indications

Post-Licensure

VAERS (CDC and FDA)
Vaccine Development: Testing in Healthy Individuals

Preclinical: Two animal rule

First in humans/Phase 1
- Safety

Phase 2
- Dose-Finding Safety

Phase 3
- Efficacy Safety

Licensure

Safety monitoring: Independent Data and Safety Monitoring Committee or Board:
- Side effects
- Pre-determined immune response (or disease targets)
- Can stop study (temp or permanently)
  - Benefit or harm

FDA:
- Approves trial design, plans and targets
- Monitors progress
- Evaluates outcomes
- Advised by Vaccines and Related Biological Products Advisory Committee
- Charged with approving indications

Post-Licensure

VAERS (CDC and FDA)
Accelerating the Timeline

- Two basic paths:
  - Accelerate finding vaccines to test
  - Accelerate the review and approval process
    - EUA vs. licensure
Work on Vaccine Discovery

• Accelerating Discovery
  • Requires prior knowledge of “ingredients” of the vaccine sandwich
Work on the Regulatory Processes

• Phase 1 and Phase 2 combined, or overlap significantly
  • Expedite review of data

• Phase 3 pre-approved study design, shared development/agreement to endpoints
  • Willingness to pool data
  • Adaptive design
    • If a licensed vaccine emerges, that will be used instead of placebo
  • Expedite review of data
    • Early look after complete enrollment and reach number of predetermined cases total of COVID-19
      • Review data by DSMB to determine how many individuals with COVID cases received either the vaccine or a placebo
A Few Words about Emergency Use Authorization (EUA)

An EUA is typically used when:
- Someone has a serious or life-threatening disease or illness
- Known approved treatments are not working; or
- There is no known treatment

An EUA has not been used previously for vaccines:
- Given to healthy individuals
- Low willingness to accept risk with vaccines

In a pandemic:
- Some groups may have high risk in everyday life
  - Incomplete profile may be acceptable to grant an EUA
- Clearly define who qualifies—different risk profiles across the population
  - Will have to look closely at each risk group

An EUA may be issued if:
- There is something new that MIGHT be beneficial
- There is a specific group of patients who might benefit
- The drug or treatment is not fully tested/risks are not fully known
On September 22, 2020, Atrium Health launched “STRIVE for Healthier Futures” to work with national leaders to identify a vaccine that safely and effectively prevents the spread of COVID-19.
About STRIVE

• STRIVE is a way to sign up to learn more about – and possibly join – a future COVID-19 vaccine research study.

• Atrium Health is looking for 10,000 healthy eligible volunteers to participate.

• The first step is signing up for a voluntary, secure vaccine registry.

• Participants will receive educational information related to vaccines and vaccine research.

• We’re dedicated to including diverse communities across Charlotte.
Diversity Matters

We need to understand how to protect everyone.

Q: Will the vaccines work well in:

- People over 65
- African American or Hispanic/Latinx people
- People with chronic disease

A: We don’t know yet. We need to do the studies to learn how to protect individuals, especially those hardest hit by COVID-19.

We don’t want anyone left behind from the benefits that will come from having strong vaccine-produced immunity to COVID-19.
HOW TO SIGN UP*

AtriumHealth.org/COVIDVaccine
Why sign up for the COVID-19 vaccine research registry?

• Sign up for our vaccine registry if:
  • You would like to learn about COVID-19 vaccine development and vaccine research
  • You are possibly interested in volunteering for a COVID-19 vaccine trial in the future

• Signing up means:
  • You will get information about vaccine research sent to you
  • The information you share will be reviewed by the vaccine research team
  • You may be contacted by the vaccine research team about COVID-19 vaccine studies

• If you sign up, you are NOT signing up for a vaccine research study.
We Need Your Help

We want to partner with you to help spread the word in our community!

Opportunities to Consider:

- Targeted or large group presentations
- Promotional toolkit for distribution via email or at events*:
  - Flyers
  - Posters
  - Rack cards
  - Wallet cards
- Other customized solutions

*Items include photos representing diverse populations. All materials available in both English and Spanish
Following the launch of the registry, Atrium Health will open COVID-19 phase 3 vaccine trials – the first trials at Atrium Health to work on the prevention of COVID-19.
Bringing Research to the community

We have a Mobile Vaccine Research Center that will be deployed in Charlotte.

Goals:

• Make the vaccine research visible to the community
• Ensure that research sites are accessible
• Create meaningful opportunities for participants to volunteer
• Make it possible for people to say “yes” to being in a trial

We are interested on identifying good locations around Charlotte that would help us with these goals.
Bringing Research to the community

We are interested in partnering with business, churches, or community organization that can help us connect with those hardest hit by COVID-19

Our ideal partner would be:

• Willing to share and promote our vaccine registry.
• Committed to helping us dispel vaccine mis-information.
• Willing to allow us to sign up individuals who might be interested in being in a trial in their location.
• Willing to allow us to park in their parking lot for a day at a time, place signage/awning adjacent to the RV.
• Willing to allow us to return on a recurring basis.
STRIVE COVID-19 Vaccine Research Program

Cedrick Griner
Lead Coordinator for Mobile Sites
Cedrick.Griner@AtriumHealth.org
STRIVE COVID-19 Vaccine Research Team

Christine Turley, MD
Vice Chair of Research at Atrium Health Levine
Children’s and lead physician investigator of STRIVE
Christine.Turley@AtriumHealth.org

Jennifer Reeves
Research Director, Office of Clinical and Translational Research
Jennifer.Reeves@AtriumHealth.org

Questions about our STRIVE COVID-19 Vaccine Registry?
Phone: 833-451-1188
Email: STRIVEVaccineRegistry@AtriumHealth.org

Cedrick Griner
Lead Coordinator for Mobile Sites
Cedrick.Griner@AtriumHealth.org

Amy Clontz
Research Manager, Office of Clinical and Translational Research
Amy.Clontz@AtriumHealth.org
Supporting our School Leaders and Teachers Amid the Pandemic

KENDRA JONES, MA, LCMHC, NCC
Counselor, Employee Assistance Program
## Strategies to combat compassion fatigue

<p>| | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>02</td>
<td>03</td>
<td>04</td>
<td></td>
</tr>
<tr>
<td><strong>Recognize your own stress</strong></td>
<td><strong>Maintain realistic expectations</strong></td>
<td><strong>Set boundaries</strong></td>
<td><strong>Celebrate your victories</strong></td>
<td></td>
</tr>
<tr>
<td>05</td>
<td>06</td>
<td>07</td>
<td>08</td>
<td></td>
</tr>
<tr>
<td><strong>Build restoration time into work</strong></td>
<td><strong>Nurture a support network</strong></td>
<td><strong>Engage in activities outside work</strong></td>
<td><strong>Be open to change, innovation, and new opportunities</strong></td>
<td></td>
</tr>
<tr>
<td>09</td>
<td>10</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Remember why you started</strong></td>
<td><strong>Stay true to what’s important to you</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Recognize your own stress

Educate yourself about the symptoms of stress and compassion fatigue.

Cultivate self-awareness of your stress levels.

If you are paying attention and are committed to radical self-care, you can act on this awareness and rebalance your life.

Symptoms of Compassion Fatigue

- Excessive blaming
- Feelings of irritability, anger, anxiety
- Hypersensitivity or insensitivity to emotional material
- Problems in personal relationships
- Chronic exhaustion (emotional and physical)
- Increase in drinking/addictive behaviors
- Compulsive behaviors such as overspending, overeating, gambling
- Poor self-care (hygiene, appearance)
- Loss of sleep/insomnia
- Inability to shut off intrusive or negative thoughts
- Decrease in appetite, weight loss
- Loss of interest in career and activities
- Dreading work and feeling guilty as a result
- Preoccupied, difficulty concentrating
- Chronic physical ailments such as headaches, colds, gastrointestinal issues
- Legal problems, indebtedness

Educate yourself about the symptoms of stress and compassion fatigue.

Cultivate self-awareness of your stress levels.

If you are paying attention and are committed to radical self-care, you can act on this awareness and rebalance your life.
Maintain realistic expectations

Teachers may develop unrealistic expectations about positive outcomes.

Change what you can; learn to accept what you cannot.

Focusing on ‘the possible’ will increase your sense of control and achievement.
Setting emotional boundaries helps maintain a connection while still honoring the fact that you are a separate person with your own needs.

The challenge is to strike a balance between being compassionate and becoming overly involved by taking on another’s problems or pain.
Unlike other professions, teachers don’t have to ask at the end of the day if they made a difference. The answer would always be yes.

Revel in the small wins, as well as the big ones.

Take time to honor successes that are of value to you personally, regardless of their importance to others.
Build restoration time into your day

Take care of yourself every day. Don’t let yourself run on empty.

Make time for yourself before you dive into work by eating a good breakfast, taking a walk, or reading a chapter of a book.
Nurture a support network

Talk about your emotions with your school colleagues. Those who have dealt with compassion fatigue before are the ones who will best understand you.

Cultivate and maintain relationships outside of work. Friends who are not aware of the ins and outs of your work situation can provide much needed emotional and professional relief.
Engage in activities outside work

Maintaining a solid work-life balance can help protect you from compassion fatigue.

When you go home, you may be exhausted from the day, but make time to go out and socialize with others.

Carve out time for leisure activities and personal hobbies that bring you joy.
Being a life-long learner goes a long way towards staying motivated.

Become active in a professional association. Membership offers the opportunity to connect with other professionals, learn about recent changes, attend conventions for continuing education, and gain specialized certifications.

Look for opportunities to share your expertise, such as presenting at a national conference or submitting an article.
When you feel like quitting, remember why you started.

Reflect on the personal, professional, and philosophical reasons that give meaning to your work hours.

Keeping your thoughts on those you serve will help you cope.
The essence of what is deeply important to you – your core values – are the beliefs and qualities that you strive to live by. They are your internal compass.

When your behaviors are **consistent** with your core values, you feel **contentment**, happiness, satisfaction and strength.

When your behavior is **not aligned** with your values, you feel **purposeless**, frustrated, depressed, even angry.
Determining your core values

Think about when you have been most proud

• Why were you proud?
• What do you excel at and enjoy most at work?
• What do you want to be remembered for?

Identify what brings you joy or relaxation

• What activities give you feelings of effectiveness, effortless absorption, and fulfillment?
• What people/activities drain you vs. sustain you?
Determining your core values

Think of people you admire and why

- What qualities do you find most admirable?
- What qualities do you want to emulate?

Think of qualities you find most off-putting in others

- Many times this is the best clue to what you believe is truly important
There is no formula for self-care.

Every person’s “self-care plan” will be unique and change over time.

You must listen well to your own body, heart and mind, as well as to the counsel of trusted friends, as you seek resilience and renewal in your life and work.
Don’t think twice about seeking professional help if you are not feeling better with the self-employed interventions we’ve listed.

If you think you are suffering from compassion fatigue, the time to reach out is now:

- Access online resources
- Talk to your employer
- Utilize your EAP
COVID-19 Trials at Atrium Health

LEWIS MCCURDY, MD
Specialty Director, Infectious Diseases
What is the COVID-19 Community Research Partnership?
The COVID-19 Community Research Partnership is a research study. The goal of this study is to learn about the spread of the coronavirus disease 2019 (COVID-19) in our community. There is no cost to take part. If you choose to join, we will collect data about your symptoms, exposure and healthcare visits. Your responses will give us very useful information about who is becoming infected and why.

Our Partners
Atrium Health is partnering with the Department of Health and Human Services, Wake Forest Baptist Health and other medical centers and universities in the country to conduct this study.
COVID-19 pandemic is a global public health emergency.

COVID-19 is impacting communities in different ways.

Findings may help the medical community develop strategies and treatments to contain and maybe even eliminate it.
Why a community study?
The more people who join this study, the more we can learn how COVID-19 affects our community and how we can lower its effects in the future.

Why should I join?
You will be adding to research that may help us learn how to better prevent and treat COVID-19.

Who can join?
Adults aged 18 or older who are Atrium Health patients or teammates.

What is involved?
- Daily email asking you to report your symptoms
- Every few months, you may get a finger prick test kit to see if you have antibodies to COVID-19.

How long will the study last?
2-3 years. You can choose to stop at any time.

Study Results
Study results will be shared with anyone who takes part in it.
Our study team and partners

Michael Runyon, MD, MPH, Principal Investigator
Lewis McCurdy, MD, Co-Principal Investigator
Amina Ahmed, MD, Co-Investigator
Michael Brennan, DDS, Co-Investigator
Lydia Calamari, MD, Co-Investigator

Michael Gibbs, MD, Co-Investigator
Hazel Tapp, PhD, Co-Investigator
Yhenneko Taylor, PhD, Co-Investigator
Whitney Rossman, MS, PMP, Project Manager

In collaboration with:

Funding:

Centers for Disease Control and Prevention
How to participate:

• Visit AtriumHealth.org/COVID19Research
• Fill out a consent form

Questions?

Email: CV19survey@AtriumHealth.org
Call: 704-468-8886
QUESTIONS?
Where to go for additional information:

Email K12COVID@AtriumHealth.org with questions, topic suggestions for the next Town Hall, or to request more information on Atrium Health COVID-19 screening and testing.

Visit AtriumHealth.org/Schools for the most updated COVID-Safe for Schools content and tools.