



**Atrium Health**

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# COVID-Safe for Schools Town Hall: Part 3

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Presented by: *Atrium Health*

# Meeting Outline

November 19, 2020

01

**RUTH KRYSTOPOLSKI, MBA**

*Senior Vice President, Population Health*

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02

**CHRISTINE TURLEY, MD**

*Vice Chair for Research, Levine  
Children's Hospital*

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03

**KENDRA JONES, MA, LCMHC, NCC**

*Counselor, Employee Assistance Program*

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04

**LEWIS MCCURDY, MD**

*Specialty Director, Infectious Diseases*

# Introduction & COVID-Safe for Schools Commitment

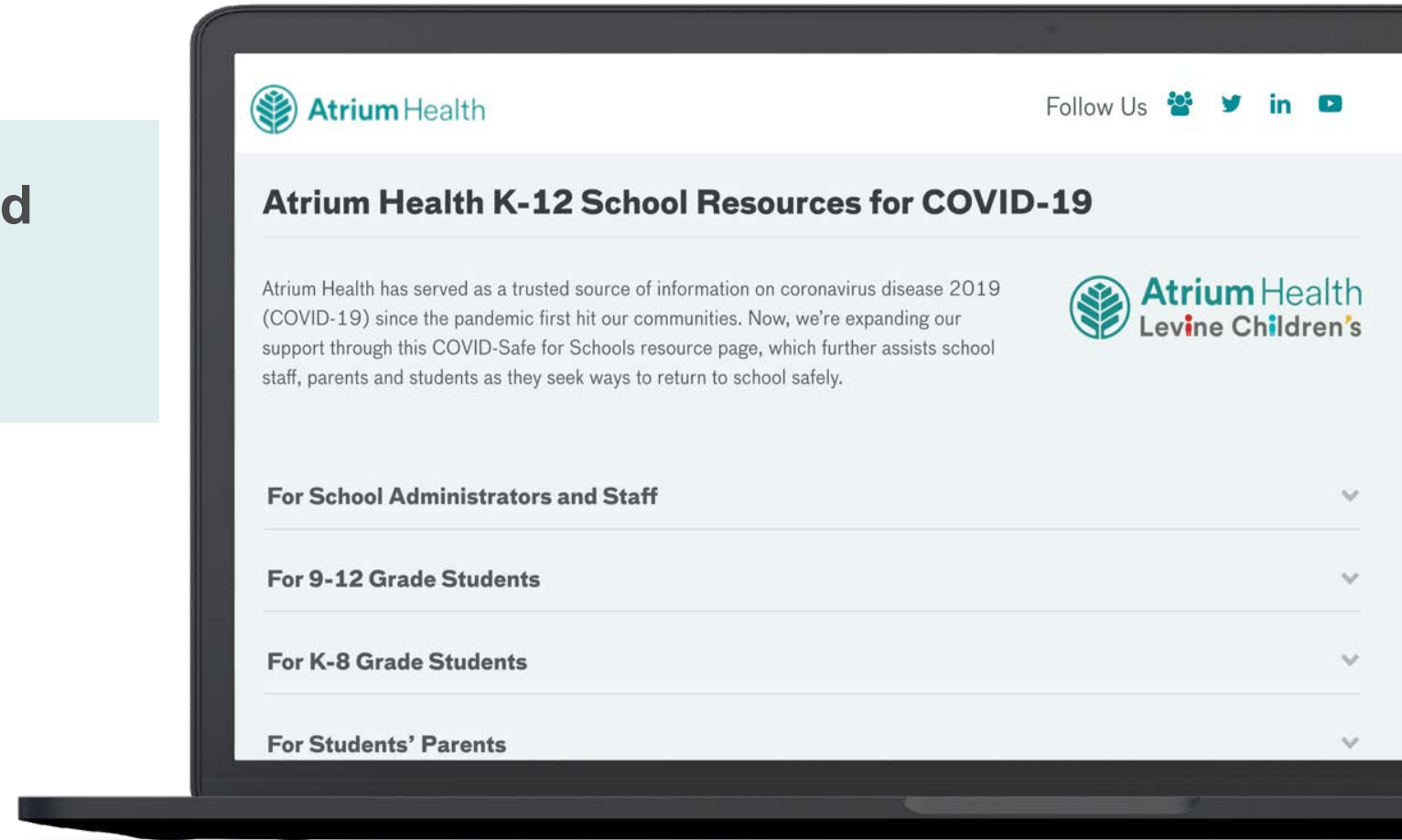
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**RUTH KRYSTOPOLSKI, MBA**  
*Senior Vice President, Population Health*

# 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](https://AtriumHealth.org/Schools)

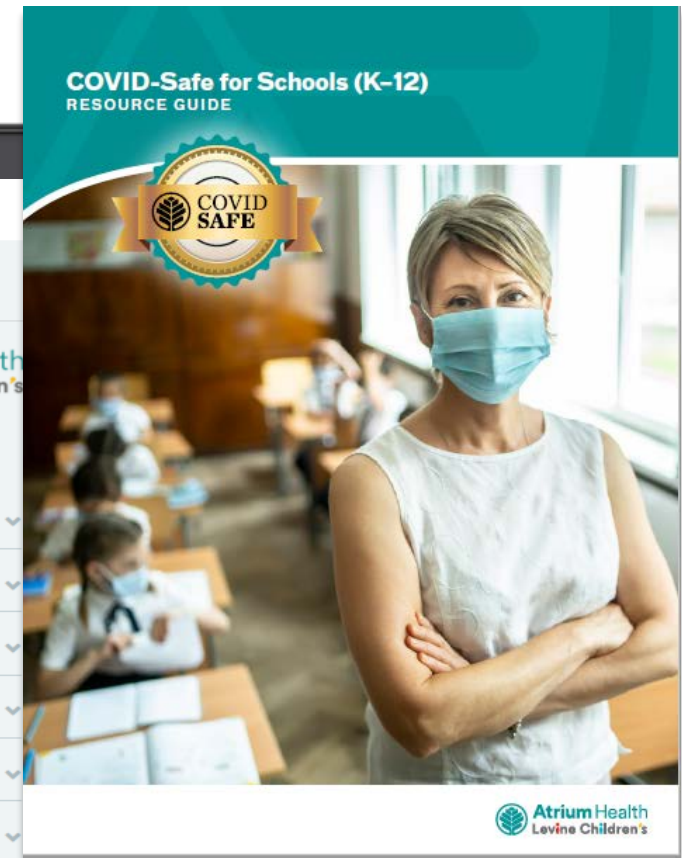
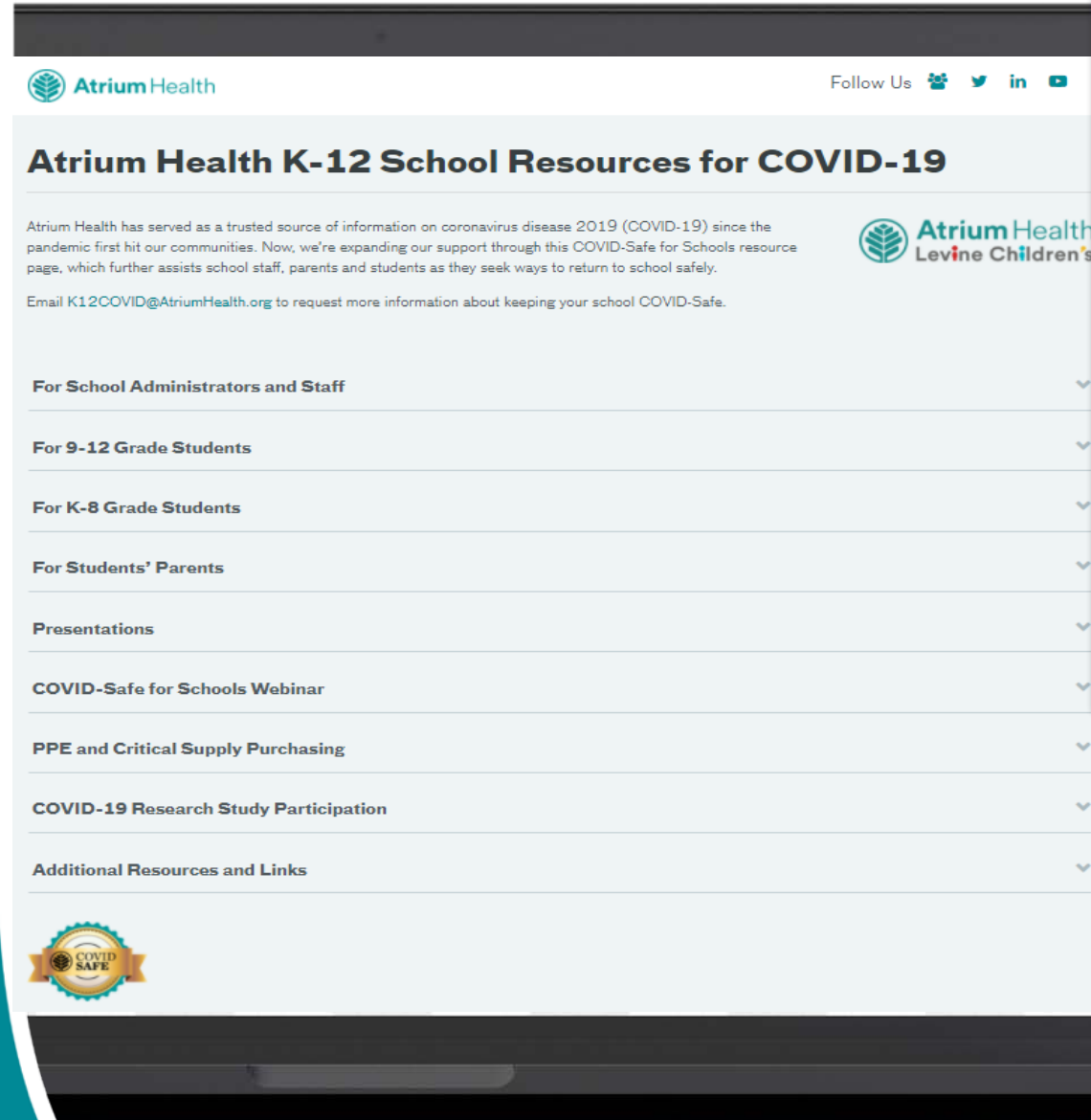


Today's Meeting: Please submit questions via the chat function.

# COVID-Safe Resource Web Page

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

Available on  
[AtriumHealth.org/Schools](https://AtriumHealth.org/Schools)



# COVID-Safe Resource Web Page

- **COVID-19 Testing Overview**

- Comprehensive overview of testing options, including:

- Pros/cons
- Availability
- Cost

## EMPLOYER SOLUTIONS

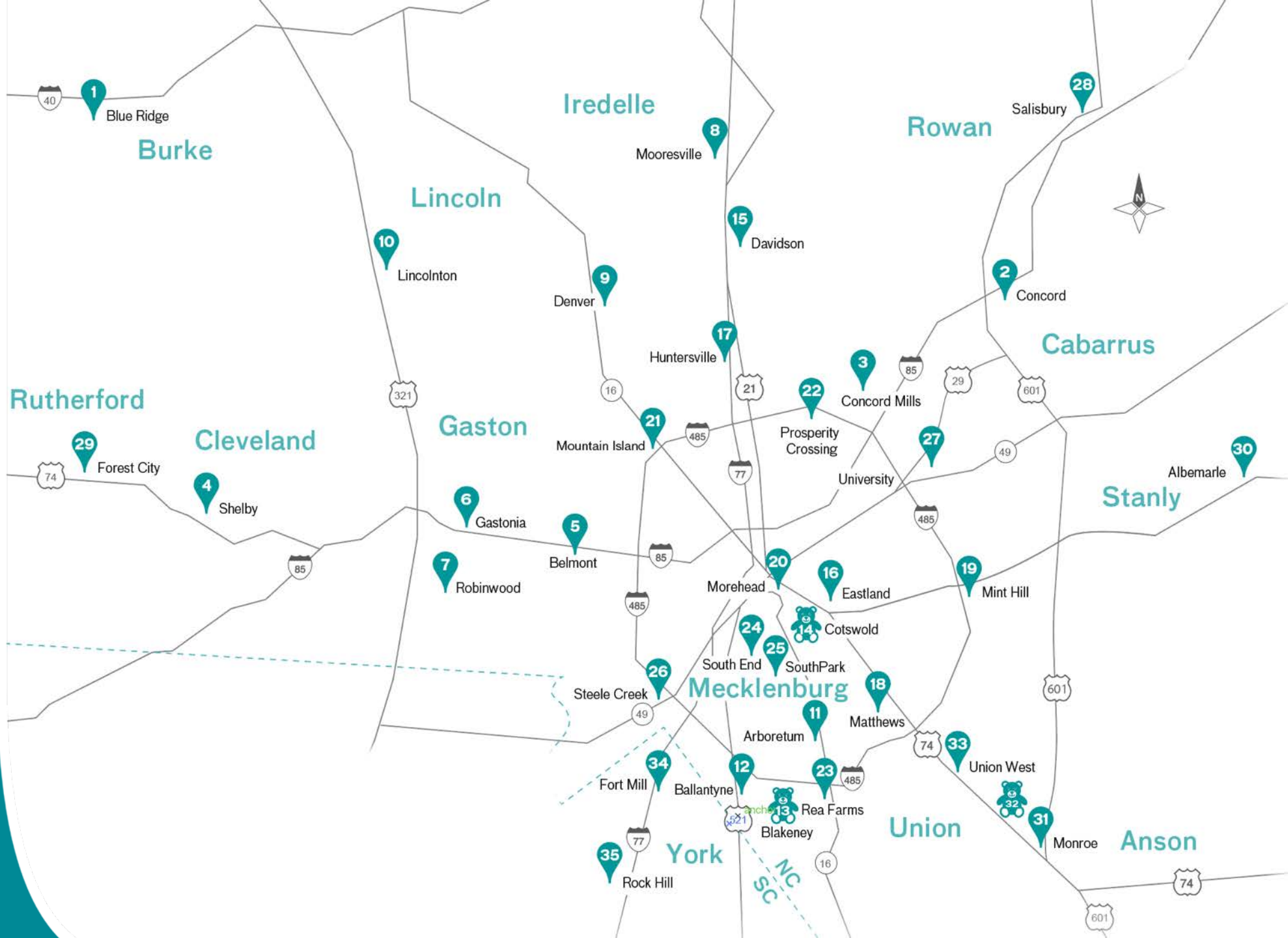
### COVID-19 Testing Overview

TEST TYPE	COLLECTION METHOD	PROS	CONS	AVAILABILITY	RECOMMENDED POPULATIONS TO BE TESTED	COST	EXAMPLES OF TESTS
<b>Molecular (PCR):</b> <i>Individual Lab</i>	<ul style="list-style-type: none"> <li>•Nasopharyngeal swab</li> <li>•Nasal swab</li> <li>•Oropharyngeal (back of throat) swab</li> <li>•Saliva</li> </ul>	<ul style="list-style-type: none"> <li>•The most accurate diagnostic test currently available</li> </ul>	<ul style="list-style-type: none"> <li>•It can take several days for patients to receive results</li> <li>•Higher price point than other testing options</li> </ul>	<ul style="list-style-type: none"> <li>•Widely available to the general public</li> <li>•Available at Atrium Health PCPs, Urgent Cares and through Employer Solutions</li> </ul>	<ul style="list-style-type: none"> <li>•Symptomatic patients</li> <li>•Asymptomatic patients (with medical recommendation)</li> <li>•People from historically marginalized populations who have been disproportionately impacted by COVID-19</li> <li>•People who are at higher risk for severe illness</li> </ul>	\$\$\$	<ul style="list-style-type: none"> <li>•Roche Cobas SARS-CoV2</li> <li>•Luminex NxTAG CoV Extended Panel Assay</li> <li>•Abbott m2000 Real-Time SARS-CoV-2</li> <li>•DiaSorin Molecular Simplexa COVID-19 direct assay</li> </ul>
<b>Molecular (PCR):</b> <i>Individual Rapid</i>	<ul style="list-style-type: none"> <li>•Nasopharyngeal swab</li> <li>•Nasal swab</li> </ul>	<ul style="list-style-type: none"> <li>•The most accurate diagnostic test currently available</li> <li>•Tests can be processed in &lt;1 hr</li> <li>•Doesn't require a lab</li> </ul>	<ul style="list-style-type: none"> <li>•Higher price point than other testing options</li> </ul>	<ul style="list-style-type: none"> <li>•Very limited availability at Atrium Health; reagents are in short supply</li> </ul>	<ul style="list-style-type: none"> <li>•Symptomatic patients</li> <li>•Asymptomatic patients (with medical recommendation)</li> <li>•Triaging individuals with respiratory symptoms in an Emergency Department or similar setting</li> <li>•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</li> </ul>	\$\$\$	<ul style="list-style-type: none"> <li>•Cepheid Xpert Xpress SARS-CoV-2</li> <li>•Mesa Accula SARS - CoV2 test</li> </ul>
<b>Molecular (NEAR):</b> <i>Individual Rapid</i>	<ul style="list-style-type: none"> <li>•Nasopharyngeal swab</li> <li>•Nasal swab</li> <li>•Oropharyngeal (back of throat) swab</li> </ul>	<ul style="list-style-type: none"> <li>•Ultra-fast test results within 5-15 mins</li> <li>•The ID NOW machine also has the ability to test for flu</li> <li>•Doesn't require a lab</li> </ul>	<ul style="list-style-type: none"> <li>•Possibility of false negative test results</li> </ul>	<ul style="list-style-type: none"> <li>•Widely available to the general public</li> <li>•Soon to be available at Atrium Health PCPs, Urgent Cares and through Employer Solutions</li> </ul>	<ul style="list-style-type: none"> <li>•Symptomatic patients</li> </ul>	\$\$	<ul style="list-style-type: none"> <li>•Abbott ID NOW COVID-19 test</li> </ul>
<b>Antigen:</b> <i>Individual Rapid</i>	<ul style="list-style-type: none"> <li>•Nasopharyngeal swab</li> <li>•Nasal swab</li> </ul>	<ul style="list-style-type: none"> <li>•Test results are provided in &lt;20 mins</li> <li>•Doesn't require a lab</li> <li>•Relatively inexpensive</li> </ul>	<ul style="list-style-type: none"> <li>•Higher chance of false negative and false positive test results</li> <li>•Not recommended for asymptomatic testing, population-</li> </ul>	<ul style="list-style-type: none"> <li>•Not widely available to the general public</li> <li>•Not currently available at Atrium Health</li> </ul>	<ul style="list-style-type: none"> <li>•Symptomatic patients</li> <li>•Triaging individuals with respiratory symptoms in an Emergency Department or similar setting</li> <li>•Off hour testing in hospital settings when the patient will benefit from a rapid result and the lab will repeat the test by another method</li> </ul>	\$	<ul style="list-style-type: none"> <li>•Abbott BinaxNOW COVID-19 Ag Card</li> <li>•Quidel Sofia 2 SARS Antigen FIA</li> <li>•LumiraDx SARS-CoV-2 Ag Test</li> <li>•BD BD Veritor System</li> </ul>

# 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](https://AtriumHealth.org/Schools)

# Vaccine Development and How You Can Help

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**CHRISTINE TURLEY, MD**

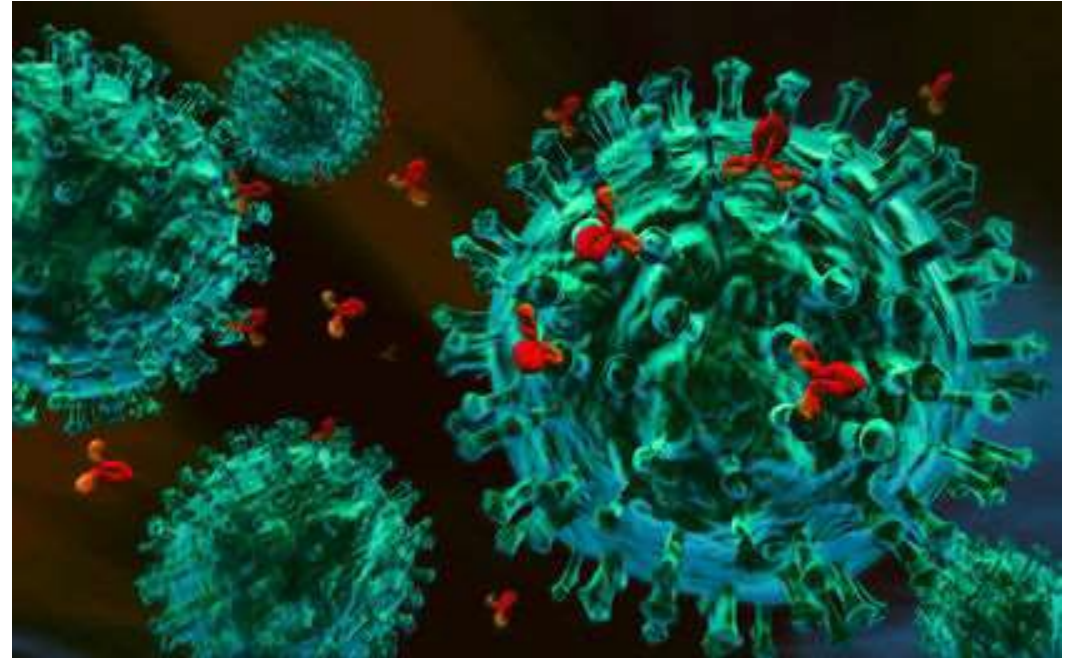
*Vice Chair for Research, Levine Children's Hospital*



# Vaccine Basics

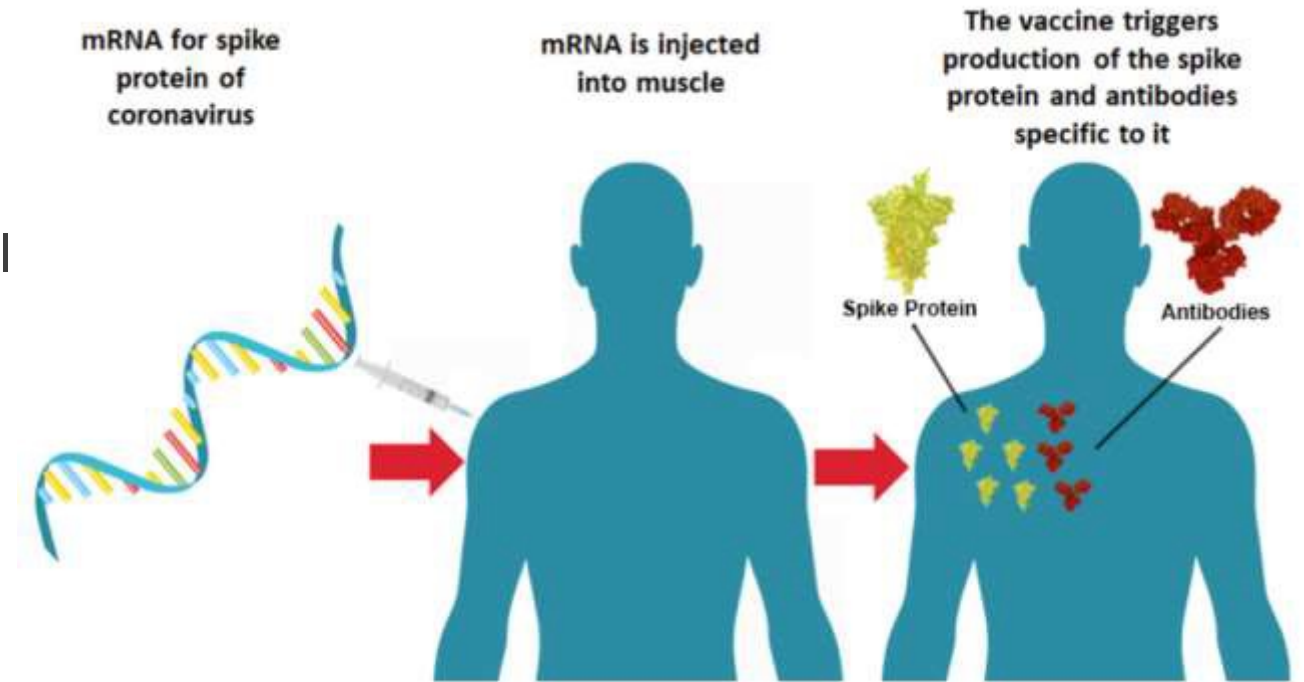
## Essential Concept:

- 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



# 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

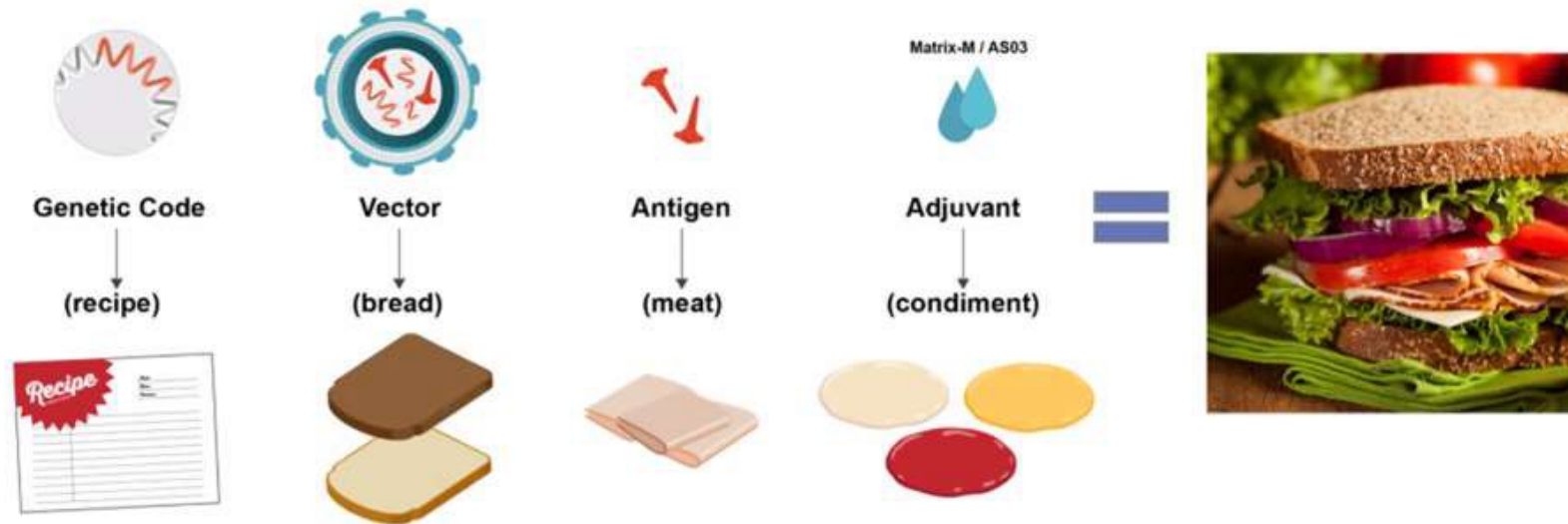


Credit: NIH

# Vaccine Science 101

- How well a vaccine produces a response depends on:
  - Characteristics of the vaccine
  - Characteristics of the vaccine recipient

## Building a vaccine “sandwich”

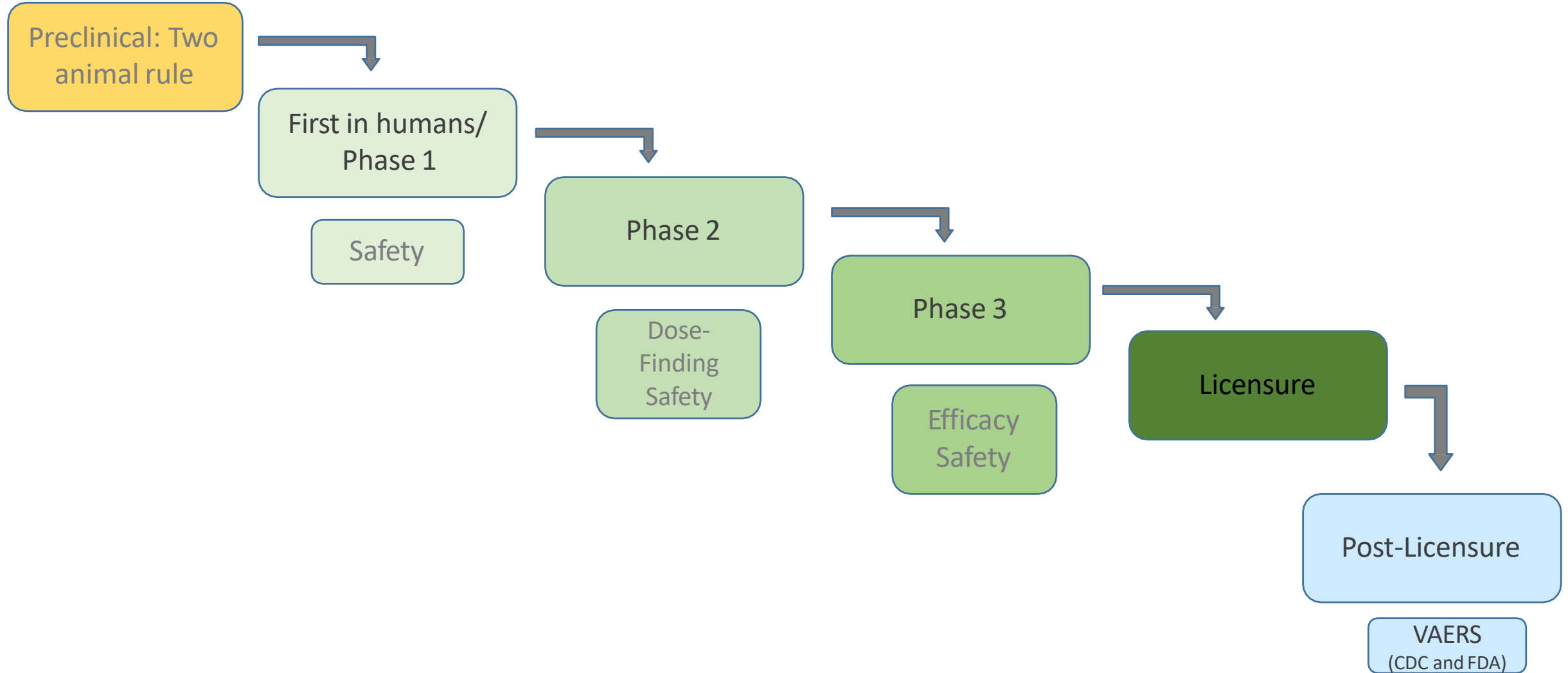


# Vaccine Science 101

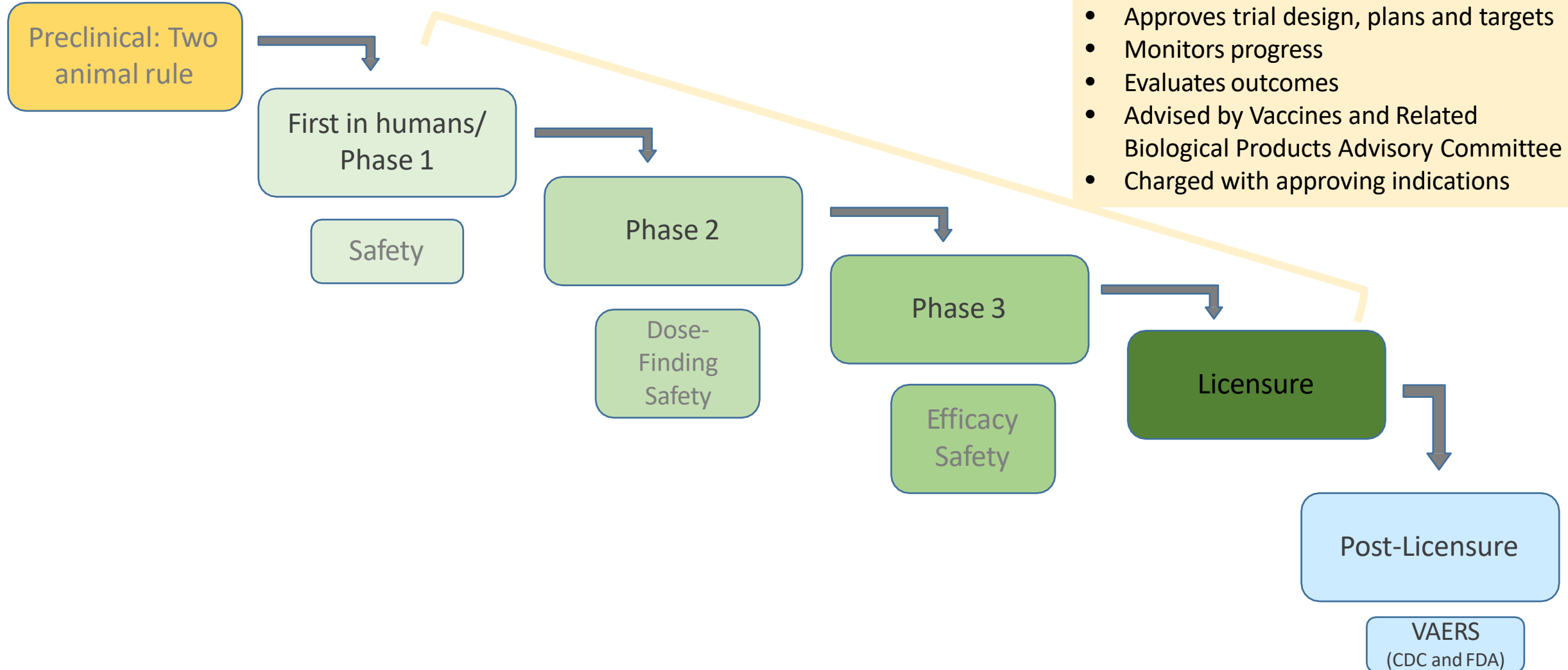
- How well a vaccine produces a response depends on:
  - Characteristics of the vaccine
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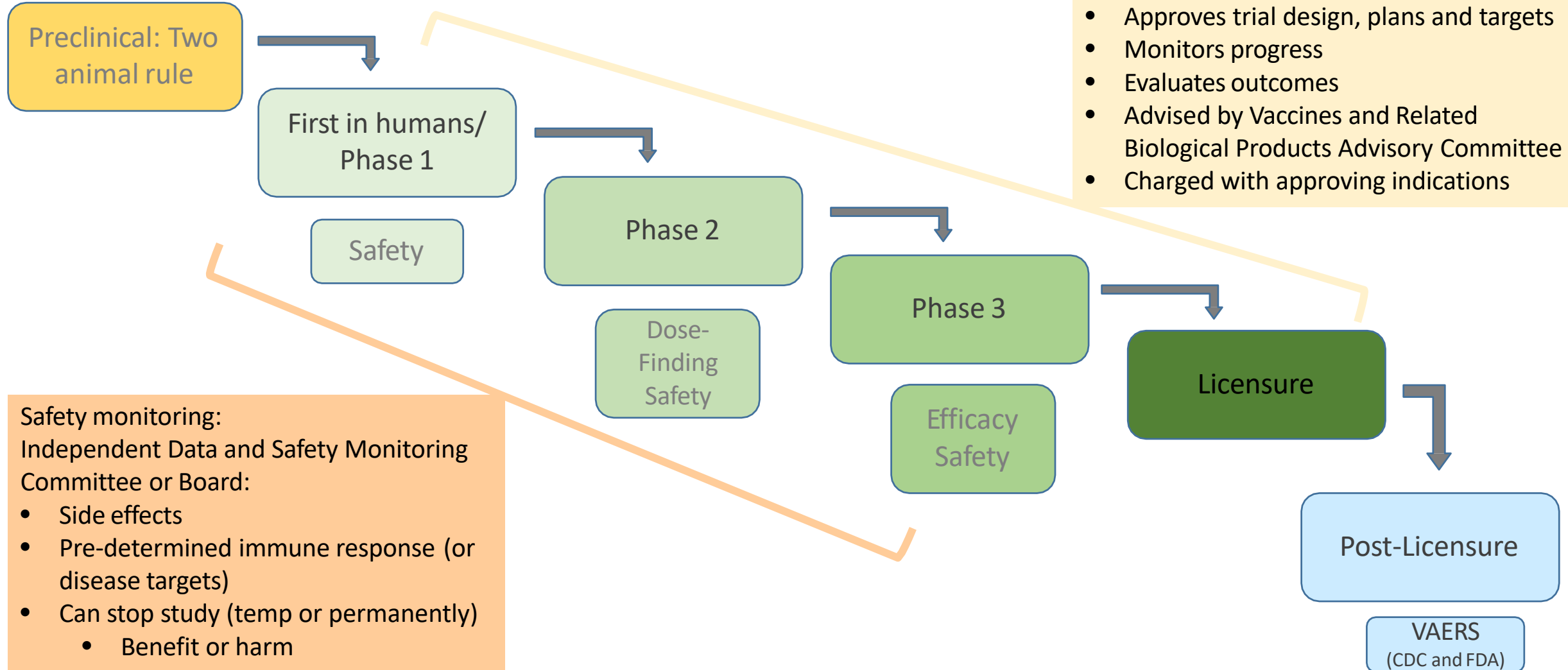
# Vaccine Development: Testing in Healthy Individuals



# Vaccine Development: Testing in Healthy Individuals



# Vaccine Development: Testing in Healthy Individuals



# Accelerating the Timeline

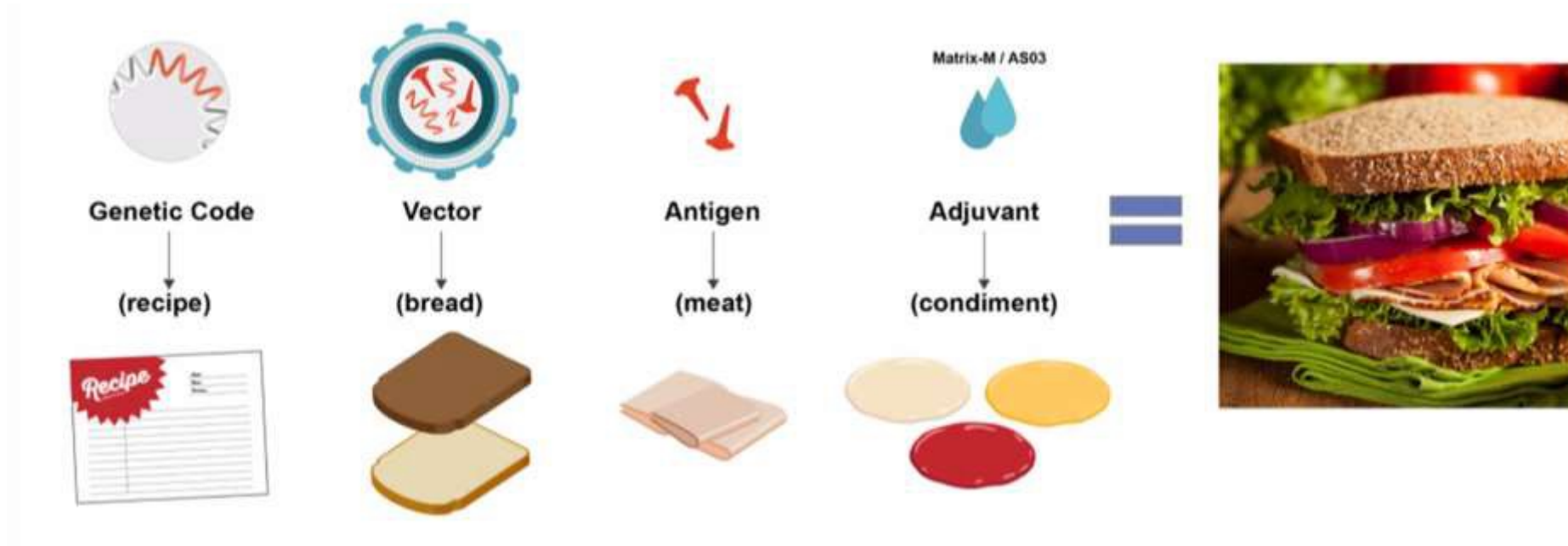
- Two basic paths:
  - Accelerate finding vaccines to test
  - Accelerate the review and approval process
    - EUA vs. licensure





# 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 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



## 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

# STRIVE

## For Healthier Futures

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.**



STRIVE FOR HEALTHIER FUTURES

# HOW TO SIGN UP\*

[AtriumHealth.org/COVIDVaccine](https://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.**





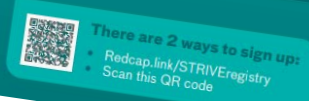
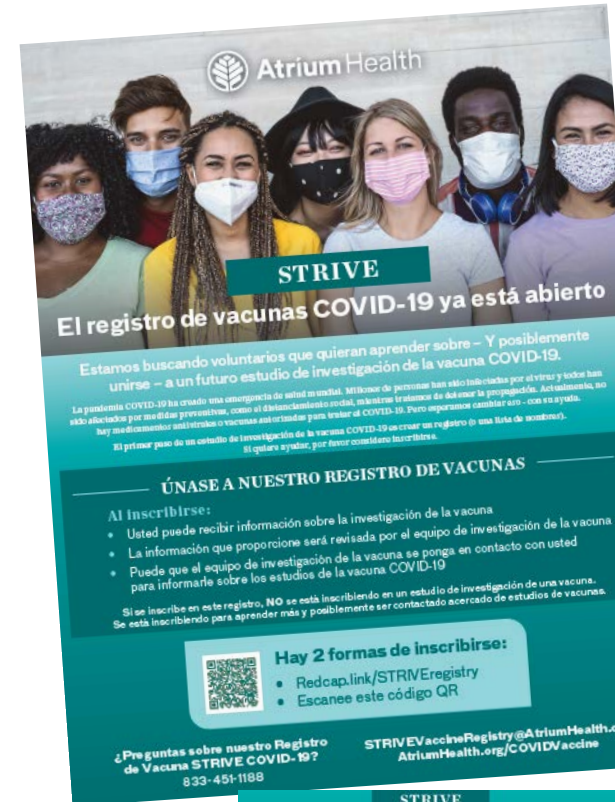
# We Need Your Help

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



STUDY PHASE:

# **STRIVE COVID-19 VACCINE TRIAL**

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.



STRIVE FOR HEALTHIER FUTURES



# 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](mailto:Christine.Turley@AtriumHealth.org)

## **Jennifer Reeves**

Research Director, Office of Clinical  
and Translational Research  
[Jennifer.Reeves@AtriumHealth.org](mailto:Jennifer.Reeves@AtriumHealth.org)

**Questions about our STRIVE COVID-19 Vaccine Registry?**

**Phone: 833-451-1188**

**Email: [STRIVEVaccineRegistry@AtriumHealth.org](mailto:STRIVEVaccineRegistry@AtriumHealth.org)**

## **Cedrick Griner**

Lead Coordinator for Mobile Sites  
[Cedrick.Griner@AtriumHealth.org](mailto:Cedrick.Griner@AtriumHealth.org)

## **Amy Clontz**

Research Manager, Office of Clinical  
and Translational Research  
[Amy.Clontz@AtriumHealth.org](mailto:Amy.Clontz@AtriumHealth.org)

# Supporting our School Leaders and Teachers Amid the Pandemic

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

# Strategies to combat compassion fatigue

01

**Recognize your own stress**

02

**Maintain realistic expectations**

03

**Set boundaries**

04

**Celebrate your victories**

05

**Build restoration time into work**

06

**Nurture a support network**

07

**Engage in activities outside work**

08

**Be open to change, innovation, and new opportunities**

09

**Remember why you started**

10

**Stay true to what's important to you**



01

## 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

02

## 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.



03

## Set boundaries

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.



## Celebrate your victories



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.

05

## 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.

## Be open to new opportunities



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.



## Remember why you started



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.

## Stay true to what's important to you



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



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.

# Seek help



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

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**LEWIS MCCURDY, MD**

*Specialty Director, Infectious Diseases*

An illustration of a diverse group of people wearing face masks. The people are shown from the chest up, with various skin tones and hair colors. They are all wearing white face masks. The background is a mix of muted colors like teal, blue, and brown.

# COVID-19 Community Research Partnership

## 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.



# Why this project is important



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



# Research study fast facts



## 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

**Yheneko Taylor, PhD**, Co-Investigator

**Whitney Rossman, MS, PMP**, Project Manager

## In collaboration with:



## Funding:



Centers for  
Disease Control  
and Prevention





**Atrium Health**

## How to participate:

- Visit [AtriumHealth.org/COVID19Research](https://AtriumHealth.org/COVID19Research)
- Fill out a consent form

## Questions?

Email: [CV19survey@AtriumHealth.org](mailto:CV19survey@AtriumHealth.org)

Call: 704-468-8886

QUESTIONS?

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# Thank you

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## Where to go for additional information:



Email [K12COVID@AtriumHealth.org](mailto: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](https://AtriumHealth.org/Schools) for the most updated COVID-Safe for Schools content and tools.