

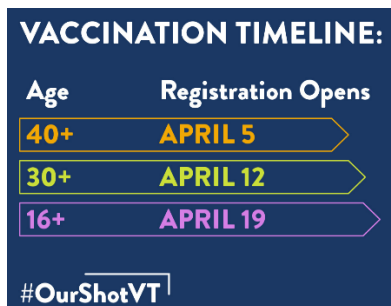
ANA-Vermont Missive April 1 – no fooling

Be on the look out!

The American Nurses Foundation has chosen to award ANA Vermont a grant to participate in the “RNconnect 2 Well-Being” Program, part of the Foundation’s Well-Being Initiative which supports the emotional and mental well-being of nurses as they navigate through the complexity of responding to the COVID-19 pandemic. More on this next week!

From the VT Weekly Briefing.....

50 and older can now get vaccinated



Self register at <https://vermont.force.com/events/s/selfregistration>

Over 553,000 people have died from COVID-19 in the United States, 225 deaths in Vermont. Over 318,000 total doses have been administered (nationally) , and 39% of our population (VT) has received at least 1 dose. Commissioner Smith shared that by May 13th he expects every adult to be able to have both doses of vaccine, including inmates.

Hospital visiting policy has changed with guidelines revised. Those fully vaccinated may visit patients in hospitals. You will need proof such as a vaccination card, and may still need to wear your mask. Patients will be screened for vaccine status.

There is a registration process adjustment:

- 1st for group of parents caring for group of unvaccinated at risk children
- 2nd for black, indigenous, and people of color.

Hannaford will start to aid in vaccination, as well as CVS, Walgreens, Costco, Walmart and Kinney Drugs.

Commissioner Michael Schirling, Department of Public Safety noted that in January there was concern for those 60 and older, but in March the majority of cases has been in younger populations. In the last 2 weeks cases have climbed, but facility outbreaks are small. Vermonters age 50 and older can now make an appointment for the COVID-19 vaccine. Going online to healthvermont.gov/MyVaccine is a fast way



Dr. Levine shared that the causes for our uptick in cases varies. We have more transmissible variants, people traveling, and people tired of being constrained. We have only a 2% positivity rate, and our deaths have slowed dramatically. The increase does not relate to more household gatherings.

Testing has increased by 17% in VT, and Moderna and Pfizer have been shown highly effective. Per the CDC (MMWR) even 1 dose prevented 80%, and 2 more than 90%

Dr. Levine reviewed the next targeted high risk groups:

- 1st Parents and primary caregiver of children who have high risk
- 2nd -Black and people of color are at twofold increased risk of severe illness. Black, indigenous, people of color (BIPOC) will be able to be vaccinated Thursday, including those incarcerated. Commissioner Smith explained that the vaccine is brought to them. He expects to have them done by April 19.



Dr Levine shared a story of a person with coughing symptoms who was sent a pulse oximeter. When he was called and checked on, the person reported an oxygen level in the 80's, so was sent to be checked out. He was hospitalized and thanked us for saving his life. Dr. Levine encouraged the use of pulse oximeters. If you have a bad reaction to Moderna or Pfizer, you should be able to get Johnson and Johnson vaccine. Governor Scott met with group of governors and white house staff prior to the Tuesday briefing shared 5-6000 vaccine doses more than last week, including some Johnson and Johnson. Supply was 22,000 this week, but 28,000 is expected next week with J&J



Scott noted the increase in cases, but was encouraged by less hospitalizations and deaths. We are 3 weeks from having all adult people eligible. Younger people are less likely to have severe reactions but it's not impossible.

Mitigation measures need to continue and have helped- limits on gatherings. Stringent measures for restaurants bars, masking seating requirements and capacity. Not all rolled back. Not reducing vigilance.. Our roll back depends on the percent of people vaccinated. We are already using our vaccination cards. Governor Scott shared that on his Washington call, Dr. Walenski shared concern about the national 13% increase, noting masks, and avoiding crowds are still needed, and pointed negatively at states lifting their mask mandate

Dr Levine noted that Dr Fauci also advises us to adhere to mask requirements, not rescind mandates. "Tongue in cheek answer is a lockdown if people do not follow guidelines. Other countries have done lockdowns when having resurgence, but I am not advocating for that here."

Articles of Interest:

Firth (2021) reported on our ANA Foundation 1 Year Impact Survey:

<https://www.nursingworld.org/practice-policy/work-environment/health-safety/disaster-preparedness/coronavirus/what-you-need-to-know/year-one-covid-19-impact-assessment-survey/>

Of 22,000 nurses surveyed, 24% reported that they sought mental health services since the pandemic started last March. For those younger than 34, this percentage rose to 36%.

More than half of the nurses who responded to the survey reported exhaustion, just over a third were "anxious or unable to relax," and slightly less than a quarter reported feeling depressed....There is no unseeing or unloving what they lived

Firth, S. (2021, March)The nurses are not alright. *MedPage Today*.
<https://www.medpagetoday.com/nursing/nursing/91605>

The antiviral candidate PF-07321332, is a protease inhibitor which could be prescribed to patients showing early signs of COVID-19 (Haynes, 2021). It is hoped the antiviral might be able to address future coronavirus threats for as Mikael Dolsten, chief scientific officer and president of worldwide research, development and medical at Pfizer states "Tackling the COVID-19 pandemic requires both prevention via vaccine and targeted treatment for those who contract the virus.... it will be critical to have access to therapeutic options both now and beyond the pandemic"

Haynes, D. (2021, March 23).Pfizer begins testing oral antiviral drug in U.S. to treat COVID-19.*UPI*. https://www.upi.com/Top_News/US/2021/03/23/pfizer-covid-antiviral-study/2481616520552/

In a *JAMA* study of 478 prior COVID-19 patients, half of French survivors who were hospitalized (51.0%) had at least one COVID-related symptom at least 4 months later (McLernon, 2021). The most commonly noted symptoms were fatigue (31.1%), cognitive conditions (20.7%), and shortness of breath (16.3%). Study participants walked slower than others their age, and CT's revealed many had lung abnormalities.

McLernon, L.M(2021, March 18).Half of hospital COVID survivors note symptoms 4 months on. *CIDRAP Center for Disease Research and Planning*.<https://www.cidrap.umn.edu/news-perspective/2021/03/half-hospital-covid-survivors-note-symptoms-4-months>

Center for Disease Control Director Dr. Rochelle Walensky is worried about another surge if distancing, masks, and travel limitations are not upheld. She notes, "Increasingly, states are seeing a growing proportion of their Covid-19 cases attributed to variants (Howard & Maxouris, 2021) Two variants -- B.1427 and B.1429 -- are estimated to account for 52% of cases in California, 41% in Nevada and 25% in Arizona. The B.1.1.7 variant identified in the United Kingdom, is estimated to be responsible for 9% of cases in New Jersey and 8% in Florida. Meanwhile millions are traveling very weekend.

Howard, J. & Maxouris, C..(2021, March 23).CDC director warns coronavirus variants could spark another avoidable surge<https://edition.cnn.com/2021/03/22/health/us-coronavirus-monday/index.html>

As COVID cases surge, France imposes a 4 week lockdown. The virus may be outracing the availability of vaccines, due to delays and limited supplies in Europe. In France, just 11.8 percent of residents have received at least one dose...

Birnbaum, B. (2021, March 31). France imposes new nationwide lockdown amid spiking cases. *Washington Post*. <https://www.washingtonpost.com/nation/2021/03/31/coronavirus-covid-live-updates-us/#link-HLASL2WN7JC4NGVBUN5GH3DITY>

Latest study confirms benefits of Pfizer and Moderna vaccine. The study of 3,950 health care personnel, first responders, and essential workers in six states showed one dose to be 80% effective, and the second dose increased effectiveness to >90% (CDC, 2021).

CDC Press Release.(2021, March 29). CDC Real-World Study Confirms Protective Benefits of mRNA COVID-19 Vaccines: Study involved health care personnel, first responders, and essential workers in six states. <https://www.cdc.gov/media/releases/2021/p0329-COVID-19-Vaccines.html>