

Town Hall for Indiana CF Families: Vaccines, Schools, Masks and Mental Health

Riley Hospital for Children CF Center Team

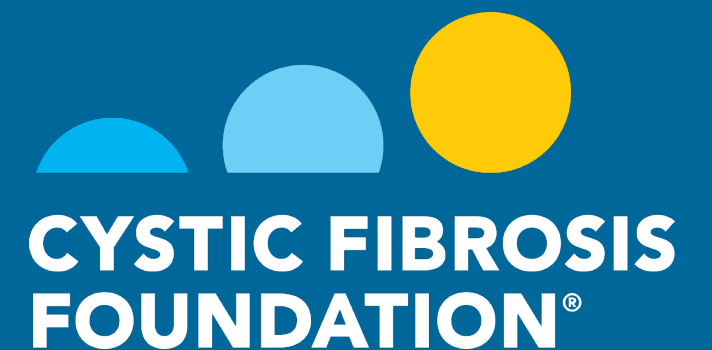
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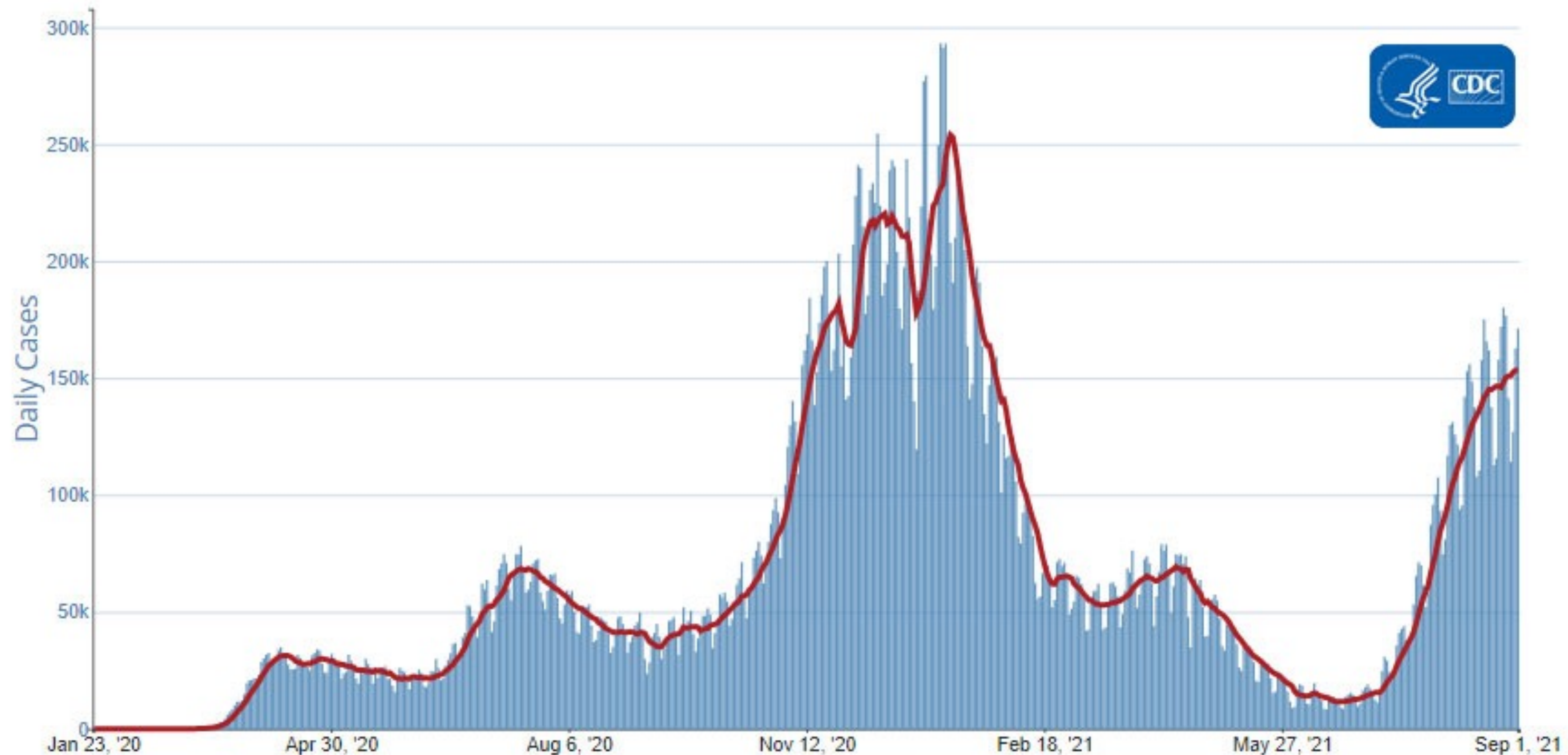
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Daily Trends in COVID-19 in US

As of September 6, 2021 >39 Million Cases



<https://www.cdc.gov/coronavirus/2019-ncov/covid-data/covidview/>

The Delta Variant

- Currently dominant variant in U.S.
 - More transmissible (= easier to spread)
 - Associated with more severe disease
- Vaccinated people infected with delta variant
 - Same viral burden as unvaccinated people
 - But, shorter infectious period
- Vaccines continue to protect us from severe illness, hospitalization, and death
- Unvaccinated people infected with the delta variant:
 - ~95-99% of hospitalizations
 - ~94-99% of deaths

Enhanced safety at CF Clinic

- Visitors are asked Covid screening questions prior to entering the building
- Reduced waiting room time
- Clinic staff is not coming in to work with any respiratory symptoms
- Clinic staff wearing masks at all times in the clinic
- Riley PFTs are performed in the clinic area
- Respiratory therapists wear PPE during PFTs

COVID-19 Vaccine

[COVID-19 Community Questions and Answers](#) on CFF website includes a statement **strongly endorsing vaccination**.

- For yourself
 - For family
 - For colleagues
 - For patients
-
- **Common Worries & Concerns**



#1 Common Worries & Concerns

- The COVID-19 vaccines were developed too quickly and short cuts were taken. I'm worried they aren't safe.

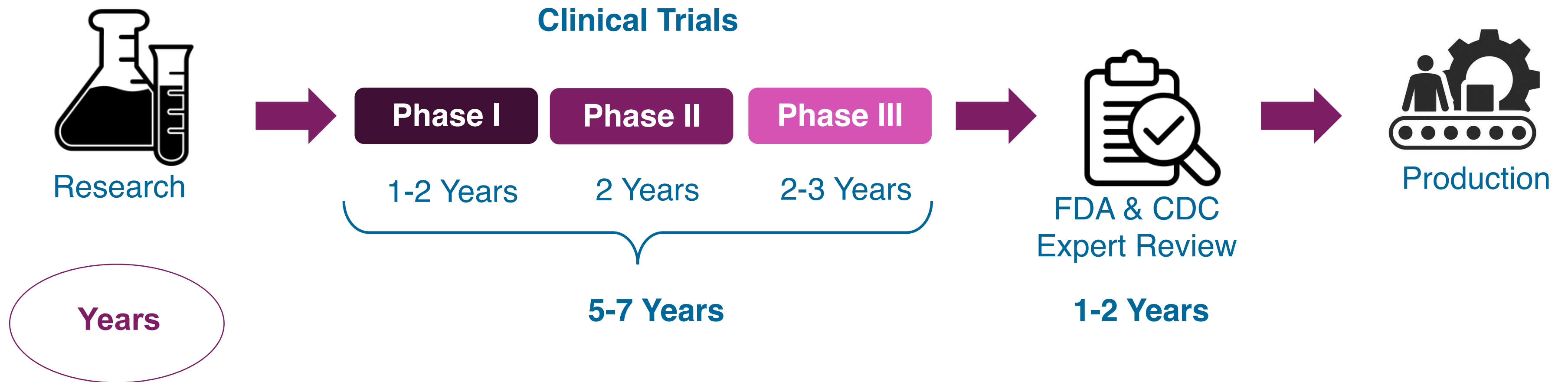
How was the vaccine created so quickly?

Traditional vaccine timelines can be **15 years** or longer



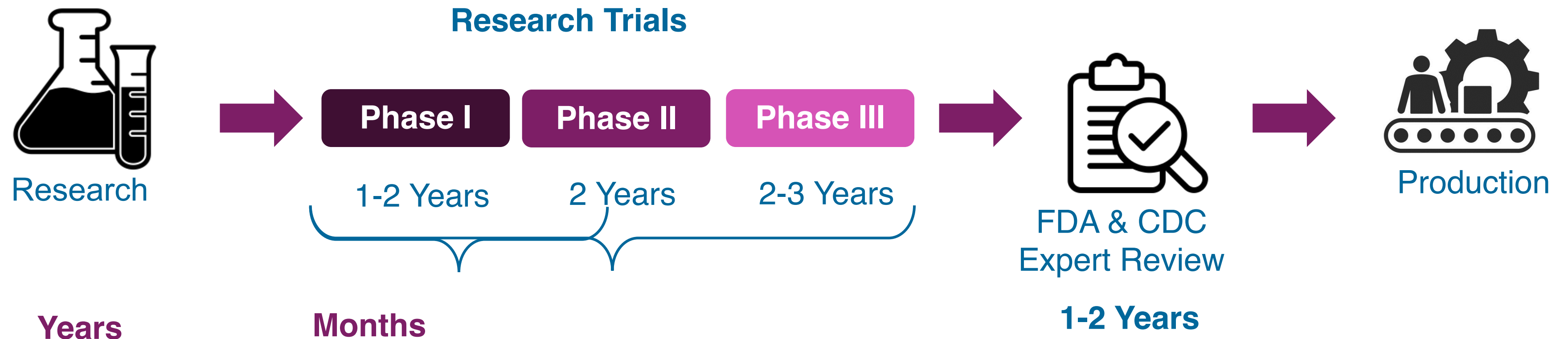
How was the vaccine created so quickly?

Years of research for other vaccines laid the groundwork



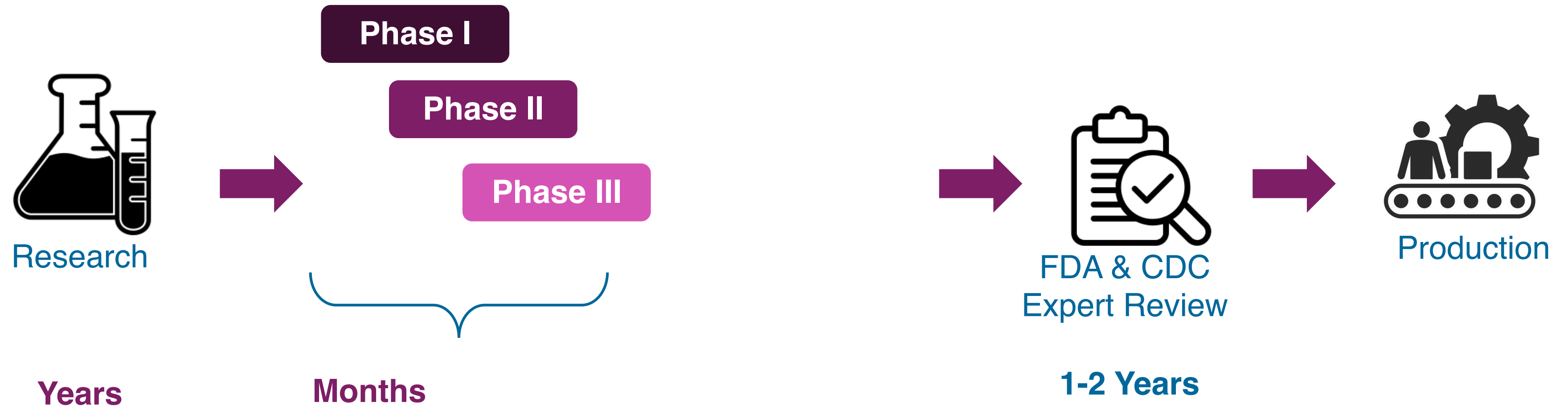
How was the vaccine created so quickly?

Clinical trial phases were launched at the same time, **in parallel**



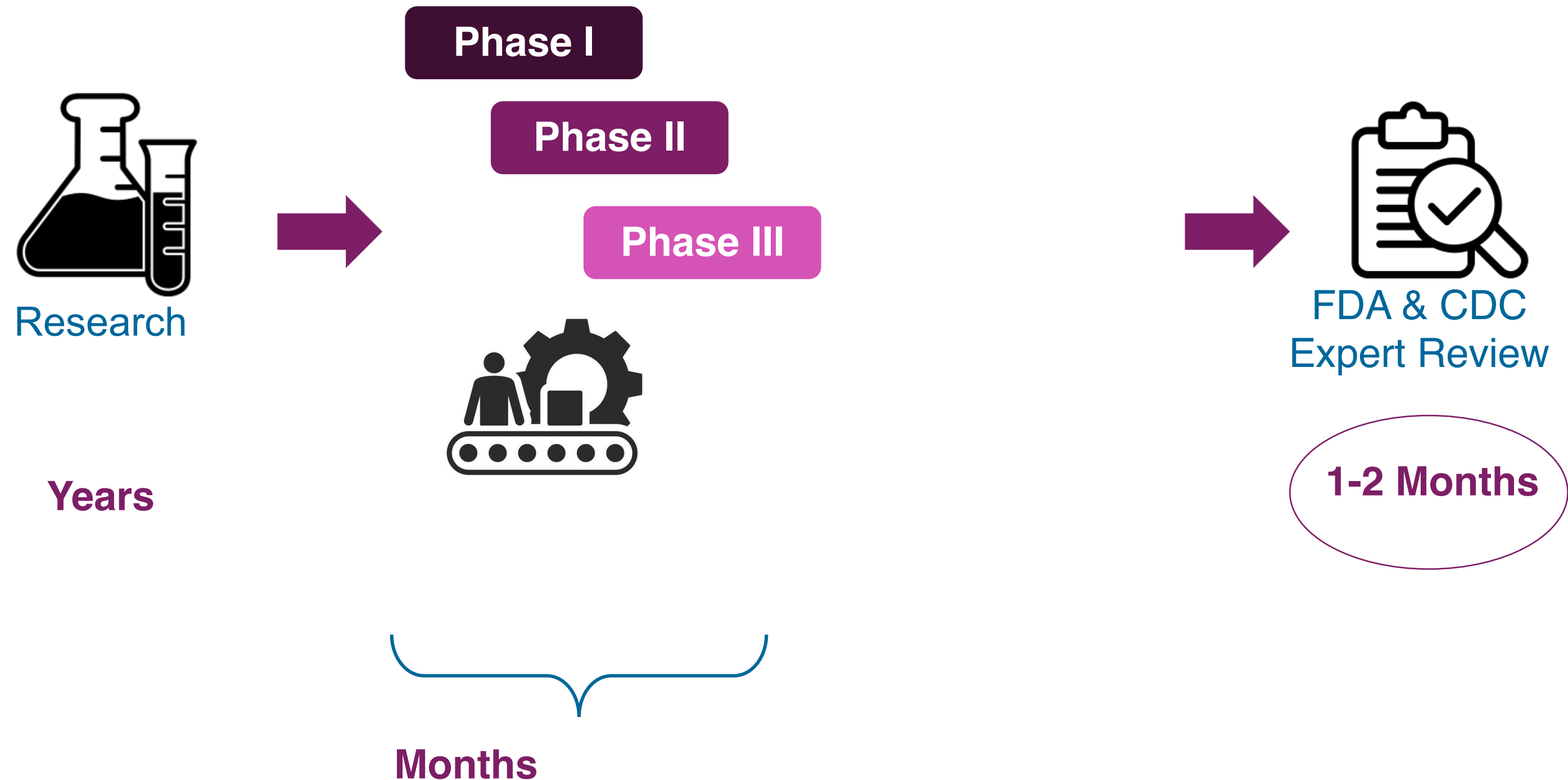
How was the vaccine created so quickly?

Manufacturing began while clinical trials are still underway



How was the vaccine created so quickly?

FDA and CDC prioritized review and authorization



#2 Common Worries & Concerns

- I'm worried that I will have bad side effects.

FACTS → COVID-19 Vaccine Side Effects

- Some people have no reaction to the vaccine, others do.
- Most common reaction → soreness at the injection site
- Next most common → fatigue, headache, muscle aches, and joint aches; fever less common
- Reactions more common with the second dose and in younger people.
- Symptoms → normal process of building immunity. **They are not dangerous.**
- Generally, reactions last 1-2 days and relieved by Tylenol or ibuprofen

#3 Common Worries & Concerns

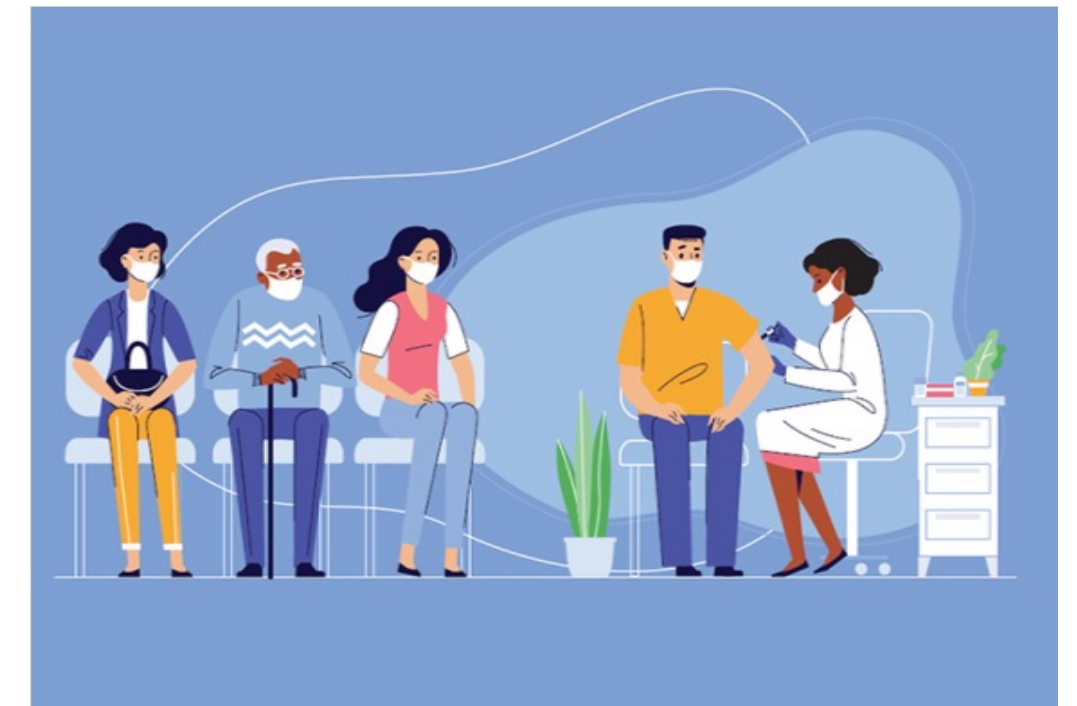
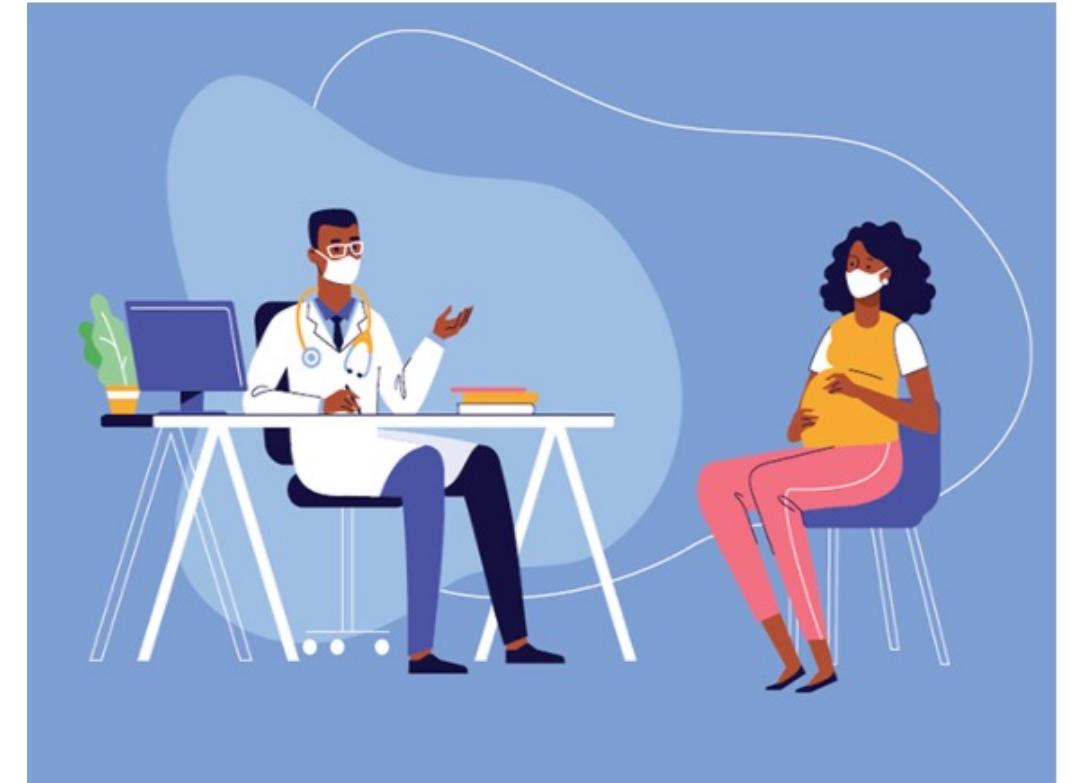
- Breakthrough cases in vaccinated people prove that even if I get the vaccine, I still can get COVID. Why should I bother getting vaccinated?

FACTS→ Risk of breakthrough infections is low and infections are less severe

- Breakthrough COVID-19 infections in vaccinated people occur much, much less than infections in unvaccinated people.
- COVID-19 vaccines protect us from severe illness, hospitalizations, and death.
 - ~97% of hospitalized people with COVID-19 are unvaccinated.
 - ~97% of deaths from COVID-19 are occurring in unvaccinated people.

Ongoing COVID-19 Vaccines Safety Monitoring

- Vaccine Adverse Events Reporting System (VAERS)
- Clinical Vaccine Safety Evaluation - CISA
- V-safe after Vaccination Health Checker (CDC)
 - Pregnancy Registry >30,000 women
- Vaccine Safety Datalink (VSD)
 - Genesis Healthcare Nursing Homes
 - Vaccine Safety Database HMOs



Vaccines – next steps

- Vaccines have not caused CF pulmonary exacerbations
 - Vaccines are well tolerated
 - People are relieved after vaccination
- Search by desired vaccine brand(s) and zip code:
<https://www.vaccines.gov/search/>
- Don't forget the flu vaccine

Back to School Guidance



Returning to School

- COVID-19 has presented many challenges, including for schools
- School districts are making different decisions, which may change. Ask your school what is currently planned, including:
 - Steps to control the spread of COVID-19
 - How symptoms and infection will be monitored
- Consider a case conference or 504 meeting
 - Review your child's day from beginning to end
 - Policies for extra-curricular activities
 - Mental health related supports

Coughing with CF

- Coughing for children with CF is critical to getting the thick, sticky mucus out of their lungs, which is not new.
 - What is new, however, is coughing during the COVID-19 pandemic.
- We can provide documentation stating that a baseline cough is commonly a part of CF
 - Although we understand that children with CF need to be screened for COVID-19 like other students, we also need staff to be aware that coughing for children with CF is normal and can be encouraged at times
 - A common 504 accommodation can be taking a break to cough into a Kleenex away from other students in a private space as needed
- This documentation can be provided with or without a 504 plan

CFF Urges Universal Masking in Schools

- If your child is one of the few wearing masks at school, they may feel uncomfortable
- Remind your child that masking helps keep them healthy
- Practice at home with responses like, “I am wearing my mask to stop spreading germs” or “My parents asked me to keep wearing a mask at school.”
- Remind the school that your child needs to wear a mask
- Recruit teachers, other students, and school staff to support your child

Wear a mask. Stay in school.



COVID-19 School Scenarios

The option to not quarantine does not apply outside the classroom setting, including lunch, band, choir or extra-curricular activities.

MASK REQUIREMENT		NO MASK REQUIREMENT	
COVID +	Close Contacts	COVID +	Close Contacts
			
ISOLATE	NO QUARANTINE EVERYONE WITHIN 3 FEET SELF-MONITOR	ISOLATE	QUARANTINE (ALL WITHIN 6 FT. UNLESS FULLY VACCINATED AND ASYMPTOMATIC)

DEFINITIONS

CLOSE CONTACT:
When all are masked, in school setting close contact is when an individual is within 3 feet of a positive person for greater than 15 minutes.
When anyone is unmasked, a close contact is when an individual has been within 6 feet of an infected person for greater than 15 minutes.

SELF-MONITOR:
Perform a self-check or be monitored twice daily for a fever of 100.4 F or above. If symptoms develop, even if you're fully vaccinated, quarantine and obtain testing.
Coordinate with your healthcare provider and local public health department.

QUARANTINE:
May be required when an individual has had a close contact. These individuals shall remove themselves from situations where others could be exposed/infected, and self-monitor for symptom development.

ISOLATION:
Required when individual has tested positive for COVID-19 or develops a fever of 100.4 F or above and/or one or more of the following symptoms: a sudden onset of a cough, sudden onset of shortness of breath, or sudden loss of taste or smell. Individuals should remove themselves or be removed from situations where others could be exposed/infected.

9/2/21

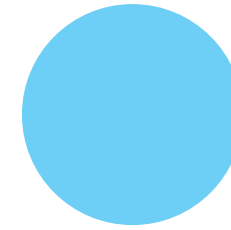
Questions To Consider

- What is the best form of communication to reach the teacher, school nurse, and office?
- What does your child need to be successful at school?
 - Academically, physically, mentally/emotionally
- What documents does your school need in order to best support your child?
 - Consent, Statement of Diagnosis, Accommodation Recommendations
- What academic plan(s) are available if my child is a close contact and/or placed on quarantine?
 - Distance vs. Virtual Learning, Virtual options with classmates, Access to teachers?
- Can reviewing your child's 504 plan and/or implementing a 504 plan help understand how your child will be accommodated while at school?

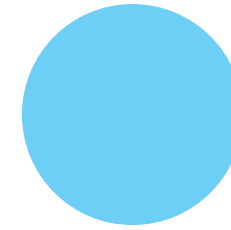


Emotional Wellness

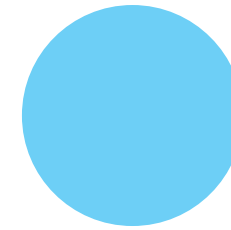
Emotional Wellness for Adults



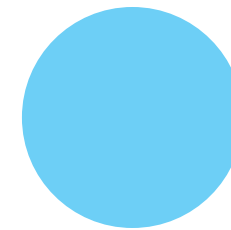
Talk about your concerns with a trusted friend, partner, family member, or therapist



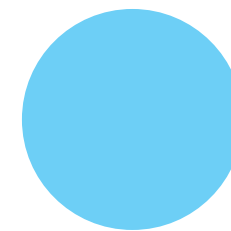
Be open and honest with your children about what is happening



Make a list of resources that you have access to and personal strengths you have



Keep a routine as much as possible and plan scheduled family time



Avoid watching too much news, getting on social media, or searching the internet on current events

Maintaining Child Wellness

1

Encourage your children to share their worries and concerns with a trusted adult

2

Take brief periods of time throughout the day to destress. Examples are to listen to music, take deep breaths.

3

Keeping a routine can be helpful to maintain a sense of safety

4

Maintaining socialization at the family's comfort level. Examples are outside gatherings in small groups, going to school, bike riding, virtual playdates.

5

Your CF Center Team can help you identify additional ideas

Symptoms of Depression & Anxiety

Depression

- Persistent emptiness or sadness
- Feelings of hopelessness
- Loss of interest in activities that you once enjoyed
- Lack of energy
- Sleeping changes such as not sleeping or sleeping too much

Anxiety

- Excessive Worrying
- Feelings of agitation
- Restlessness
- Trouble Concentrating

CF TELEHEALTH TALK THERAPY STUDY- TEENAGERS & CAREGIVERS

**PANDEMIC GOT YOU DOWN?
VIRTUAL SCHOOL SUCKED?
FEELING ANXIOUS, DEPRESSED,
BORED, NUMB?
TRY A TELEHEALTH STUDY
DESIGNED FOR TEENS WITH
CYSTIC FIBROSIS!**

What's Involved?

- Small 6 week pilot study
- 6 individual Acceptance and Commitment talk-therapy sessions, 50 minutes each, once a week
- Delivered via zoom webcam
- Fill out some questionnaires before & after treatment

Who can Participate?

- Teens with CF ages 14-18 and an adult caregiver willing to participate in an external component (parents, older siblings, grandparents, other family members)
- Able to read/understand English
- Some symptoms of anxiety and/or depression.

This intervention was designed by psychologists and social workers familiar with CF, as well a teenager living with CF. Unlike other therapies, ACT is fun and active!

CONTACT US TODAY!

*Questions?
Want to sign up?
Easy: just email*

Chelsi.nurse@jefferson.edu

CF PATIENT FEEDBACK

• "ACT WITH CF IS VERY DIFFERENT FROM OTHER METHODS I HAVE TRIED AND FAILED"

• "PRACTICAL & EASY TO FIT INTO EVERYDAY LIFE"

• "DOING ACT WITH CF WAS THE FIRST TIME I FELT LIKE A THERAPIST UNDERSTOOD ME. ACT IS ALL ABOUT LIVING A MEANINGFUL LIFE AND BEING WILLING TO SIT WITH THE DISCOMFORT THAT COMES ALONG WITH LIFE, AND ESPECIALLY WITH CF. "
-KATHERINE LAWLISS

HOW HAVE YOU BEEN IMPACTED BY THE COVID-19 PANDEMIC?

**WE ARE LOOKING FOR PARENTS/CAREGIVERS OF CHILDREN WITH
CYSTIC FIBROSIS TO PLAY AN IMPORTANT ROLE IN RESEARCH**

We want to know more about the effects of the **COVID-19 Pandemic** on behaviors, lifestyles, attitudes, and coping mechanisms in caregivers of young people with CF.

This study includes answering questions through an online survey, which should take about 15 minutes. It is completely voluntary and ANONYMOUS.

**PLEASE VISIT THE LINK BELOW OR SCAN THE QR CODE TO
COMPLETE THE SURVEY**

Click on this link:

Or copy and paste the URL below into your internet browser:

<https://redcap.link/CFCaregiversstudy>



SCAN ME