COVID-19 Clinical Provider Resources

Idaho-Specific Resources

- **Idaho Department of Health and Welfare Public Health District Information** – A list of contact information for all of Idaho’s public health districts.
- **Order PPE through the Idaho Office of Emergency Management**; Online PPE ordering
- **Idaho Medical Association** – Coronavirus resources for physicians
- **COVID-19 in Idaho** – Idaho official resource for the novel Coronavirus
- **Idaho Board of Pharmacy FAQ for COVID-19 Declaration of Emergency** – An ongoing FAQ list collated by the Idaho Board of Pharmacy
- **Idaho State Board of Medicine Proclamation** – A proclamation stating that the Idaho Board of Medicine will issue temporary licenses to retired and inactive physicians, physician assistants, and respiratory therapists who have actively practiced within the last 5 years and have held a license to practice in good standing from Idaho or another state at the time of retirement
- **Guidance for Residential Assisted Living Facilities** – Guidance from the Idaho Department of Health and Welfare
- **Letter to Long-Term Care Facilities Regarding Clusters of Respiratory Illness** – Guidance from the Idaho Department of Health and Welfare on reducing risk of respiratory illness clusters
- **Idaho State Board of Pharmacy Temporary Rule 704** – Medication limits to address the issue of stockpiling chloroquine or hydroxychloroquine
- **Idaho Physician Orders for Scope of Treatment (POST)** – This form is designed for persons with advanced chronic, progressive and/or end-stage illness
  - [Idaho’s Repository of POST Forms](#)
- **Guidelines for Opening Up Idaho** – Criteria that must be met before Idaho advances to the next stage of reopening
- **COVID-19 Medicaid Updates** – Idaho Medicaid issues Information Releases (IR) to providers to update them on policy, billing, and/or processing changes. They are listed numerically with the newest at the top
  - [If you have Medicaid questions, reach out to Medicaid Director, Magni Hamso, at magni.hamso@dhw.idaho.gov](#)
- **Twin Falls Manor** – Specialized assisted living care for those impacted by COVID-19
- **North Idaho Palliative Care Coalition** – Advance directives information from the Northwest Hospital Alliance
- **St. Luke’s McCall Car Clinic Protocols** – Information from Dr. Patrick Kinney on St. Luke’s McCall car clinic protocols
- **Frontline Worker Services** – Coronavirus counseling assistance for frontline workers
  - [Shareable flyer (English)](#)
  - [Shareable flyer (Spanish)](#)
- **COVID-19 Test (At-Home Kit)** – A nasal swab test kit from Pixel by LabCorp
• **LabCorp at Home** – A digital service aimed at helping doctors protect patients by testing them for COVID-19 before surgeries and other important treatments.

• **COVID Help Now** – Crisis counseling
  
  o **Flyer**

• **COVID-19 Behavioral Health Information** - Throughout the COVID-19 public health emergency, the Division of Behavioral Health (DBH) will provide additional guidance and resources for behavioral health providers, patients, and families.

**Family Medicine Residency of Idaho (FMRI)**

• **COVID Protocol**

• **Family Medicine Residency of Idaho COVID Attestation Form**

• **Common Employee Questions Regarding Exposure**

• **Employee Testing Procedure**

• **Employees with Acute Respiratory Symptoms FAQ**

• **Management of Healthcare Personnel with Potential Exposure to COVID-19**

• **Workflow for Front of Clinic Triage**

**Volunteer Opportunities**

• **SURGE Volunteer Sheet** – A volunteer sheet for health professionals interested in volunteering with St. Alphonsus

• **St. Luke’s COVID-19 Response Intake** – A volunteer form for St. Luke’s

• **Find My Medical Reserve Corps** – Idaho is divided into 7 Medical Reserve Corps Units (MRC). Use this website to find the appropriate Medical Reserve Corps volunteer registry for your area
  
  o **Contact information** for the MRC coordinator in your district.

**Clinical Trials and Vaccine Information**

• **ClinicalTrials.gov** - COVID-19 registered trials can be found here
  
  o The trial mentioned in the [NIH article on hydroxychloroquine](https://www.nih.gov) is identifier [NCT04332991](https://www.clinicaltrials.gov)

• **Post-exposure Prophylaxis or Preemptive Treatment for Coronavirus** - The University of Minnesota is conducting a research study to determine if taking a medication called hydroxychloroquine can help in preventing or treating COVID-19 disease
  
• **Ongoing Remdesivir Studies**
  
  o Gilead study in patients with moderate disease: [NCT04292730](https://www.clinicaltrials.gov)
  
  o Gilead study in patients with severe disease: [NCT04292899](https://www.clinicaltrials.gov)
  
  o NIAID study: [NCT04280705](https://www.clinicaltrials.gov)
  
  o INSERM study: [2020-000936-23](https://www.clinicaltrials.gov)
  
  o China study in patients with mild/moderate disease: [NCT04252664](https://www.clinicaltrials.gov)
  
  o China study in patients with severe disease: [NCT04257656](https://www.clinicaltrials.gov)

• **Famotidine study**
• **Draft Landscape of COVID-19 Candidate Vaccines** – This has been prepared by the World Health Organization for information purposes only concerning COVID-19
• **Bio.org** – Biotechnology and biopharmaceutical companies are responding to COVID-19 with vaccines and anti-viral medications
• **Tocilizumab and Mechanically Ventilated Patients** – A summary of a study looking at tocilizumab for treatment of mechanically ventilated patients with COVID-19
• **Safety and Efficacy of Tocilizumab Use** – A summary of a safety looking at the safety and efficacy of anti-IL6-receptor tocilizumab use in severe and critical patients affected by coronavirus

**Calculators and Evaluators**

• **Evaluating and Testing Persons for COVID-19** – CDC criteria to guide evaluation and laboratory testing for COVID-19
• **PSI/PORT Score** – Pneumonia Severity Index for community-acquired pneumonia

**Websites**

• **American Medical Association** – AMA resource center for physicians
• **Centers for Disease Control** – Information for health care providers and the community
  o Specific to PPE (respirators and masks): https://www.cdc.gov/niosh/docs/96-101/default.html
• **World Health Organization** – Coronavirus disease outbreak information
• **Virginia Commonwealth University** – General COVID-19 updates from VCU Health
• **Johns Hopkins University** – Up-to-date statistics from JHU
• **Center for Infectious Disease Research and Policy** – Information for public health experts, business preparedness leaders, government officials, and the public
• **American Society of Health-System Pharmacists** – COVID-19 resources for pharmacists
• **Assessment of Evidence for COVID-19 Related Treatments** - ASHP provides this evidence table to help practitioners better understand current approaches related to treatment and care
• **American College of Occupational and Environmental Medicine** – COVID-19 resource center

**Articles**

• **SARS-CoV02: What Do We Know So Far?** – An article by Dr. Pratik Hemant Khedkar and Professor Andreas Patzak
• **COVID-19 in a Paucisymptomatic Patient** – An article on the epidemiological and clinical challenge in settings with limited community transmission (Italy, February 2020)
• **LitCOVID** – A curated literature hub for tracking up-to-date scientific information about the novel Coronavirus
• **Clinical Management of Severe Acute Respiratory Infection (SARI) when COVID-19 Disease is Suspected** – Interim guidance from the World Health Organization
Factors Associated with Mental Health Outcomes Among Health Care Workers Exposed to Coronavirus Disease 2019 – An article discussing health care workers’ potential psychological stress if they have been exposed to COVID-19

International Pulmonologist’s Consensus on COVID-19 – An article discussing mode of transmission, epidemiology, clinical features, diagnostic modalities, treatment, prevention, and frequently asked questions

Recommendations, Checklists, Toolkits, and Handbooks

COVID-19 Preparedness Checklist for Nursing Homes - This checklist from the CDC should be used as one tool in developing a comprehensive COVID-19 response plan

Communications Triage Kit – A coronavirus communications triage kit from The Communications Network

Handbook of COVID-19 Prevention and Treatment – from the First Affiliated Hospital, Zhejiang University School of Medicine

ICU Preparedness Checklist – from the Society of Critical Care Medicine

Household Checklist – A family planning checklist from the CDC

Being Prepared in the Time of COVID - Three important things each of us can do, right now, to be prepared

Discontinuation of Home Isolation – Recommendations from the CDC

Discontinuation of Hospital Precautions – Recommendations from the CDC

Symptom Checker – A COVID-19 symptom checker from the Mayo Clinic

Running Essential Errands – Recommendations from the CDC

Shopping for Food during the COVID-19 Pandemic – Information for consumers from the FDA

Management of Severe COVID-19 – Information from Dr. Justin Glass, MD, Program Director with Family Medicine Residency of Idaho – Boise

Venous Thromboembolism – Scientific and Standardization Committee Communication: Clinical Guidance on the Diagnosis, Prevention and Treatment of Venous Thromboembolism in Hospitalized Patients with COVID-19

Infection Prevention and Control Recommendations – Interim recommendations from the CDC for healthcare personnel during the COVID-19 pandemic

CDC Guidelines for Universal PPE – CDC guidelines have recently been updated for universal PPE for all healthcare workers in patient facing roles in areas with moderate to substantial community transmission

Child Behavior Checklist (CBCL) – Used to detect behavioral and emotional problems in children and adolescents

The Screen for Child Anxiety Related Disorders (SCARED) – Screen for signs of anxiety disorders in children

The Children’s Manifest Anxiety Scale (CMAS) – Evaluate the nature and degree of anxiety in children and adolescents

Children’s Global Assessment Scale (CGAS) – Provides a global measure of level of functioning in children and adolescents
• **Rating Scales** – Scales and questionnaires reviewed at the Primary Pediatric Psychopharmacology Mini-Fellowship at The REACH Institute
  
  • **School Refusal Assessment Scale-Revised (Parent and Child Versions)** – Assess the function of school refusal behavior
  
  • **School Decision-Making Tool for Parents, Caregivers, and Guardians** – Weigh the risks and benefits of available educational options to help make decisions about sending children back to school
  
  • **Back to School Planning: Checklists to Guide Parents, Guardians, and Caregivers** – Help plan and prepare for the upcoming school year

### Palliative and End-of-Life Care

• **Prepare for Your Care** – A step-by-step program with video stories to help you have a voice in your medical care
  
  • **The Conversation Project** – Dedicated to helping people talk about their wishes for end-of-life-care
  
  • **Center to Advance Palliative Care Response Resources** – CAPC provides free resources on resilience, communication scripts, palliative care team tools, and more
  
  • **Proactive COVID-Specific Advance Care Planning Discussions** – A guide for leading an advance care planning discussion for a patient who is at high risk of a poor outcome in the setting of COVID
  
  • **Vital Talk** – A playbook providing practical advice on how to talk about some difficult topics related to COVID-19
  
  • **Person-Centered Guidelines for Preserving Family Presence in Challenging Times** – These guidelines for preserving family presence were co-developed by an international, multi-stakeholder “pop-up” coalition including patient, resident, family and elder advocates, experts in quality, safety and infection control, clinicians, policymakers, and healthcare executives from a variety of care settings.

### Videos

• **Patient Intubation** – An instructional patient intubation video by Dr. Benjamin Cornett
  
  • **Prone Breathing Exercises** – Dr. Sarfaraz Munshi demonstrates breathing techniques to help coronavirus patients with respiratory symptoms
  
  • **The Last Will and Testament of the Orphelines** – A poem by Heather Altfeld as read by Dr. Meg Dunay

### CME Opportunities

• **Novel Coronavirus Education Resources** – A list of accredited continuing education activities and additional resources that can help providers respond to COVID-19
  
  • **Mayo Clinic Talks COVID-19** – A mini-series podcast put on my Mayo Clinic
- University of Washington Tele-Antimicrobial Stewardship Program – Resources and CME opportunities through the University of Washington
- MD+ Calc – Free CMEs as a thank you for being on the front lines

Masks

- Strategies to Optimize the Supply of PPE and Equipment - CDC’s optimization strategies for PPE offer options for use when PPE supplies are stressed, running low, or absent
- Masks Reduce Exposure to Respiratory Infections Among the General Population – An article that finds any type of general mask use is likely to decrease viral exposure and infection risk on a population level, in spite of imperfect fit and imperfect adherence, personal respirators providing most protection
- Testing the Efficacy of Homemade Masks – An article that finds that a homemade mask should only be considered as a last resort to prevent droplet transmission from infected individuals, but it would be better than no protection
- Q&A: Masks and COVID-19 – FAQ from the World Health Organization
- Effectiveness of Cloth Masks for Protection Against Severe Acute Respiratory Syndrome Coronavirus 2 – A study shared in the Emerging Infectious Diseases Journal

Provider Self-Care

- Self-Care for Helpers – A Behavioral Health ECHO session on self-care for helpers presented by Jeremy Stockett, LCSW, on March 20, 2019
- Coping for Health Care Workers during COVID-19 – A slide deck from Jennifer Dougall, PhD, with Northeast Ohio Medical University
- Resources to Support the Health and Well-Being of Clinicians during the COVID-19 Outbreak – Resources from the National Academy of Medicine
- Emergency Responders: Tips for Taking Care of Yourself – Information from the CDC
- Understanding Compassion Fatigue – This fact sheet explains the causes and signs of compassion fatigue, offers self-care tips for coping, and discusses compassion satisfaction
- Preventing and Managing Stress – This fact sheet provides tips to help disaster response workers prevent and manage stress while on assignment
- Humor and Resilience – Information on using humor to build resilience from Dr. Abhilash Desai
- FACE COVID - A set of practical steps for responding effectively to the Corona crisis, using the principles of acceptance and commitment therapy (ACT)
- National Academy of Medicine – Strategies to support the health and well-being of clinicians during the COVID-19 outbreak
- Coronavirus Anxiety Workbook – A tool to help build resilience during difficult times
- COVID-19 Tips Part 1 (for patients) and Part 2 (for providers) – Tips for coping with the COVID-19 pandemic by Amy Walters, PhD at St. Luke’s Humphrey’s Diabetes Center
- Kindness Poem – A poem by Naomi Shihab Nye
• **Frontline Worker Services** – Coronavirus counseling assistance for frontline workers
• **Physician Support Line** – Free and confidential; no appointment necessary
• **COVID Help Now** – Crisis counseling

## Apps for Self-Care

- **Headspace** – Headspace, a guided meditation app, is offering all US healthcare professionals who work in public health settings free access to Headspace Plus through 2020
- **Moodgym** – Similar to an interactive self-help book which helps to learn and practice skills to prevent and manage symptoms of depression and anxiety
- **Insight Timer** – A large, free library of guided meditations
- **Sanvello (formerly Pacifica)** – On-demand help for stress, anxiety, and depression
- **Calm** – An app for sleep, meditation, and relaxation
- **Buddhify** – A meditation and mindfulness app designed to fit busy lifestyles
- **Stop, Breathe, & Think** – A friendly app to guide people through meditations for mindfulness and compassion

## Perinatal Considerations

- **pregnancycovid19.com** - Information hub containing handbooks, toolkits, and additional resources for medical professionals to understand and address concerns about COVID-19 among pregnant women
- **American College of Obstetricians and Gynecologists COVID-19 Information** - Latest practice guidance: Advisory on Novel Coronavirus 2019 (COVID-19) including an algorithm to aid in assessment and management of pregnant patients with suspected or confirmed COVID-19
- **Society for Maternal Fetal Medicine COVID-19 Guidance** – Up-to-date guides and webinars containing information about caring for pregnant women for maternal-fetal medicine practitioners
- **CDC on Breastfeeding** - If a patient is breastfeeding and has symptoms of or confirmed COVID-19, here are steps they can take to avoid spreading the virus to their baby
- **PRIORITY** - Pregnancy CoRonavIrus Outcomes RegIsTrY (PRIORITY) is a nationwide study of pregnant or recently pregnant women who are either under investigation for Coronavirus infection (COVID-19) or have been confirmed to have COVID-19

## Pediatric Considerations

- **Talking to Children** – Guidance for parents in talking to children about coronavirus
- **Child-Centered Play Therapy** – Information on child-centered play therapy and telehealth
- **Coronavirus Coloring Book** – A coloring book from St. Jude’s to help children understand COVID
- **My Hero is You (Spanish version)** – A storybook to teach children how they can fight COVID
- **Why Do I Have to Stay Home?** – A social narrative for children
- **The Story of the Oyster and The Butterfly** – A book to explain COVID to children
• **Resources for ASD and Intellectual Disability** – A collection for resources for children with ASD and/or intellectual disabilities

• **Resources for Pediatric Considerations** – A list of pediatric resources

• **Parent Emotion Suppression Influences Physiological Linkage and Interaction Behavior** – An article talking about how parents can influence children’s emotional responses

• **Parenting** – Articles and newsletters about parenting by the New York Times

• **Child Behavior Checklist (CBCL)** – Used to detect behavioral and emotional problems in children and adolescents

• **The Screen for Child Anxiety Related Disorders (SCARED)** – Screen for signs of anxiety disorders in children

• **The Children’s Manifest Anxiety Scale (CMAS)** – Evaluate the nature and degree of anxiety in children and adolescents

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• **Back to School Planning: Checklists to Guide Parents, Guardians, and Caregivers** – Help plan and prepare for the upcoming school year

• **Supporting Your Child’s Mental Health as They Return to School During COVID-19** – How parents can help their children navigate their feelings during school reopening