



Health Watch USAsm Newsletter

www.healthwatchusa.org Sept. 1, 2020

Member of the National Quality Forum and a designated "Community Leader" for Value-Driven Healthcare by the U.S. Dept. of Health and Human Services

In the Month of Aug. Health Watch USAsm has:

- Written 5 articles/opeds regarding COVID-19,
- Participated in 2 COVID-19 video podcasts,
- 16 radio shows concerning the COVID-19 virus.

Our 2020 COVID-19 Conference Presentations and additional resources can be accessed

from: <http://www.healthwatchusa.org/COVID19.htm> & www.healthconference.org



Our nation needs to learn how to live safely with the coronavirus

As our society continues to live in a way that defies public health logic, one can only conclude the infectivity and lethality of this virus is being severely underappreciated by our leaders. An underappreciation exemplified by Kentucky Sen. Rand Paul's recent push for a policy of opening all schools and having only those at risk wear masks.

We need to approach this pandemic not with third-world nation strategies but by expanding rapid testing and case identification, along with transforming our infrastructure and society to allow us to safely live with this virus. Courier Journal. Aug. 26, 2020. **References** <https://www.courier-journal.com/story/opinion/2020/08/26/covid-19-pandemic-how-live-safer-we-go-through/3402655001/>



New Study: Hydroxychloroquine Works in Monkeys, Not Humans

Thus, at this point, there is no compelling evidence to recommend the use of hydroxychloroquine for clinical

use and several large organizations have suspended research involving this drug. There has been an enormous amount of valuable scientific resources which have been devoted to answering this scientific, now political, issue. These resources would have been better spent on more promising treatment modalities, such as studying Camostat mesilate or nafamostat mesylate therapy for COVID-19, a compound which has been shown to block TMPRSS2. Infection Control Today. Aug. 3, 2020.

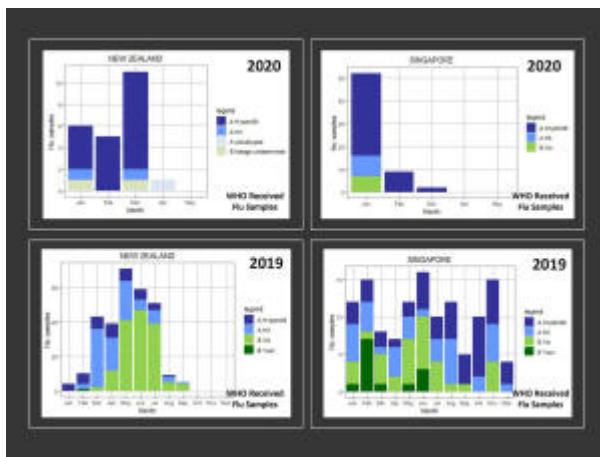
<https://www.infectioncontrolday.com/view/new-study-hydroxychloroquine-works-in-monkeys-not-humans>

Infection Preventionists Might be Needed in Schools

Similar to our healthcare system as a whole, COVID-19 is shedding a light on deficiencies and the dearth of personal safeguards in our schools. Let us not forget, schools are a nidus for spreading the flu and other diseases. Opening schools should depend upon low rates of viral spread in the community, widespread testing, rigorous following of public health guidelines and upgrading the physical infrastructure of our buildings. COVID-19 should be viewed as an opportunity for transformation, allowing us to build a better school system with smaller class sizes for better education and implement strategies to prevent the spread of all infectious diseases.

<https://www.infectioncontrolday.com/view/infection-preventionists-might-be-needed-in-schools>

I go into further detail in this YouTube presentation: <https://www.youtube.com/embed/6Z3mh-TmMJs>



COVID-19: Seasonal Flu and COVID-19 a Dud or Devastation. It is Up To You

Kevin T. Kavanagh, MD, MS, Infection Control Today Editorial Board Member discusses the dangers of simultaneous occurrence of COVID-19 and the flu epidemics. The seasonal flu has all but disappeared in much of the Southern Hemisphere underscoring the importance of wearing masks, social distancing and hand hygiene. Although, still very important, the lack of samples may make the flu vaccine more problematic

than in previous years. Also, discussed are topics of lasting immunity to COVID-19, the false narrative of Herd Immunity and organized social media misinformation. Frank Diamond, Editor - Infection Control Today. Aug. 18, 2020. <https://youtu.be/NUKCCPEoHzA>

Related ICT Article: <https://www.infectioncontrolday.com/view/the-2020-flu-dud-or-devastation-it-is-up-to-you>

News Articles

Beshear says Kentucky Derby can safely host fans despite COVID-19. Not everyone agrees.

"Not everyone agreed such large gatherings are safe, though those held outdoors are preferable. "Any large gathering of people carries risks," said Dr. Kevin Kavanagh, a retired physician from Somerset, Kentucky, and chairman of the patient advocacy group Health Watch USA. "That risk is lessened outdoors with social distancing and by the wearing masks." However, Kavanagh said in an email that shouting, which often happens during the Derby, can cause the virus to "aerosolize" and "defeat the

safety of a cloth mask" while causing droplets to "travel much further than 6 feet." "In addition, getting into and out of the stands and use of restrooms is problematic," Kavanagh said." Yetter D, Kobin B. Courier Journal. Aug. 12, 2020. <https://www.courier-journal.com/story/entertainment/events/kentucky-derby/2020/08/12/kentucky-derby-2020-beshear-says-race-safe-amid-covid-19/3353837001/>

Kentucky Derby 2020: Why health experts say they agree with Churchill Down's decision.

"Dr. Kevin Kavanagh, a retired Somerset physician who also had warned against allowing fans at the event, praised Friday's decision.

"It sends a very strong message to the community and Kentucky about how serious this pandemic really is," said Kavanagh, chairman of the patient advocacy group Health Watch USA.

Kavanagh said earlier this week that holding the event largely outdoors would have helped. But it still wouldn't account for people entering the racetrack through the building, passing through hallways, placing bets, buying food and drink, using restrooms or otherwise moving about, Kavanagh said.

And any cheering or shouting tends to "aerosolize" the virus and increase chances of spread, he said.

Though most people who contract the virus don't experience the severe and sometimes fatal symptoms associated with it, that doesn't mean it's not a risk to mingle in a crowd, he said. Even people who appear to have recovered from a less serious case of COVID-19 may be at risk for lasting heart, lung or kidney damage.

"This is one dangerous virus that we don't know much about," Kavanagh said. "This lackadaisical attitude that you can go out and get infected and everything will be fine if you're at low risk is just plain magical thinking."

Yetter D. Courier Journal. Aug. 22, 2020. <https://www.courier-journal.com/story/news/2020/08/21/health-experts-say-cancelling-fans-good-call-for-kentucky-derby/3400329001/>

As COVID-19 spread, the feds relaxed rules, and hospitals tried to contain the outbreak. Other infections may have risen

"Patients need to be repositioned every two hours to prevent ulcers on the skin, said physician Kevin Kavanagh, founder of patient advocacy group Health Watch USA. Doing so will show staff when patients have soiled their beds, he said.

Daily bathing is necessary to prevent hospital infections, given "the dangerous pathogens and compromised patients," Kavanagh said, but bathing takes so many workers that short-staffed facilities too often don't do it."

Odonell J. USA Today. Aug. 5, 2020. <https://www.usatoday.com/story/news/2020/08/05/some-hospital-infections-up-feds-waived-safety-oversight-reporting/5537817002/>

Somerset-area legislators decry Beshear's restrictions at Chamber meeting with little use of masks or social distancing

"The lawmakers from the Somerset area spoke to "a packed house" that included "a whole host of the community's business and political leaders," reported Chris Harris of the Somerset Commonwealth Journal. The newspaper's editor, Jeff Neal, told Kentucky Health News that "There wasn't a whole lot of social distancing, and since they were eating, there were not a lot of masks being used."

The event concerned Dr. Kevin Kavanagh, a retired Somerset physician who heads Health Watch USA, which focuses on infection control in health care.

"Events like this are very problematic," Kavanagh told Kentucky Health News. "They usually have many cases or none. With the number of individuals present and the prevalence of the virus in Pulaski County, the odds are nothing will happen, but if the virus was present at the event it can be catastrophic. . . ."

<http://kyhealthnews.blogspot.com/2020/08/somerset-area-legislators-decry.html>

Radio / Podcasts

COVID-19: Comorbidities Used As An Excuse To State Few Die

Dr. Kevin Kavanagh from Health Watch USAsm discusses the new spin on fatalities that 94% of cases die have comorbidities. However, this is "associated with and "not caused by". And the comorbidities include diabetes, high blood pressure, obesity, and breathing difficulties. Thus, the majority of adults. With advances in treatments many are now living but are developing long term disabilities of heart, lung and kidney problems. It was not so much the concern for death but for the development of myocarditis in college athletes which, caused PAC 12 and Big 10 football to be postponed. In addition, the report of California successfully opening preschools (using strategies of masking children over the age of 2, social distancing, hand hygiene and prompt cleaning of restrooms and toys after use) was discussed. Jack Pattie Show with Scott Johnson. WVLK AM 590. Aug. 31, 2020.

(8:02) <https://youtu.be/pDNntFsals8>

COVID-19: Colleges Closing - Saliva & Pool Testing Can Be Transformative

Dr. Kevin Kavanagh from Health Watch USA(sm) discusses the importance of transparency of school outbreaks along with transparency of severe infections in our healthcare facilities. Recent closures of Universities including North Carolina and Notre Dame. Students are ignoring public health advice and social distancing. The new saliva test and pool testing can be transformative and allow primary and secondary education to open. Upgrading our school's infrastructure is imperative to opening primary education. Guidance is changing as we learn more and more about this virus. Jack Pattie Show. WVLK AM 590. Aug. 19, 2020. https://youtu.be/L0A71e_Wsow

COVID-19: 200,000 Excess Deaths; 60% Developing Heart Disease, Athletes Not Playing

Dr. Kevin Kavanagh from Health Watch USAsm discusses CDC data on total deaths in 2020 which shows an excess mortality of over 200,000. These deaths are attributed to COVID-19. Data from San Quentin Prison sheds doubt on herd immunity with 66% of the population being infected with new cases still occurring. Heart disease is also occurring in all types of COVID-19 patients, even those mildly infected. 60% of patients have changes in their hearts and the fear of myocarditis which is occurring in the young is postponing college sports. Finally, the low number of flu cases in the Southern Hemisphere is also discussed. Jack Pattie Show. Aug. 17, 2020. (7:17) <https://youtu.be/RXZsi-T3PeA>

COVID-19: Should We Open All Schools And Masks Worn Only By Those At High Risk?

Dr. Kevin Kavanagh from Health Watch USAsm responds to the strategy of only giving masks to those at risk for COVID-19 and opening all schools. He stresses that cloth masks do not provide effective protection to the wearer but are intended to protect others and lower the R0 of the virus to slow down and possibly stop the pandemic. It was stressed that the lethality of the pandemic is the infectivity of the virus and that during a raging pandemic children can be very infectious placing those at home at risk for COVID-19. Finally, there are long haulers and lasting disability in many who are stricken by this disease. Heart, lung and cognitive problems are common in those hospitalized, even those who are treated at home can develop disabling conditions. Jack Pattie Show. Jack Pattie Show WVLK 590 AM. Aug. 14, 2020. (14:52) <https://youtu.be/SMir00P3jC4>

COVID-19: New Studies, Hydroxychloroquine Does Not Work & Infrastructure Needed To Open Schools

Dr. Kevin Kavanagh from Health Watch USA(sm) discusses the safety of medical care in the 2019 novel coronavirus pandemic along with new studies showing the mechanism of action of hydroxychloroquine which explains why it works in the lab but does not work in live humans. In addition, infrastructure changes in restaurants and schools are needed to modify buildings to make them safer during the COVID-19 pandemic. And finally, should we be wearing goggles? Jack Pattie Show. WVLK AM 590. July 31, 2020. <https://youtu.be/EwXI-CIbvKs>

COVID-19 Articles of Interest

Chloroquine Linked to Serious Psychiatric Side Effects

Chloroquine may be associated with serious psychiatric side effects, even in patients with no family or personal history of psychiatric disorders, a new review suggests.

<https://www.medscape.com/viewarticle/935435>

COVID-19 Reinfections Starting to Be Reported

"..the trajectory of a moderate initial infection followed by a severe reinfection suggests that this novel coronavirus might share some tendencies of other viruses such as dengue fever, where you can suffer more severe illness each time you contract the disease."

<https://www.washingtonpost.com/nation/2020/08/28/coronavirus-covid-live-updates-us/>

Reinfections in Hong Kong, Netherlands and Belgian

https://www.cnn.com/world/live-news/coronavirus-pandemic-08-25-20-intl/h_11f0482b9609552d7dce785a80789adb

<https://www.nytimes.com/2020/08/24/health/coronavirus-reinfection.html>

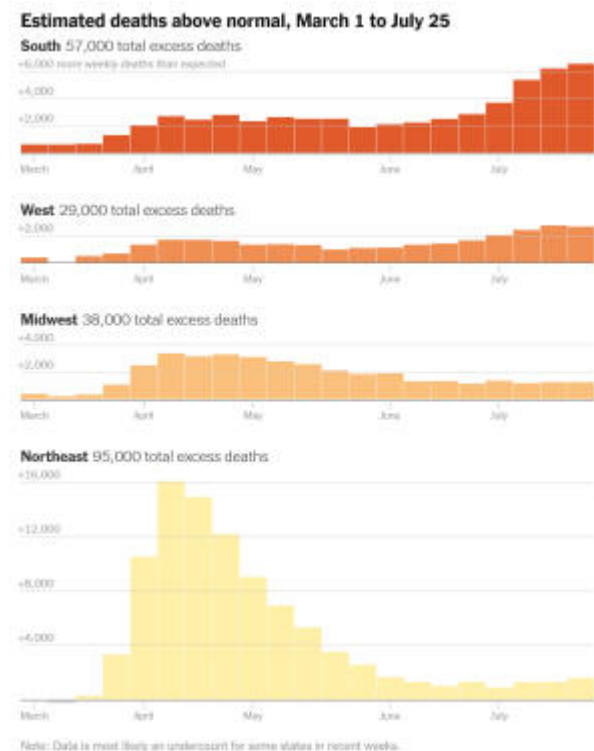
Additional one in the United States Reported by Vox

<https://www.vox.com/2020/7/12/21321653/getting-covid-19-twice-reinfection-antibody-herd-immunity>

Big-10 and PAC-12 Delay Football Season Because of Fears of Myocarditis in Athletes.

"Dr. Curt Daniels of Ohio State University said training athletes who contract coronavirus may develop a rare heart condition requiring them to be sidelined. Of the athletes with coronavirus who were examined at OSU, doctors found between 10 and 13 percent had developed mild cases of myocarditis, which is inflammation of heart muscle. Those athletes performed at "various levels of competition," he said during a Thursday briefing on the state's coronavirus response."

<https://www.mahoningmatters.com/local-news/doctor-warns-athletes-who-contract-coronavirus-may-develop-rare-heart-condition-2635575>



The True Coronavirus Toll in the U.S. Has Already Surpassed 200,000

Across the United States, at least 200,000 more people have died than usual since March, according to a New York Times analysis of estimates from the Centers for Disease Control and Prevention. This is about 60,000 higher than the number of deaths that have been directly linked to the coronavirus.

<https://www.nytimes.com/interactive/2020/08/12/us/covid-deaths-us.html>



The Mask Slackers of 1918

NYT: "As the influenza pandemic swept across the United States in 1918 and 1919, masks took a role in political and cultural wars."

<https://www.nytimes.com/2020/08/03/us/mask-protests-1918.html>

What's the link between myocarditis and COVID-19? A look at the rare heart condition has the college football season in jeopardy.

"I recall even 30 years ago when I was at a conference looking at tennis medicine and how we guide tennis players with flu-like symptoms or cold-like symptoms, we said you absolutely can not train when you have a viral syndrome because there's a risk of myocarditis," he said. "This has been around for a long time. It's here with COVID-19 and we're taking it seriously."

<https://www.chicagotribune.com/sports/college/ct-cb-myocarditis-covid-19-college-football-20200815-66zen4didzfbmq7qibxuw4c3q-story.html>



The COVID-19 Pandemic The Virus & Infection: Health Watch USAsm COVID-19 Continuing Education Course With Southern Kentucky AHEC.

1 Hour CE/CME for Category 1 AMA Credits & Kentucky Board of Nursing (KBN), also Physical Therapy Credits

are available. To Take The Course. <http://soahec.org/ahec-summer-conference> The course has three modules which presents data and evidence of COVID-19. The course is in three short segments totaling one hour.

1) COVID-19: Survivability And The Prevention of Spread. The course discusses the survivability of SARS-CoV-2 (COVID-19 Virus) in the environment (surfaces, sunlight, humidity, heat) and with different types of hand sanitizers. He also describes research behind the use of masks, eye protection and social distancing along with data indicating the virus may be airborne or aerosolized more commonly than thought. Finally, risks and mitigating strategies are described in various retail and community venues.

2) COVID-19 Characteristics of the Virus, Symptoms & Long-Term Disability: The course discusses the characteristics of the SARS-CoV-2 virus along with the body's immune response and dwindling prospects for herd immunity. Characteristics of COVID-19 along with protracted recovery and disability is also discussed.

3) COVID-19: Presentation In Children and When To Open Schools: The course discusses the various presentations of COVID-19 in children, and the risk of childhood transmission to and infections of adults. Current guidance on opening of schools along with international experience on school openings is also discussed.

Video Link: <https://www.youtube.com/watch?v=Y4p6C0mORiM>

To Take Course Go To: <http://soahec.org/ahec-summer-conference/>



Through the Eyes of the Frontline: COVID 19

*Health Watch USAsm & Massachusetts Nurses Association COVID-19
Worker Safety Conference*

Online Videos of KeyNote Presentations:

- Dr. Kevin Kavanagh, Board Chairman of Health Watch USA. United States. View Video: <https://youtu.be/L7qShgRSLIU>
- Dr. Christina Vandenbroucke-Grauls, Editor Antimicrobial Resistance and Infection Control and Professor of Medical Microbiology, VU University Medical Center: Netherlands. View Video: <https://youtu.be/UYLMgDgil8g>
- Dr. Matthias Maiwald Adj Assoc Prof Matthias Maiwald is a Senior Consultant and the Head of Service, Microbiology, at KK Women's and Children's Hospital, and an Adjunct Associate Professor at the Department of Microbiology Service & Senior Consultant (Microbiology) at Duke-National University of Singapore: Singapore. View Video: <https://youtu.be/EEWis0cOLLA>
- Dr. Rodriguez-Baño is the immediate past president of the ESCMID (European Society of Clinical Microbiology and Infectious Diseases) and Associated Editor of Associate-Editor of Clinical Microbiology and Infection: Spain. View Video: <https://youtu.be/mxfGYAtskVY>
- Dr. Elaine Bernard served as Executive Director of the Labor and Worklife Program from 1989-2017 at Harvard University: Harvard University, United States. View Video: <https://youtu.be/UIMg156bM0A>

- Jodi Sugerman-Brozan is MassCOSH's Executive Director. Before joining MassCOSH in April 2017, she was the Executive Director of Bikes Not Bombs which uses the bicycle as a vehicle for social change. Leadership development and community and youth organizing have been central to her work for decades. View Video: https://youtu.be/OA1CmmK0_60

More information at: www.healthconference.org

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