



Health Watch USAsm Newsletter

www.healthwatchusa.org May 1, 2021

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 February Health Watch USAsm has:

- Written 4 articles/opeds regarding COVID-19.
- 17 radio shows concerning the COVID-19 virus.
- 1 Interviews & Public Presentation.

Our 2020 COVID-19 Conference Presentations and additional resources can be accessed from: <http://www.healthwatchusa.org/COVID19.htm> & www.healthconference.org

[The need for the public to embrace public health strategies](#)

Health Watch USA's 2021 Conference:

<http://www.healthconference.org>

Health Watch USA's 2020 Activities Report:

<http://www.healthwatchusa.org/HWUSA-Officers/20201231-HWUSA-Report-2020.pdf>



With young people and sports, COVID-19 must be our main opponent

With the looming new variants, our society needs to have a paradigm shift in thinking; we must respect the dangers of nature and this ever-evolving natural predator. Businesses need to markedly upgrade ventilation systems; we all need to obtain the vaccine (which is highly effective against the wild-type and current UK variant); and we need to obtain the booster for the "Eek" variants once it is available. Until then we must stop spreading the virus, making it more likely that the more dangerous variants will take hold in our communities and even worse, increase the likelihood a totally vaccine-evading mutation will emerge. Courier Journal. Apr. 15, 2021. [References](#)

<https://www.courier-journal.com/story/opinion/2021/04/15/covid-19-and-youth-sports-virus-must-our-main-opponent/7187850002/>

(Related OpEd) Why student athletes need a new playbook to stay safe in the COVID-19 era

"Michigan, where I live, is now the epicenter of COVID-19 cases in the U.S. The resumption of youth sports activities has been widely implicated in Michigan's latest COVID-19 surge, with 40% of new outbreaks occurring in K-12 schools or youth programs."

<https://news.yahoo.com/why-student-athletes-playbook-stay-124236792.html>

COVID-19: Here are the four most common myths and how to keep yourself and others safe:

Myth 1: Any type of mask will work. With these highly infectious variants, this is no longer true.

Myth 2: You are safe indoors, if you wear a mask plus are 6 feet away from someone.

Myth 3: If you survive, you recover and only the old do not survive. Too many do not worry about

COVID-19, citing the extremely low chances of them dying of the acute illness.

Myth 4: If you are vaccinated you do not need to wear a mask; if you have to wear a mask then vaccines do not work.

During this pandemic we must all weigh the risks and benefits to ourselves regarding public health advice. Almost all activities have risks. But in our decision of how we engage in activities, even those that are necessary such as seeking medical care, we should not place others or our community at an undue risk of acquiring COVID-19. And above all get vaccinated.

<https://www.courier-journal.com/story/opinion/2021/04/29/covid-19-four-most-common-myths-and-how-stay-safe/7390791002/>

CDC cites COVID-19 outbreak at Kentucky nursing home in urging more staff to be vaccinated

"Still, Dr. Kevin Kavanagh, a retired Somerset physician and chairman of Health Watch USA, a non-profit patient advocacy organization, said it may be a luxury society can't afford as variants of COVID-19 spread that are considered more contagious and may be more deadly. "You shouldn't be allowed to advocate for your civil rights at the expense of elderly patients," he said. And as variants spread among largely unvaccinated people, so does the threat of another surge of COVID-19, he said. "I think we're going to be in for a huge rebound of the virus if people don't get vaccinated," he said. "

<https://www.courier-journal.com/story/news/local/2021/04/22/cdc-cites-kentucky-nursing-home-covid-19-outbreak-vaccination-push/7332528002/>

The Kentucky Derby 2021 and COVID-19: Is it safe to attend? Health experts weigh in

"I think we should be focusing on following good public health advice instead of opening up more," said Dr. Kevin Kavanagh, a retired Somerset physician and chairman of Health Watch USA, a non-profit patient advocacy organization.

Kevin Kavanagh is a retired physician from Somerset, Kentucky, and chairman of Health Watch USA.

"We're almost there, almost there to the end," Kavanagh said. "What we don't want to have happen is to spread the virus and have a mutation that can evade the vaccines totally. Then we're in big trouble." Courier Journal. Apr. 6, 2021.

<https://www.courier-journal.com/story/entertainment/events/kentucky-derby/2021/04/01/kentucky-derby-2021-safety-amid-covid-19/7004531002/>

KENTUCKY HEALTH NEWS

Ky. pauses use of one-dose coronavirus vaccine over rare side effects; Beshear worries federal advice will have negative impact

"Dr. Kevin Kavanagh, an infection-control activist who leads the Somerset-based watchdog group Health Watch USA, said we need "to be very careful that the enemy of the good is not better."

Kavanagh first noted that these severe episodes have occurred in less than one in a million people and then said to his knowledge the J&J vaccine was the only one so far that had been field tested in people with the South African variant and found to be effective. "So all things combined, personally I would still be willing to take the Johnson and Johnson vaccine," he said." Kentucky Health News. Apr. 13, 2021.

<https://kyhealthnews.blogspot.com/2021/04/ky-pauses-use-of-one-dose-coronavirus.html>



COVID-19 Variants Make Road to Normal a Bit Rocky

Infection preventionists (IPs) are now faced with delivering a difficult message. It is much easier to advocate for vaccinations which prevent disease, than it is for vaccinations which lessen the severity of disease

or reduces your chances of becoming infected.

Thus, both natural (post-infection) and vaccine immunity appear to provide excellent protection against COVID-19. At least for the original strain or wild-type of the virus.

One must ask, why are some sounding the alarm? Fauci recently has stated that the COVID-19 case rate has crept up from around 30,000 to 40,000 cases per day to 60,000 cases per day. And he warns we do not want to declare victory prematurely because of the viral variants. Variants which are of special concern contain one of two new spike protein mutations which can evade immunity. Thus, both natural and vaccine immunity appear to provide excellent protection against COVID-19. At least for the original strain or wild-type of the virus. Infection Control Today. Apr. 8,

2021. **References** <https://www.infectioncontrolday.com/view/covid-19-variants-make-road-to-normal-a-bit-rocky>

Viewpoint: Health Care Professionals—Get Vaccinated or Get Out

In the last 2 months COVID-19 cases have not fallen. They are hovering above 60,000 per day (7 day moving average). Some have wondered why doubling the number of vaccinated Americans has not budged the numbers. There are two reasons: Variants and vaccine hesitancy. Thus, even with the E484K variants, vaccination appears to provide substantial protection against severe COVID-19.

However, for the most part, severe is defined as dying or being hospitalized. This is a very low bar to set for community health. I personally know too many of my friends who have had “mild” COVID and are now suffering from chronic dyspnea and heart disease, such as arrhythmias.

If you work in a health care facility, you need to be vaccinated against SARS-CoV-2. If you choose not to become vaccinated, then you should choose not to be working in a health care setting. Infection Control Today. Apr. 22, 2021. **References** <https://www.infectioncontrolday.com/view/viewpoint-health-care-professionals-get-vaccinated-or-get-out>

Health Watch USA - Presentations

A presentation slide titled 'COVID-19 Variants' with a red background. On the left is a portrait of Dr. Kevin Kavanagh. Below the portrait is text identifying him as 'Dr. Kevin Kavanagh, Units Host, COVID-19 Webinar, Apr. 6, 2021' and a 'Health Watch USA' logo. The main content area lists several variants: 'Wild Type Virus - Wuhan Variant', 'D614G', 'UK Variant B.1.1.7', 'E484K variants with the E484K mutation - New York, South African, Brazilian', 'California Variant L452R', and 'Indian Double Mutation Variant E484Q and the L452R'. There are two small images of virus particles on the right side of the slide.

COVID-19: Vaccine Safety, Variants & How Vaccines Work

Dr. Kevin Kavanagh from Health Watch USAsm explains how viruses work and how vaccines can stop them. In addition, he describes the vaccine approval process and the safety data which we have so far. The risks of COVID-19 including Long-Haulers Syndrome are discussed in detail and how the risks of COVID-19 far exceed the risks of the vaccine. Misinformation is

spreading and various examples are refuted. Finally, COVID-19 viral variants are discussed and how they impact vaccine efficacy. Presentation to UnitedHere. Apr. 6, 2021. (27:56). Video link

<https://youtu.be/gpcjD8JGN5k>

Grief, Morning, Loss and Dying in the Age of COVID-19

Psychologist Alan Cusher discusses the complexity of dealing with loss and death during the COVID-19 pandemic. He also discusses the different types of loss which the nation is dealing with and how COVID-19 has inhibited our ability to copy and resolve these losses. Health Watch USA Meeting. Apr. 21, 2021. [Download Slides](#) View Presentation: <https://youtu.be/99hEmPSN5PI>

Radio / Podcasts

COVID-19: Variant Outbreak In Highly Vaccinated Kentucky Nursing Home

Dr. Kevin Kavanagh of Health Watch USAsm discusses the outbreak of the E484K variant in an Eastern Kentucky Nursing Home which was caused by an unvaccinated healthcare worker. 90% of the 83 Nursing Home Residents were vaccinated. 50% of the unvaccinated residents required hospitalization compared to 2.8% of vaccinated residents. All healthcare workers should be vaccinated in nursing homes. In addition, the risks versus benefits of family visitations with vaccinated adults and unvaccinated grandchildren are discussed. Jack Pattie Show. WVLK AM 590. April 23, 2021. (15:19) <https://youtu.be/IDFaENgiMhQ>

COVID-19: Crushing India and the Seasonal Flu

Dr. Kevin Kavanagh from Health Watch USAsm discusses a variety of topics from Vaccine Hesitancy, the Seasonal Flu, and India. Time Line:

- 1) 00:07 - About Health Watch USA and Our COVID-19 Conference at www.healthconference.org.
- 2) 01:49 - Vaccine hesitancy compounded with the J & J hold.
- 3) 02:24 - COVID-19 crushed the seasonal flu. COVID-19 is more infectious and public health measures slowed down COVID-19 and almost eliminated the flu.
- 4) 10:13 - People have a difficult time judging risks.
- 5) 10:00 - You can get flu plus COVID-19, but it is rare.
- 6) 10:54 - School Vaccinations.
- 7) 13:37 - Expansion of our Public Healthcare System is needed.
- 8) 14:08 - Fully vaccinated can hug grand-kids.
- 9) 14:26 - When will the pandemic end?

Jack Pattie Show. WVLK AM 590. Apr. 30, 2021. (15:44) <https://youtu.be/ZYFQvfmOrCs>

COVID-19: Anti-Maskers and Anti-Vaxxers

Dr. Kevin Kavanagh from Health Watch USAsm responds to anti-maskers and anti-vaxxers. Most of the deniers are viewing the issues with all or none thinking and have a hard time judging risk. Dr. Kavanagh explains with the new E484K variants one needs to be vaccinated AND wear masks. And to caller who does not want to be experimented on, well, we are all in the experiment. The caller just chose to be in the control group, and that group is not doing too well with long COVID-19. The sequelae of death may not happen but this is a very low bar for existence, long term disability and symptoms commonly result even in those with mild infections. Jack Pattie Show. Apr. 9, 2021.

(18:04) <https://youtu.be/BZjbVwHqKOI>

COVID-19: J & J Vaccine, Variants Create an Uncertain Future

Dr. Kevin Kavanagh from Health Watch USAsm discusses his concerns with the decision to place the Johnson & Johnson Vaccine on hold due to blood clots which occur in less than one in a million

individuals, with one death. Holding a vaccine which has been shown in clinical trials to mitigate disease with the South African Variant may be ill advised since far more citizens may die of COVID-19 and the decision will promote anti-vaxxer narratives. In addition the decision of the Governor to tie vaccinations to opening of the Kentucky economy was discussed. Jack Pattie Show. WVLK AM 590 (5:21)

<https://youtu.be/Q3ZBfIdmKrl>

COVID-19 Articles of Interest

Indoor Air Changes and Potential Implications for SARS-CoV-2 Transmission

"Increasing air changes per hour and air filtration is a simplified but important concept that could be deployed to help reduce risk from within-room, far-field airborne transmission of SARS-CoV-2 and other respiratory infectious diseases. Healthy building controls like higher ventilation and enhanced filtration are a fundamental, but often overlooked, part of risk reduction strategies that could have benefit beyond the current pandemic." "To reduce far-field airborne transmission of SARS-CoV-2 in small-volume indoor spaces (eg, classrooms, retail shops, homes if guests are visiting), the suggestions include targeting 4 to 6 air changes per hour...."

JAMA Network <https://jamanetwork.com/journals/jama/fullarticle/2779062>

Dismantling myths on the airborne transmission of severe acute respiratory syndrome coronavirus-2 (SARS-CoV-2)

Myth: 'All particles larger than 5 µm fall within 1–2 m of the source' "Myth 2: "A droplet must be larger than 50–100 µm to have a high probability of landing within 1–2 m of the emitting source indoors. "

Myth: 'If it is airborne, surgical masks (or cloth face coverings) will not work'

Myth: 'the virus is only 100 nm (0.1 µm) in size so filters and masks will not work'

The Journal of Hospital Infection: [https://www.journalofhospitalinfection.com/article/S0195-6701\(21\)00007-4/fulltext#](https://www.journalofhospitalinfection.com/article/S0195-6701(21)00007-4/fulltext#)

A guideline to limit indoor airborne transmission of COVID-19

"The risk of being exposed to Covid-19 indoors is as great at 60 feet as it is at 6 feet — even when wearing a mask, according to a new study by Massachusetts Institute of Technology researchers who challenge social distancing guidelines adopted across the world."

<https://www.cnn.com/2021/04/23/mit-researchers-say-youre-no-safer-from-covid-indoors-at-6-feet-or-60-feet-in-new-study.html>

New Report for the National Academy of Sciences. "Airborne transmission arises through the inhalation of aerosol droplets exhaled by an infected person and is now thought to be the primary transmission route of COVID-19." ... "The Six-Foot Rule is a social distancing recommendation by the US Centers for Disease Control and Prevention, based on the assumption that the primary vector of pathogen transmission is the large drops ejected from the most vigorous exhalation events, coughing and sneezing." <https://www.pnas.org/content/118/17/e2018995118>



COVID-19 Lessons Learned: A Global Perspective

**Health Watch USAsm &
Massachusetts Nurses Association**

Webinar June 15th, 2021

Morning Presentations [AM Agenda:](#)



- **Keynote Address:** Dr. Carolyn Clancy has served as Acting Deputy Secretary, US Department of Veterans Affairs since January 20, 2021. Previously she served as the Assistant Under Secretary for Health for Discovery, Education and Affiliate Networks. She has also served as the Veterans Health Administration (VHA) Executive in Charge. [Download biography](#)
- **Australia:** Dr. Imogen Mitchell Clinical Director of the ACT COVID-19 Response and Executive Director of Research and Academic Partnerships, Canberra Health Services Canberra, Australia. <https://medicalschoool.anu.edu.au/people/academics/professor-imogen-mitchell>
- **United Kingdom:** Dr. Stephanie Dancer is a Consultant Microbiologist in NHS Lanarkshire and Professor of Microbiology at Edinburgh Napier University, Scotland. She has been editing the Journal of Hospital Infection for 20 years, five of them as Editor-In-Chief. She also edits for International Journal of Antimicrobial Agents and Infection, Disease & Health. <https://www.napier.ac.uk/people/stephanie-dancer>
- **Singapore:** Dr. 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 and Immunology, National University of Singapore, and at Duke-National University of Singapore Graduate Medical School in Singapore.
- **Spain:** Dr. Jesus Rodriguez-Baño is the immediate Past President of the ESCMID (European Society of Clinical Microbiology and Infectious Diseases) and Associate Editor of Clinical Microbiology and Infection, Spain.
- **Germany:** Dr. Sebastian Hoehl is a Pediatrician and aspiring Virologist at the University Hospital Frankfurt am Main, Goethe University. He has been leading investigations on SARS-CoV-2 transmission, and as early February 2020, identified asymptomatic spread. <https://www.latimes.com/science/story/2020-02-18/report-shows-limits-of-coronavirus-screening>
- **Kenya:** Dr. Paul Yonga currently serves as a Consultant in International Health for EASO and EU Member States and is also an Infectious Disease Consultant at the CA Medlynks Tropical/Travel Medicine & Infectious Diseases Clinic in Nairobi, Kenya, and the Fountain Health Care Hospital in Eldoret, Kenya. He is experienced with HIV, HIV preventive

services, as well as infectious disease and tropical/travel medicine clinical and research activities in the East and Central African region.

- **United States:** Dr. Kevin Kavanagh has been an Associate Editor for the Journal of Patient Safety since July 2014 and is a member of Infection Control Today's Editorial Board. He serves on the Centers for Medicaid and Medicare Services' Hospital Harm/Hospital-Acquired Condition Technical Expert Panel; the AHRQ HEOR Study Section and also serves on the National Quality Forum's Consensus Standards Approval Committee.

Afternoon Speakers [PM Agenda:](#)

- **USA:** Jeannie P. Cimiotti, PhD, RNUSA, Associate Professor in the Nell Hodgson Woodruff School of Nursing. She is an internationally recognized Health Services Researcher with expertise in nurse workforce issues and the quality of patient care. Her research has been cited for its expertise on nurse outcomes such as job dissatisfaction, burnout and patient outcomes, specifically healthcare-associated infections and the sequela of infection such as extended lengths of stay, hospital readmissions, and mortality.
<https://www.nursing.emory.edu/faculty-staff/jeannie-p-cimiotti>

Additional Afternoon Speakers

- Christine Pontus, MS, RN, COHN-S/CCM, MNA Health & Safety
- Michele Cellai, DNP, ANP-BC
- Jodi Roberts, FNP-BC

Continuing Education

The conference has two accreditation agencies.

- **Massachusetts Nurses Association:**

Nursing Credits for the morning and afternoon session will be provided by the MNA.

- **Southern Kentucky AHEC:**

Physician/Nursing Home Administrator: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Southern Kentucky Area Health Education Center (AHEC), Massachusetts Nurses Association, and Health Watch USA. Southern KY AHEC is accredited by the Kentucky Medical Association to provide continuing medical education for physicians.

The Southern KY Area Health Education Center is accredited by the Kentucky Medical Association (KMA) to sponsor continuing medical education for physicians. The Southern KY Area Health Education Center designates this live activity for a maximum of 4.0 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with

the extent of their participation in the activity.

PA/Nurse Practitioner: This program has been approved by the Southern KY AHEC for AMA Category 1 credit. Non-Physician attendance will be awarded.

Occupational Therapy: This program has been submitted to the Kentucky Board of Licensure for Occupational Therapy for credit. (Credit Pending)

Physical Therapy: This course has been approved by the Kentucky Physical Therapy Association for continued competency requirements.

Respiratory: This program has been approved by the Kentucky Board of Respiratory Care.

Radiology: This program has been submitted to the Kentucky Board of Medical Imaging and Radiation Therapy. (Credit Pending)

Conference Webpage: <http://www.healthconference.org>

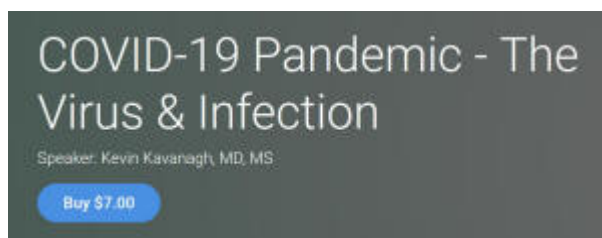
Conference Agenda -- Morning: [https://www.healthconference.org/healthconference.org-files/2021Conference_downloads/June 15 Covid Lesons Learned AM-Schedule-Final-4.pdf](https://www.healthconference.org/healthconference.org-files/2021Conference_downloads/June_15_Covid_Lesons_Learned_AM-Schedule-Final-4.pdf)

Conference Agenda -- Afternoon: [https://www.healthconference.org/healthconference.org-files/2021Conference_downloads/June 15 p.m. schedule.pdf](https://www.healthconference.org/healthconference.org-files/2021Conference_downloads/June_15_p.m._schedule.pdf)

Conference Brochure: https://www.healthconference.org/healthconference.org-files/2021Conference_downloads/_20210615-HWUSA_Brochure-6.pdf

To Register for the Conference and for Continuing Education Credits (No Charge): https://webinar-portal.net/webinars/mna/registration_210615.php
(Registration is supported by the Massachusetts Nurses Association and Health Watch USA.)

COVID-19 Education Courses



COVID-19 Pandemic - The Virus & Infection:

Available for this course are 1 Hour CE/CME for Category 1 AMA Credits & Kentucky Board of Nursing (KBN), also Physical Therapy Credits. **Southern Kentucky AHEC.** To take the course go to:

<https://sokyahec.thinkific.com/courses/covid-virus>



COVID-19 The Need for the Public To Embrace Public Health Strategies - Past Course

Dr. Kevin Kavanagh from Health Watch USAsm discusses reasons why the public has not embraced public health guidance. They include, overstatement of treatment efficacy, mixed messaging regarding the use of masks, testing for asymptomatic carriers and aerosolization of COVID-19. In addition, false narratives (that herd immunity can be achieved with few deaths, COVID-19 is no deadlier than the flu and children do not become sick) are discussed. Finally, ways of retorting misinformation with examples given

regarding the effectiveness of the Zelenko Protocol and use of facial masks. Nov. 12, 2020. Kentucky Rural Health Association. <https://youtu.be/G7OUYGWaatA>



COVID 19: History of Ineffective Infectious Disease Policy - Past Course

Dr. Kevin Kavanagh from Health Watch USAsm updates his previous lecture which traces the history of the United States' response to the COVID-19 epidemic. A historical perspective is given, covering President George Bush's 2005 proposal of the Pandemic and All-Hazards Preparedness Act to the disastrous second peak of the first wave with continued shortages of medical supplies and the changing federal advisements on

asymptomatic spread, viral aerosolization and use of masks. Treatments are reviewed along with overstatements of efficacy. Finally, vaccines are discussed along with the review process and distribution barriers. Sept. 29, 2020.

[Download Presentation Slides](#) YouTube Video: <https://youtu.be/xA7pR2bDAes>

The COVID-19 Pandemic, The Virus & Infection: Health Watch USAsm - Past Course

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. The course 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://youtu.be/Y4p6C0mORiM>

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