



Health Watch USAsm Newsletter

<https://www.healthwatchusa.org> Mar. 1, 2025

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

Activity for the Month of February Health Watch USAsm:

- 1 Continuing Education Course.
- 2 Presentations.
- 2023 HW USA Conference Videos are Available.

Information Regarding Health Watch USAsm Nov. 1st, 2023: Long COVID's Impact on Patients, Workers & Society: <https://healthconference.org>

Health Watch USAsm 2023 Activities Report:

<https://www.healthwatchusa.org/HWUSA-Officers/20231231-HWUSA-Report-2023.pdf>

Health Watch USAsm 2022 Activities Report:

<https://www.healthwatchusa.org/HWUSA-Officers/20221231-HWUSA-Report-2022-2.pdf>

Health Watch USAsm 2021 Activities Report:

<https://www.healthwatchusa.org/HWUSA-Officers/20211231-HWUSA-Report-2021.pdf>

Health Watch USAsm 2020 Activities Report:

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

Health Watch USAsm - Continuing Education



COVID-19: Endemic Impact & Responsibility

Four credit hours for Physicians - Category I AMA Credits and four hours of corresponding Kentucky Board Accreditation, Physical Therapy, Respiratory, EMS, & Nursing (4.8 hrs.)

Course Objectives:

- To better diagnose and recognize the multiple presentations of Long COVID, including behavioral health implications.
- To be able discuss with patients the importance of preventing COVID-19 and other respiratory diseases.
- To combat patient misinformation regarding vaccines and the risks of COVID and Long COVID.
- To identify and reschedule patients who missed disease screenings during the pandemic.
- To discuss how COVID-19 is spread through the air by a continuum of particle sizes.

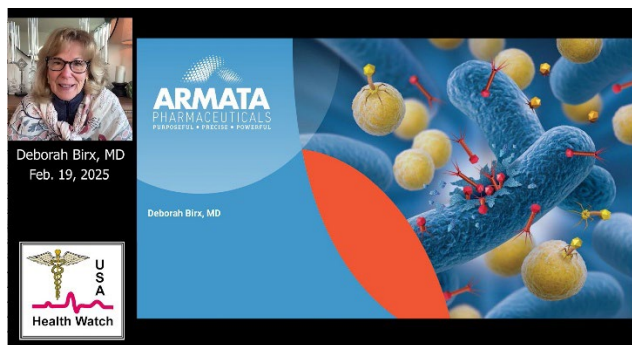
- To discuss with office staff and other health care professionals' strategies to prevent the spread of respiratory pathogens including use of N95 masks and improvement in indoor ventilation.
- To better discuss with patients the benefits and need for vaccinations.

Link to Course (Southern Kentucky AHEC)

<https://sokyahec.thinkific.com/courses/COVID-enduring>

Download Brochure: https://www.healthconference.org/healthconference.org-files/2024Conference_downloads/20240901-HWUSA_Brochure-AHEC.pdf

Health Watch USAsm – Meetings

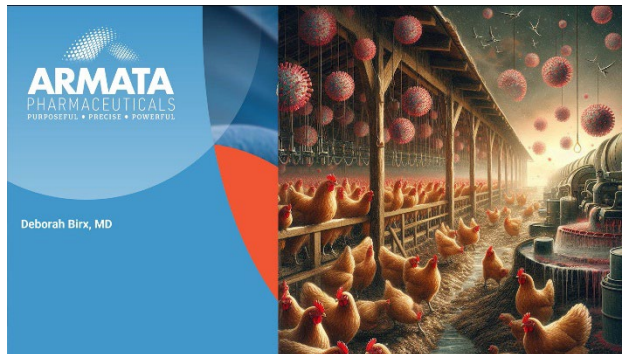


Utility of Bacteriophages to Combat Drug Resistant Bacteria

Ambassador Deborah Birx, MD addresses the topic of bacteriophages, which are viruses capable of eliminating antibiotic-resistant bacteria. The existence of phages has been known for approximately 100 years. This therapy has been utilized in Eastern Europe for 20 to 30 years and represents established technology. Bacteriophages exhibit high specificity for their

target bacteria, and unlike antibiotics, they do not disrupt the patient's microbiome. The discussion includes details on three Phase II clinical trials and outlines potential parameters for an upcoming Phase III clinical trial. The ongoing research focuses on infections caused by Pseudomonas and MRSA. In the future, phage therapy could potentially serve as either a standalone treatment or a complementary treatment alongside antibiotics for severe and resistant bacterial infections. This presentation was part of the Health Watch USAsm meeting held on February 19, 2025. You Tube Video:

https://youtu.be/_E02UFdca6g



Feb. 19, 2025. Dr. Deborah Birx Gives a Short Update On the Bird Flu

Dr. Debora Birx, MD gives an update on bird flu (H5N1). Human cases in the United States are increasing. Due to lack of adequate surveillance, they may be 10 times greater. Currently, the number of deaths in the United States is still less than a 2015 outbreak in Egypt. COVID-19 cases in the United States are low compared to previous years, but because of a late summer surge in

2024, a surge later in the Spring of 2025 is expected. Health Watch USAsm meeting. Feb. 19, 2025.

<https://youtu.be/JoE98u39T0Y>



Upcoming Meetings:

-- **Mar. 19, 2025. 7 pm ET:** Adam Van Bavel, Long COVID Patient Advocate. The impact of Long COVID on Patients, Communities and our Country.

-- **Apr. 16, 2025. 7 pm ET:** Christopher Shaffer. Bacteriophages – A patient's story.

Space is limited. To attend future meetings, send an email to kavanagh.ent@gmail.com

Health Watch USAsm – Articles of Interest

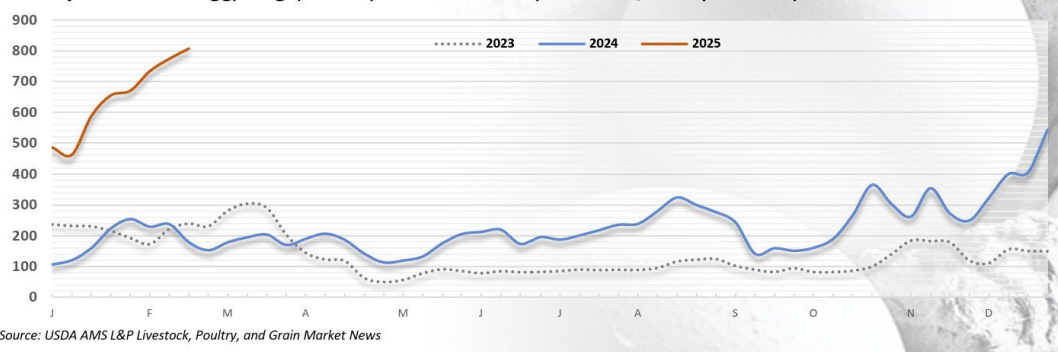


USDA Egg Markets Overview:

The wholesale price on the New York market for formula trading of large cartoned shell eggs delivered to retailers rose \$0.24 to \$8.47 per dozen with a firm undertone. In the major Midwest production region, wholesale prices for Large, white shell eggs delivered to warehouses increased \$0.28 to \$8.09 per dozen with a firm undertone while prices paid to producers for large cartoned shell eggs increased \$0.28 to \$7.92 per dozen. The California benchmark for large shell eggs rose \$0.05 to \$9.22 per dozen with a firm undertone. Delivered prices on the California-compliant wholesale loose egg market increased \$0.99 to \$9.68 per dozen with

a higher undertone. https://www.ams.usda.gov/mnreports/ams_3725.pdf

Weekly Loose Shell Egg, Large, White, National Index (f.o.b. dock, cents per dozen)



Good news. Seasonal flu might offer some cross protection to the Bird Flu. Another reason one should become vaccinated to the bird flu.

Influenza A(H5N1, bird flu) Immune Response among Ferrets with Influenza A(H1N1, swine flu – seasonal influenza)pdm09 Immunity

In conclusion, we found ferrets with immunity to pH1N1 (swine flu – seasonal influenza) virus exhibited reduced H5N1 (bird flu) virus replication and dissemination, had less mortality and fewer disease symptoms from H5N1 infection, and expressed H5N1 cross-reacting antibodies to the NA protein. Those results suggest that immunity to heterotypic influenza viruses may explain the mild symptoms observed during 2024 H5N1 infection of dairy and poultry farm workers. Although human H5N1 infections from the 2024 outbreak resulted in mostly mild illnesses, additional research addressing the effects of prior influenza immunity on the pathogenesis and transmission of H5N1 could shed light on the 2024 outbreak strain and inform pandemic risk plans. https://wwwnc.cdc.gov/eid/article/31/3/24-1485_article

So many Americans died from COVID, it's boosting Social Security to the tune of \$205 billion

The working paper from the National Bureau of Economic Research finds that approximately 1.7 million excess deaths among Americans 25 and older occurred between 2020 and 2023 related to the pandemic. Premature deaths related to COVID mean Social Security will not make retirement payments to those individuals in the future, reducing payments by about \$294 billion, the researchers found. <https://www.msn.com/en-us/politics/government/so-many-americans-died-from-covid-it-s-boosting-social-security-to-the-tune-of-205-billion/ar-AA1zoi3E?ocid=BingNewsSerp>

USDA rolls out \$1 billion plan to combat bird flu after egg prices rise

Agriculture Secretary Brooke Rollins said the new five-point plan would implement increased biosecurity measures for poultry farms to help reduce interactions between domestic flocks and wild birds, provide funding for farmers to quickly repopulate after having to cull infected flocks, remove some regulations, import eggs from other countries and research a vaccine. <https://kentucky Lantern.com/2025/02/26/repub/usda-rolls-out-1-billion-plan-to-combat-bird-flu-after-egg-prices-rise/>

Vaccines do not cause long COVID, Infections do:

Persistence in risk and effect of COVID-19 vaccination on long-term health consequences after SARS-CoV-2 infection

Nature Communications: "Completely vaccinated and patients with booster dose of vaccines did not incur significant higher risk of health consequences from 271 and 91 days of infection onwards, respectively, whilst un-vaccinated and incompletely vaccinated patients continued to incur a greater risk of clinical sequelae for up to a year following SARS-CoV-2 infection. This study provided real-world evidence supporting the effectiveness of COVID-19 vaccines in reducing the risk of long-term health consequences of SARS-CoV-2 infection and its persistence following infection." <https://www.nature.com/articles/s41467-024-45953-1>

This study underscores the need for treatment for long COVID. Once it develops, long term symptoms persist in the vast majority of patients.

Differences in Long COVID severity by duration of illness, symptom evolution, and vaccination: a longitudinal cohort study from the INSPIRE group

The overall rate of Long COVID resolution was less than 2% in our population, with a mean duration of over 2 years. We identified significantly worse physical and mental health outcomes among those with current Long COVID, while those with resolved Long COVID had worse physical and mental health outcomes than those who never had Long COVID.

[https://www.thelancet.com/journals/lanam/article/PIIS2667-193X\(25\)00036-5/fulltext](https://www.thelancet.com/journals/lanam/article/PIIS2667-193X(25)00036-5/fulltext)

Health Watch USAsm - 2023 Conference Presentations



4 CME/CEU Credits

CME- Physicians, PA, NHA, NP
Kentucky Approved Credits 4 Hours: EMS, Social Work, PT, Respiratory, Dentistry, OT, Community Health Worker, and Kentucky Board of Nursing (4.8 credits Nursing)

Long COVID's Impact on Patients, Workers & Society

Link to Presentation Videos:

<https://www.healthwatchusa.org/conference2023/index.html>

Download /View Conference Proceedings: Kavanagh KT, Cormier LE, Pontus C, Bergman A, Webley W. Long COVID's Impact on Patients, Workers & Society. Medicine. Published Mar. 22, 2024. https://journals.lww.com/md-journal/fulltext/2024/03220/long_covid_s_impact_on_patients_workers_.50.aspx

Download Brochure: https://www.healthwatchusa.org/conference2023/healthconference.org-files/2023Conference_downloads/20231101-HWUSA_Brochure-5.pdf

Health Watch USAsm - Peer-Reviewed Publications



Viewpoint: The Impending Pandemic of Resistant Organisms – A Paradigm Shift Towards Source Control is Needed

The United States needs a paradigm shift in its approach to control infectious diseases. Current recommendations are often made in a siloed feedback loop. This may be the driver for such actions as the abandonment of contact precautions in some settings, the allowance of nursing home residents who are carriers of known pathogens to mingle with others in their facility, and the determination of an intervention's feasibility based upon budgetary rather than health considerations for patients and staff.

Data from both the U.S. Veterans Health Administration and the U.K.'s National

Health Service support the importance of carrier identification and source control. Both organizations observed marked decreases in methicillin-resistant *Staphylococcus aureus* (MRSA), but not methicillin-susceptible *Staphylococcus aureus* infections with the implementation of MRSA admission screening measures.

Facilities are becoming over-reliant on horizontal prevention strategies, such as hand hygiene and chlorhexidine bathing. Hand hygiene is an essential practice, but the goal should be to minimize the risk of workers' hands becoming contaminated with defined pathogens, and there are conflicting data on the efficacy of chlorhexidine bathing in non-ICU settings.

Preemptive identification of dedicated pathogens and effective source control are needed. We propose that the Centers for Disease Control and Prevention should gather and publicly report the community incidence of dedicated pathogens. This will enable proactive rather than reactive strategies. In the future, determination of a patient's microbiome may become standard, but until then we propose that we should have knowledge of the main pathogens that they are carrying. Medicine Aug. 2, 2024. https://journals.lww.com/md-journal/fulltext/2024/08020/viewpoint_the_impending_pandemic_of_resistant.46.aspx



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