

ISSUE 14

FEBRUARY |
2023

JUST THE FACTS

A MONTHLY NEWSLETTER FROM YOUR
METRO HEALTH CLINICIAN AMBASSADORS



**METROPOLITAN
HEALTH DISTRICT**

February is here, and love is in the air (along with a little COVID and influenza). But aside from chocolates, kisses, and Valentine's Day wishes, we also observe American Heart Month – yes, that heart – and Black History Month. Be sure to check out the monthly highlights section for more!

MONTHLY HIGHLIGHTS

It's Black History Month and American Heart Month, and so we highlight the works of Dr. Daniel Hale Williams, a cardiologist, who performed the first successful heart surgery on July 10, 1893.

Dr. Williams was born in 1856, in Hollidaysburg, Pennsylvania. The son of a barber, Williams would decide not to follow in his father's footsteps, but to obtain a college education, earning his medical degree in 1883 from Chicago Medical College. He would go on to become a surgeon in Chicago's south side. During this time, many hospitals refused care to Black patients and did not hire Black physicians or hospital staff. It was in response to this disparity that he founded the first interracial hospital in the country – Provident Hospital and Training School for Nurses in 1891. It was here, where he was a practicing surgeon, that he performed the courageous heart procedure. This surgery—performed without modern medical aids such as antibiotics or modern anesthesia—saved the patient's life. Dr. Williams not only modernized medical procedures, but also paved the way to integration of healthcare education and practice. He died in 1931.



(Sources: <https://columbiasurgery.org/news/daniel-hale-williams-and-first-successful-heart-surgery>
<https://www.britannica.com/biography/Daniel-Hale-Williams>)

HEART DISEASE AND HEALTH DISPARITIES

Despite advances in medicine, education and technology, African Americans are still far more likely to die from cardiovascular diseases than non-Hispanic whites in the US. **According to the US Department of Health & Human Services Office of Minority Health:**

- In 2018, African Americans were 30% more likely to die from heart disease than non-Hispanic whites.
- Although African American adults are 40% more likely to have high blood pressure, they are less likely than non-Hispanic whites to have their blood pressure under control.
- African American women are nearly 60% more likely to have high blood pressure, as compared to non-Hispanic white women.

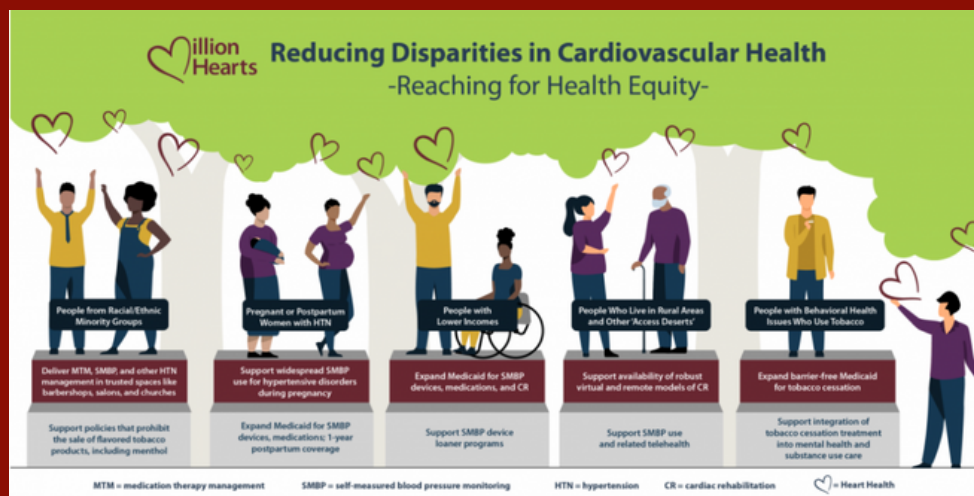


Additionally, Black and Hispanic adults who experience an out-of-hospital cardiac arrest are significantly less likely to receive potentially lifesaving CPR from bystanders, according to multiple studies.

While most in the healthcare field are familiar with cardiac risk factors, both modifiable and non-modifiable, we must also take the time to consider the less often discussed factors including implicit bias, racism and health disparities – how and when people access care, how they are treated when they do seek care and the effects of this treatment on their decisions about seeking future care. Developing trusting and respectful relationships with our patients is key to helping them improve their cardiovascular health.

Million Hearts ®

Million Hearts® is a national initiative co-led by the Centers for Disease Control and Prevention (CDC) and the Centers for Medicare & Medicaid Services (CMS) that aims to prevent 1 million heart attacks and strokes within 5 years. It focuses on implementing a small set of evidence-based priorities and targets that can improve cardiovascular health for all. You can find millionhearts.org resources for both patients and providers on heart health and health equity [here](#), and download provider and organizational strategies for change [here](#).



OTHER HEART-HEALTHY RESOURCES

San Antonio Metro Health offers the following:

- Viva Health Program - ¡Viva Health! is a nutrition education campaign for San Antonio that motivates and inspires healthy eating patterns for individuals and families. You can download, print and incorporate the free tools [here](#) to encourage healthy eating and stress management with your patients.
- Healthy Corner Stores Initiative - The Healthy Corner Stores program increases community access to convenient, fresh, and affordable fruit and vegetables across San Antonio. There are over 30 participating stores around the city. Access a map [here](#). Learn more about the program [here](#).
- Diabetes Prevention & Control Program - The Metro Health Diabetes Prevention & Control program offers NO COST services including workshops like the Diabetes Garage, which uses auto maintenance comparisons to better explain diabetes management to men. Check out their website [here](#).



**THE
DIABETES
GARAGE**

NO-COST Diabetes Education Workshops for Men (18+) with Type 1 and Type 2 Diabetes

Wednesday
February 22, 2023
9:00 AM - 11:00 AM
Claude Black Center
2805 E Commerce St

UPDATES TO OPIOID PRESCRIBING GUIDELINES AND DEA REQUIREMENTS

On Nov. 4, 2022, the CDC revised its [Clinical Practice Guideline for Prescribing Opioids for Pain](#). This guidance is for clinicians who prescribe opioids for patients aged 18 and older who have acute, subacute or chronic pain (excluding pain from cancer, sickle cell disease or Medication Assisted Therapy for Opioid Use Disorder). The guideline makes 12 recommendations based on new and updated evidence, as well as suggestions for implementation (see all 12 at a glance [here](#)). The guidance is intended to be flexible to enable person-centered decision making. It helps clinicians weigh risks and benefits of initiating opioid medications to treat common painful conditions, and recommends follow up within 1-4 weeks. It also provides updated recommendations on nonopioid therapies for some chronic pain conditions.

CDC held a Clinician Outreach and Communication Activity (COCA) call about the new guidelines on Nov. 17, 2022, with a focus on changes from previous guidelines. You can watch the recording and download the slides [here](#).

Visit emergency.cdc.gov/coca to stay up to date on emerging health threats and public health emergencies. Healthcare professionals can earn continuing education credits for attending these webinars.

NEW!!! UPDATED USPSTF RECOMMENDATIONS

The US Preventive Services Task Force (USPSTF) has released several updates to its recommendations on topics including screening for anxiety, depression and suicidality in children, and on the use of aspirin or statins to prevent cardiovascular disease. The most impactful final recommendations and grades, with links to the full recommendation statements, can be accessed in a convenient 1-pager [here](#). These recommendations include:

- **NEW!** Children ages 8 years and older should be screened for anxiety (B)
- Children ages 12 years and older should receive screening for depression (B)
- **GRADE CHANGE!** Recommends shared clinical decision-making with patients ages 40-59 at higher risk for CVD or stroke before starting aspirin, based on the patient's situation (C)
- Recommends *against* persons 60 years or older starting aspirin as a primary prevention for CVD (D)
- Statins for patients 40 to 75 years old at high risk for CVD (B)
- Shared clinical decision-making regarding statin use for patients ages 40 to 75 years who are at increased but not high risk. (C)

All published recommendations can be accessed [here](#).

SA KIDS B.R.E.A.T.H.E.

Providers: looking for cessation resources?

Metro Health's SA Kids BREATHE EXHALE team can help!

A variety of **NO-COST strategies** are available for your patients ready to quit.

Call the EXHALE Team at **(210) 207-8758**

Phone-Based Counseling, No Cost Nicotine Replacement Therapy, Self-Help

Anonymous Text to Quit Program for Youth

Expert Quitting Information

Text-Message Quit Support, Educational Videos, and Testimonials



METROPOLITAN HEALTH DISTRICT



EDUCATIONAL OPPORTUNITIES

Join UT Health San Antonio's School of Nursing for a free, live webinar on preventing opioid overdoses: "Overdose Prevention Training, Key Updates and Refresher." Register for the the Feb. 10 session [here](#).



Join the Institute for Trauma-Informed Care for ACE Interface training, resources and events. You can visit their website at InstituteTIC.com or view the [February 2023 events calendar](#). For information on how your organization can become a Trauma Informed Organization, visit the [Ecumenical Center](#), the certifying body for trauma-informed organizations.



Help break down the barriers that may inhibit individuals living with various disabilities from seeking care at your pharmacy or clinic by increasing your knowledge on how you can easily make your health care environment more disability-friendly.

Pharmacists, Clinicians, Nurses are all welcome to participate in the Vax-abilitySTRONG workshop presented by DisABILITYsa and its Vax-abilitySTRONG Vaccine Education and Outreach program. This 2.5-hour free workshop will offer up to 3.5 CEUs from Alamo Colleges. For more information and future dates, visit the VaxabilitySTRONG page [here](#). The next Provider workshop is scheduled for March 23, 2023.

CREATING DISABILITY-FRIENDLY HEALTHCARE ENVIRONMENTS

Help break down the barriers that may inhibit individuals living with various disabilities from seeking care at your pharmacy or clinic by increasing your knowledge on how you can easily make your health care environment more disability-friendly.

PHARMACISTS | PHYSICIANS | CLINICIANS | NURSES
2023 HEALTH PROVIDER WORKSHOPS
March 23rd | May 9th | June 10th | July 11th |
August 18th | October 21st | November 14th
Scan the QR code for specific times and locations.

REGISTRATION REQUIRED (FREE)
www.disabilitysa.org/Vax-ability#Workshop

BENEFITS

- This Disability-friendly Provider Workshop will take participants through a 2.5-hour meaningful learning experience outlining the types of disabilities and associated access issues, participating in problem-finding exercises, exploring the clinical perspective, and an overview of various strategies, tools, and resources for creating more disability-friendly environments.
- Earn 3.5 CEUs from Alamo Colleges
- Pharmacists, RNs, and Physicians who oversee a clinic or pharmacy and complete the training will receive a disability-friendly starter kit for their clinic/pharmacy. (Limit one per location) Available for purchase @ \$245
- Begin the process to be recognized as a Welcoming Provider in SA.

disabilitysa
210-704-7262
WWW.DISABILITYSA.ORG

VaxabilitySTRONG
This program is made possible in part by:
Texas A&M Health, Texas Department of State Health Services, Texas Department of Health Services, and the Center for Health Equity Promotion and Prevention, and the Institute for Trauma-Informed Care.

CLINICIAN AMBASSADOR CME CALENDAR OF EVENTS

UT Health ECHO, Southeast AIDS Education & Training Center and Metro Health Clinician Ambassadors present the Sexual Health in Primary Care Lunch & Learn Series

Events occurring every 2nd or 3rd Wednesday of the month from 12pm to 1pm CST
Grab your lunch and learn with us!

February 15 -
PrEP 101 for Primary Care
[Register here](#)

March 15 -
STI Treatment Guidelines
for Primary Care Settings

April 19 -
Syphilis Diagnosis and
Treatment in Primary Care

May 17 - Decreasing Stigma in
Primary Care Settings

June 21 - Let's Talk About Sex:
How to Confidently Take a
Sexual History and LGBTQIA+
Health

July 19 - Hep C for Primary Care

COVID CORNER

VACCINE CONFIDENCE TRAINING FOR CLINICIANS

The American College of Obstetricians and Gynecologists (ACOG) is offering a free training on COVID-19 Vaccine Confidence for healthcare providers called **“Inform to Empower: Building COVID-19 Vaccine Confidence One Conversation at a Time”** to help clinicians have effective conversations with their patients about COVID-19 vaccines. Training highlights include evidence-based patient communication strategies such as:

- Motivational interviewing
- Techniques for dispelling myths and misinformation
- Tips for creating a culture of vaccine confidence among staff and peers

Each module also provides a toolkit with clinician- and patient- facing materials.

The training is free to members and non-members who create an account. Participants can earn up to 1.5 CME credits. Questions? Email Covidchat@acog.org



LONG COVID CAN BE CONSIDERED A DISABILITY

At least 10% of people with COVID-19 will suffer from post-acute sequelae of COVID-19 (PASC) or “Long COVID.” The Office for Civil Rights of the Department of Health and Human Services (HHS) and the Civil Rights Division of the Department of Justice have created **guidance** regarding COVID-19 as a disability.

According to a recent HHS report, “Many health care providers aren’t prepared to recognize Long COVID, or outright don’t believe their patients. This leaves patients with Long COVID without answers, options, or at the very least, a validation of their experience.” The report, accessible **here**, was based on over 1,000 hours of interviews and four workshops, all designed to listen and learn from people who are or were affected by Long COVID, caregivers, and practitioners. HHS has created a resource mailbox for general feedback and inquiries about Long COVID: longcovid@hhs.gov. The department also is spearheading a response called **Health+ Long COVID**.

UT Health runs a **Long COVID clinic** that specializes in the treatment of PASC. For appointments or more information, call 210-450-6470.

COVID CORNER

WHERE TO FIND COVID-19 DATA

Some of our COVID-19 data and reports have moved. You can find COVID-19 information at the following local, state and national data sources:

COVID Community Risk Level: <https://covid19.sanantonio.gov/Home>

Case numbers and surveillance: <https://covid19.sanantonio.gov/Reports-Statistics/Dashboards-Data/Surveillance>

Wastewater surveillance: <https://covid.cdc.gov/covid-data-tracker/#wastewater-surveillance>

Local variant proportions: <https://sarscov2seq.uthscsa.edu/COVID19/>

Vaccination dashboard: <https://tabexternal.dshs.texas.gov/t/THD/views/COVID-19VaccineinTexasDashboard/Summary>

DSHS data for nursing facilities and long-term care:

<https://www.hhs.texas.gov/services/health/coronavirus-covid-19/texas-covid-19-case-count-vaccination-data>

MPOX UPDATE

Mpox Vaccines

Mpox vaccines continue to be available to patients at the Metro Health Clinic at 512 Highland Blvd, Ste 150. Appointments are no longer required for vaccination. Immunization hours are 8:30 – 11:30 a.m. Monday-Friday, as well as 1:30 p.m. to on Wednesdays.

STOMP Trial

Have a patient looking for Mpox treatment with TPOXX? Patients can readily access it through the STOMP trial at UT Health San Antonio. STOMP is a NIAID-funded clinical trial to evaluate the effectiveness of the antiviral tecovirimat, also called TPOXX, for the treatment of human mpox infection. People can self-enroll by visiting stomptpox.org. For more information, providers can visit clinicaltrials.gov.

Contact information:

University of Texas San Antonio Clinical Research Site
7703 Floyd Curl, Dr, San Antonio, TX 78229
210-567-4823

ASK YOUR CLINICIAN AMBASSADOR - QUESTIONS FROM THE FIELD

I have a patient with no known history of syphilis who came in for testing. Her results returned with a nonreactive RPR but a positive FTA-ABS. What guidance is there for when the results are discordant?

If your patient has discordant results, you have a few options:

- You can obtain a second, different treponemal test such as the TP-PA for confirmation and to rule out a false positive treponemal assay, especially when the suspicion for syphilis is low.
- You can treat presumptively, especially if the suspicion is high for infection. It is important to remember that syphilis can have a 90-day window, resulting in a nonreactive RPR even when the patient has an active infection.

Per CDC Guidance:

If a second treponemal test is positive (e.g., EIA reactive, RPR nonreactive, TP-PA reactive), persons with a history of previous treatment will require no further management unless sexual history indicates a re-exposure. In this instance, a repeat nontreponemal test 2–4 weeks after a confirmed medical history and physical examination is recommended to evaluate for early infection. Those without a history of treatment for syphilis should be offered treatment. Unless a medical history or results of a physical examination indicate a recent infection, previously untreated persons should be treated for syphilis of unknown duration or late latent syphilis.

If the second treponemal test is negative (e.g., EIA reactive, RPR nonreactive, TP-PA nonreactive) and the epidemiologic risk and clinical probability for syphilis are low, further evaluation or treatment is not indicated. (<https://www.cdc.gov/std/treatment-guidelines/syphilis.htm#nontreponemal-tests>)

Clinicians may also use the following contacts to look up previous titers and treatment history if there is a known history of syphilis infection:

Syphilis Titer & Treatment Look-up

Monday through Friday 7:45- 4:30pm:

Estella Morales, 210-207-2284

Metro Health Surveillance Supervisor Capri Berain: 210-207-8837

Nights/weekends/holidays:

Metro Health 24-7 epidemiology hotline, 210-207-8876, or Medical Director Junda Woo, junda.woo@sanantonio.gov

Have a burning public health question? Ask a clinician ambassador!
Email lucinda.zeinelabdin2@sanantonio.gov or sign up for an [academic detailing session!](#)

YOUR CLINICIAN AMBASSADOR

Schedule an appointment
with us today!



**LUCINDA LUNDY ZEINELABDIN,
MSN, APRN, FNP-C**

ACCESS TO CARE CLINICIAN AMBASSADOR
FAMILY NURSE PRACTITIONER
LUCINDA.ZEINELABDIN2@SANANTONIO.GOV
210-207-2407



For health alerts from
Metro Health text
"DOCALERT" to
1-844-824-COSA
(1-844-824-2672)

Message and data rates
apply.

You can now self-
schedule your virtual
academic detailing
sessions with the Clinician
Ambassador team!

Scan Here

