

# ISSUE 17

MAY/JUNE | 2023

# JUST THE FACTS

A MONTHLY NEWSLETTER FROM YOUR  
METRO HEALTH CLINICIAN AMBASSADORS



**METROPOLITAN  
HEALTH DISTRICT**

## MONTHLY HIGHLIGHTS

### MAY

May is Mental Health Awareness Month, and Metro Health's Center for Excellence for Trauma-Informed Care continues to focus on increasing awareness of the long-term effects of Adverse Childhood Experiences (ACEs) and using Trauma Informed Care (TIC) to prevent re-traumatization. Interested in learning more about TIC? Join University Health's Institute for Trauma Informed Care (ITIC) for a full month of activities, webinars and trainings on trauma informed care and resilience. View the [ITIC May Programming Schedule](#) for more information and to register. For more information on becoming a certified Trauma Informed Organization, visit the [Ecumenical Center](#) page and complete the interest form.



Need a resource for mental health and resilience referrals for children and their families? Check out the [Access to Care Local Resource Guide](#). This project was a result of the Integrating Positive and Adverse Childhood Experiences into Pediatric Care (IPACE) pilot with Metro Health, the National Association of County & City Health Officials (NACCHO), and the Centers for Disease Control & Prevention (CDC). The program ran from May 2022 through February 2023 and focused on working with pediatric providers to address ACEs using an evidence-based, strengths-focused approach called the HOPE Framework. To learn more about the HOPE framework and access HOPE resources, visit [positiveexperience.org](#). You can also sign up for an academic detailing session to discuss the framework and how it can improve patient care in your practice.

# CARING FOR THOSE WHO CARE

When considering trauma informed care, we must remember to include ourselves – healthcare providers and our staff. There are no words to effectively describe what many in the healthcare field have experienced in the last few years, especially during the worst of the COVID-19 pandemic. Providing the best care for others starts with the care we provide ourselves, and we can lose focus of that when we are so busy looking after everyone else. The South Texas Regional Advisory Council (STRAC) Pandemic Medical Operations Workgroup and Resiliency Workgroup created a “resource page for YOU, as the first responder or frontline healthcare worker.” You will find a multitude of mental health and resiliency resources for those who care for others on this page including counseling, Employee Assistance Programs (EAPs), as well as self-help resources. Visit the page [here](#).

## **ADDITIONAL RESOURCES FOR MORE INFORMATION ABOUT BURNOUT, WELLNESS, AND/OR SUICIDE PREVENTION FOR HEALTHCARE PROVIDERS, THEIR COLLEAGUES, OR LOVED ONES:**

[National Alliance on Mental Illness: Health Care Professionals](#)

[Resource Compendium for Health Care Worker Well-Being](#)

[Surgeon General's Advisory on Health Care Worker Burnout](#) includes printable flyers  
Local Crisis Hotline, 210-223-SAFE, or [988 \(formerly National Suicide Prevention Lifeline\)](#)  
or text TALK to 741741

[Physician Support Line](#) (Physicians Only) 1-888-409-0141

[Therapy Aid Support Line](#) (All Healthcare Workers and First Responders)

# ASIAN AMERICAN, NATIVE HAWAIIAN, AND PACIFIC ISLANDER (AANHPI) HERITAGE MONTH

In May, we celebrate Asian American, Native Hawaiian and Pacific Islander Heritage (AANHPI) Month. Did you know that there are 24 million people in the US who identify as Asian and 1.7 million people who identify as Native Hawaiian and Pacific Islander? (US Census Bureau). According to the Federal Asian Pacific American Council (FAPAC), AANHPI Heritage Month was initially recognized by Presidential Proclamation in 1977, as Asian American/Pacific American Heritage Week, to be celebrated during the first week of May. In 1990, Congress extended the period of observance to a full month, and the designation became permanent in 1992. The proclamation was amended to include people of Native Hawaiian descent in 2021. AANHPI

Heritage Month is a time to recognize and celebrate the contributions of the AANHPI community to the history and future of the United States. This month is also commonly referred to as Asian American Pacific Islander (AAPI) Heritage Month.



This year we take a look at the life and legacy of civil rights activist Grace Lee Boggs. Born on June 27, 1915, in Providence, Rhode Island, Grace Lee Boggs was the daughter of Chinese immigrants. She is well known for her activism surrounding

civil rights, social justice and the environment. Being both a woman and person of color, Grace experienced racism first-hand when despite her advanced education (a PhD in philosophy) she was unable to obtain gainful employment in academia. After moving to Chicago, she worked for a \$10 weekly stipend at the University of Chicago's Philosophy Library. With this low income, she was not able to afford an apartment and lived rent-free in a "rat-filled basement." ([NPR, 2015](#)). This time living in a poor Chicago neighborhood connected her with the plight of African Americans and their fight for civil rights.



**GRACE LEE BOGGS**

(PHOTO CREDIT: CASTILIBRARY8, CC BY-SA 4.0  
<[HTTPS://CREATIVECOMMONS.ORG/LICENSES/BY-SA/4.0/](https://creativecommons.org/licenses/by-sa/4.0/)>, VIA WIKIMEDIA COMMONS)

She moved to Detroit in the 1940's where she met her husband, activist James Boggs. Throughout her life, she and her husband worked together taking on social justice causes including labor, women's rights, Asian American and African American civil rights. The couple would become well-known activists in Detroit. "She and her husband founded Detroit Summer, a program for youth to work on community projects to revitalize Detroit neighborhoods, as well as the James and Grace Lee Boggs Center to Nurture Community Leadership." ([NBCnews.com, 2015](#)). Grace wrote several books on revolution and activism, and "She helped organize the 1963 March down Woodward Avenue with Dr. Martin Luther King, Jr., as well as the Grass Roots Leadership Conference with Malcolm X." (NBCnews.com, 2015). Grace Lee Boggs died at the age of 100 on October 5, 2015.

"We never know how our small activities will affect others through the invisible fabric of our connectedness. In this exquisitely connected world, it's never a question of 'critical mass.' It's always about critical connections." - Grace Lee Boggs  
(Source: James Boggs, Grace Lee Boggs (1974). "Revolution and Evolution", p.44, NYU Press)

To learn more about the life and works of Grace Lee Boggs, please visit [nps.gov](https://www.nps.gov)

For additional information on AANHPI Heritage month, visit [asianpacificheritage.gov](https://asianpacificheritage.gov). You can also find more information at the here and at the FAPAC site here.



## HEALTH & HOOPS FAIR

Metro Health will partner with the YMCA to offer a Men's Health Fair at the Walzem YMCA and Equity Hub, June 17, from 9AM-2PM. This fair will feature a 3-on-3 basketball tournament, produce giveaways, cooking demos and community vendors.

## NATIONAL NURSE'S WEEK IS MAY 6 - 12



National Nurse's Week is observed from May 6 to May 12 each year, in recognition of the hard work, dedication and contributions of nurses to patients, their families and healthcare as a whole. Looking for some ways to say thanks to the nurses in your life?

### [The American Nurses Association](#)

(ANA) is celebrating nurses all month long with a different focus area each week. This year's weekly focus areas include Self-Care, Recognition, Professional Development, and Community Engagement. Check out their web page for more information on how to participate. If you're a nurse, celebrate Week 3 (Professional Development) through a free and convenient academic detailing session with a Metro Health Clinician Ambassador. These sessions can be in-person or virtual, at a time and place preferred by the nurse. Self-schedule [here](#) or complete the [Provider Interest Survey](#).

## JUNE

### Men's Health Month

June is Men's Health Month, a time to promote healthy behaviors such as regular checkups, exercise and healthy food choices. [According to](#)

[the CDC](#), 13.2% of men aged 18 and over are in fair or poor health. It's also a time to reflect on the fact that despite advances, the health of Black and other minority men continues to lag behind that of White men in the US. Research shows that Black men continue to have higher disease prevalence, poorer outcomes and shorter life expectancy than others (Shikany et al., 2018), even when income or education is considered. Visit the Department of Health & Human Services' Office of Minority Health for more information and resources on Men's Health Month and the status of minority men's health at [minorityhealth.hhs.gov](https://minorityhealth.hhs.gov)



### WEAR BLUE DAY JUNE 17, 2022

Men die at higher rates from the three leading causes of death—heart disease, cancer and unintentional injuries.  
Talk to the men in your life about staying healthy.

Source: Centers for Disease Control and Prevention

#WearBlueDay

[minorityhealth.hhs.gov/mens-health](https://minorityhealth.hhs.gov/mens-health)



### Pride Month

In June we also celebrate Pride Month, a time of celebrations, events and activities to raise awareness of the achievements and contributions of the lesbian, gay, bi-sexual, transgender, queer and others

(LGBTQIA+) community and the ongoing battle for equal rights for LGBTQIA+ persons in the U.S. and around the world. According to the Library of Congress, "Pride Month is currently celebrated each year in the month of June to honor the [1969 Stonewall Uprising in Manhattan](#) ... In the United States the last Sunday in June was initially celebrated as 'Gay Pride Day.'" Today, celebrations in the form of parades, parties and festivals as well as memorials for those lost to violence or to HIV/AIDS take place all over the nation and across the world. ([census.gov](https://census.gov))



Visit Pride San Antonio [here](#) to learn more about Pride Month activities and ways to get involved. Looking for resources and support for LGBTQIA+ patients or others? [Visit https://pridecentersa.org/resources/](https://pridecentersa.org/resources/).

Want to make your practice an inclusive and non-stigmatizing environment for all patients? Check out the [Anti-Stigma Guidelines](#) from the End Stigma End HIV Alliance. You can also visit the [National LGBTQIA+ Health Education Center](#) for training for healthcare providers and clinical staff on LGBTQIA+ Health.

# EDUCATIONAL OPPORTUNITIES

## MAY

### MAY 11 -

Join the Health and Human Services Commission (HHSC) Office of Disability Prevention for Children and the HER Foundation from 11 a.m. to noon for a webinar on preventing and treating Hyperemesis Gravidarum (HG), presented by Dr. Aimee Brecht-Doscher, MD, OB-gyn and HER medical advisor, and Kimber Wakefield MacGibbon, RN, HER executive director. [Register here.](#)

### MAY 11 -

Join the American Liver Foundation and CDC for Hepatitis C Virus: Barriers to Treatment and Community-focused Primary Care, a webinar for liver specialists and public health providers.

[Register here](#)



### MAY 17 -

Session 4 of the Sexual Health in Primary Care Lunch & Learn Series: Reducing Stigma in Primary Care Settings – Join your Clinician Ambassador for a live webinar discussing stigma, its effects on the healthcare system and the health of those who experience it. We will also focus on how to provide stigma-free care and discuss harm reduction resources. Register [here](#). Free CME/CNE/PharmD/Social Work credits available. This 1-hour session starts at 12 pm CT.

### MAY 23-

Join “Healthy People 2030 Spotlight on Health Webinar: Best Practices in Pain Care,” from the U.S. Office of Disease Prevention and Health Promotion, noon to 1:15 PM. Federal presenters will provide an overview of Healthy People 2030’s Chronic Pain Topic Area, discuss multiple approaches to pain management, and the essential skills and principles necessary for a person with chronic pain to take an active role in managing their chronic condition for a fuller and happier life. Register [here](#). CME/CE credits available.

## OTHER EDUCATIONAL OPPORTUNITIES

### DISABILITYSA WORKSHOPS

Help break down the barriers that may inhibit people living with disabilities from visiting your pharmacy or clinic by increasing your knowledge about disability-friendly health care environments. Pharmacists, clinicians and nurses are all welcome to participate in the Vax-abilitySTRONG workshop presented by DisABILITYsa and its Vax-abilitySTRONG Vaccine Education and Outreach program. For more information and future dates, visit the VaxabilitySTRONG page [here](#). The next provider workshop is scheduled for June 10



### IMMUNIZATION: TRENDS AND CHALLENGES IN TEXAS

Immunizations are one of the public health successes of the past century, but not all Texas children and adolescents receive recommended immunizations on time. Increase your knowledge and sharpen your skills about how to improve immunization rates to protect young patients by taking Texas Health Steps’ updated Quick Course on this topic, [here](#). (Quick Courses do not require registering and do not provide CE credits.)

# EDUCATIONAL OPPORTUNITIES

## JUNE

### JUNE 1 -

Join the Denver Prevention Training Center and Texas Department of State Health Services (DSHS) for STI Expert Hour. June's webinar is Adventures in Ano-genital Dermatology. 1 hour of free CME/NCPD is offered. Register [here](#).

### JUNE 1 -

Join the National Association of County and City Health Officials (NACCHO) and Dr. Ina Park for a webinar, Check Your Stigma at the Door, focused on the history of STIs and HIV, its effects on our attitudes toward STI and HIV care today, and how stigma impacts STI and HIV care, at 12:30 p.m. Register [here](#).

### JUNE 21 -

Session 5 of the Sexual Health in Primary Care Series: Let's Talk About Sex: Taking a Sexual History and LGBTQIA+ Health. This 4.5 hour workshop will discuss the importance of taking a sexual history and provide tips on how providers can do so with confidence. We will also explore LGBTQIA+ Health and provide resources and training on how to provide a stigma-free, inclusive and welcoming environment to provide holistic care for our patients, including Q&A with members of the community discussing LGBTQIA+ health and personal experiences in the health care system. This will be an in-person workshop, with limited space. Register [here](#). Free CME/CNE/PharmD/Social Work credits available.

## SA KIDS BREATHE



***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**  **EXHALE**

# HEALTH ALERTS AND OTHER HEALTH NEWS

## HEALTH ALERT – MARBURG VIRUS DISEASE ALERT

On April 6, 2023, a [CDC Health Alert](#) was issued regarding outbreaks of Marburg Virus Disease (MVD) in both Equatorial Guinea and Tanzania. The alert is for general awareness for healthcare providers, and there have been no known or suspected cases of Marburg Virus Disease in the US to date.

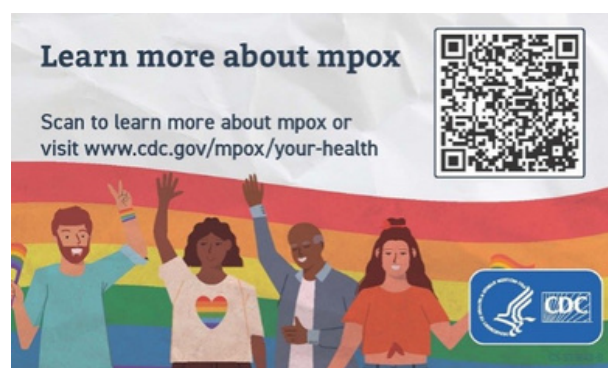
## ENCOURAGE MPOX VACCINES BEFORE SUMMER FUN

Summer is fast approaching, and festivals, concerts and other public gatherings are coming up. Now is a great time to encourage at-risk patients to begin the 2-dose, FDA-approved JYNNEOS vaccine, so that the series is completed beforehand. Any rave, event, party, or club where there is minimal clothing and where there is direct, often skin-to-skin contact has some risk. Currently, fewer than 1 in 5 at-risk Texans have received even one dose.

Mpox vaccines continue to be available to patients at the Metro Health STI Clinic at 512 Highland Blvd, Ste 150. Appointments are no longer required. Immunization hours are 8:30 – 11:30 a.m. Monday-Friday, as well as 1:30 p.m. to 6:30 p.m. on Wednesdays.

## MPOX INFO CARDS

Looking for an easy way to provide Mpox infection and vaccine info? Check out these handy 5x3 [Mpox cards from the CDC](#). These are small, printable PDF cards that can easily be provided to patients to provide them with reliable information about how they can protect themselves from Mpox. [Spanish](#) version also available.



## 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 [stomptpoxx.org](http://stomptpoxx.org). For more information, providers can visit [clinicaltrials.gov](http://clinicaltrials.gov).

Contact information:

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



# COVID CORNER

## New Recommendations for COVID-19 Vaccines

On April 18, the FDA announced it had expanded the emergency use authorizations (EUAs) for both the Moderna and Pfizer BioNTech Bivalent COVID-19 vaccines, allowing their use for all vaccine doses and simplifying the vaccination schedule for persons 6 months and older. The FDA also announced that it was rescinding EUAs for the monovalent formulations. Monovalent vaccines will no longer be authorized for use in the US. This means that most people between ages 6 to 65 who have not yet been vaccinated can now receive a single dose of a bivalent vaccine, as opposed to multiple doses of the monovalent vaccine. Most individuals who already received a dose of the bivalent formulation are not eligible for an additional dose unless they are aged 65 or older or have certain immunocompromising conditions. Read the entire announcement here: [Coronavirus \(COVID-19\) Update: FDA Authorizes Changes to Simplify Use of Bivalent mRNA COVID-19 Vaccines](#). For more information and updated CDC interim clinical guidance including vaccine schedules, visit [cdc.gov/vaccines/covid-19](https://cdc.gov/vaccines/covid-19). View guidance for individuals who are immunocompromised [here](#). CDC will continue to monitor the virus' spread and vaccine effectiveness and may update this guidance closer to the fall.

## HHS Bridge Access Program

On April 18, HHS announced a "Bridge Access Program" for COVID-19 Vaccines and Treatments. This program is intended to help ensure millions of uninsured Americans can maintain access to COVID-19 vaccines and treatments at their local pharmacies, through existing public health infrastructure, and at their local health centers through December 2024. Read the HHS fact sheet [here](#).

Looking for patient resources about the end of the COVID-19 Public Health Emergency? The National Resource Center for Refugees, Immigrants, and Migrants (NRC-RIM) created customizable fact sheets about the end of the Public Health Emergency in multiple languages including Spanish, Dari, Arabic and Ukrainian [here](#), as well as a [cost table](#), a [guidebook](#) for client-facing staff and a public [FAQ](#).

## YOUR CLINICIAN AMBASSADOR

Schedule an appointment with us today!



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