

Catalyst

Care Alert

CATALYST COVID-19 STRATEGY

This is an evolving health alert and protocols will be continually updated

Updated: 04/24/2020

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GENERAL UPDATES

Catalyst Community,

Just when it seems like the flow of information is decreasing, **inboxes** begin **filling** with new and changing information. **Practices are working extremely hard** to keep their doors open and patients healthy. Time to review the **tidal wave of new info** t is scarce.

The **Catalyst team** has been working to **reduce the burden** of literature review, managing guideline updates and keeping abreast of new tests and treatments. Each **Care Alert** is intended to **consolidate the most recent information** and present it in an easily consumable manner.

Over the next few weeks, we will boil down the content further. **Friday, May 1st**, will mark Care Alert # 25. Look for an **abbreviated, quick-view format** that allows for a deeper dive if desired.

With Care,
Jeff Bullard, MD
Chief Medical Officer

CLINIC IMPACT

BUSINESS CONTINUITY PLANNING

PPP Loan Update

- The second round of **CARES ACT funding** has been **approved**.

NOTE: The banks will start accepting applications at 9:30am on Monday the 27th

- Today's webinar was dedicated to this topic. **If you have not received funding yet**, it is critical that PCP's **ACT NOW** in order to receive financial relief. If you couldn't join us live, watch the webinar [HERE](#) and view the presentation slides [HERE](#).

- Reach out to your Performance Advocate or info@catalysthealthnetwork.com anytime for questions or additional support needed!

HCA Healthcare Resources

- HCA Healthcare has enlisted the services of PricewaterhouseCoopers (PwC) to offer resources and assistance with the preparation and submission of applications for independent physicians and physician practices around the **Paycheck Protection Program (PPP)** and **CMS Accelerated and Advance Pay Program**, **at no cost to you**.
- HCA is also supporting independent physicians and physician practices **in need of a PPP lender** through working with Cross River Bank, who is willing to work with new borrowers who hold bank accounts at other financial institutions.
- **Learn more about HCA's services [HERE](#).**

Real Estate During COVID-19

- On Tuesday's Webinar we were joined by special guest **Jeff Anderson of Harrod Healthcare Real Estate**, who shared **key real estate considerations** you should be making during COVID-19. To view these considerations, and learn how you could feel some financial relief, click [HERE](#). For follow up questions or real estate support, contact:

Jeff Anderson

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Office 972-808-7285 | Mobile 817-946-9937

Group Purchasing Savings

- **REMINDER!** As you continue to look for ways to **reduce costs** in your practice, **GroupSource** Group Purchasing is still available! We've already seen massive savings for **medical supplies**, **office supplies**, and **credit card processing**. Find the top five ways you can save with them [HERE](#). **Why miss out on EASY SAVINGS?** Contact our **GroupSource** friends to find savings you may be missing out on!

Kiley Muller

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INTRODUCING ANTIBODY TESTING

ANTIBODY TESTING

COMING SOON!

Beginning Wednesday, 4/29/2020, **antibody testing will be available through Catalyst** centralized testing sites in North Texas. Patients and employers are anxious to have antibody testing completed. **Testing sites will provide IgG serology testing in conjunction with PCR diagnostic testing.**

Tune in to Tuesday' Webinar, April 28th to learn more about antibody testing and how to order it at our testing sites. Visit the [Zoom Corner](#) for connection details.

DISCLAIMER: *The scientific understanding regarding antibody test interpretation needs further research. Recommendations rely on presumptions made based on experience with similar coronaviruses.*

WHO SHOULD GET ANTIBODY TESTING?

PCR diagnostic testing continues to steer much of the decision making about quarantine and work clearance. With that in mind, patients will fall into one of two categories:

First category includes patients that would be candidates for PCR testing:

- **Follow the current criteria** to determine who is a candidate **for PCR diagnostic testing.**

Second category includes patients that are asymptomatic and non-essential workers:

- Do not meet current criteria for PCR testing
- May have had a remote history of symptoms or concern regarding exposure
- **Consider Antibody only testing** - Antibody testing to assess for possible prior exposure and possible immunity and improve understanding of community impact

REMINDER: CDC PCR TESTING CRITERIA

According to the CDC, **providers should use their judgment** to determine if a patient has signs and symptoms compatible with COVID-19 and **whether the patient should be tested.** Most patients with confirmed COVID-19 have developed fever and/or symptoms of acute respiratory illness (e.g., cough, difficulty breathing).

NOTE: Catalyst Testing Sites will do PCR diagnostic testing for **CDC Priority 2** and **Priority 3** patients. (Priority 1 patients pertain to hospitalized patients and hospital workers). **View the CDC's priorities for COVID-19 testing [HERE](#).** The exceptions include:

- Patients who need testing prior to surgery (obtain PCR plus antibody testing)
- Asymptomatic, frontline essential worker who was exposed < 14 days prior to testing
- Patients with a recent history of undiagnosed COVID-like symptoms who need to be cleared for work, given:
 - No know COVID-19 exposure history
 - Asymptomatic < 3 days

AND/OR

- < 7 days since COVID-like symptom onset

*Consider Options: Obtain PCR PLUS Antibody testing (takes an average of 3 days for results) **OR WAIT for the 3- and 7-day windows above to pass.***

CHOOSING BETWEEN PCR & ANTIBODY TESTING

FIRST: Determine if patient is a candidate for PCR diagnostic testing

IF YES – Patient will need a PUI form and Leading Reach referral ordered to secure a testing appointment

IF NO – Patient will have antibody testing alone.

FULL process details will be reviewed on Tuesday, 4/28/2020, during our Webinar. They will also be released in Tuesday's Care Alert. You can begin order antibody or combination testing at Catalyst centralized testing sites starting Wednesday the 29th.

POST-TESTING GUIDANCE

RESULTS - GENERAL

- Lab results will take **3 days on average**
- **PCR tested** patients **should STAY at home and separated** from others to limit the potential spread of illness until results are received.

- PCP contacts patients with test results.
 - A follow-up virtual visit is recommended to address patient questions.
 - *For positive test results, PCP contacts the Health Department and should document all actions in a patient’s chart to reflect instructions and care plan*

The false negative rate of testing is not completely understood. For this reason, to limit the risk of spread, PCR diagnostic testing patients should:

- Follow the guidance given in the [Guidance for Care and Isolation After Testing Fact Sheet](#) until symptoms resolve
- During home isolation, patients should monitor their symptoms. Ask patients to utilize the [COVID-19 14-Day Symptom Monitoring Log](#) to obtain a clear picture of the patients' progress.
- Notify their healthcare provider when they are symptom free to get further direction about next steps

POST-TESTING FOLLOW-UP

Following any COVID-19 testing, patients require different types of follow up, depending on the type of testing performed and the results. For detailed guides on post-testing follow up, regardless of where their test was performed, click the applicable link below:

PCR Diagnostic Testing ONLY	
Negative PCR Test	Positive PCR Test
Click here to download the PCR Diagnostic Testing Only Follow-Up Guide	
Combination Testing	
Negative PCR/ Negative Antibody Test	Negative PCR/ Positive Antibody Test
Positive PCR/ Negative Antibody Test	Positive PCR/ Positive Antibody Test
Click here to download the Combination Testing Follow-Up Guide	
Antibody Testing ONLY	
Negative Antibody Test	Positive Antibody Test
Click here to download the Antibody Testing Only Follow-Up Guide	

Exception for Healthcare Workers:

The current **CDC guidelines** for **exposed healthcare worker restrictions** are below. Negative PCR with positive antibody testing suggests past exposure without current infection. Until more is known about incubation period, seroconversion and viral shedding, asymptomatic frontline worker who received antibody testing as part of a work readiness assessment should follow these guidelines.

RETURN-TO-WORK GUIDELINES FOR EXPOSED HEALTHCARE WORKERS

As a **healthcare worker**, or any critical infrastructure worker (e.g. law enforcement, first responders, food/agricultural vendors, 911 personnel), the **CDC recommends** the following practices **for asymptomatic, exposed** workers:

- **Prior to each shift**, employer should **assess** employee or the presence of **symptoms** and **elevated temperature**
- Employee should **wear a face mask**, surgical or cloth mask, for **14 days** after last exposure
- Employee should **maintain a social distance** of 6 feet whenever possible
- Employer should **disinfect all shared areas and equipment** (e.g. restrooms, computers, workspaces)
- Employee **should not share objects** that are used near the mouth, nose (e.g. headsets)
- Employee should **avoid sharing space** when possible (e.g. stagger lunches and breaks)
- Should the **employee become symptomatic**, they must be **sent home**. Additionally, employer should **assess the other employees for potential exposure** to the symptomatic employee, including the 48 hours prior to the employee becoming symptomatic

NOTE: Exposure is defined as **contact** with a COVID-19 positive person, **including the 48 hours before** that person became symptomatic, under the following situation:

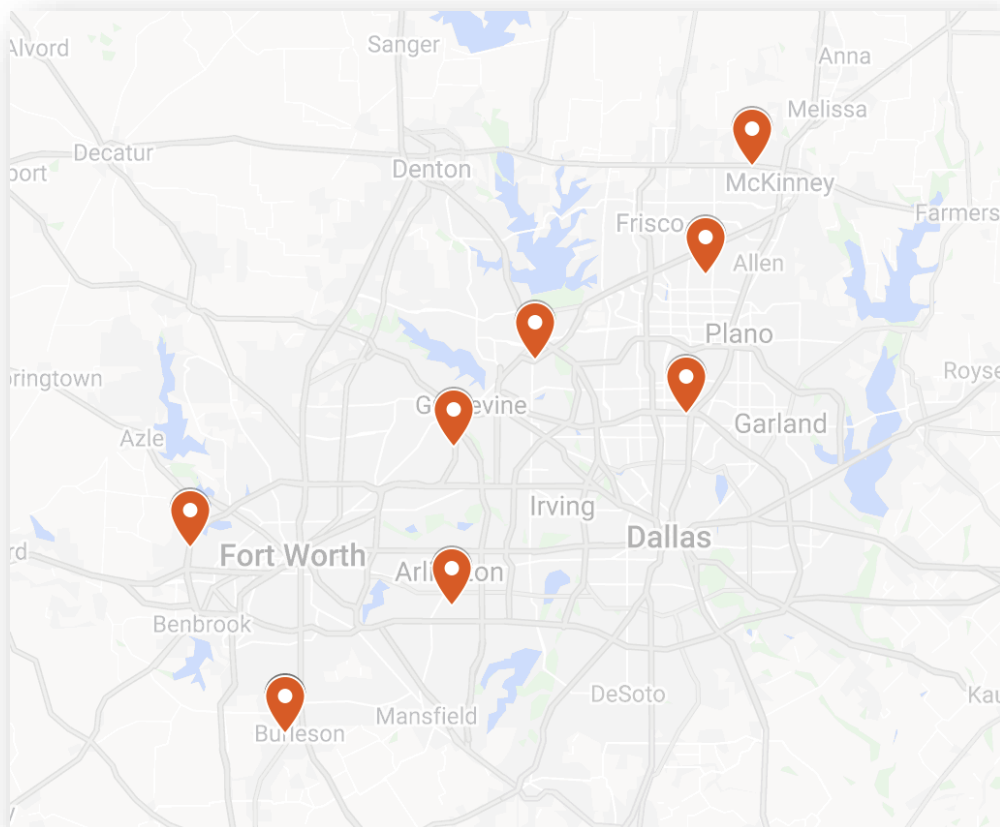
- **Within 6 feet** of a COVID-19 positive person for a period of 10 minutes or longer
- A **household contact** with a COVID-19 positive person

ADDITIONAL POST-TESTING RESOURCES

- [How to Care for Someone Who is Sick – The CDC recommends caregivers should follow these protocols when taking care of someone who has tested positive](#)
- [How to Clean Your Home During COVID-19 – The CDC recommends households with a COVID-19 positive patient should follow these extra cleaning steps](#)

CATALYST CENTRALIZED TESTING SITES

Beginning next week, Catalyst will have a total of **8 testing sites available in North Texas** prepared to serve patients. As we **expand testing capabilities**, we are continually assessing patient access and the need for additional locations.



CLINICAL CONSIDERATIONS

TREATMENT CORNER

Self-Care During COVID-19

- Dr. Wayne Jonas, author of *How Healing Works*, joined us this week, sharing his expertise on coping with COVID-19 from a whole-person perspective. Taking care of ourselves is important now more than ever. His resources are a must see!
 - [COVID-19 Webinar 15: Self-Care During COVID-19](#)
 - [Self-Care During COVID-19 Presentation by Dr. Jonas](#)
 - [Sources and Resources for Coping With COVID-19](#)
 - [Dr. Jonas' Blog: Resources to Support a Healthy Immune System](#)

Airrosti & Telehealth

- Airrosti will now be offering new telehealth and remote care services. While many of their clinics remain open, these virtual services allow patients to receive musculoskeletal expertise from their own home. Features include:
 - **Assessment:** Video consultation to assess and diagnose orthopedic injuries
 - **Recovery Exercises:** Personalized program of at-home care instruction to speed up recovery
 - **Care Coordination:** Individualized recovery plan and assistance with appropriate care referrals, if needed

To learn more, or schedule an appointment, click [HERE](#).

FDA Approved Home Nasal Swabs

- FDA's [emergency use authorization](#) of LabCorp's COVID-19 RT-PCR Test.
 - Self-collection of nasal swab samples from patients at home,
 - **Currently reserved for healthcare workers and first responders**
 - Online screening determines eligibility for ordering test kit
 - The sample is mailed by the patient to a LabCorp lab for testing
 - Tests can be ordered by patients through <https://www.pixel.labcorp.com/> and cost \$119
 - Results are made available to patients online

Use of Corticosteroids

- There has been no change in the recommendation for patients with asthma and/or allergies, or COPD
 - Continue using inhaled steroids to improve lung function
 - It is safe to continue using nasal steroid sprays for allergies
 - A [clinical trial](#) is underway to examine if inhaled corticosteroids may have a protective role in COVID-19 infection
- Rejection of the WHO statement against use of corticosteroids for viral pneumonia is growing
 - There is no link between delayed viral clearance and worse outcome in critically ill patients
 - Experts currently support low-dose and short duration corticosteroids for COVID19 patients with ARDS
 - Experts suggest higher doses of steroids for COVID-19 patients showing evidence of cytokine storm
 - Clinical trials are underway to examine the safety and efficacy of steroids in the presence of COVID-19
- [Endocrinology experts](#) recommend usual “sick day rules” for patients with primary or secondary adrenal insufficiency
 - In the presence of fever and dry continuous cough, double the daily oral steroid dose
 - Continue increased dose until fever subsides
 - These recommendations also apply to patients treated who have been using steroids for > 3 months to treat an inflammatory condition

Update on Hydroxychloroquine (HCQ)

- Evidence for use of hydroxychloroquine continues to be mixed, in no small part due to the rush to find an effective treatment and lack of standardized protocols
 - A recently published [Meta-Analysis](#) found HCQ treatment resulted in fewer cases of radiological progression of lung disease, but no difference in cure, death, or disease worsening
 - One confounding issue in interpreting current data is lack of a standardized dosing regimen
 - Lower doses are producing results with outcomes that are not clinically different from controls, but higher doses appear unfavorable because of the increased incidence of QTc prolongation
 - [Garcia-Cremades et. al](#) recently proposed using doses > 400 mg BID in future studies, based on a model that integrates what is known about COVID-19, with the established safety and efficacy of HCQ from other drug trials.

- The American College of Cardiology released a statement on approaches to minimize risk with the use of HCQ
 - Electrocardiographic/QT interval monitoring, with guidance for drug withdrawal
 - Correction of hypokalemia >4 mEq/L and hypomagnesemia >2 mg/dL
 - Avoiding other drugs that prolong QTc when feasible
 - The release is available [HERE](#) and includes a link to other detailed guidance on safety considerations

TELEHEALTH & BILLING RESOURCES

TELEHEALTH CORNER

Place of Service Payer Changes

NEW! Aetna and BCBS have updated their telehealth policies to require the use of **POS 02** (and modifier 95) for telehealth visits. This is a change from previously requiring POS 11.

See the telehealth payer grids below for more details.

Care Alert #22 was a **special edition** dedicated to all things Telehealth. Click [HERE](#) to view the Alert and get answers to all your Telehealth needs!

For an in-depth guide on all things Telehealth, download our updated **Telehealth Toolkit** [HERE](#). You'll find detailed information on the following:

- *Telehealth in Primary Care's Future*
- *Getting Started with Telehealth*
- *Billing & Reimbursement with Telehealth*
- *Telehealth Optimization*

BILLING & REIMBURSEMENT

Coding Quick Reference Guides

REMINDER: If you have questions about **billing for telehealth visits**, visit the [Catalyst Health Network Resources Page](#) to view the following resources:

- [Telehealth Coding Quick Reference Guide](#)
- [Medicare Coding Opportunity quick reference guide](#)
- [E/M Coding Elements reference guide](#)

Telehealth Payer Grids

We are communicating with the payers daily to get the most up-to-date information surrounding Telehealth and COVID-19-related impacts. The below payer grids are updated on the [Catalyst Health Network Resources Page](#) as updates are learned:

- For a one-page, **SIMPLIFIED Payer Grid**, click [HERE.](#)
- For the **DETAILED Payer Grid**, click [HERE.](#)

NEW PAYER UPDATE! Cigna has updated their policy (like Medicare) to require the use of the **CS modifier** for COVID-19 related visits so that cost sharing is waived.

CDC/HHS UPDATES

DALLAS COUNTY EXTENDS STAY AT HOME ORDER

The Dallas County commission voted this week to extend its stay-at-home order through May 15. The previous order was set to expire on April 30.

NEED TO KNOW

CATALYST HEALTH NETWORK IN THE NEWS

Dr. Crow was recently featured in *The Dallas Morning News* discussing the push to move away from fee-for-service payment models. Read the story in the Catalyst Newsroom [HERE.](#)

PRIMARY CARE RESPONSE AND CAPACITY SURVEY

The Larry A. Green Center is conducting a brief survey to better understand COVID-19 response and capacity of US primary care practices. Responses are required by **Monday, April 27, 11:59 PM PST** and is refreshed and repeated every Friday. **Take the survey [HERE](#).**

CATALYST WELLNESS SERIES

NEW VIDEO! Tune in for the health and wellness series led by Sean Terwilliger by following [Catalyst Health & Wellness Videos](#). These videos can be shared with your staff or patients. Please share other ways we can help our communities thrive during COVID-19.

ZOOM CORNER

The next Catalyst Webinar, **COVID-19 Antibody Testing**, is scheduled for **Tuesday, April 28th from 12 PM – 1 PM**

- *Overview and update on this type of testing*
- *How to order testing at North Texas centralized testing sites*

Please click the link below to join the webinar:

<https://stratifi.zoom.us/j/92199912632>

Password: 4s\$EakzH

Or iPhone one-tap :

US: +13462487799,,92199912632#,,#,788813# or +16699006833,,92199912632#,,#,788813#

Or Telephone:

Dial(for higher quality, dial a number based on your current location):

US: +1 346 248 7799 or +1 669 900 6833 or +1 253 215 8782 or +1 301 715 8592 or +1 312 626 6799 or +1 646 876 9923

Webinar ID: 921 9991 2632

Password: 788813