

COVID-19 Tribal Leadership Session Minutes

March 25, 2020

11:00 AM

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| Angie Gorn, CEO, NSHC | Megan MacKiernan, Quality and Risk Management Director, NSHC | Reba, Public Relation Manager, NSHC |
| John Bioff, Kawerak | Dr. Tim Lemaire, NSHC | Blanche Garnie, Teller |
| Charlene Saclamana, Kawerak | Opik, Diomedede | Heather Payenna, King Island Native Community |
| Donna James, Kawerak | Glenn Steckman, City of Nome Manager | Ted Katcheak, Stebbins |
| Floyd Kiyutelluk, Shishmaref | Karla Nayokpuk, Shishmaref | Donna James, Kawerak |
| Anna Nora, Kawerak | Traci McGarry, Kawerak | Tiffany Martinson, Nome Eskimo Community |
| Charles Swanson, Native Village of Koyuk | Carol Charles, VHS Director | Charlie Brown, Golovin |
| Tony Haugen, Native Village of Unalakleet | Elizabeth Kuzuguk, Nome | Racheal Lee, NSHC, OEH Director |
| Mark Peterson, NSHC, Medical Director | Joleen Nanouk, Unalakleet | Marie Katcheak, Stebbins |
| Howard Weyiouanna, Native Village of Shishmaref | Roxanne, Nome | Kirsten Timbers, VP of Community Health Services, NSHC |
| Mary David, Kawerak | Frances Ozenna, Diomedede | Wales |
| Cherri McConnel, Kawerak | Megan Alvanna Stimpfle, NSHC/Kawerak | Mary's Igo |
| Wendy Deering Nome | NSHC CAMP Department | |

Meeting started at 11:05 am. Estimated total of 50 callers on the line, not all callers identify themselves, which is fine. Callers are welcome to state their name or just listen.

| AGENDA ITEMS | DISCUSSION/RECOMMENDATION |
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| Introduction to Meeting – Angie Gorn, NSHC CEO | <p>Angie gave an introduction regarding the purpose, standing agenda, and frequency of the call. The daily call will be at 11 am Monday through Friday and will include NSHC administration and Medical Staff. Today's Standing Agenda will be:</p> <ol style="list-style-type: none"> 1) Coronavirus Update - # of confirmed cases in Region 2) Medical Staff Briefing 3) Reminders and Education 4) Disaster Plans & COVID 19 Updates- Charlene Saclamana 5) Quarantine Reminders 6) Questions & Answers 7) Prayer- in Closing <p>Note- Any questions may be sent to Reba Lean at rlean@nshcorp.org anytime or text to 907-434-1927 and they will be answered during the 11:00 am call.</p> |
| Medical Staff Briefing – Dr. Mark Peterson, Medical Director | <p>Dr. Mark Peterson, Medical Director, gave a briefing and also went over the following information:</p> <ul style="list-style-type: none"> - 42 COVID-19 cases in Alaska - 8 tests have been done at NSHC, 6 are negative, and 2 results not |

back yet

- NSHC is working with ANTHC, the state, and other agencies
- We have rearranged staff and added staff and are prepared
- Still preparing COVID-19 team that would be sent to the villages to provide a mini hospital if needed
- 80-90% of patients will have a cough or fever

Dr Peterson stated that he had to attend the Medical Staff Meeting at 11:30 am and had to depart the meeting, so he asked if there were any questions for him at this time?

- During a city council meeting this week they stated that when COVID-19 hits Nome it may affect 50% of the population and 20% may need to be hospitalized. After doing some math it came up to 300 people possibly needing to be hospitalized. There is concern because we do not have the space for 300 people. Could you please discuss this?
 - We are preparing the hospital for a surge. We are preparing to accommodate as many as possible. We have 11 ventilators and will be getting more. We are meeting with other agencies and preparing and when or if we need to transfer patients to Anchorage we have stuff in place to do so. We have more medivac teams available if needed. We are preparing for worst case, and if we are maxed out we have agencies that will assist and help with transporting patients out.
 - Currently NSHC has a prevention team working together. To put it in perspective if there are 300 patients they may not all be sick at the same time, but possibly over a 3 month time period.
- Are Ventilators only for Nome?
 - Ventilators are complicated and need close monitoring and anyone who needs it will need to be transported to Nome.
- Any medicine that people need to avoid?
 - CDC is telling people that they do not need to avoid medication. Also no medication is out there right now that can treat the coronavirus.
- Discussion was held about different techniques to stay healthy and safe from the virus.

Reminders and education – Angie Gorn

- **Education:** More flyers are going out today to our communities with helpful, educational, reminders and prevention education.
- **Cleaning:** Cleaning supplies are being sent out to the communities that have requested them. If your community needs any supplies please email Reba at rean@nshcorp.org . We will get supplies out as we can so every community can have at least something to help them during this time when supplies are low in your locations.
- **Checklist for each community:**
 - 1) It is recommended to make a list of anyone that might be trained as an EMT, paramedic, etc. that is not working for NSHC but may have the skills. Make a list of those resources of those folks in case your communities need them to staff potential field hospitals.
 - 2) Think of buildings in your community that you may use for a quarantine spot. Some people may need to be quarantined for 14 days and if they live with an elder they will possibly need somewhere else that they can quarantine and watch for symptoms.
 - 3) Look around your community and see where a good spot would be for a field clinic. The school might be a good clinic/Mini Hospital. We would send medical personal to you and this would be a space for patients if need be.

Quarantine Education/Reminders– Megan MacKiernan

Megan went over the CDC guideline which you can find at <https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>

Some items discussed:

- Isolation/Quarantine at home ideally
- Stay away from everyone else
- Should not leave unless they need medical care or critical member of infrastructure business
- No public transportation
- Stay 6 feet apart
- Own bedroom and own bathroom if possible
- Reach out to others to have them bring groceries, don't leave home
- Call ahead before going to the clinic
- If they have to leave and are sick, they should be wearing face masks
- Wash hands often
- Do not share dishes

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| | <ul style="list-style-type: none"> - Wash hands before you leave and when you get back from the store - Frequent cleaning and washing hands - Keep hands from touching face - Quarantine for 14 days, unless public health tells you otherwise - |
| <p>Questions – everyone</p> | <ul style="list-style-type: none"> ➤ Charlene Saclamana from Kawerak gave an update that every village except Brevig Mission has some type of restriction or ban in place for traveling. ➤ Charlene Saclamana also reported out that all villages, with the exception of Stebbins, have a community disaster plan in place and Kawerak is working with all communities to update the plans with COVID-19 information. ➤ Should there be a travel ban in all villages? <ul style="list-style-type: none"> ▪ One attendee’s opinion is that there should be travel bans. One thing about the travel bans is that when communities are requesting people to quarantine either in Nome or the villages that they need a place to do so. ▪ A recommendation was give that it could be on case by case basis in the village and if they can house someone they should. ▪ Also requested that if the community could provide guidance to the City of Nome they should be able to help. ➤ Discussion and recommendations were made about space, what to avoid, changes, and what is needed in specific villages. ○ In Diomede they currently get 3 month supply on their medication and they are wondering if they could possibly get a 6 month supply? <ul style="list-style-type: none"> ▪ Currently NSHC is trying to get everyone a 3 month supply of medication and they have not heard anything about providing a 6 month supply from CDC. They can discuss with pharmacy. Patients are able to fill their medications one week early if needed so they are not running low. ○ On the duration that someone gets affected, what is the time frame from when they get sick to when they are done being sick? <ul style="list-style-type: none"> ▪ It varies on the patient. There are specific guidelines on if |

you get sick how long you need to be isolated. If someone has a mild case, it could last 1-2 weeks and if someone has it severe it could last 30-40 days. Even if people are feeling better they should isolate the 14 days because they may still be contagious.

- **If I am to get sick while in quarantine do I need to start my quarantine time over?**
 - If you get sick call the nurse call line to see if you need to be tested for the coronavirus and if you test positive for the virus you should start your time over.
- **What is the nurse triage recommendation for the communities?**
 - Call the number and they have a series of questions they will ask and they can tell someone if they need to be seen or stay home and give guidance on how long to stay home.
- **It mentioned that not all the homes in Diomedede have phones and that the clinic should be prepared if someone were to go in with symptoms.**
- **The toll free nurse call number is 1-844-586-8773.**
- **If there is a person that is having to take their temperature and there are none in the village at the clinic can NSHC send out supplies?**
 - We have some and can send out to Stebbins and Shishmaref who requested. NSHC will be putting in another order since supplies are getting low. Also NSHC has implemented that everyone who comes to the NSHC hospital in Nome have their temperature check, this started 3/24/20.
- **One community member has heard that it takes 5 days to get the results from a coronavirus test. After reading an ADN story online they are wondering what the time frame is for us to really get results?**
 - Right now if a test is done in the village the test results need to go from the village to Nome, Nome to Anchorage, and Anchorage to Fairbanks where the test center is. There is a deadline each day at 2pm and if Fairbanks does not receive the test by 2 pm the test needs to wait until the next day for it to be ran. So all together it could take 5 days to

get the results back. Right now NSHC is trying to secure the necessary equipment to be able to run the results ourselves in our hospital.

- **The campus has a lab can we use that?**
 - To be able to run the test we need a biological lab which is different from what the university has. We are trying to secure equipment.
- **What is the turnaround time from sending the test from the village clinic to Nome?**
 - If the person is sick they call the nurse call line, the nurse call line will ask a series of question, if they think they need to come in they will have the patient come in. At that time the patient will be tested for the flu, strep, respiratory, and coronavirus if they think they may have. All the test results would then get flown to Nome and the flu, strep, respiratory etc. will get tested first. If all those are negative, the coronavirus test would be sent out and NSHC would wait for the results.
- **Diomede only has a certain amount of flights a week. What would the steps be for them sending out the test?**
 - Recommendation is that if they think someone may have the coronavirus that they wait until it was closer to the time for a flight to come in since the test is only good for a certain amount of time. It is okay to wait because if they were to test positive and have the virus, the virus would be present in the body for about two weeks so waiting a couple of days would not change the outcome of the results.
- **Savoonga mentioned that they have 6 suits and Masks available for the clinic from their response kit.**
 - If they also have masks, please bring them to the clinic also.
- **City of Diomede and tribe have been a partnership and have been working with IGAP since IGAP is under the tribe and they have PPE if needed for the villages for any use.**
- **Staff in Kawerak environmental department will be going through the spill response kits and any PPE will be going to the clinics also.**
- **Patients that would have to travel for health care will they be**

