

# Onward Together

Agile. Resilient. Connected. Balanced.

*Staying informed and centered in the time of COVID-19*



Nurses ring a bell to celebrate another extubation.

Week 4 | April 11, 2020

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## Calendar

### Come join us:

- Breathing and Meditation with Bala Subramaniam** via Zoom 6:45am, 8:30am, 4:30pm
- Yoga with Jackie Everett** via Zoom Thursdays at 6:30pm
- Virtual Happy Hour** immediately following Zoom Yoga this Thursday. All department members welcome to join!
- Town Hall with Dr. Talmor:** 5pm Mon., 7am Wed., 5pm Fri.
- Administrative Town Hall:** An additional forum that focuses on support staff needs and administrative updates. Keep an eye out for this week's calendar invite.
- Workout with Brian Daugherty** Tuesdays at 6:30pm and Saturdays at 9:00am

## A word from the Chief

Danny Talmor, MD, MPH

Dear Friends,

As predicted, this is the critical surge week. All over the network we see increasing numbers of COVID patients, but it is here in Boston where we have the largest influx. The good news is that we are prepared and ready to provide the highest quality of care for all of these patients.

Other than MGH, BIDMC has the most COVID infected patients in the state. On Thursday, there were 102 patients in our ICU, with 79 of those on ventilators. And those numbers will increase. Given that we have only 77 ICU beds this has required a significant expansion. These ICU expansions, led by Todd Sarge, have been seamlessly planned and executed. Todd has provided an outstanding example of leadership and collaboration with other departments during this critical period.

Rosenberg 7, the West PACU and the Shapiro PACU have been converted to ICU space. Walls were constructed in the PACUs to provide separation from the clean areas around them. When these spaces are full the next phase is to open Rosenberg 6 as additional ICU space, with the ultimate goal of having up to 200 ICU beds available. In the midst of this transformation, we have upheld our standard of excellent round-the-clock critical care to both COVID and non-COVID patients.

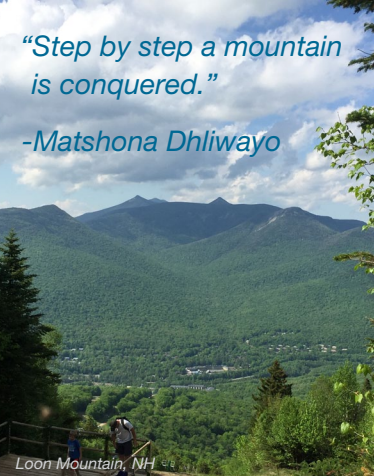
I also want to commend our Pain Clinic for their so quickly adapting to telemedicine. Physical visits have been temporarily cancelled but they quickly transitioned to tele-visits, 40 in one day on Tuesday. They are arranging safe physical visits for patients in acute pain who must be treated. This is an example of how we continue to provide top quality routine care even under these trying circumstances

I feel confident when I look at the numbers and the course of the epidemic in Europe, that we will start to flatten the curve in Massachusetts after this surge week. We began socially isolating quite early and we will see the results of that. Gradually things will improve.

I know this is difficult. Caregivers are experiencing physical and mental stress as are many of our non-clinical staff isolated at home. We're concerned about friends and loved ones as well as our communities and county. But we are here for each other and as a department we will emerge stronger and more united than ever, with great pride in having risen to the occasion to care for sick patients and saved lives. My quote for the week is from Rudyard Kipling- **"If you can keep your wits about you while all others are losing theirs, and blaming you...the world will be yours and everything in it."** Let us follow that advice.

Again, I thank all of you for the work you have done. We are an amazing team! Please stay safe and well.

Danny



*"Step by step a mountain is conquered."*  
-Matshona Dhliwayo

Loon Mountain, NH

**COVID-19 Resources:**  
Go to **Anesthesia Intranet** and the **BIDMC Portal:** COVID-19 Central

**Official Boston coronavirus status:**  
<https://www.boston.gov/news/coronavirus-disease-covid-19-boston>

# Team Shout Outs



I want to extend a sincere thank you to all of my **resident colleagues** for stepping up this past week! Thank you for showing up to work every day, picking up extra calls, helping out with the ICU surge effort, and for making me smile every day. I am so proud of each and every one of you! All of you are incredibly hardworking and inspiring. I am so glad to be working alongside all of you, and I couldn't have chosen a better group to go through this with! -Thank you, [-Janna Taylor, MD](#)



Our **Westwood admin team** enjoying "Happy Hour" with each other yesterday. It was so nice to see each other and share challenges during this unprecedented period in our lives. Thank you! [-Krystyna Prokopiuk](#)

A big thank you to the amazing CARE team: **Julia Dwyer, Joseph Al-Shammaa, Ben Hoenig, Maria Karamourtopoulos, Marie McGourty, Thy Nguyen, Krystal Capers, Lauren Kelly** and **Evyne Gartner** for rallying and helping me with 12 new COVID research studies. Your hard work and moral support has made all the difference in this challenging time! [-Valerie Banner-Goodspeed](#)

Shout out to **Adam Carlson**, our anesthesia tech, and all the MDs and CRNAs who assisted with building our ICU in the PACU. Those bays look better and more comfortable than the ICU rooms do! [- Rikki Kveraga, MD](#)

Shout out to the **Baptist MDs and CRNAs** who have done a great job in preparing our facility and OR to deal with COVID including multiple daily meetings at various levels. Also, to our CRNAs who produced educational videos. Thank you! [-Mohammed Hassan, MD](#)

To **Alan Lisbon**: Thanks very much for all that you are and all that you do. Your contribution to the 6am Boston Africa Anesthesia Cooperative COVID sessions has been wonderful; and makes our Liberian colleagues feel supported and cared about. They shared with me how much they value your being on, so I wanted to share that with you. With gratitude, [Eileen Stuart-Shor, PhD, NP](#)

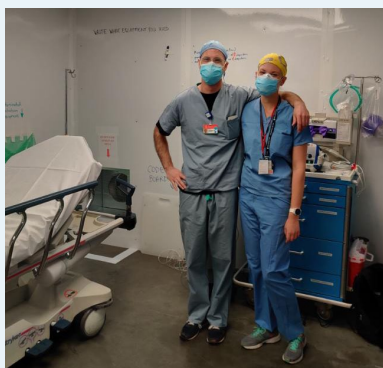


Shout out to **Katrina Robertson, NP**, who found an unused white board, arranged to have it taken down and hung in the Anesthesia Office at BID Needham within an afternoon. She put on all the COVID floor and ICU patients on the board. We have it updated daily and feel like we have a pulse on what's going on in the hospital. When we get called for an intubation, we are prepared and feel we know the patients already. [- Rikki Kveraga, MD](#)



A special thanks to **Brian Daugherty** for getting us moving with 2 new work-outs this week!. [- Taneshia Pina](#)

BIG shout out to **Nadav Levi, Ruma Bose, Paragi Rana, Lindsay Rubenstein, Kate Wilson and John Kaminsky and Sichao Xu** who volunteered to help set up and staff the acute care section of Boston Hope. [- Anesthesia Leadership](#) If you would like to join the roster - please contact Akiva.)



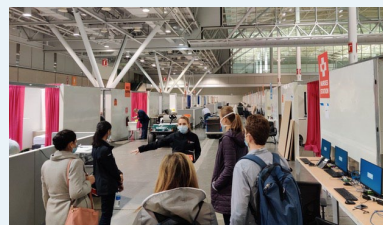
**To BIDMC Combined Critical Care:** There are no words to properly express our gratitude for the amazing amount of work you are all doing. It has been exhausting, challenging, frightening, sad, hard, and even chaotic at times. But it has also been exciting, interesting, and inspiring. These are the emotions we must hang on to during these difficult times.

For more inspiration, I had the privilege of speaking to a patient today – our very first extubated patient at BIDMC. He wanted me to pass along his gratitude to every single team member. He kept saying, "you guys are awesome"! He said to tell the world his story and to let people know that his story is one of hope. He is doing well at home. His breathing is much improved. He has some symptoms of post intensive care syndrome, but was mostly complaining about fatigue. He mentioned that he is only doing half of his usual mat workouts with resistance bands! He said one of the most difficult parts was the loneliness and isolation and he really appreciated everyone's efforts to make him feel less alone. He told me that a few days ago, he put his beach chair in his back yard and just sat in the sun, enjoying his life.

He has a life to enjoy because of all of you.

Thank you for the Herculean effort, the teamwork, the grace under pressure, and the truly amazing care of patients. We are honored to work with each and every one of you. [-Molly Hayes, MD and Todd Sarge, MD](#)

Shout out to **Kate Wilson** and **John Kaminsky** who worked all day to put the Boston Hope ICU together. [-Akiva Leibowitz, MD](#)



# Please join our Department's Wellness Activities

*Health is wealth. Invest some time each day to keep your body and mind healthy.*

## Breathing Meditation with Bala Subramaniam and Pooja Mathur

**Daily: 6:45am, 8:30am, and 4:30pm**

We invite you to join 10-15 minute Virtual Breathing Meditation sessions offered three times per day via Zoom. This proven method helps manage stress and provides inner strength to face the challenges of your day. You may join any/all of the sessions listed below—no experience necessary as instruction and guidance are provided.

**6:45am**

<https://zoom.us/j/455443909>

Meeting ID: 455 443 909

**8:30am**

<https://zoom.us/j/834606825>

Meeting ID: 834 606 825

**4:30pm**

<https://zoom.us/j/936723705>

Meeting ID: 936 723 705

### Building Resilience:

**Offering 1:** 3-minute practice to **expand lung capacity** and improve immunity. <https://www.youtube.com/watch?v=kWEIJs5FFjA&feature=youtu>

**Offering 2:** 4-minute practice to **balance the mind**. Thoughts and breathing are connected. Balance to the way one thinks can be brought quickly by this breathing technique. <https://www.youtube.com/watch?v=q5m6tMjcF8k>

**Offering 3:** 5-minute **yoga** practices. <https://isha.sadhguru.org/us/en/yoga-meditation/yoga-program-for-beginners/yoga-videos>

**Offering 4:** 15-minute **meditation**. <https://vimeo.com/311808615> or (Please note this video also has the introduction to what this is about) or [https://youtu.be/wHnL\\_XugJy](https://youtu.be/wHnL_XugJy)

**Offering 5: Inner Engineering Online:** A seven module course each lasting 90 minutes embedded with various meditative practices. It is being offered free currently for all health care workers. Inner Engineering is a technology for well-being derived from the science of Yoga. It is offered as a comprehensive course for personal growth that brings about a shift in the way you perceive and experience your life, your work, and the world that you live in.

Inner Engineering offers a unique opportunity for self-exploration and transformation, leading to a life of fulfillment and joy. <https://www.innerengineering.com/?jwsourc=em>. Credentials: <https://www.innerengineering.com/sadhguru>



## Yoga with Jaclyn Everett

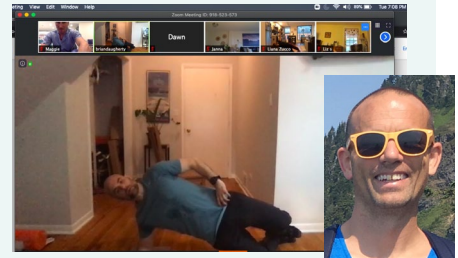
**Thursdays, 6:30pm**

You are welcome to join our very popular yoga sessions with certified yoga instructor Jackie Everett via Zoom on Thursdays at 6:30pm. The sessions provide many benefits to the body and mind, including relaxation, strengthening and stretching, and increased body awareness.

## Happy Hour

**Thursdays, following Yoga at 7:30**

Join our fun virtual "Post Yoga Happy Hour." Grab a beverage and hang out for 15-20 minutes to enjoy each other's company and get the kind of interaction many of us are craving during these times of "social distancing."



## Workout with Brian Daugherty

**Tuesdays 6:30 / Saturdays, 9am**

We're thrilled to offer you another way to stay fit, energized, and strong with a virtual fitness class by Dawn Ferrazza's nephew Brian Daugherty.

Brian is a personal trainer who has generously offered to host a fitness class via zoom tailored to our department. Brian is a NASM Certified Personal Trainer, Functional Range Conditioning Mobility Specialist, and is certified in Precision Nutrition Level 1.

Tuesday had fantastic attendance (20+ for class!). Hopefully people enjoyed the strength training, core and balance class Working out in groups is so much more fun than working out alone. All you have to do is show up and the rest is easy. The workouts are simple to follow with varying levels of intensity—so anyone can participate!

Give this a try! Staying fit, energized, and strong is critically important, now more than ever.

If you have concerns whether you are fit enough to do this workout or have a pre-existing condition feel free to email Brian ([bpdaugherty1@gmail.com](mailto:bpdaugherty1@gmail.com)).

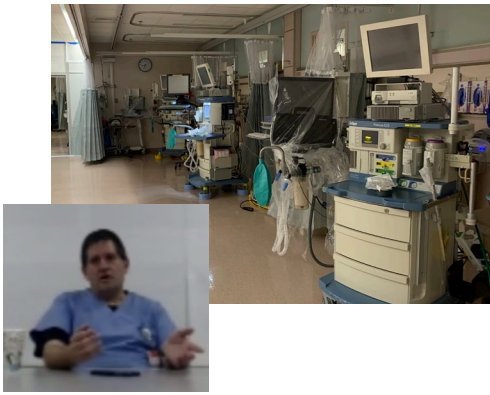


## Childcare support

We know many of you are working from home and have the added challenge of tending to children home from school. Relatives and friends of our staff have offered to provide babysitting services to help you with childcare responsibilities. Their contact information is posted on our Anesthesia Intranet home page.

**Harvard University** has also provided a list with childcare resources for Harvard-affiliated hospitals. A group of Harvard graduate students have organized to provide emergency babysitting and other aid for staff at Boston hospitals. Click here to learn more about the process and apply for assistance: [https://docs.google.com/forms/d/e/1FAIpQLScGm\\_ixpr1a\\_HN-b9Lz36fEsFkjsvG02UqyGEgiwuxpjriN0A/viewform](https://docs.google.com/forms/d/e/1FAIpQLScGm_ixpr1a_HN-b9Lz36fEsFkjsvG02UqyGEgiwuxpjriN0A/viewform)

# Clinical Updates from the Front Line



**Dr. Haering:** Elective OR volume remains low. There are still the usual urgent/emergent cases, many of whom now are patients with evidence of COVID infection. The West PACU opened formally as an ICU and will be staffed with teams of residents, CRNAs, non-ICU attending staff and overseen by our ICU attending staff. In this unit, at least some of the patients will be ventilated with our anesthesia machines removed from the West ORs and remote procedural areas for this purpose. Despite the challenges, all services are working together and morale remains high.

**Dr. Sundar:** We are discussing with radiology and GI which service may be the safer option for the primary treatment of bile duct stones, given the higher risk of aerosolization with ERCP. All GI procedures have now moved to full N95 PPE and 30-minute de-airing at the end of the procedure. More C-sections are being done down in Feldberg. We have moved more anesthesia machines out of the ORs for use in the new Shapiro ICU. Daytime coverage for the airway support person has been changed from CRNAs to available residents, block teams and floor managers. Nighttime and weekend coverage remains unaltered. East on call attendings, and CRNAs are playing a more active role in helping manage the increasing Shapiro ICU volume under the guidance of the on call ICU attending.

**Dr. Kveraga**  
The Community Sites are ready for the surge. Some are already seeing it with a full ICU at AJH and Milton, whereas Needham and Plymouth are a bit behind; ready and waiting. All sites have decreased their OR volumes and have Airway Teams in house. We meet regularly to figure out how we can support each other and share lessons learned from BIDMC.

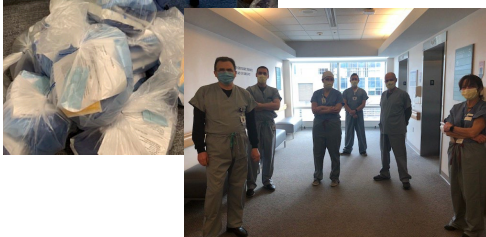
**Dr. Li:** In a cooperative fashion, Obstetrics, OB Anesthesia and Nursing, the Labor and Delivery Unit undertook a multidisciplinary approach at every step to get the unit ready for COVID 19. More than 40 guidelines and workflows are in place now. We produced a video to help teach the workflow for a COVID-19 Cesarean Delivery. Dr. John Kowalczyk played a role of an Obstetric Anesthesiologist (who would have thought!). We set up a buddy system to check donning and doffing of PPE. We have done several COVID/PUI cesarean sections that went smoothly. Our preparation paid off and the system works well. We appreciate the 24/7 Anesthesia Tech coverage. The full coverage and well-organized OR turnover significantly decreased

the OR downtime. Thanks to the combined effort of the entire OB Anesthesia division, OB Anesthesia fellows and some residents, an Emergency Manual and Cognitive Aids will be published soon.

**Dr. Sarge:** We continue to see burgeoning ICU volume and have reached an unprecedented milestone of over 100 ICU patients in the hospital with 79 ventilators as of Thursday morning. We have had over 20 extubations of COVID patients. We continue to be very tight on COVID and Non-COVID “clean” ICU space. We continue aggressive planning and work to ensure we remain ahead of the COVID Surge. This week we opened the East Campus Shapiro PACU with COVID+ patients being ventilated on Anesthesia ventilators as well as preparations for more space including the West PACU. Patients from the Trauma unit have now moved to the West PACU to now open the Trauma Unit as a Covid Unit. To keep up with ICU demands, we have also expanded the NIMU (Neuro Stepdown area) to be able to care for up to 6-9 ICU patients as well. We continue to work with our ICU Nursing and Respiratory Therapy colleagues as they face enormous challenges in being able to staff all the new ICU locations. Specifically, Respiratory Therapy has had difficulties and we continue to explore ways to assist them including making simple vent changes for them as well as relieving them of some tasking, e.g. OR transport and airway / head stabilization during proning maneuvers in the ICU.

**Dr. Simopolous:** We’re seeing an uptick to 40-70 telehealth patient interactions per day. We’re aligning with AFS and HMFP on billing. Patients are being seen for procedures for intractable pain and we anticipate this will increase. We continue to lead the charge at the hospital in telemedicine.

**Dr. Eikermann:** The Wellness committee of the faculty affairs division has orchestrated a variety of activities which we hope might help improve our physical and mental well-being – we specifically want to provide opportunities that increase awareness of factors and resources contributing to well-being, and we would like to inspire and empower all of us to take responsibility for our own health. Other activities such as the buddy system have been implemented to support a sense of community across our different sites. We would like to understand if our activities are helpful and have sent a survey. Please consider providing us with your feedback, optimally by Sunday night, such that we can refocus our program.



**Dr. Hess:** We will be sending out weekly a survey to document your extra work on COVID-19. This includes administrative work, training, education, and direct care. We have begun collecting retrospective information on what everyone has been doing relating to COVID-19 to document the extra work--please let us know if we miss any of your efforts.

**Dr. Robson:** Heading into mid-April, this is the fourth week or so since the Basic Research Laboratories were placed in suspended animation and this also appears to be the time when COVID-19 disease in the community is reaching the peak. All Research facilities have been kept safe and secure with the majority of staff working from home the first several weeks. Many of the research staff are now assisting in clinical diagnostics and will be returning to help in clinical research.

Dr. Talmor and Valerie Banner-Goodspeed with the ICU team, alongside collaborators in the departments of Emergency Medicine, Pulmonary Critical Care, and Acute Care Surgery continue to plan and implement studies on experimental therapeutics for COVID-19 including hydroxychloroquine, inhaled nitric oxide, interferon beta-1a, tPA, and convalescent plasma.

We hope to employ rapid COVID-19 Antibody Detection research assays in the upcoming weeks. We are validating assays against positive controls in the USA and plan to have our own testing rolled out in waves every 2-4 weeks. This will allow series of snapshots of healthcare provider serological profiles during this 2019-2020 pandemic. These studies are designed to track exposure and give point of care (POC) diagnostic answers. These tests will be entirely voluntary and performed by research study staff on site.

Researchers in the department are participating in the formation of "Biorepositories for Potential and Confirmed COVID-19 Cases" with the Greater Boston Consortium on Pathogen Readiness Evergrande COVID-19 Response Fund, which will be utilized for targeted research studies. Our department is leading the BI contribution to the national SCCM COVID-19 registry, and coordinating with the BIDMC-wide COVID data repository effort.

Outside of our department, SARS-CoV-2 is the focus of sustained investigation with new efforts underway to determine how much of the U.S. population has been exposed to severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). There are now CDC-based proposals to develop a serology test for SARS-

CoV-2 with development of basic parameters for laboratory testing e.g. with ELISA, which will be refined over time; see <https://www.cdc.gov/coronavirus/2019-ncov/about/testing.html>.

Important advances are being made in the understanding of mechanisms of infection and introduction of rapid techniques of virus detection. There appears to be predisposition to severe disease in some (e.g. men and certain ethnic groups seem to be more vulnerable). It remains unclear whether behavior, lifestyle factors or biology are leading factors here.

Vaccine development is an area of major importance and with rapid developments. Janssen Pharmaceutical Companies will collaborate with Biomedical Advanced Research and Development Authority (BARDA) and with Dr. Dan Barouch, here at the Beth Israel Deaconess Medical Center, to support the development of a preventive vaccine candidates for COVID-19. The plans are for preclinical testing of multiple vaccine prospects, with the aim to identify COVID-19 vaccine candidates for Phase 1 clinical trials as soon as feasible.



**Dr. Ramachandran:** Key updates:

### 1. New 30-minute pause time after patient transport out-of-the OR - ALL PATIENTS with non-COVID status

- No one enters the room during this time. This replaces previous non-COVID cleaning schedule.
- This step is to protect our OR attendants who don't wear N95s in a setting where there may be residual aerosol in the room.
- The room is cleaned at the end of this period as per usual post-surgical clean SOP
- Useful tip: mark the time when end-of-case decontamination can commence on the front desk white board
- Floor managers - please facilitate efficiencies
- COVID positive/PUI end-of-case decontamination remains unchanged

### 2. Workflow changes:

**A. It is mandatory to use the workflow documents** - All floor managers and AOCs must be knowledgeable of contents and processes.

- The preoperative huddle requires full participation of all members either in person or virtually (Facetime, Whatsapp or phone call)

#### B. Change in transport ventilation

- The respiratory therapy service is stretched by the continuous ICU surge. This impacts transport ventilation strategies for patients needing OR transport from-to ICU.
- Always huddle with the ICU attending as soon as case is booked, to obtain their opinion of safe ventilation strategy for transfer.
- If the patient has high ventilatory requirements, they may require RT support and ICU/transport ventilator during the transfer
- We are shifting to use of Ambu bag hand ventilation (HMEF on ETT, then Ambu +/- PEEP valve).
- Continue to conserve propofol by use of anesthesia machine and volatile anesthesia intraoperatively

Please review the steps for safe disconnection of the ETT and management of accidental extubation in these videos

- Accidental Extubation <https://vimeo.com/404420891/fb4193b476>
- Planned Disconnect - OR and ICU <https://vimeo.com/404422291/4e09f19b88>

#### C. Intubation and Extubation management

INTUBATION (See video <https://vimeo.com/404421285/ecf1191b28>)

- Please ensure deep muscle relaxation during intubation - aerosol spread is zero when there is no cough in response to insertion of ETT

EXTUBATION (See steps from minute marker 4:30 in this video: <https://vimeo.com/404421285/ecf1191b28>)

- Please remember to keep the HMEF and circuit connected to the patient at extubation.
- Use a blue towel on the face.
- Preoxygenate, Ensure ZERO fresh gas FLOWS and turn off vent before extubation

*Happy Holidays and my heartfelt gratitude to each one of you.*

# Tips to thrive, not just survive at home — alone or with kids!



## Finding Freedom

*(From Dawn's yoga instructor, Sarah Olsen)*

Wondering how on earth to find some freedom in this time of restriction? Don't worry, we're all feeling it. You are never alone. Here are some thoughts on how to feel open and expansive as we deepen trust in the future.

**1. SIT.** (I know, it sounds counter-productive) Sitting in silence, away from any distraction, away from any work or tasks, can be freeing and can allow you to create more SPACE. First, just try setting up a spot to sit every morning in quiet, with your eyes closed for 3-5 minutes. It may seem like a long time... but you deserve that time. Listen to your own freedom and space.

**2. DO SOMETHING KIND:** We typically think of how WE personally are affected when things go wrong. There is a whole world out there that needs healing. Do something kind each day for someone. Write it down after, and allow yourself to feel the freedom of GRATITUDE.

**3. GET OUTSIDE:** Be with nature and feel free... connecting to earth gives us the constant reminder that we thrive from attention, love and kindness. Being out in nature is that equal reciprocity...in order to grow we must nurture and heal.

*Sarah Olsen is the owner Sarah Olsen Yoga and is currently offering donation based virtual yoga classes and can be found on Facebook.*

## Regaining control

If you're finding yourself in a funk, know that this too shall pass. Many of us are experiencing anxiety about the COVID-19 crisis. We worry about our health and that of our family and friends, and our country. The limitations of social distancing and not knowing when things will let up can leave us feeling irritable and unsettled.

But try to keep in mind that this *is* temporary and life *will* return to normal—even if it's with a heightened awareness of germs and better hygiene. So while you have a little extra time, muster some motivation to get yourself into a healthy, productive routine. Here's a few ideas to get you started:

### Give your place a good spring cleaning

Spring cleaning is a time to clean and declutter your house to prepare it (and yourself) for the sunny, more carefree lifestyle of spring and summer. Plus, getting long avoided chores done can also help you refresh your mind and spirit, and feel ready for a new, less encumbered start to the spring season. If you can get the family involved, all the better! Then open the windows, take a deep breath, and give yourself a pat on the back.

### Protect your mental health

We've learned how to protect our physical health, but it is vital that we safeguard our mental health as well. Let yourself feel, and let yourself be. Reach out to family and friends, avoid overexposure to news, and keep to your routine. If you continue to struggle, there are resources to help. Reach out to a therapist or counselor—many are offering online and video sessions. Also, see the resources from Mental Health America below for support and connection: <https://mhanational.org/covid19> and support offered on the BIDMC Portal.

### Start a gratitude practice

People who regularly practice gratitude by simply taking the time to notice things they are thankful for experience more positive emotions. It doesn't need to be something momentous like a promotion or a new house. Keep it simple and get creative, maybe keep a "gratitude journal" and write or draw a few things each day to reflect on. That bird singing outside your window, a good magazine article, book or movie, a hot cup of coffee, your pet's fur or your child's drawing. Slow down your eating, savor your food, be grateful for how good it tastes and how it nourishes your body.

## Shop Safely

### Every Question About Grocery Shopping During the Coronavirus Pandemic, Answered

Is stocking your pantry stressing you out? Here are the best practices to keep you, your fellow shoppers, and supermarket employees safe. Read in *Epicurious*: <https://apple.news/ANvw8RxM9RWVeBJsp9ffIREw>

### How Masks and Buildings can be barriers to the coronavirus

Healthy buildings expert Joe Allen from the Chan School of Public Health weighs in on ways to help protect yourself from coronavirus. Read in the *Harvard Gazette*:

<https://news.harvard.edu/gazette/story/2020/04/how-buildings-masks-can-be-barriers-to-coronavirus/>

## Rainy day...or any day fun!



### Observe wildlife up close and personal at <https://explore.org/livecams>

Visit the world's largest living nature cam network (100% philanthropic). Find yours or your child's favorite animal and spend some time exploring together.

### Take a virtual local art walk

Some local artists have created an Instagram feed from the Piano Gallery, a volunteer run nonprofit where artists live and work in the South End. While you can't visit in person right now, they've created a "Social Distancing Gallery" that displays some of their work online for easy viewing at: [www.instagram.com/artpcgboston](http://www.instagram.com/artpcgboston)

### Play classic board games online

Enjoy board games but don't have anyone around to play them with? Games like Catan ([www.catan.com](http://www.catan.com)) or Scrabble ([www.scrabble.com](http://www.scrabble.com)) can be played online with friends or strangers.

### Bring the aquarium to you

New England Aquarium ([www.neaq.org](http://www.neaq.org)) and Mystic Aquarium ([www.mysticaquarium.org](http://www.mysticaquarium.org)) are doing live feeds of marine life, for example of African penguins or an octopus feeding. Both organizations offer lots of virtual learning and engagement opportunities for kids, including daily Facebook live animal broadcasts.

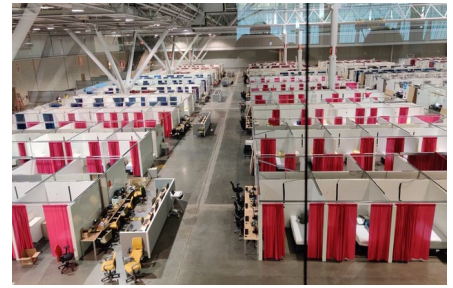
# BIDMC Physicians help staff new field hospital, “Boston Hope”

Both Massachusetts and the city of Boston anticipate a surge of COVID 19 positive patients who will suffer acute and sub-acute symptoms and require convalescence in isolation. This extended care could overwhelm our hospitals with COVID patients unless there are alternative locations to properly care for patients who have the virus but do not require intensive care. At Governor Charlie Baker’s request, the Boston Convention and Exposition Center has been transformed to serve as 1,000 bed “surge site” for these patients, including 500 beds requested by Mayor Marty Walsh for homeless patients with the virus. The facility is called “Boston Hope.” Partners Health Care leads the effort, with BI Lahey assisting by sending clinicians to help with oversight and care. Our department’s Drs. Akiva Leibowitz and Nadav Levy, along with BIDMC Acute Care Surgeon Michael Yaffe, are help-

ing to plan and operate the acute care section of this field hospital.

The clinical situation will evolve on a daily basis since some patients may deteriorate during recovery and require transfer to an area hospital for acute care. “Boston Hope” is equipped with resuscitation beds to stabilize these patients, with intubation, fluids, and pressers if necessary, before they are transported to a hospital for higher level care. This helps alleviate the concern that in a surge they may need to stay at the convention center facility for several hours before an ICU bed becomes available.

Our department will further support the mission by deploying some of our staff to assist since we have temporarily eliminated elective surgery. Some of our fellows not involved in critical care activities have volunteered to serve, as well as several attendings.



These activities will be coordinated with Joanne Grzybinski and scheduling staff. While specifics and staffing needs are still in flux, what will not change is our commitment to help this vital initiative. A huge thanks to all of you who have volunteered your services. The more hands we have on deck the better. If you are interested in helping please email Dr. Akiva Leibowitz. <https://www.boston.com/news/local-news/2020/04/02/boston-convention-exhibition-center-coronavirus-field-hospital>



## Family Van continues important work

The Harvard Medical School Family Van, which was started by BIDMC’s Nancy Oriol, MD, is usually traveling to Boston’s most underserved communities providing health care screening and counseling. Due to the COVID-19 crisis, the Van’s community outreach work is temporarily suspended - but this hasn’t stopped their unwavering commitment to the community. They are providing services in new ways to help their clients take control of their health by sharing community resources and safety guide-

lines, hosting call-in hours, and calling clients directly. They also hosted a webinar on March 30. They look forward to the time they can again go out into the community but in the meantime they continue their mission to keep our most vulnerable citizens healthy and strong.

Here is the link to the recorded webinar they hosted: [https://harvard.zoom.us/rec/share/2Ollcq\\_B6GZIR6fOsm-OfYAAGZ27aaa823VK-qYNmE6X-zLnn2ZHhnrQjZfqK7ZO](https://harvard.zoom.us/rec/share/2Ollcq_B6GZIR6fOsm-OfYAAGZ27aaa823VK-qYNmE6X-zLnn2ZHhnrQjZfqK7ZO)

## Musicians On Call with Thy Nguyen

Many of you know Thy as a **Research Assistant** who works on the CARE team in Masco 4. In her free time she volunteers with an organization called Musicians on Call (MOC). She normally sings for patients at one of the Children’s Hospitals in Boston, but due to COVID-19, the organization has halted in-person performances at the bedside. In an effort to continue bringing music to patients, Musicians On Call has launched a campaign called #MOCHeals, and has compiled digital recordings of musical performances that their hospital partners could make available for patients to watch. One of Thy’s video submissions was chosen for their campaign, and in addition, AARP reached out to her and included her in their story, as well. Watch the amazingly talented Thy sing and play guitar. This will make your day!



<https://www.aarp.org/entertainment/music/info-2020/musicians-on-call-coronavirus.html>

# Global Outreach

*Sharing best practices from the Pandemic with colleagues in Africa.*

**Liberia:** We have adopted a "Town Hall" format for the sessions where we briefly present the most updated best practices from the US (BIDMC, CDC) and Africa (WHO, PIH, WFSA, Lifebox) and then focus on questions. This week's focus, at their request, was on guidance for management of airway and anesthesia devices using enhanced infection control methods; and on treatment algorithms.

We also discussed a visit from the Minister of Health later in the day as an opportunity to think about a role for anesthesia in their hospital COVID response as well as how to advocate for evidence-based allocation of PPE resources, specifically surgical and N96 face masks, eye shields and gowns. Currently the country has a stockpile of PPEs (not expired!) left over from the Ebola epidemic and the hospital expects to receive supplies soon. Other resources are in very short supply including oxygen, medications, ventilators and IV fluids/supplies. Phebe has 2 anesthesia machines and no ventilators. There is 1 ventilator in the entire country for 5 million people and it is at a private hospital that is not accessible to most. The hospital has no supply of oxygen other than an oxygen extraction plant on site that is not running at capacity because there is insufficient fuel for the generator. Patients have to purchase their own IV tubing and fluids; the hospitals are not stocked with them. Medicines are in short supply although chloroquine is a med they have in country because it is on the WHO list of essential medicines. They have no pulse oximeters to measure O2sat outside of the ones on the anesthesia machines. Testing is only available in the capital city which can be a long journey (days) for many.

The country is short of supplies and equipment but they have learned a great deal about isolation, how to care for infected patients and how to contain a virus from the Ebola outbreak; which they are hoping will serve them well during the COVID-19 pandemic. The ministry of health is visiting the hospital to discuss the strategy for hospitalized COVID patients and the anesthesia team feels better prepared to work with them having had conversations with us. The country is young, (median age 19) so they are hopeful this foretells a less severe course of disease for many who become infected. They are predicting Africa to experience the surge in June/July - so there is still time for them to prepare and for us to make a contribution.

## Give blood

Where can we give blood? There is an urgent need for blood due to the coronavirus pandemic. Many blood drives have been cancelled due to social distancing requirements. However, the American Red Cross – our blood product supplier – is able to use social distancing to safely collect blood from donors. For more information on how to donate, visit the American Red Cross website. This is an important service you can provide to others while still keeping yourself and your loved ones safe.

[www.redcross.org](http://www.redcross.org)



### PHOTOGRAPHER OF THE WEEK: BETH HILL

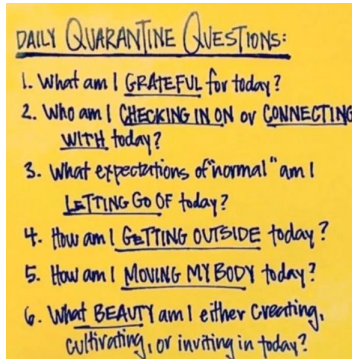
Beth snapped this great photo on one of her daily walks.

*Send us your best shot for the next newsletter!*



### THINGS I CAN CONTROL

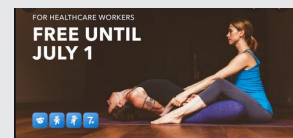
- My vibe
- Who I allow into my space
- What I consume
- Where I spend my energy
- How I react
- What I do with my time
- What I think about
- How I treat others
- How I treat myself



Zoom meeting, audio only      Zoom meeting with video



### APP OF THE WEEK: DOWN DOG APPS

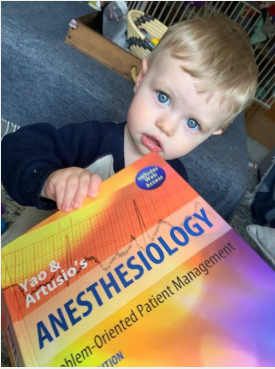


I wanted to share some apps that are free to download and use until July 1st for all Healthcare workers. Down Dog is a company that has several exercise apps (down dog, HIIT, Barre, etc) which are a great alternative for staying active at home and practicing self care. You can modify almost everything about them from skill level to time to areas you want to focus on! Here's the website to sign up: <https://www.downdogapp.com/healthcare>

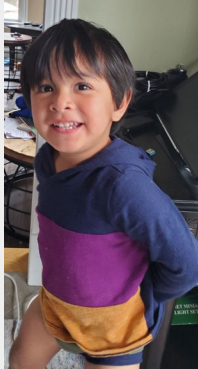
-Syena Sarrafpour, MD



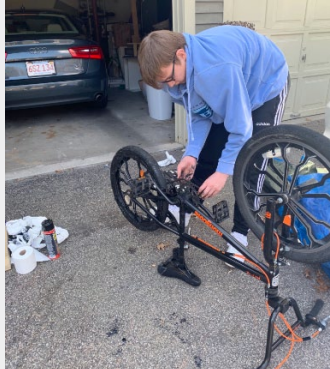
## Kids' Corner



Nate Bouley doing some light bedtime reading that puts him and mom to sleep.



Vittaya Jaraskul's happy son Gabriel!



Krystyna's Prokopiuk's son working on his bike. Away from screens? Mom's happy!



Quality family time for Moshe Chin's family.



The Leibowitz family seder.

### "Hope" is the thing with feathers

Emily Dickinson

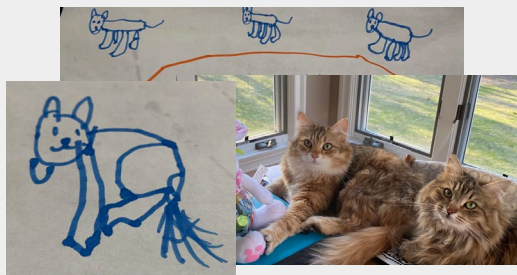
"Hope" is the thing with feathers -  
 That perches in the soul -  
 And sings the tune without the words -  
 And never stops - at all -  
  
 And sweetest in the Gale - as heard -  
 And sore must be the storm -  
 That could abash the little bird  
 That kept so many warm -  
  
 I've heard it in the chilliest land -  
 And on the strangest Sea -  
 Yet - never - in Extremity,  
 It asked a crumb - of me.



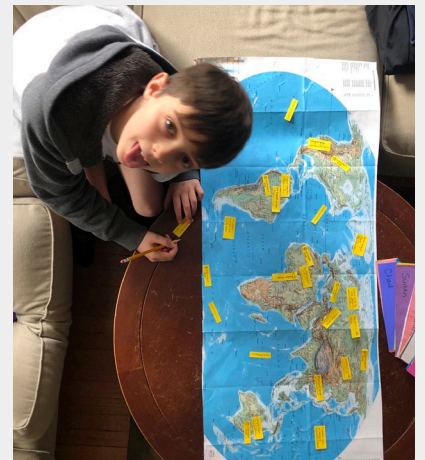
Sabrina Duckman drawing the famous pigeon with Mo Willems.



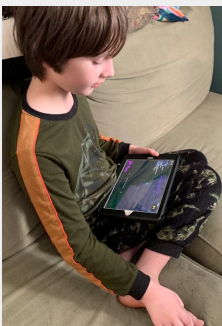
Cyrus Yazdi's little ones looking sharp.



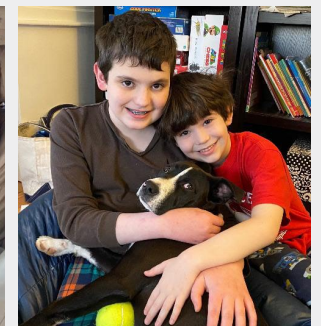
Riordan and Jackson, drew Dawn's three cats- plus a drawing of their own cat. Sketched live during Dad's (Cullen) Zoom call with Dawn.



Truman Murphy taking a world tour.



Connor Jackson relaxin'.



Madan and Rowan Nabel with pup Zev.

"I Spy a Bear" is a fun activity that has spread across Boston neighborhoods to encourage taking walks with kids or without. These sneaky bears were found by Beth Kiernan in her West Roxbury neighborhood. Get out for a bear hunt today!



## Resident Wellness

Lunch Donation for the Residents: "A group of Janna Taylor's high school classmates from Punahou School class of 2008 wanted to share some of their "Aloha spirit" from Hawaii with the residents. On Tuesday, this group generously donated lunch for the residents in the form of El Pelon burritos to show their support and appreciation! It put smiles on many faces and was enjoyed by all." -Janna Taylor

## BILH Accommodations

Staff who are COVID-19 positive or quarantined by Employee Health and have other people living at home are eligible to stay in select accommodations paid for by BILH.

Staff who are not quarantined by Employee Health and have special circumstances at home are also eligible to stay in select accommodations paid for by BILH. These include:

- Elderly person in household
- Immunocompromised person in household
- Pregnant person in household
- Infant in household (up to 3 months of life)

The program is available at three locations – Emmanuel College in Boston, the Crown Plaza Hotel in Woburn and Pilgrim Sands Hotel in Plymouth. Availability is limited.

### Discounted Rate Eligibility

Any other staff who would prefer to stay outside the home may pay to stay at other hotels where BILH has negotiated preferred rates. Interested staff should visit <https://covid-19.bilh.org/staff-temporary-housing-program/> to see a complete list of discounted-rate accommodations. Please note: This list is updated frequently.

## FAVORITE RECIPE: AUNT LIBBY'S PEANUT BUTTER BALLS

*This is a can't-have-just-one recipe from MJ Cahill.*

### Makes a lot and they take some time to make

- 1 stick of butter/margarine (soften)
  - 3 cups of rice krispies
  - 1 box of powder sugar
  - 2 cups of chunky peanut butter
- Mix all the ingredients together until blended

### Here comes the messy part

Make the mixture into balls place on a cookie sheet or parchment paper to keep their shape (my family makes them about inch or so in diameter) Place the rolled balls into the freezer to harden. (You can do this part in stages to allow the mixture to harden)

### Other ingredients

- 12 oz bag of chocolate chips
- 12 oz bag of butterscotch chips

After the balls have hardened melt the above together in a double boiler (if you have one) or use whatever method you use to melt chocolate. Mix well and take off the heat and allow the mixture to cool a bit.

**Another messy part** - dip the frozen peanut balls into the chocolate/butterscotch mix and replace onto parchment paper or cookie sheet replace into the freezer to harden the chocolate  
ENJOY! It is very hard to eat just one :)

## BOOK OF THE WEEK:

### THE COLD FIRE TRILOGY by Celia S. Friedman

**Black Sun Rising (1991)    When True Night Falls (1993)**

**Crown of Shadows (1995)**

*"Great Sci Fi books: A trilogy that relates a new beginning for humankind only if they can adapt" -MJ Cahill*

The main events of the Trilogy take place on the fictional planet of Erna, colonized 1200 years before the start of the books by a group of humans from a future Earth. Erna is a primarily hospitable environment; although a planet with severe and intense seismic activity, the planet is similar enough to Earth to allow for habitability.

It has, however, another key difference from Earth. The entire surface of Erna is wrapped in a powerful energy field known as the Fae. The Fae is a type of energy that comes up to the surface from the core of the planet via the plethora of volcanoes and earthquakes that rock the planet's surface. This is an energy that the native animals of Erna sense, and utilize to a small extent to help them survive

For a few hundred years, humanity has managed to eke out a scant existence on the harsh surface of Erna, keeping an uneasy balance with the Fae. Mankind grows weary of its tumultuous battle with the energy-force however, and multiple organizations try to find ways to render the human psyche unable to mold the Fae.

## Onward Together

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Scott Zimmer | MJ Cahill | Thy Nguyen  
Nancy Oriol | Akiva Leibowitz

### SEND YOUR IDEAS & CONTRIBUTIONS TO:

hderoche@bidmc.harvard.edu.

We invite everyone to contribute to this wellness publication. Sharing ideas and supporting each other builds community—making us stronger together.

Please let us know your suggestions for how we can support each other through COVID-19.

Past newsletters <https://portal.bidmc.org/Intranets/Clinical/Anesthesia-and-Critical-Care/Wellness-News.aspx>