



**PROSPECT
MEDICAL**

NOVEMBER 13, 2020

THE
PROSPECT
OF A
HEALTHIER
TOMORROW

Weekly Summary

Highlighting this past week's event with useful tips and suggestions

PROSPECT MEDICAL GRAND ROUNDS – LIVE WEBINAR VIA MICROSOFT TEAMS

CME credit opportunity

Prospect is pleased to support our physicians with an opportunity for Continued Medical Education credits. Your Prospect affiliation facilitates resources across our broader, national enterprise. Please reserve these dates and times on your calendar and expect a fax or e-mail reminder from Prospect Medical for the meeting link. If you have any questions or comments about this opportunity, please forward them to ProviderInfo@prospectmedical.com. We'd love to hear from you!

Previous Event:

- 10/29/20, 9am (Pacific) "Therapeutic Hypothermia", presented by Justin Lundbye, MD, FACC, Senior Vice President, Chief Medical Officer of Waterbury Health. **PRE-RECORDED LECTURE AND CME CREDIT AVAILABLE HERE:** <https://www.eeds.com/em/1704>

Upcoming Events:

- 11/19/20, 9am (Pacific) "Special Considerations of Anti-Rheumatic Drugs", Presented by David Podell, MD, PhD Chair, Department of Medicine: Waterbury Hospital
- No presentation in December due to holidays
- 1/28/21, 9am (Pacific) "Opioid Prescribing and Pain Management"
- 2/25/21, 9am (Pacific) "Palliative Care", presented by Jenelyn Lim, MD, FACP, Chief Medical Officer, Care@Home Program
- 3/25/21, 9am (Pacific) "Dermatology for Inpatient Service"

Dr. Derek Lanier, National CMO
Lourdes Alberto, SVP Nat'l Network Management

Helpful Resource Center



America's Physician Groups (APG) Response and Resources
Page: <https://www.apg.org/apg-covid-19-response-and-resources/>

Medical Group Management Association COVID-19 Resource
Center: <https://www.mgma.com/>

Telehealth Resources:

CMS Telehealth Fact Sheet: <https://www.cms.gov/newsroom/fact-sheets/medicare-telemedicine-health-care-provider-fact-sheet>

Center for Connected Health Policy- State Specific
Resource: <https://www.cchpca.org/resources/covid-19-related-state-actions>

Diagnosis Codes and Claims Guidelines:

ICD-10-CM Official Coding Guidelines – Supplement: Coding encounters related to COVID-19 Coronavirus Outbreak: <https://www.cdc.gov/nchs/data/icd/ICD-10-CM-Official-Coding-Gudance-Interim-Advice-coronavirus-feb-20-2020.pdf>

New ICD-10-CM code for the 2019 Novel Coronavirus (COVID-19), April 1, 2020: <https://www.cdc.gov/nchs/data/icd/Announcement-New-ICD-code-for-coronavirus-3-18-2020.pdf>

Government Resources:

General COVID-19 information: <https://www.coronavirus.gov/>

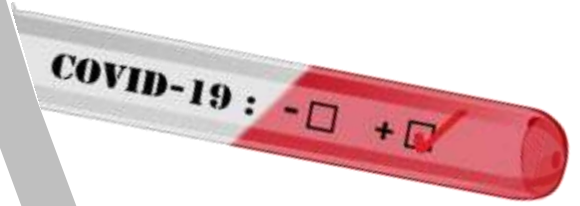
CMS Partner Toolkit: <https://www.cms.gov/outreach-education/partner-resources/coronavirus-covid-19-partner-toolkit>

DHCS COVID-19 Resource Page: <https://www.dhcs.ca.gov/Pages/DHCS-COVID%E2%80%9119-Response.aspx>

DMHC COVID-19 Resource Page: <http://www.dmhc.ca.gov/COVID-19.aspx>

Orange County Health Dept COVID-19 Center: <https://occcovid19.ochealthinfo.com/>

Los Angeles Health Dept: <http://publichealth.lacounty.gov/>



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Celebrating Thanksgiving

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/thanksgiving.html>



Traditional Thanksgiving gatherings with family and friends are fun but can increase the chances of getting or spreading COVID-19 or the flu. Follow these tips to make your Thanksgiving holiday safer.

The safest way to celebrate Thanksgiving this year is to celebrate with people in your household. If you do plan to spend Thanksgiving with people outside your household, take steps to make your celebration safer.

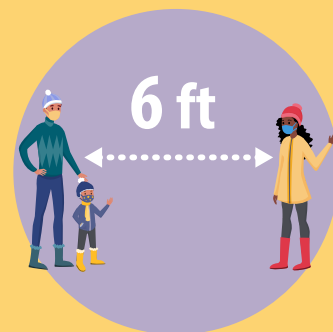
Everyone Can Make Thanksgiving Safer

Wear a mask

- Wear a mask with two or more layers to stop the spread of COVID-19.
- Wear the mask over your nose and mouth and secure it under your chin.
- Make sure the mask fits snugly against the sides of your face.

Stay at least 6 feet away from others who do not live with you

- Remember that some people without symptoms may be able to spread COVID-19 or flu.
- Keeping 6 feet (about 2 arm lengths) from others is especially important for people who are at higher risk of getting very sick.



Wash your hands

- Wash hands often with soap and water for at least 20 seconds.
- Keep hand sanitizer with you and use it when you are unable to wash your hands.
- Use hand sanitizer with at least 60% alcohol.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Attending a Gathering

Make your celebration safer. In addition to following the steps that everyone can take to make Thanksgiving safer, take these additional steps while attending a Thanksgiving gathering.

- Bring your own food, drinks, plates, cups, and utensils.
- Wear a mask, and safely store your mask while eating and drinking.
- Avoid going in and out of the areas where food is being prepared or handled, such as in the kitchen.
- Use single-use options, like salad dressing and condiment packets, and disposable items like food containers, plates, and utensils.



Hosting a Thanksgiving Gathering

If having guests to your home, be sure that people follow the steps that everyone can take to make Thanksgiving safer. Other steps you can take include:

- Have a small outdoor meal with family and friends who live in your community.
- Limit the number of guests.
- Have conversations with guests ahead of time to set expectations for celebrating together.
- Clean and disinfect frequently touched surfaces and items between use.
- If celebrating indoors, make sure to open windows.
- Limit the number of people in food preparation areas.
- Have guests bring their own food and drink.
- If sharing food, have one person serve food and use single-use options, like plastic utensils.



Thanksgiving Travel

Travel increases your chance of getting and spreading COVID-19. Staying home is the best way to protect yourself and others.

If you do travel

- Check travel restrictions before you go.
- Get your flu shot before you travel.
- Always wear a mask in public settings and on public transportation.
- Stay at least 6 feet apart from anyone who is not in your household.
- Wash your hands often or use hand sanitizer.
- Avoid touching your mask, eyes, nose, and mouth.
- Bring extra supplies, such as masks and hand sanitizer.

