

# LIVE VIRTUAL Q&A SESSION



# COVID-19 Updates and Tips



# What do we know?

- **Tallies continue to climb.** Over the past week, the state has averaged 1,516 new cases and 79 new deaths per day.
- **Cities have been hit hard.** The largest concentration is in Los Angeles County, home to half of the deaths so far.
- **Hospitals are holding up.** The number of patients has remained steady, a goal of the stay-at-home policies.
- **Nursing homes are a focal point.** The state is currently listing 224 skilled-nursing and assisted-living facilities with a confirmed case.
- **California's totals sit far below New York**, where more than 22,900 people have died.

# What is closed or restricted in San Diego?

## San Diego County

Stay at home

**Face coverings** Residents asked to wear face coverings in public places and at essential businesses »

**Grocery & essential retail** Open

**Government** Open only for essential functions

**Restaurants & bars** Bars closed, delivery/take-out only

**Parks** County parks reopened but parking lots remain closed

**Schools** Most K-12 schools are distance learning. Colleges online only

**Recreation** Gyms, movie theaters, etc. closed


**Gatherings** Only allowed with members of your household



# Phase I of Opening Up America Again

- **ALL VULNERABLE INDIVIDUALS** should continue to shelter in place.
- **WHEN IN PUBLIC**, individuals should maximize physical distance from others.
  - Social settings of more than 10 people, where appropriate distancing may not be practical, should be avoided unless precautionary measures are observed.
- **MINIMIZE NON-ESSENTIAL TRAVEL** and adhere to CDC guidelines regarding isolation following travel.
- **LARGE VENUES AND GYMS** can operate under strict physical distancing and sanitation protocols
- **SCHOOLS, ORGANIZED YOUTH ACTIVITIES, AND BARS** should remain closed.
- **VISITS TO SENIOR LIVING FACILITIES AND HOSPITALS** should be prohibited.

# Phase I of Opening Up America Again

- Businesses should continue to **ENCOURAGE TELEWORK**, whenever possible
  - If possible, **RETURN TO WORK IN PHASES**.
  - Close **COMMON AREAS** where personnel are likely to congregate and interact, or enforce strict social distancing protocols.
  - **ELECTIVE SURGERIES** can resume, as clinically appropriate, on an outpatient basis at facilities that adhere to CMS guidelines.
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# COA and AOA Guidelines and Updates

# Membership Dues

- All AOA/COA/SDCOS dues have been waived for April and May
  - If you pre-paid your dues, you will have a credit with COA that can be used for future dues or future COA events (you may also request a refund by June 1)
- If you are not a member of COA/SDCOS, join now!
- If you need more financial assistance, you may request an emergency dues waiver for 50% of all dues and assessments for 6 months (contact COA)



# Continuing Education

- If your license is set to expire from any time from now until June 30, you may apply for a waiver with the State Board of Optometry
  - This will give you an extension to October 1st to complete your CE requirements
- **Will online webinars count as live CE for licensing requirements?**
  - Yes, interactive courses offered live over internet platforms such as Zoom, WebEx, BlueJeans, RingCentral, or courses being offered by COPE (through the June 30, 2020 deadline), will count towards the 30 hours required of live CE course credits
  - Conversely, online courses that are recorded and made available later (not interactive and participatory) will NOT qualify as live courses
  - All Webinars hosted by SDCOS will count as live CE
    - Thursday May 28                      Ocular Surface Disease - Dr. Vin Dang Virtual Webinar (Zoom)\*
    - Thursday June 25                      Glaucoma - Dr. Pinakin Davey Virtual Webinar (Zoom)\*
    - Thursday July 16                      Oculoplastics – Dr. Srinivas Iyengar Virtual Webinar (Zoom)\*
  - For more information, contact COA or the California Board of Optometry at [optometry@dca.ca.gov](mailto:optometry@dca.ca.gov)

# COA Website coavision.org

**practice  
reopening  
checklist**

**INFO AND GUIDANCE**

**AOA webinar  
series part V**

**PRACTICE REACTIVATION**

**where to find  
PPE**

**SOURCES AND INFO**

**your CE  
headquarters**

**NEW CE POSTED**

**news and updates**



**financial assistance**



**employee pay**



**legal advice & insurance**



**practice resources**



**telehealth resources**



**emergen-CE**



**webinars**





## The burning question:

# When can San Diego Optometry offices reopen?

- Based on guidelines from the California Department of Public Health (CDPH), Doctors of Optometry are encouraged to gradually resume full scope of services when possible and safe to do so.
- Physical layout and flow of care delivery may change to maintain physical distancing
  - Patient movement and waiting areas protocols
- Optometrists should continue to **ENCOURAGE TELEHEALTH** whenever possible to protect patients and health care workers.
- Optometry services fall under the CDPH's "Outpatient Visit Guidelines." As such, priority scheduling for patients that cannot be treated by telehealth should consider:
  - Patients with acute illnesses
  - Patients with chronic illness that have not been seen due to Stay-at-Home rules and need in person visit
  - Preventive services, including vaccinations
  - List of previously cancelled or postponed patients
  - Other patients needing in person visit to monitor status or assess illness, etc.

# Resources

- AOA website:
  - AOA has posted a guide to practice activation and other practice crisis relief resources on their website ([aoa.org/coronavirus](http://aoa.org/coronavirus))
  - There is also a Webinar scheduled for tonight right after this meeting to provide more information on this topic
- COA website:
  - Visit COA's COVID-19 webpage for updated information, including a revised practice reopening checklist and sources of PPE.



# #AskAOAWebinar Practice Reopening Guidance



Learn more about what steps doctors of optometry and practices should take in preparation for reopening their offices.

What: [#AskAOA Webinar: Practice Reopening Guidance](#)

When: 9 p.m. ET, Wednesday, April 29

# COA Practice Re-opening Guidelines

- Scheduling patients:
  - CMS recommends maintaining low patient volumes. Ramp-up slowly.
  - Consider reducing the number of patient appointments to one per hour per doctor.
  - You might want to perform optical dispensing or adjustments by appointment only.
  - Continue maximum use of telemedicine when possible.
  - No more than one patient in any work area (waiting room, dispensary, etc.) at a time.
  - Consider extending office hours to make up lost time.
  - Offices should consider whether special hours of operation could be in place for patients who are higher at-risk.



# COA Practice Re-opening Guidelines

- Scheduling patients:
  - CA Dept of Public Health states the priority scheduling should consider:
    - 1) patients with acute illnesses that cannot be handled through telehealth
    - 2) patients with chronic illness that have not been seen due to Stay-at-Home rules and need in person visit
    - 3) preventive services including vaccinations
    - 4) previously cancelled or postponed patients, and 5) other patients needing in person visit to monitor status or assess illness, etc.

# COA Practice Re-opening Guidelines

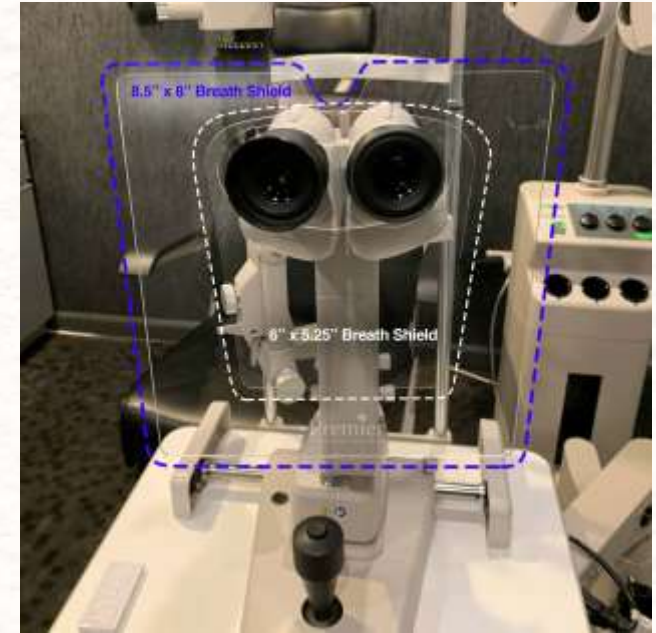
- Restrict office entries
  - Only patients may enter the office for an appointment.
  - Spouses, friends, and family members should wait outside. They can assist patients to the front door and hand off to technician.
  - Exceptions might be pediatric patients and others requiring a caretaker.
  - Anyone entering the building should be pre-screened in the same way as patients.
  - Implement curbside dispensing when possible



# COA Practice Re-opening Guidelines

- Office modifications

- Consider installing front desk breath shield.
- Purchase slit-lamp barriers and masks.
- Any non-clinical items should be stored, including display models, flyers, brochures, displays, etc.
- CMS recommends that healthcare providers and staff wear surgical face masks at all times.
- Eye protection for the optometrist is recommended.
- In regions with high prevalence of COVID-19, an N95 mask for the optometrist can be considered when available. The CDC's recommendations on N95 extended use/reuse should be followed.
- CMS recommends all staff should be routinely screened for symptoms of COVID -19.



# COA Practice Re-opening Guidelines

- Patient Communication

- CMS recommends patients should wear a face covering - ask all patients to present with a face covering or mask.
- If they do not have one, a mask should be provided by the office.
- **The doctor can reschedule or refuse to see a patient if they refuse to wear a mask.**
- You may want to ask patients to use hand sanitizer.
- Inform patients that you will speak as little as possible during the slit-lamp examination, and request that the patient also refrain from talking.





# COA Practice Re-opening Guidelines

- Sanitizing equipment, exam rooms, and optical frames
  - The Environmental Protection Agency (EPA) has a list of COVID-19 approved cleaners. Some suggestions include:
    - Peroxide or bleach diluted with water (50/50)
      - Can damage frames
    - Soap and water (scrub for minimum of 20 seconds)
    - Hypochlorous Acid (HOCL)



# Hypochlorous Acid (HOCL)

- EPA-verified efficacy for killing enveloped viruses, including SARS-CoV-2 in solutions containing **at least 0.015%** of HOCL
  - For maximum effect, leave on surface for 10 minutes and let air dry or wipe off
- Non-toxic and non-corrosive, so it is safer to use on delicate surfaces such as frames
- HypoChlor (by OcuSoft) contains an effective concentration of HOCL, but can be quite expensive



# Hypochlorous Acid Disinfectants:



# SDCOS Updates



# SDCOS 2020 Continuing Education Schedule

Thursday January 16	Refractive Surgery Symposium
Thursday February 13	Keratoconus & Myopia Management - Dr. Maria Walker
Thursday May 28	Ocular Surface Disease - Dr. Vin Dang Virtual Webinar (Zoom)*
Thursday June 25	Glaucoma - Dr. Pinakin Davey Virtual Webinar (Zoom)*
Thursday July 16	Oculoplastics – Dr. Srinivas Iyengar Virtual Webinar (Zoom)*
Sunday August 16	Ocular Disease Dr. Lee Vien/Dr. David Yang
Thursday September 17	Ocular Urgencies and Emergencies - Dr. Richard Mangan
Thursday October 22	Adult Strabismus – Dr. Susan A. Cotter
Thursday November 19	TBD
Sunday December 13	Retina Symposium - Dr. Nik London/Dr. Arash Mozayan





**2 HR VIRTUAL CE:**  
**OCULAR SURFACE  
DISEASE**

**SPEAKER**

Dr. Vin Dang OD, FAAO

**TOPICS**

Grand Rounds (1 Hour)  
Allergy Testing at the OD's  
Office (1 Hour)

**WHEN**

Thursday May 28th, 2020  
Registration: 6:15PM  
Lecture: 6:30-8:30PM

**PRICING**

SDCOS Members: FREE  
COA/AOA Members: \$35  
Non-Members: \$130  
Sponsors: FREE

**COUNTS AS**  
**LIVE CE!**

**Featured  
Sponsors:**

**NVISION**  
**California Retina**  
**Associates**



# Membership

# Membership Benefits

- We are your professional Resource:
  - Continuing Education
  - Job matching. Looking for PT/FT/Fill-in work? We can help
    - \* Classifieds section of SDCOS website for employers to post jobs for hire
    - \* Contact Dr. John Fitzpatrick ([jpfod@aol.com](mailto:jpfod@aol.com)) to be added to list for fill in work
- Free Legal Advice Monthly via access to COA Attorneys
  - Call Wilke Fleury at (916) 441-2430, provide your COA number, ask which attorney best meets your issue, and schedule a 30min consult
- Staff training resources - available on COA website





# SDCOS Social Events and Gatherings

- Be a part of a Community:
  - Learn from each other
  - Grow together
  - Build meaningful relationships with your colleagues.
- In-Person Social Gatherings will most likely be postponed for the time being.
  - Virtual events TBA



# Strength in numbers

- We NEED YOU.
- Having a Stronger Professional Association means more leverage in passing important legislation:
  - Student loan forgiveness, Scope of practice, Federal physician crisis assistance, etc.
- Please invite, encourage, and persuade your non-member friends to join our society today!





Thank you for  
your attention!

