



AMERICAN  
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ASSOCIATION

## ACHA COVID-19 Update: March 25, 2020

*These updates have been provided by ACHA's COVID-19 Task Force. Please forward this message to others on campus who may benefit. Non-members can subscribe to receive these and other messages [here](#). We will continue to update the [COVID-19 webpage](#) with important alerts and resources.*

### FAQs Release

[FAQs on COVID-19](#) are now posted on the ACHA website. Many are a result of the questions that have been posed by ACHA membership through ACHA Connect, webinars, last week's Q&A session, or from the Task Force itself. We will continue to review, update, and add to the list.

### ACHA Q&A Discussion: Telehealth in the COVID-19 Era

**Friday, March 27, 2020 at 3:00 pm EDT**

Join Mei Wa Kwong, JD, Executive Director for the Center for Connected Health Policy; Erica Bumpurs, BS, OTA, Director of the Sam Houston State University Student Health Center; Michael Deichen, MD, MPH, Associate Vice President of University of Central Florida Student Health Services; and Jun Mitsumoto, MD, MPH, Associate Medical Director for Primary Care at New York University Student Health Center, for a Q&A session on the topic of telehealth. Ms. Kwong will discuss the changing regulatory landscape for telehealth while our other presenters will discuss their own experiences implementing telehealth for their campus population. There will be time for questions from attendees.

[Registration is required](#). If you are unable to attend, please do not register as capacity is limited. The Q&A session will be recorded and uploaded to ACHA's YouTube channel and will be available publicly. If you are unable to attend but have questions you'd like answered, feel free to submit your questions in advance to [rbuchsbaum@acha.org](mailto:rbuchsbaum@acha.org).

**Archived webinars and Q&A sessions and a list of any upcoming events can be accessed through [ACHA's COVID-19 page](#).**

### Anosmia, Hyposmia, and Dysgeusia Associated with COVID-19

The American Academy of Otolaryngology-Head and Neck Surgery (AAO-HNS) proposed adding anosmia (loss of sense of smell), hyposmia (decreased ability to smell), and dysgeusia (lack of ability to taste) to the symptom list in screening tools for COVID-19. These symptoms, without alternative upper respiratory diagnoses such as allergies or rhinosinusitis, should warrant self-isolation and early testing, [according to the AAO-HNS website](#). Anecdotal reports of anosmia and dysgeusia as early symptoms, and in rare cases, the only symptoms, in individuals confirmed with COVID-19 have prompted WHO to investigate further.

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## New York Executive Order Affecting CRNAs

Governor Cuomo signed an Executive Order on Tuesday, March 24 allowing certified registered nurse anesthetists (CRNAs) to practice without physician supervision. It is expected that other states may follow soon. According to the American Nurses Association, this means that “NPs are allowed to practice without a written practice agreement or collaborative relationship with a physician. NPs may advise and direct emergency medical services personnel. Licensed personnel are immune from civil liability. Pre-licensure healthcare students may volunteer in health care facilities for educational credit without an affiliation agreement. RNs, NPs, and LPNs in good standing may practice in NY without NY license. RNs may order throat and nasal swabs for COVID-19 testing.” View more details [here](#). Also, be sure to stay up-to-date on your state’s current practices and updates.

## Mental Wellness During the Pandemic

Much attention has been focused on the physical signs, symptoms, and clinical course of COVID-19. We all understand the four defining symptoms of cough, fever, fatigue, and shortness of breath and the public health practices of social distancing, hand hygiene, and respiratory etiquette to “flatten the curve.” The mental health impact seems to have taken a back seat. However, the emotional, social, academic, and financial disruption from social distancing measures, including online learning, residence hall closures, “stay at home” or “shelter in place” ordinances, and mass gathering restrictions, in combination with 24/7 media coverage and the uncertainty of the trajectory of this pandemic is fostering increased stress, anxiety, and fear. The CDC has [developed guidance to manage stress and anxiety](#) with several self-care recommendations.

The Tang Center at UC Berkeley posted [tips to manage fear and anxiety](#) around coronavirus on its website.

The [Coronavirus Sanity Guide](#) is free for patients and providers and touts practical, actionable ways to cope with fear, stress, and anxiety with guided meditations, podcasts, and talks.

## More Resources

Looking for additional resources? Please see [ACHA’s COVID-19 page](#) to access resources on telehealth/telemental health, patient tools, and more. Recently added items include a [Coronavirus Self-Checker](#) from CDC and a [virtual visit algorithm](#) from AAFP.

See all updates here: [https://www.acha.org/ACHA/Resources/Topics/COVID-19\\_Update.aspx](https://www.acha.org/ACHA/Resources/Topics/COVID-19_Update.aspx)

ACHA COVID-19 Page: <https://www.acha.org/COVID-19>