



Protecting Your Health

COVID-19
UPDATE

TMC
TRUMAN MEDICAL CENTERS



Why are older people at risk?

How can you lower that risk?

You punched the clock. Put in your time. You didn't expect a pandemic to get in the way of your retirement. But experts report that those of us 65-years-old and older are at a higher risk of getting severely sick from COVID-19.

“This virus is hitting patients 65 and older particularly hard because their bodies tend to overreact to the infection, or react to it vigorously,” explains Mark Steele, M.D., Executive Chief Clinical Officer at Truman Medical Centers/University Health.

“In serious cases, COVID-19 causes fluid to accumulate in the lungs, as a reaction to the infection. It can also cause cardiomyopathy, which is inflammation of the heart muscle,” said Dr. Steele. “There's the risk of secondary infections, like pneumonia. And for older people, conditions like diabetes, heart disease and kidney disease, along with their age, may weaken or compromise their immune system and their ability to fight off infection.”

Dr. Steele says you should do your best to protect yourself from the virus (see sidebar for prevention tips), but there is good news, too.

“Most people who get COVID-19 are able to recover without a lot of medical intervention or becoming seriously ill.”

What's Inside:

Make sure to keep moving – page 3

Quick symptom guide – page 4

Tips to feel less isolated – page 6

Keep It Clean

It seems simple, but washing your hands often can help prevent the spread of COVID-19. The Centers for Disease Control (CDC) recommends these steps:

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

(continued on page 2)

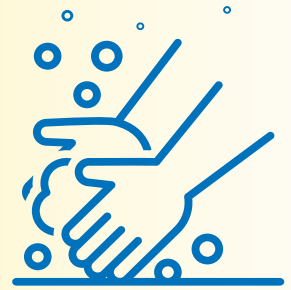
The Importance of Signing Up for the Patient Portal

Perhaps now, more than ever, is a great time to sign up for the TMC/UH Patient Portal, called MyTruHealth. The portal works just like email, except it's secure and meets federal privacy laws. Besides allowing you to email back and forth with your provider, it also allows you to access your lab results, read clinical notes, and ask your doc for refills.

Carlie Nikel, PsyD, sees patients in the Lakewood Family Medicine clinics as part of a program to bring together physical and behavioral health. Nikel encourages her patients to enroll in the free portal program, "Signing up allows patients to have more direct access to the people on their care team, so that we can be more readily available to answer questions, reschedule an appointment, or so that we can be in touch."

To sign up for My TruHealth, go to <https://www.trumed.org/patients-visitors/my-truhealth>.

If you are going online to read about a condition or symptoms, our doctors recommend you stick to reputable sites like the Centers for Disease Control, which offers evidence backed advice in multiple languages.



Keep It Clean

(continued from page 1)

Other prevention tips from the CDC include:

- **Stay home** if possible.
- **Avoid close contact** (6 feet, which is about two arm lengths) with others.
- **Clean and disinfect** frequently touched surfaces.
- **Avoid** all non-essential travel.

Call your Truman Medical Centers/UH provider or our dedicated COVID Call Center (816-404-CARE or 2273) if you have concerns about COVID-19 and how it could affect a condition you're already facing.

Remember, if you already use the patient portal to email your provider, this is a great way to contact him or her.

The Doctor Will See You Now

Select providers at Truman Medical Centers/University Health are using secure telehealth technology to treat patients. If your doctor or nurse practitioner is participating, a TMC/UH scheduling teammate will call you before your scheduled appointment to walk you through the process.



Make Sure to Keep Moving

The COVID-19 outbreak means many of us aren't exercising like we're used to doing. Either our gym is closed, we're trying to maintain social distancing, or crummy weather is keeping us indoors. But it's important we keep moving. Scott Luallin, MD, an orthopaedic surgeon at the Lakewood Orthopaedic and Sports Medical Center, is also the Chief Medical Officer for Sporting KC. We asked Dr. Luallin to share some tips on how to stay active (and made him promise not to mention sprinting).







From walking, to strengthening your core, to lifting weights (or household items like cans or water jugs), Dr. Luallin says every little bit helps. The most important thing to remember when

getting some exercise is to do what feels best to you. If it's too strenuous, or causes pain or discomfort, don't try to push through it. Try to find a modification instead. If you're looking for more guidance for how to get some movement in while you're at home, Dr. Luallin suggests visiting aarp.org. The site has an entire at-home workout series.

Dr. Luallin and the team at the Lakewood clinic have earned Advanced Certification from The Joint Commission for total hip and total knee replacement. This means they met the Commission's rigorous performance standards in delivering safe, quality care so you get the best outcome.



How are you feeling?
A quick guide to what might be ailing you

Ailment	 Cough	 High Fever <small>(greater than 101)</small>	 Sore Throat	 Body Aches	 Runny Nose	 Sneezing
Seasonal Influenza	X	X	X	X	X	
COVID-19	X	X	X	X		
Seasonal Allergies	X		X		X	X
Common Cold	X		X		X	X

*If you believe you may have COVID-19, please call our dedicated care line at **816-404-CARE**. This is our first step in providing you with a possible test and the proper care.*

Be Prepared for a Hospital Stay

In March, TMC/UH – along with all other medical centers in the metro – began restricting visitors. Medical centers are doing this to stop the spread of COVID-19. Now is a great time to put the scout motto to use and be prepared in case you get sick and need a hospital stay to recover.

Make a list of emergency contacts, their relationship to you, and their phone numbers.

Write a list of any medications or supplements you take. Yes, this includes your multi-vitamin. If you have time to pack before a hospital visit, doctors recommend bringing your prescription bottles.

Also bring:

- Photo ID
- Update insurance and Medicare cards
- A copy of advance healthcare directives, such as durable power of attorney for healthcare and living will

These tips apply to anyone preparing for a hospital stay at this time, regardless if the visit is to treat COVID-19 or something else.



Bring an updated
**INSURANCE CARD AND
DRIVER'S LICENSE** to
every appointment





Helpful Tips To Feel Less Isolated

Since some of us 65-and-older (and we think wiser) are at a higher risk of serious complications if we get COVID-19, and social distancing is recommended to prevent the virus' spread, we know it's easy to feel isolated. The Centers for Disease Control and Prevention offers the following:

- Take breaks from watching, reading, or listening to news stories and social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.

- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call:

- 911
- Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 (TTY 1-800-846-8517) or text TalkWithUs to 66746.

Information from the Centers for Disease Control and Prevention

Construction continues at Health Sciences District

Fighting the spread of COVID-19 might make you feel as though the world has hit pause. But the construction keeps on going at our Health Science District campus. University Health 2, a state-of-the-art, accessible building, will be home to Primary Care and Women’s Care this fall. “We’re excited that this new building will match the quality of care that our patients are used to getting from our providers,” said Charlie Shields, President and CEO of Truman Medical Centers. Shields wants patients, especially those who have trusted a TMC provider for years, to know that the mission of TMC remains the same.

“At Truman Medical Centers, we define ourselves in two ways. One, we are Kansas City’s essential hospital. We provide high quality care to everyone, regardless of whether they have the best insurance or no insurance at all. Secondly, we are an academic medical center — the primary teaching hospital for the UMKC Schools of Medicine, Nursing, Pharmacy and Dentistry. The University Health name best reflects that goal of teaching the next generation of healthcare providers.”

Coming Soon!

- **Early Fall 2020 University Health 2 Opens**
- **Fifth floor renovations complete, allows for more private rooms with smartroom technology**
- **New Birthplace, 6th floor, TMC Health Sciences District**
- **Neonatal Intensive Care Unit renovation (expanding from 19 beds to 29 private rooms).**
- **Parking Structure complete. More parking for patients.**



Our TMC Level III NICU connects to Children’s Mercy Level IV NICU via The Bridge of Hope.



2301 Holmes
Kansas City, MO 64108
Nursing Administration
Attn: Kamera Meaney

NON-PROFIT
U.S. POSTAGE
PAID
Kansas City, MO
Permit NO. 4888

RETURN SERVICE
REQUESTED

© 2020 Truman Medical Centers

Truman Medical Centers
has available services for
Kansas City, MO and
Jackson County residents
during the **COVID-19**
(coronavirus) pandemic.

If you are experiencing a fever, a new cough or new shortness of breath, you can call **404-CARE (2273)** and speak to a healthcare professional to be screened for COVID-19.



In This Together