

# VMG COVID-19 UPDATE

Friday, April,  
2020

Issue # 19

It's Friday. We're all ready for the weekend.

The latest federal projections suggest that lifting the stay at home orders in the next 30 days would likely lead to a new spike in cases during the summer. I think we are going to hold steady with social distancing for some time to come even if we do see a peak in the next few weeks. And we can do that because.....

Gina tells me it's now been one month since several of us looked at each other and said we're going to have to go to another model of care delivery. By now, you're all acquainted with how we are adjusting. One consequence of all this change is that we're learning some new things which should eventually be helpful going forward.

First, we're learning that seeing patients by video and even by phone is appropriate and appreciated by most patients in times of crisis and maybe even when the crisis passes. It's hard to imagine now that patients will want to give this up entirely. Authors like Eric Topol have been writing about this for years but now, because of COVID, it's actually happening at some scale.

Second, we are all capable of adapting, and adapting quickly, once we see and feel the need to change. The emotional weight of the pandemic (the world wide reports, the news coverage, the patient concern and illnesses, the loss of so many) and our commitment to the mission of health care work together to tip the scales to action. A patient wrote about how we shine in these times and I think that shine is as contagious as the virus. Amidst all the anxiety and hard work, it is invigorating to see we can thrive for the good of our patients, communities, and ourselves.

Third, as I read Meghan's email yesterday, I thought when you're in the thick of your work, you may not notice the incredible dedication and togetherness of the team. But this is a time when the team always wins and pulls you through. Please appreciate your contributions and each other.

I heard Andrea Bocelli performing the Ave Maria at his home on the radio this morning. He'll be performing to an empty Duomo Cathedral in Milan, Italy, Sunday. This is the pandemic in action. The performance will be live streamed on You Tube. I'm sure it will be worth listening, no matter your religion. Solace: comfort or consolation in a time of distress or sadness.

Gina coined a term: R3, for Rest, Recuperate, and Rejuvenate. And here's a fourth R - Rise up (suggested by Amy Rice).

[https://www.youtube.com/watch?v=G\\_YDpP-nU6w](https://www.youtube.com/watch?v=G_YDpP-nU6w)

So I wish you all R3 this weekend.

Joel

*Oh, and hey: Be Patient; Be Mindful. And wash your hands (a lot), don't touch your face, maintain social distancing (it is working) and wear a mask.*

*Confidentiality Notice: This email message, including any attachments, is for the sole use of the intended recipient(s) and may contain privileged and confidential information. Any unauthorized review, use, disclosure or distribution is prohibited. If you are not the intended recipient, please contact the sender by reply email and destroy all copies of the original message.*