

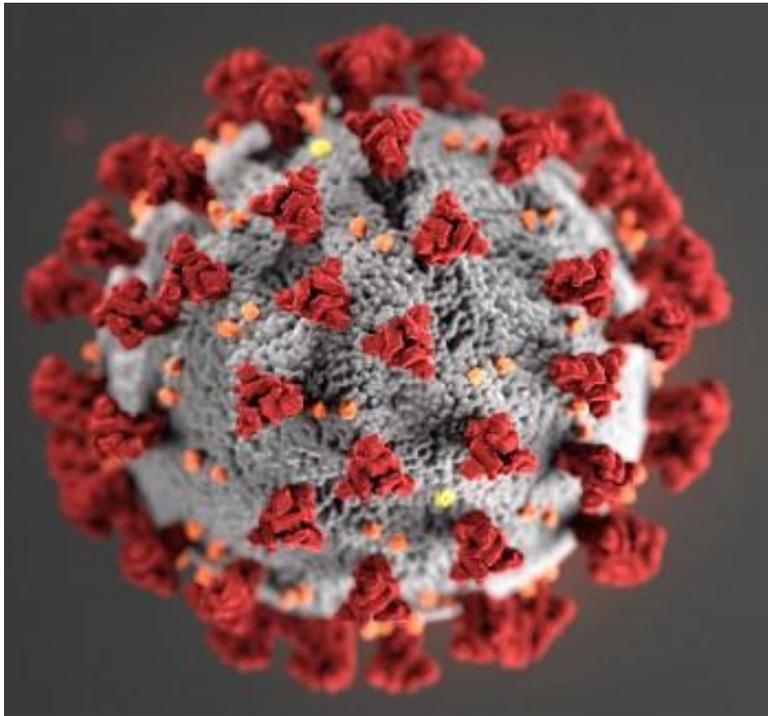


# CHIROPRACTIC NEWS & VIEWS

Presented by:  
**Hawaii State Chiropractic Association, Inc.**

Volume XVII, SPECIAL EDITION, March 2020

## COVID-19 *Coronavirus*



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# THE CORONAVIRUS: GENERAL INFORMATION FOR YOU, YOUR FAMILY AND YOUR PRACTICE

**PRESIDENT’S MESSAGE:**

*By: Dr. Dean J. Shivers, DC*

Aloha,

The coronavirus is smeared across the news lately and this has our patients worried about leaving the house. Because of this, it is important to remember that in our offices we can take some very simple steps to reduce the spread of the disease.

Coronaviruses are what are called enveloped viruses, "meaning they are one of the easiest types of viruses to kill with appropriate disinfectant products." the EPA says.

Wiping down adjusting tables and surfaces frequently in the office with Lysol or Clorox wipes, or similar products, and of course regularly washing your hands, will go a long way.

At this time, we don’t see any compelling need to make any major practice procedure changes, other than heightened sanitation efforts in the office and between patient visits.

The HSCA is paying close attention to this issue and will make information available that is useful as the situation develops. And as always stay adjusted....and wash your hands!

Aloha,

Dr. Dean Shivers

**SECRETARY’S MESSAGE:**

*By: Dr. Joseph G. Morelli, Jr., DC., FICC, Secretary.& Past Pres., HSCA*

We decided to put out this special issue mostly dedicated to the coronavirus issue, due to heightened public concern, and the increasing number of calls we have been getting here at the HSCA.

As you may know, the primary transmission vehicle of the virus is in bodily fluids from the mouth, nose and respiratory system. The droplets in a sneeze, cough, or from touching one’s mouth and nose is the main way to transmit.

The primary symptoms are like most flu and respiratory illness including respiratory congestion, coughing, sneezing, shortness of breath, runny nose, watery eyes, headache, myalgia, fatigue and fever.

The CDC now states that the incubation period is from 2 to 14 days. The most highly contagious time related to the spread of the virus is when the above symptoms are present.

The CDC notes that one can cause primary transmission of the virus with direct contact with others early on, even prior to any experience of symptoms, after one has been infected.

One other significant fact to consider is that those that have died or have had the worst outcomes after infection have been almost exclusively the elderly with significant co-morbid conditions.

That is, those over 60 years, with cardiovascular disease, immune compromised issues, major respiratory diseases, diabetes, autoimmune diseases, cancers, cerebrovascular disease, renal disease, liver disease, etc.

The guidance suggests that a young, generally healthy individual who contracts the virus, will suffer flu-like symptoms and be ok usually within 10 to 14 days. If diagnosed positive for the COVID-19 virus, one should be sequestered at home or a designated medical facility under direct medical supervision.

Since Hawaii currently has an extremely low incidence of diagnosed positive COVID-19 cases thus far, we are not recommending any extreme measures related your daily Chiropractic practice procedures.

It’s always been a good practice to clean and sanitize your treatment tables and equipment regularly.

It is now recommended that you use a disinfectant spray and/or wipes after every patient use of your adjusting tables (head pieces, arm rests and any parts that touch the patient) and therapy equipment, etc. If you use an “activator” or “percussor”, etc. don’t forget to wipe the tips and heads after use.

Some alcohol or bleach-based products are great on killing bacteria/viruses on surfaces, but may be hard on leather and vinyl coverings.

This being the case I have a recommendation for a product: For many years, in my office, I have used a natural germicidal from Melaleuca called Solugard Botanical Concentrate Disinfectant. It does not dry out the leather/vinyl surfaces of my tables, and is certified to kill 99.99% of surface bacteria and virus. This product was recommended to me by a massage therapist who uses it to clean and protect his tables.

The ACA and other national Chiropractic associations are recommending that we stress to our patients that if they are sick with flu-like symptoms, then they should stay home, and not come into your office until they are better.

The same goes for you and your staff. If sick, stay away from your patients.

Facemasks in general medical use are to protect others from the wearers’ diseases. Not to protect the mask wearer from infection. Typical surgical masks do not protect the wearer from COVID-19. If you are coughing and sneezing, then a mask can be appropriate to help protect others around you by capturing your expectorant.

Medical personnel and first responders use sophisticated PPE (personal protective equipment) that seals in and filters mouth and nose (N95 respirators), they also cover the eyes and ears.

Be well, Aloha....and wash your hands!

Dr. JOE Morelli

**CDC: FOR HEALTH CARE PROFESSIONALS (HCP)**

The following is some of the most current information put out by the State Dept. of Health and the federal government, CDC and is aimed at the healthcare industry, as possible exposure is higher than the average public:

**Self-monitoring** means HCP should monitor themselves for fever by taking their temperature twice a day and remain alert for respiratory symptoms (e.g., cough, shortness of breath, sore throat). Anyone on self-monitoring should be provided a plan for whom to contact if they develop fever or respiratory symptoms during the self-monitoring period to determine whether medical evaluation is needed.

**Active monitoring** means that the state or local public health authority assumes responsibility for establishing regular communication with potentially exposed people to assess for the presence of fever or respiratory symptoms (e.g., cough, shortness of breath, sore throat). For HCP with *high-* or *medium-risk* exposures, CDC recommends this communication occurs at least once each day. The mode of communication can be determined by the state or local public health authority and may include telephone calls or any electronic or internet-based means of communication.

For HCP, active monitoring can be delegated by the health department to the HCP's healthcare facility occupational health or infection control program, if both the health department and the facility are in agreement.

**Close contact** for healthcare exposures is defined as follows: a) being within approximately 6 feet (2 meters), of a person with COVID-19 for a prolonged period of time (such as caring for or visiting the patient; or sitting within 6 feet of the patient in a healthcare waiting area or room); or b) having unprotected direct contact with infectious secretions or excretions of the patient (e.g., being coughed on, touching used tissues with a bare hand).

Data are limited for definitions of close contact. Factors for consideration include the duration of exposure (e.g., longer exposure time likely increases exposure risk), clinical symptoms of the patient (e.g., coughing likely increases exposure risk) and whether the patient was wearing a facemask (which can efficiently block respiratory secretions from contaminating others and the environment), Personal Protective Equipment, (PPE) used by personnel, and whether aerosol-generating procedures were performed.

Data are insufficient to precisely define the duration of time that constitutes a prolonged exposure. However, until more is known about transmission risks, it is reasonable to consider an exposure greater than a few minutes as a prolonged exposure. Brief interactions are less likely to result in transmission; however, clinical symptoms of the patient and type of interaction (e.g., did the patient cough directly into the face of the HCP) remain important. Recommendations will be updated as more information becomes available.

Risk stratification can be made in consultation with public health authorities. Examples of brief interactions include briefly entering a room with an infected patient, without having direct contact with the patient or their secretions/excretions, brief conversation at a triage desk with a patient who was not wearing a facemask.

## COVID-19 TESTING NOW HAPPENING IN HAWAII

The Hawaii Department of Health today, March 10, 2020 announced enhanced testing for the coronavirus throughout the islands.

Health officials said they are launching a statewide surveillance testing program to identify cases of community spread of the coronavirus, known as COVID-19.

Hawaii has two confirmed cases of the novel coronavirus that has spread globally, and there are four tests pending results.

They said in a news release that the testing helps detect COVID-19 cases earlier so that appropriate steps can be taken to contain the virus.

Community spread is defined as cases that cannot be traced back to a traveler or to those who came in contact with a person who has coronavirus, they said.

Health officials said about 200 COVID-19 tests will be conducted each week under the new program.

Samples collected for influenza testing from patients with respiratory symptoms will be randomly selected and also tested for COVID-19, according to the news release. The samples are collected by healthcare providers in doctor's offices and other outpatient settings, officials said. "This is a major new development in our state's prevention and mitigation efforts,"

said Bruce Anderson, state health director. "We've been asking for this capability and working with the CDC for weeks to get this program in the field. It will help us focus our prevention and response efforts so that we can keep our communities safe and informed about how the virus is affecting our state."

Health officials said they are partnering with the Centers for Disease Control and Prevention to implement the additional testing.

The tests will be conducted by the State Laboratories Division in Pearl City and will enable the state to identify and notify people who test positive and take action to try to stop the spread of the virus, officials said. Health officials will contact the provider and patient in the event of a positive result and provide further guidance.

The Laboratories Division expects to receive up to 400 samples a week from participating healthcare providers and will randomly select and test 200 of these for COVID-19 testing, which includes taking swabs from the back of the nose or throat of patients with flu-like symptoms such as fever, coughing, or shortness of breath, according to the news release.

Anderson said the new surveillance testing program is in addition to ongoing testing for so-called Persons Under Investigation (PUI) that is already taking place throughout the state.

A PUI is a person who meets the following criteria: has fever and cough or shortness of breath, has traveled to a location that has been affected by the virus, and whose healthcare provider has consulted a disease investigator with the DOH's Disease Outbreak Control Division, officials explained.

## CONGRESS & THE PRESIDENT ON THE VIRUS

On March 6, 2020, President Donald Trump signed an \$8.3 billion measure to help tackle the coronavirus outbreak that has killed more than a dozen people in the U.S. and infected more than 200. The legislation provides federal public health agencies with money for vaccines, tests and potential treatments and helps state and local governments prepare and respond to the threat. The rapid spread of the virus has rocked financial markets, interrupted travel and threatens to affect everyday life in the United States.

The Senate passed the \$8.3 billion measure Thursday to help tackle the outbreak in hopes of reassuring a fearful public and accelerating the government's response to the virus. Its rapid spread is threatening to upend everyday life in the U.S. and across the globe. The money would pay for a multifaceted attack on a virus that is spreading more widely every day, sending financial markets spiraling again Thursday, disrupting travel and potentially threatening the U.S. economy's decade-long expansion.

The sweeping 96-1 vote sent the bill to the White House for President Donald Trump's signature. Sen. Rand Paul, R-Ky., cast the sole "no" vote. The House passed the bill by a 415-2 vote. The plan would more than triple the \$2.5 billion amount originally outlined by the White House. The Trump proposal was immediately discarded by members of Congress from both parties. Instead, the bipartisan leadership of the House and Senate Appropriations committees negotiated the increased figure and other provisions of the legislation in a burst of bipartisan cooperation that's common on the panel but increasingly rare elsewhere in Washington.

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According to the University of Hawaii’s Annual Report, Hawaii’s population is facing a shortage of Doctors throughout the State, and the shortage is growing every year.

In order to help Hawaii residents, gain better access to more doctors in the medical community, Central Pacific Bank created a Physician Loan Program that includes Doctors of Chiropractic, to make it more attractive to practice in Hawaii. The program offers loans up to \$1,500,000. For loan amounts up to \$250,000, we provide an even more convenient application and review process — all that’s needed are: 1) a Business Credit Application, and 2) **membership in the Hawaii State Chiropractic Association (HSCA)**. This financing can be used for equipment, office expansion, bridge accounts receivable, or debt consolidation. Please see the ad below, and call Mr. Michael Kim for information.

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