



March 27 – April 2, 2020

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[Coronavirus Now Claiming Lives Of Colorado Patients Under 50](#)

“New patients are being admitted to the hospital at a faster rate than patients are recovering, and as a result the hospital census is steadily increasing, putting even more strain on our capacity and resources,” said **Marc Moss** from the University of Colorado School of Medicine, who joined Polis to talk about the state’s health care crisis.

CBS4, March 30, 2020

[Colorado governor says spread of coronavirus is slowing, but says second person in their 40s has died](#)

Marc Moss, who leads the pulmonology and critical care medicine division at the University of Colorado medical school, accompanied Polis during Monday’s news conference....“The COVID patients we are treating are on average in their 40s and 50s and some are as young as 19 years old,” he said. “Many of these patients were healthy with no other preexisting conditions. This pandemic can affect anyone.”

Colorado Sun, March 30, 2020

[Coronavirus In Colorado: Hoarders Warned To Turn Over Essential Medical Items](#)

Marc Moss appeared with Gov. Jared Polis at a news conference on Monday to emphasize the need for the protective and medical equipment. He said, “All across the state our front line providers are working in a difficult and insecure environment. They are literally putting their lives on the line for their patients.”

CBS4, March 31, 2020



[Specialists, Primary Care Doctors Retrain For Hospital Frontlines As Colorado Coronavirus Cases Mount](#)

“It’s just going to be a matter of getting back on the bike and riding it. Undoubtedly, I’ll look at some references, to make sure my memory serves,” said **Rich Altman**, [assistant professor of medicine at CU School of Medicine] who normally works in a primary care clinic for UHealth. “The thing that most docs are going to have trouble with isn’t the medicine of it, it’s the technology and the workflow: Where do I even start?”



“The medical skills aren’t that different ... So the training isn’t specifically, how do you diagnose pneumonia? Because everyone sort of knows that,” said **Tyler Anstett**, [assistant professor of medicine at CU School of Medicine] who has been leading UHealth’s effort to gear up for a COVID-19 surge.



“We are in the thick of it,” said **Chris Davis**, [associate professor of emergency medicine at CU School of Medicine] and the system’s medical director for virtual health. “These are doctors who are already credentialed, trained, active and they say ‘how can I help?’ And it’s back to that sort of patriotic, volunteerism: ‘We’re in a pandemic disaster. How can I help because I’m not busy.’”



Brandon Combs is among those gearing up to head into a hospital after working in a UHealth outpatient clinic in Denver’s Lowry neighborhood for the past several years. “I think many of us have a strong sense of duty,” Combs said. “I think to have a valued and an applicable skill set and to not employ it doesn’t feel like the best. If there is a need and my colleagues and my patients need my assistance, it just feels like something I have to do.”

CPR News, April 2, 2020



[Colorado readies guidelines for prioritizing coronavirus patient care in case of hospital overload](#)

“There may be dire circumstances where our resources are unable or are insufficient to provide optimal care to everyone,” said **Darlene Tad-y**, a physician at the University of Colorado Hospital [and associate professor of medicine at CU School of Medicine] who serves on the Governor’s Expert Emergency Epidemic Response Committee, or GEEERC. “Should we reach that moment, I hope community



members will feel we have done our due diligence in using the utmost sense of fairness and ethics in what we write.”

“This is statewide guidance on how to do triage in the most ethically defensible way,” said **Matthew Wynia**, director of the Center for Bioethics and Humanities at the CU Anschutz Medical Campus. It’s expected that the group will forward its report to the governor’s office in the next week to 10 days.

Denver Post, April 1, 2020



[Colorado Is Creating Guidelines To Help Make Excruciating Coronavirus Care Decisions](#)

“Crisis standards of care is not a decision point. It is thrust upon you. You have to make decisions. These are forced choice,” said **Matthew Wynia**, the Director of the Center for Bioethics and Humanities at the University of Colorado. “This is like [Sophie’s Choice](#) kind of decisions where you’ve got two, three, four people, all of whom are likely to die without a ventilator. And you’ve only got one ventilator left in your hospital.”



“It’s not something I ever thought I might have to face,” said **Emmy Betz**, an emergency room physician at University of Colorado School of Medicine. “We’re trained to do whatever we can for a patient, as medically appropriate and in line with what that patient wants. So even the thought of having to decide which patient gets a resource — of having to ‘triage’ resources — is terrifying.”

CPR News, April 2, 2020



[What You Can Do About Coronavirus Right Now](#)

“Your hands carry almost all your germs to your respiratory tract. Keeping them as clean as possible is really helpful,” said **Adit Ginde**, a professor of emergency medicine at the University of Colorado School of Medicine. “It would dramatically reduce transmission if people did it well.”

The New York Times, March 26, 2020

[Should I Make My Own Mask?](#)

“I still believe that masks are primarily for health care workers and for those who are sick to help prevent spreading droplets to others,” said **Adit Ginde**, a professor of emergency medicine at the University of Colorado School of Medicine. “However, I do believe that for limited circumstances when individuals must be in close quarters with others,

a correctly positioned mask or other face cover for a short duration could be helpful.”

The New York Times, March 31, 2020

[Good Question: Is There a Way to Prevent Coronavirus?](#)

“The clinical trial that we did a couple years ago in Colorado was actually in over 20 long term care facilities,” said **Adit Ginde**, professor of emergency medicine at the University of Colorado School of Medicine. “So with older people living in assisted living and nursing homes, and actually found that giving vitamin D-deficient individuals high doses of vitamin D, reduces their risk of getting respiratory viral infections by 40%.”

CBS4, March 31, 2020

[Could vitamin D be a tool to ward off COVID-19?](#)

Interview with **Adit Ginde**, professor of emergency medicine and director of research at the University of Colorado Anschutz Medical Campus, regarding his research on vitamin D deficiency and respiratory viral infections.

KNX1070 News Radio (Los Angeles), April 1, 2020



[The mask debate: CDC considers advising more to wear masks to prevent COVID-19](#)

“From a public standpoint, is there any harm or any potential that it would be helpful? Maybe,” said **Michelle Barron**, Medical Director of Infection Prevention and Control at UCHealth University of Colorado Hospital [and professor of medicine at CU School of Medicine].

Channel 7, March 31, 2020

[Good Question: Should We Be Wearing Masks?](#)

CBS4’s Alan Gionet turned to an expert for some answers, **Michelle Barron**, an infectious disease specialist with UCHealth University of Colorado Hospital. “I have a lot of questions about masks, like a lot of people do,” Gionet told Barron. “I think if you’re sick, obviously, that’s helpful in that it contains anything that you would potentially be coughing,” Barron responded.

CBS4, April 1, 2020

[Shared spaces in apartment buildings present a challenge during social distancing](#)

The Problem Solvers sat down digitally with **Michelle Barron**, Medical Director of Infection Prevention at UCHealth University of Colorado Hospital to discuss some “best practices” during this pandemic in shared spaces you can’t avoid.

Fox31, March 31, 2020



[Why states like New York and Washington are limiting COVID-19 testing](#)

“We don’t have enough tests to test everyone and we have to prioritize them for where it matters for care,” **Emmy Betz**, a professor of emergency medicine at the University of Colorado School of Medicine told Business Insider. Betz is advocating on social media to get doctors more [personal protective equipment](#) to treat patients.

Business Insider, March 26, 2020

[Colorado Health Care Providers Reusing Disposable Gear To Conserve Scarce Supplies](#)

Emmy Betz, an emergency physician and researcher at the University of Colorado, explains that the urgent need for PPE goes beyond health care providers wanting to avoid contracting the Coronavirus. “When a doctor, nurse or tech gets exposed or sick, they have to be out for two weeks. And if you keep multiplying that, at some point, we run out of healthcare providers. So that’s part of the reason you need to protect us because you actually need us to be there,” Betz said.

KUNC, March 26, 2020



[Colorado’s governor says he is using data to guide the state’s response to the coronavirus. But the numbers are incomplete.](#)

Kathryn Colborn is an associate professor in the Department of Surgery on the University of Colorado’s Anschutz Medical Campus. ... And now, she and a team of colleagues are working on developing a model for the spread of COVID-19 in Colorado.

Colorado Sun, March 27, 2020



[Gov. Polis provides update on state response to COVID-19](#)

The governor thanked Jon Samet, Dean of the Colorado School of Public Health and his team who have been working hard to put together the modeling data in partnership with the University of Colorado School of Medicine and the Colorado Department of Public Health and Environment.

Mountain Mail (Salida), March 27, 2020



[Denver Health's Lead Coronavirus Doctor Wants Your Help To Slow The Pandemic](#)

Ivor Douglas [professor of medicine at CU School of Medicine] has a hard job that's only going to get harder. The intensive care pulmonologist is leading the COVID-19 response at Denver Health. So far, Douglas said medical staff has been able to handle an increasing number of patients, but he told CPR's Colorado Matters that resources could quickly run out without help from the public. "Buckle down and [adhere to the social separation guidelines](#) for a long time," he implored. "Please don't let up on this. It is crucial for us to do the work we're doing for folks in the community to understand the social contract obligation that they have right now."

CPR News, March 27, 2020



[Not So Fast Using CPAPs In Place Of Ventilators. They Could Spread The Coronavirus.](#)

"In general, we're just telling them not to use it," said **Comilla Sasson**, an associate clinical professor of emergency medicine at the University of Colorado School of Medicine. "Because we are concerned about community spread, and we have to assume that anybody with respiratory distress is a COVID patient."



James Finigan, a pulmonology and critical care specialist at National Jewish Health in Denver [and assistant professor of medicine at CU School of Medicine]. "Theoretically, a CPAP might be enough to get them enough oxygen. But, again, doing it with a mask is more likely to generate an aerosol and create an infectious problem."



Jeff Sippel, a critical care specialist at UCHHealth [and associate professor of clinical practice of medicine at the CU School of Medicine], said BiPAPs could be used for COVID-19 in a closed system without a mask if patients are first fitted with a breathing tube. "The hardware actually fits," he said.



In most parts of the U.S., the need for extra breathing devices in health care facilities is not yet critical. But hospitals are bracing for a surge in patients who will need respiratory support. “This is getting real now,” said **Matthew Wynia**, an internist and bioethicist who has been working on UCHealth’s COVID-19 plans. “We are about to be slammed.”

Kaiser Health News, March 27, 2020



[Individual Rights vs. the Common Good in the Age of COVID-19](#)

“We’re faced with an ethical dilemma here, which is two potentially catastrophic outcomes. The one is letting coronavirus run like fire through our populations. That’s no good, obviously. But the other is the public health catastrophe of asking people to practice extreme physical distancing for 12 months,” said **Daniel Goldberg**, who specializes in public health and serves on the faculty of the Center for Bioethics and Humanities at the University of Colorado Anschutz Medical Campus.

Front Porch, April 1, 2020



[Sheltered At Home, Families Broach End-Of-Life Planning](#)

“We’ve always had the requirement that people get asked about an advance care plan, but now we are taking that incredibly seriously,” said **Matthew Wynia**, [a University of Colorado bioethicist](#) and infectious disease doctor. “Because we need to know if you get much worse, what would you want?”

Lancaster Online (Lancaster, Penn.), March 31, 2020

[‘There’s nothing about it that will feel right’: Hospitals are gearing up to choose which patients to save if they run low on crucial equipment](#)

“It’s stressful. It’s really stressful,” said Matthew Wynia, director of the Center for Bioethics and Humanities at the University of Colorado. “If this has to happen, there’s nothing about it that will feel right. And there’s all kinds of ways in which it will feel wrong. We’re kind of burning the candle at both ends right now because we need to do this in the best way we can.”

Business Insider, April 2, 2020



[A 'seismic shift' moves medicine online during COVID-19 crisis through telehealth technology](#)

Chris Davis is the medical director for virtual health at UCHealth [and associate professor of emergency medicine at CU School of Medicine]... "This pandemic accelerated (our telehealth infrastructure) exponentially," Davis said. "We made three years of progress in three weeks."

Steamboat Pilot & Today, March 30, 2020



[Vaping, smoking might increase risks from COVID-19](#)

David Beuther, Chief Medical Information Officer at National Jewish Health [and assistant professor of medicine at CU School of Medicine,] says while vapers and smokers are at a greater risk, the risk of developing more severe complications is even greater.

Fox17, March 30, 2020



[Could Stroke Drug Help COVID-19 Patients Avoid Ventilators?](#)

Hunter Moore, a transplant fellow at the University of Colorado [Anschutz Medical Campus], is a study co-author. "Everyone is looking for ways to mitigate the threat of this disease, and there's a lot of investment and interest in new drugs," Moore said. "But if this disease gets out of control, those drugs won't have had safety evaluations. TPA has."

U.S. News & World Report, March 27, 2020



[Colorado family of doctors hopeful blood clot research will help near-death COVID-19 patients](#)

A family of medical professionals is hopeful its research into anti-blood clotting medication could help in the fight against COVID-19. "We're approaching this with optimism that it's going to work," said **Hunter Moore**, a transplant surgery fellow at the University of Colorado [Anschutz Medical Campus].



Moore is a co-author on a medical research article published last week in the *Journal of Trauma and Acute Care Surgery*, a publication that is edited by his father, world-renowned trauma surgeon **Gene Moore** [Distinguished Professor of the University of Colorado].



“All of us are very concerned having seen what’s happened in Italy, in China, and now it’s happening in New York City. It almost seems like there’s this impending healthcare crisis that we’re trying our best to prepare for but we’ve never seen before,” said **Peter Moore**, a pulmonary sciences and critical care medicine fellow at the University of Colorado and National Jewish Hospital.

Fox31, March 27, 2020



[What Neurologists Can Expect from COVID-19](#)

Medscape recently spoke with central nervous system infection specialist and chair of University of Colorado’s neurology department, [Kenneth Tyler](#), about what implications the new coronavirus could have on patients and practice.

Medscape, March 26, 2020

[The Spread of COVID-19: Questions Raised, Some Answered by Neuroinfectious Disease Experts](#)

Kenneth L. Tyler, Louis Baum Endowed Professor and chair of neurology at University of Colorado School of Medicine, noted that earlier this year a report from three COVID-19-designated hospitals in Wuhan, China, indicated that more than one-third of coronavirus patients had some type of neurologic symptom, including altered consciousness, evidence of skeletal muscle damage, and acute cerebrovascular disease.

Neurology Today, April 2, 2020



[First-year resident working in ER urges young people to take this seriously](#)

Haley Desjardins came to the University of Colorado Hospital to train to be a plastic surgeon: “We’ve seen this infection hit the younger population in a way that we don’t typically see the influenza virus or some of these other viruses we tend to associate with the elderly population.”

9News, March 29, 2020



[Coronavirus In Colorado: Helping Kids Cope With The Stay-At-Home Order](#)

“Every age group will react a little bit differently, but it’s going to impact all kids and teens in different ways,” said **Jessica Hawks**, child and adolescent psychologist at Children’s Hospital Colorado [and assistant professor of psychiatry at CU School of Medicine].

CBS4, March 30, 2020



[Lower Your Expectations, And Other Parenting Advice For The Era of COVID-19](#)

Scott Cypers is seeing four different types of more significant anxiety responses to COVID-19 in his practice. He directs stress and anxiety programs at the [Helen and Arthur E. Johnson Depression Center](#) at the University of Colorado Anschutz Medical Center.

CPR News, March 30, 2020



[Ways for Coloradans to stay safe and healthy when grocery shopping](#)

Ben Usatch, who is the ER Medical Director at UCHealth Highlands Ranch Hospital, says the safety needs to start before you even walk through the door. “I wash my hands or use some type of disinfectant before I get out of the car. Instead of using a basket, I have some cloth bags that I use routinely for my shopping.”

Fox31, March 29, 2020



[Self-care advice for health-care providers during COVID-19](#)

Health-care providers and other hospital and clinic staff are on the front lines of the COVID-19 pandemic. Many providers are balancing competing demands, caring for our patients, our families and ourselves. Here are concrete strategies to help manage stress during this challenging time. Advice by CU School of Medicine Department of Psychiatry faculty members **Helen L. Coons**, **Steven Berkowitz**, and **Rachel Davis**.



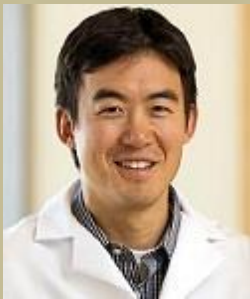
American Psychological Association, March 26, 2020



[Opinion: Colorado legislators must regulate immigrant detention centers](#)

Opinion column by **Carlos Franco-Paredes**, Associate Professor of Medicine in the Division of Infectious Diseases at CU Anschutz Medical Center: “The prompt release on parole of detainees with medical conditions at risk of severe disease and death due to coronavirus infection may reduce the impact of this outbreak among immigration detention facilities. This intervention may also effectively reduce the potential spillover of the outbreak from a detention center into the community.”

Colorado Sun, March 29, 2020



[Opioid Epidemic Continues to Wreak Havoc in the Lives of Young Children](#)

“Overall, it seems there is some slowing in pediatric opioid exposures when you control for population and opioid prescriptions dispensed, which is promising news,” lead author **G. Sam Wang**, medical toxicologist at Children’s Hospital Colorado [and assistant professor of pediatrics at CU School of Medicine], told *Medscape Medical News*.

Medscape, April 2, 2020



[Childhood Adversities And Affective Problems May Indicate Executive Cognitive Dysfunction After Surgical Menopause](#)

After menopause surgery, examining women for adverse childhood experiences and affective traits such as depression and anxiety may reduce cognitive distress, a [new study released in Menopause](#) found. The team of researchers at the University of Colorado Anschutz Medical Campus racked up cognitive data of 552 women known to be carriers of BRCA1 and BRCA2 gene mutations.

Mental Daily, March 28, 2020



[Fitness Key to Long-Term Weight Loss Success](#)

“This research could help us improve the design of our weight-loss programs and suggests that adults with very poor fitness may benefit from additional exercise support during a weight-loss program to achieve higher levels of moderate-to-vigorous physical activity and improve long-term weight loss,” said lead researcher **Adnin Zaman**. She’s an instructor/fellow at University of Colorado Anschutz Medical Campus in Aurora.

U.S. News & World Report, March 31, 2020

[Baseline Fitness Decreases Success in Weight Loss Programs](#)

A team, led by **Adnin Zaman**, University of Colorado, determined the association between baseline fitness and changes in body weight and device-measured levels of moderate-to-vigorous physical activity (MVPA) during a behavioral weight loss program in data planned for presentation at ENDO 2020, the Endocrine Society’s annual meeting.

MD Magazine, April 2, 2020



[Low-dose rivaroxaban reduces risk in PAD post-revascularization](#)

The benefit of rivaroxaban was “apparent early and continued over time,” **Marc P. Bonaca**, associate professor and director of vascular research at University of Colorado School of Medicine, said while presenting the results during the virtual American College of Cardiology Scientific Session.

Healio, March 28, 2020