

# Questions and Answers



## Pediatric Providers Webinar

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Questions Asked April 23, 2020

**"Caring for Ourselves to be Present for our Patients in Pandemic"**

**Presented by David Sandweiss, MD, University of Utah Division of Pediatric Emergency Medicine,  
and Trinh Mai, LCSW from the University of Utah Resiliency Center**

**1. Q: How do you incorporate mindfulness moments in your daily routine?**

Answer: This takes time to cultivate, but try a 5-minute habit to sit and be calm. Use a mindfulness app, such as HeadSpace (free if you input NPI number). When washing hands, use time to center self and be mindful. Pause and focus before entering a patient room. Anything that tunes yourself into your senses brings you into the present moment and helps you to be mindful. Practice STOP or just stop and breathe, acknowledging your feelings and intention during transitions. Awe, humor and gratitude are experiences that relieve stress. Take a moment of "awe" to appreciate something beautiful, enjoy something humorous or remind yourself of something that brings gratitude.

**2. Q: Any advice for those who are working at home now AND helping kids with school AND trying to keep all the regular home functions going? How can you optimize this time?**

Answer: First, acknowledge that this is hard for parents and hard for children of all ages!! Let go of old norms and expectations and create a new set of expectations based on our current reality. Prioritize what's meaningful and important for this time that you have together. And approach this new period of trial and error with kindness and a sense of humor. This article has some helpful strategies that you can adapt to make your own plan:

<https://www.washingtonpost.com/lifestyle/2020/04/02/homeschool-working-home-coronavirus/>

**3. Q: Can you share with us local resources that we can utilize?**

Answer: Following is a list of resources provided by Dr. Sandweiss and Trinh Mai:

- Virtual meditation offerings through Intermountain:  
<https://intermountainhealthcare.org/calendar/guided-mindfulness-meditation-online-classes/>
- Dave Sandweiss's Weekly Meditation at <https://imeet.webex.com/join/valerie.bentley>
- Mindfulness courses at <https://bit.ly/UofUMindfulnessClasses>
- Mindfulness in Medicine at  
<https://app.healthcare.utah.edu/peakCourseRegistration/byCourse?primaryId=1941>
- Apps: Headspace & 10% Happier at <https://www.headspace.com/health-covid-10> and  
<https://www.tenpercent.com/coronavirussanityguide>

**Question Regarding New Recommendations for Newborns and Maternal Care:**

- 4. Q: What is our process for EMR notification if mom is positive and baby is not symptomatic? In the pediatric office will baby's chart have an alert that mom is positive for the 21-day alert?**

Answer: In this case, the baby would be a PUI and would require testing at 24 and 48 hours. The baby's test would trigger an alert in the baby's chart. There is also a document linked on the [pediatric providers' web page](#) that details how to manage a newborn that is positive / PUI in the clinic setting.