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Preserving Women's Health COVID 19 Newsletter



NAVY MEDICINE FEMALE FORCE READINESS CLINICAL COMMUNITY (FFRCC)

The FFRCC developed this Newsletter with the purpose of supporting providers amidst emerging challenges related to COVID-19 and ensuring the continuous delivery of quality care to active duty service women under current circumstances. Please provide any further information, best practices, or resources to address patient and provider needs during this time to the BUMED Office of Women's Health.

Disclaimer: Any mention of commercial services or applications is provided as a matter of common interest and is not intended as an endorsement.

01. FITNESS DURING QUARANTINE

While sheltering in place and social distancing, **exercise is essential** for our Sailors and Marines to **maintain both readiness and mental wellbeing**. Many people are running, which offers excellent exercise, but results in high injury rates. Even at home, Sailors and Marines should be encouraged to vary their workouts. Many gyms and fitness programs offer free home exercise programs. Please see below for two resources for at-home fitness:



Marine Corps' FitForce: FitForce offers a "US Marine Corps (USMC) Workout of the Day" on their mobile app. Click [here](#) to access FitForce on a mobile device. After creating an account, follow the "USMC Workout of the Day" option and allow notifications to receive your daily program.



Nike Training Club: Nike is offering all Premium workouts for free on their Nike Training Club App. The app is available in the Apple Store or Google PlayStore.

02. IMPACTS OF COVID-19 ON RACIAL & ETHNIC MINORITIES

Data from a Centers for Disease Control (CDC) report suggest a **disproportionate burden of illness and mortality from COVID-19 among racial and ethnic minority groups**. Among COVID-19 cases in New York City, mortality rates were substantially higher for Black and Hispanic/Latino patients compared to white and Asian patients. Health differences between racial and ethnic groups are **often due to economic and social conditions that are more common among racial and ethnic minorities**, such as living conditions, work circumstances, underlying health conditions, or lower access to care. Women of color are undergoing disproportionate gender *and* racial impacts of COVID-19. They are more likely to live in poverty, and are overrepresented in some of the industries experiencing the highest job losses due to COVID-19. Healthcare professionals are **encouraged to raise awareness of the disproportionate impact of COVID-19 on different communities** in order to increase access to quality care and combat health disparities. Learn more [here](#).

03. ERGONOMICS WHILE WORKING AT HOME

Working at home should be more than fitting yourself to the environment. Take some time to fit the environment to you. See recommendations below and on the [SharePoint](#).

- 1) Consider a standing desk.** Raise computer, monitor, and keyboard to a comfortable height by stacking materials you have at home (like books or shoeboxes) or using an adjustable table top desk converter.
- 2) If you use a chair – cushion with towels to fix your posture.**
 - If you struggle with lower back pain, place a rolled towel between the chair and your lower back for lumbar support.
 - Maintain proper sitting posture. Avoid hunching over or overly arching your lower back. Keep 90-degree angles at elbows, hips, and knees, with feet flat on floor or a footrest.
- 3) Make sure both keyboard and monitor/screen are at the proper height.**
 - Laptop screens or computer monitors should be at eye level to avoid neck strain.
 - Keyboard and mouse should be at elbow level.
- 4) Keep food in the kitchen and out of your workspace. Keep water at your desk.**
- 5) Take frequent breaks to move and stretch.**

04. INJURY REHABILITATION AT HOME

Patients continue to have musculoskeletal injuries during social isolation, and home exercise programs are critical for initial management of an injury. The Consortium for Human and Military Performance (CHAMP) has an excellent **three step program for injuries to all major joints**, called Rehab, Refit, Return to Duty (Rx3). Rx3 can be accessed [here](#). The program includes **brochures and videos** to demonstrate each exercise and patients can progress themselves through programs as they improve.

Many Physical Therapists are working from home. If you have a patient that needs more tailored care, request a **Physical Therapy consult and ask for virtual care**; a provider can work with your patient to develop and practice a personalized plan.

FURTHER RESOURCES

As we weather the impact of COVID-19, it is of utmost importance that we continue to work together as a community to ensure continued provision of critical women's healthcare and share best practices to promote wellbeing. In addition to the articles and guidance summarized within this newsletter, there are more resources available on the FFRCC SharePoint Site, found [here](#).

