

# The Clotting Connection

*A Newsletter for Families with Bleeding and Clotting Disorders*



Hemophilia and Thrombosis Center  
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS



Affiliated with  
Children's Hospital Colorado

## COVID-19 ADJUSTS HTC SCHEDULES

News about the COVID-19 outbreak is changing rapidly, but our HTC is doing all we can to care for patients and maintain safe protocols for all. Dr. Mike Wang, our co-director, and the entire staff have been monitoring the situation tirelessly. Please also see his letter of March 13, 2020 now posted on our website. Many changes will occur in the coming days and weeks, especially as national, state, local, campus, and hospital policies are changing daily. We will do our best to keep you updated. Please consider following us on Facebook ([facebook.com/ColoradoHTC](https://facebook.com/ColoradoHTC)) or Twitter ([twitter.com/HTCColorado](https://twitter.com/HTCColorado)) and sign up for our newsletter at <http://eepurl.com/bnszoz> in order to receive the most updated news.

Currently the building where the HTC is located is locked 24/7 as is the remainder of the Anschutz Medical Campus except for hospitals. Our HTC staff are alternating from being on-site and off-site, and we are only seeing acute patients from 9 am to 1 pm who are not sick and do not have any respiratory symptoms. These are by **appointment only** because of limited staff and the need for many layers of screening. Patients needing to be seen must call and schedule a visit, and once at the HTC, must call the pager number posted on the exterior doors to then be allowed inside and be screened for respiratory illness. If you need to be seen more urgently, please discuss with a HTC clinical staff who may instruct you to go to your nearest emergency room. In a life-threatening emergency always call 911. Our world has changed and we must now balance infectious exposure risk individually.

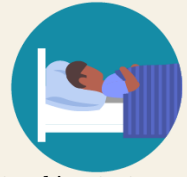
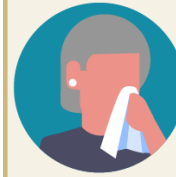
Please let us know in advance if anyone attending an acute clinic has ANY symptoms of a cold, flu, allergies, or other illness. We will also need to know information about the health status of close contacts. We need to take precautions for both patients and staff, as well as any others visiting our clinic. We are screening all visitors for fever and other symptoms as they arrive. The HTC staff has been working from home and clinic to make sure our patients have reliable health resources. We cannot operate without healthy staff members.

During this extraordinary time, we know there are a lot of questions and concerns for patients and families. Please follow the local, state, and national guidelines to reduce your chances of exposure or affecting others who may be at risk. Be the best advocate for you and your family, and do your part at this time of national emergency. This includes washing your hands for 20 seconds with soap and water, **[maintaining social distancing](https://www.cdc.gov/coronavirus/2019-ncov/need-to-wash-hands.html)**, avoiding touching your face, and staying home if you are sick. See [coronavirus.gov](https://www.coronavirus.gov).

The National Hemophilia Foundation still suggests continuing to maintain a week supply of factor medication for hemophilia patients. Pharmaceutical companies who provide factor have sent out updates sharing that there is no interruption to the supply of factor and that there is no need to stockpile as supply chains are functioning normally. If you need medication, please simply call our pharmacy to discuss your situation with us directly. At the moment, no one is suggesting accumulating excess medication.

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Graphics: CDC.gov

Do your part by following the CDC guidelines of regularly washing hands for 20 seconds with soap and water, maintaining social distancing, avoiding touching your face, and staying home if you are sick.

See details at [www.coronavirus.gov](https://www.coronavirus.gov)

### INSIDE THIS ISSUE

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- Ways to Cope During Times of Stress
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Find us on Facebook, Twitter, and our website for frequent updates on news and events.



Go to [facebook.com/ColoradoHTC](https://facebook.com/ColoradoHTC)



Go to [twitter.com/HTCColorado](https://twitter.com/HTCColorado)



Website: Go to [medschool.ucdenver.edu/htc](https://medschool.ucdenver.edu/htc)



Email:  
[HTC.Newsletter@ucdenver.edu](mailto:HTC.Newsletter@ucdenver.edu)

[continued from page 1] A separate issue has also been brought forward recently about whether bleeding and clotting disorders patients are at a higher risk to contract COVID-19. **We do not have credible evidence that people with bleeding or clotting disorders are at an increased risk of severe COVID-19 illness, unless they also fit within another established risk group.** Please see Health and Wellness Updates from Dr. Valentino on the NHF website. (go to [hemophilia.org/Newsroom/NHF-Community-News](https://hemophilia.org/Newsroom/NHF-Community-News))

This website also has useful links to keep current. There is **no evidence** that people taking anticoagulants are at an increased risk. Moreover, the WHO and others are not recommending against using NSAIDs at recommended doses. What we have seen, and are learning rapidly, is that we must all do our part to control this pandemic. Social distancing is the most immediate and effective tool that we have. Stated in another way, preventing infection with SARS-CoV-2 ultimately prevents the severe illness of COVID-19 and the spread of the virus in our communities.

Please refer regularly to the HTC webpage, social media, and newsletter for updates on our clinic. More questions? Our phone lines for both clinic and pharmacy continue to be answered and monitored. We are working in an increasingly constricted environment. We are here for you. Please be careful and be safe.

## MENTAL HEALTH AWARENESS DURING A GLOBAL PANDEMIC

By Bryn Dunham, LCSW

The world today feels very different to me than it did even last week. With the bombardment of national, international, and local information regarding COVID-19 in every corner of our lives, it can be hard to find any source of peace and contentment. Social distancing can feel like social isolation, especially in this uncertain time. The hemophilia community is a community that relies closely on each other, embodies resiliency, and has overcome numerous obstacles. COVID-19 is another obstacle to overcome.

While the information available can feel overwhelming, some actions and practices can lighten the emotional burden of this information overload. These ideas are adapted from recommendations to manage stress and anxiety offered by the Centers for Disease Control and Montifiore Medical Center:

### **Avoid excess exposure to media coverage –**

Schedule times to check the news, using reliable news sources, and without other distractions so you can absorb the information offered. If listening or reading the latest information feels overwhelming, give yourself permission to stop. Increase self-awareness of how much is too much.

**Take care of your body** – eat balanced meals, exercise, get plenty of sleep. Use YouTube and other apps for exercise regimens if you are used to going to the gym. Go for a walk or bike ride when the weather is nice.

**Make time to unwind and relax, keeping in mind that strong emotions will fade** – it is traumatic to continue to watch images and broadcasts of crises. Try to distract yourself with hobbies you may not have had time to try before this time. Try something new or rely on old favorites for relaxation (for me, it is reruns of The Office).

**Connect with others** – social distancing does not mean social isolation. Though social media can be overwhelming in this time, it also offers us great opportunities for connection without physically sharing the same space. Text, call, Facetime, or Skype with friends and family. Share concerns with those you love but also text positive messages. Share jokes and funny experiences. Laughter can be the best medicine.

**Maintain Hope** – make a list of what you are grateful for and share that list with those you care about. Gratitude is a powerful force in the face of uncertainty.

The psychosocial team at the HTC is here to support you and your families through this crisis and beyond. If you need extra support, please contact one of us; our emails are the best way to reach us and are listed below.

Another great resource is the 24/7 Colorado Crisis Hotline (phone: 844-493-8255). If you are experiencing severe depressive or hopeless symptoms, please go to the nearest emergency room immediately.

We are looking forward to when we can see each of you in person again in clinic!

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# MARCH IS SOCIAL WORK AND CHILD LIFE MONTH!

## GET TO KNOW OUR PSYCHOSOCIAL TEAM

### Emily Wheat, PhD Licensed Clinical Psychologist

What I enjoy most about working with our HTC population is the opportunity it provides to get to know each of YOU, our patients and families seeking care at our center.

Our HTC serves a wide range of individuals who hail from Colorado, Wyoming, Montana and beyond. With such a diverse population, you can imagine how different each of my patient interactions are. Although I never know what life experiences someone may share, I've been pleasantly surprised to see how the individuals and families we serve have embraced me and our Psychosocial Team.

Fun fact: Although I enjoy pro football, I prefer a to cheer on the Crimson Tide.

- Emily Wheat



### Whitney Tedeschi, LCSW Licensed Clinical Social Worker



I enjoy working with the hemophilia patient population because it allows me to get to know patients and families in a unique setting over time.

I love seeing and supporting patients work towards goals, develop strengths and overcome challenging times.

Fun fact: I love the mountains most in the summer and enjoy long days spent fly fishing with my husband. - Whitney Tedeschi

### Bryn Dunham, LCSW Licensed Clinical Social Worker



I most enjoy working at the HTC because I build relationships with patients and families over an extended period of time, allowing me to follow families through both challenging and celebratory times throughout their lives.

Fun Fact: One of my life goals is to travel to all seven continents. I've been to four so far. Ask me next time you see me and I'll tell you which ones I have left!

- Bryn Dunham

### Kim Richfield, CCLS Certified Child Life Specialist

This is such an exciting time to be working with patients, siblings, and parents of kids with bleeding disorders. Having this diagnosis has its challenges, but there are new treatments out currently and on the horizon, and there is a lot of hope.

I really enjoy seeing the resiliency of this population and the desire to live life without limits!

Fun Fact: I love adventurous activities, like Via Ferrata, canyoning, hang gliding, and skydiving

-Kim Richfield



## RECENT HEADLINES

These are a few of the headlines that we've recently featured on our Newsroom page or on Facebook.

**Medexus Acquires IXINITY from Aptevo**

**Survey of Healthcare Providers Shows Obesity a Likely Factor in Joint Bleeds**

**MASAC Addresses Concerns about Coronavirus and Bleeding Disorders**

**Valrox, Gene Therapy for Hemophilia A, Accepted for Priority Review by FDA**

**Novo Nordisk Launches Esperoct, Long Acting Recombinant for Hemophilia A**

We maintain a Newsroom page at our website with a list of the news we feel may be of interest to our patients and families. To see more go to: [www.medschool.ucdenver.edu/htc](http://www.medschool.ucdenver.edu/htc) then find the **RESOURCES** tab, and go to the **NEWSROOM** page. Find other stories at our Facebook page at [www.facebook.com/ColoradoHTC/](http://www.facebook.com/ColoradoHTC/)

## UPCOMING EVENTS

### Mark Your Calendars:

**Please note. These dates may be tentative due to the outbreak of COVID-19. Please check appropriate websites for confirmation of events. We will update as we learn of changes or cancellations.**

**Apr 17:** World Hemophilia Day

**May 19-20:** Outreach Clinic—Grand Junction, CO

**May 25:** Clinic, Pharmacy, and Admin closed for Memorial Day

**Jun 6-7:** NHF CO Family Camp

**Jul 3:** Clinic, Pharmacy, and Admin closed for Independence Day

**July 10-11:** Leadership Weekend at Mile High Summer Camp

**July 12-17:** Mile High Summer Camp

**Aug 22:** NHF CO Unite for Bleeding Disorders Walk

**See more at our Events Page on our website: [www.medschool.ucdenver.edu/htc](http://www.medschool.ucdenver.edu/htc) find **RESOURCES** tab, go to **EVENTS****

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or toll free at 888-724-7427

Web page:  
<http://medschool.ucdenver.edu/htc>

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