

## October 14: Blood Collection Tube Shortage and Conservation, CDC Issues Planning Document for Pediatric Vaccinations, and the Global Surge in Anxiety and Depression

*Today's issue features details about Northwestern Medicine's efforts to conserve blood collection tubes in response to the nationwide shortage, as well as pediatric vaccination planning guidelines from the Centers for Disease Control and Prevention (CDC). It also includes information from Psychiatrist **Joan Anzia, MD**, about the latest research on the global surge in anxiety and major depressive disorders associated with the pandemic.*

### **BLOOD COLLECTION TUBE SHORTAGE AND CONSERVATION**

Global supply chain breakdowns resulting from the pandemic have led to a nationwide shortage of nearly all blood collection tubes. At this time, the shortage is estimated to continue at least 6-9 months. NM will continue to work on obtaining additional tubes; however, existing and future stocks of all blood collection tubes is limited. Please make every effort to use blood collection tubes sparingly and judiciously.

### **Key opportunities to reduce testing**

The following measures can be implemented without impacting patient care:

- Reserve the practice of draw and hold for emergent or critical situations only.
- If there is a specimen available for use, order tests as an add-on.
- Reduce tests at routine annual wellness visits to those that target specific disease states or will alter treatment.
- Eliminate ordering outpatient labs in hospitalized patients (e.g. HbA1c)

### **Key changes in testing**

In the next few weeks, Epic will be updated to remove daily 4 am as a lab order option in hospitalized patients. In anticipation of this change, please discontinue all daily lab orders now. If blood work is necessary based on the patients clinical status, it should be ordered at that time. Recent efforts to conserve blue top tubes have resulted in a successful reduction by 40%. Similar outcomes can be achieved for the additional blood tubes by ordering only those tests that are essential to patient care or tests that will produce results that will change patient care.

Updated supply status and additional information about conservation opportunities will be communicated as they becomes available. The table below reflects the current status.

Tube	Associated Tests	NM Supply Level
Blue top	Coagulation	Significant risk
Lavender top	Hematology and molecular	Significant risk
Pink top	Blood Bank	Significant risk
Green top	Chemistry	Significant risk
Gold top	Specialty	Significant risk

<b>Severe Risk</b>	<b>Significant Risk</b>	<b>Low Risk</b>
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If you have additional conservation ideas, please email Nina Bryan at [nina.bryan@nm.org](mailto:nina.bryan@nm.org).

### CDC ISSUES PLANNING DOCUMENT FOR PEDIATRIC VACCINATIONS

The CDC has released an **initial document** intended to assist health departments and clinicians across the country in planning for the distribution and administration of COVID-19 vaccines children. Specifically, the document highlights the packaging changes and storage requirements for the Pfizer-BioNTech pediatric COVID-19 vaccine.

The Pfizer vaccine for children ages 5 to 11 is currently under review at the Food and Drug Administration (FDA), and a decision on whether an Emergency Use Authorization (EUA) for the product will be granted is expected later this month. Ordering of the Pfizer vaccine, and any subsequent pediatric COVID-19 vaccines, will begin when the FDA issues the EUA. Vaccine administration will likely begin in November after the CDC reviews and approves recommendations from the Advisory Committee on Immunization Practices.

Please review the **initial CDC document** and watch for additional information soon.

### GLOBAL SURGE IN ANXIETY AND MAJOR DEPRESSIVE DISORDERS

A recent **article** in the journal *Lancet* summarizes a study conducted by the international COVID-19 Mental Disorders Collaborators group, which looked at the global prevalence and burden of depressive and anxiety disorders in 204 countries and territories in 2020 due to the COVID-19 pandemic. The study reveals that the worldwide prevalence of depression and anxiety disorders increased significantly since the onset of the pandemic, resulting in 76 million additional cases of anxiety disorders and 53 million additional cases of major depression.

The pandemic has had both direct and indirect impacts on determinants of mental health. The indirect effects include social restriction, the isolation of lockdowns, closures of schools and businesses, economic costs, and loss of income. All of these factors are known to cause an increase in depression and anxiety disorders.

The authors suggest that women were more affected than men because they are more impacted by the socioeconomic dimensions of COVID-19: closing of schools and childcare facilities, job loss, and managing safety risks between work and home. They also emphasized that the pandemic has created an urgent need to expand and strengthen systems of mental health care in most countries, and recommend strategies to promote well-being, target determinants of mental illness, and increase treatment interventions.

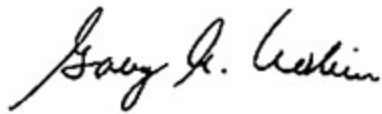
## Well-Being resources for clinicians

- **P2P Network:** This NM-based confidential peer support program pairs physicians with a trained peer faculty member, from a variety of specialties.
- **NMH Physician Health Liaisons:** NM psychiatrists Joan Anzia, MD, and Gaurava Agarwal, MD, can provide confidential referrals for medical staff to psychiatrists and psychotherapists in Chicago.
- **McGaw Wellness Toolkit:** The site provides well-being resources for residents and fellows.
- **Meridian Psychiatric Partners:** This large group of psychiatrists and therapists can provide consultation and treatment for depression, anxiety and stress-related disorders and prioritize Northwestern physicians and trainees.
- **Perspectives** (login required): The NM employee assistance program provides on-site, in-hospital counseling and referrals for other clinical staff.

For more well-being resources, please visit the [Physician Well-Being](#) section on Physician Forum.

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The myriad of challenges associated with the pandemic have been stressful for many of our frontline caregivers. Now more than ever, it is important to support each other and our patients during this challenging time. If needed, please avail yourself of the above well-being resources for physicians. As always, thank you for your continued leadership and commitment to providing *Patients First* care to the patients and communities we serve.



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