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## Pandemic

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To: umprovost@maine.edu

Per the Provost request, below are online courses and exercises pertaining to COVID -19 that we are assigning to students in *NUR 453 : Community Nursing Care Management* .

- Emerging respiratory viruses, including COVID-19: Methods for detection, prevention, response and control <https://openwho.org/courses/introduction-to-ncov>
- Infection Prevention and Control for Novel Coronavirus (COVID\_19) <https://openwho.org/courses/COVID-19-IPC-EN>
- Coping with the Stress of Coronavirus [https://postgraduateeducation.hms.harvard.edu/continuing-education/covid-19-resources-providers?utm\\_source=SFMC&utm\\_medium=Email&utm\\_campaign=covid19cem3%20&utm\\_term=#April%201](https://postgraduateeducation.hms.harvard.edu/continuing-education/covid-19-resources-providers?utm_source=SFMC&utm_medium=Email&utm_campaign=covid19cem3%20&utm_term=#April%201)

Respectfully,

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### 5 attachments



**Excercise # 1- Timeline for COVID-19.pdf**  
80K



**Excercise # 2- 20th Century Pandemic.pdf**  
46K



**Excercise #3 Epidemiologic Triad and COVID-19.pdf**  
49K



**Excercise 4 Socio-Ecological Model and COVID-19.pdf**  
46K



**Excercise #5- Community Mitiagtion Plan.pdf**  
48K

## NUR 453

### Exercise #1: Timeline for COVID-19

Create a timeline for COVID-19 starting with when the virus was first detected in China to the present moment. Include in the timeline:

- Number of cases (confirmed) per week and # of fatalities (deaths) per week
- Actions taken by the international/national/local agencies to contain the virus
  - Include the type of action and dates of when these actions took place.
- Spread of COVID-19 to other continents and countries
  - Start with continents. Which continent outside of Asia was the first to have a confirmed case of COVID19?
  - List the country within that continent that had the first confirmed case.

**Resources to complete this activity:** Feel free to use other resources besides the ones listed here.

World Health Organization website <https://www.who.int/>

CDC <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/summary.html>

Harvard Health <https://www.health.harvard.edu/diseases-and-conditions/coronavirus-resource-center>

New England Journal of Medicine <https://www.nejm.org/>

**Approximate time to complete: 2 hours**

NUR 453:  
Exercise #2: 20<sup>th</sup> Century Pandemic

Research **one** pandemic of the 20<sup>th</sup> Century.

Write up a one to two page summary of this pandemic. Include

- Start with the year and duration of the pandemic
- Causative agent, mode of transmission
- Impact the pandemic had:
  - Individuals: total # of cases and # of fatalities
    - Who was most impacted? Who was most susceptible?
  - Society
    - What was the impact on communities and society at large?
- Control measures taken to contain the spread of the pandemic at the international, national and community level
  - What worked and what didn't work

**Approximate time to complete= 2 hours**

NUR 453  
Exercise #3: Epidemiologic Triad and COVID 19

Use the Epidemiologic Triad (agent, host and environment) to analyze COVID-19.

I. Write a summary that includes up-to-date information.

- **Agent:**
  - What do we know about the agent?
    - What type of agent is it?
    - How is this agent transmitted?
    - Does this agent have a reservoir?
    - How long does can this agent live outside the body on surfaces or air?
    - Do we know what can eliminate (kill) the agent?
- **Host:**
  - Which individuals are most susceptible/vulnerable to COVID-19?
  - Are there carriers (individuals that are non-symptomatic but can still carry and transmit the agent)?
  - What behaviors/activities puts the host at risk of getting COVID-19?
- **Environments**
  - What environments are conducive to the transmission of COVID-19?
  - Does climate (hot or cold temperatures) affect the transmission of COVID-19?

II. What evidence-based interventions can be put in place to prevent and eliminate COVID-19 infections at the agent, host and environment level?

The summary and interventions should be no more than 2 pages long.

**Approximate time to complete= 2 hours.**

## NUR 453

### Exercise #4: Socio-Ecological Model and COVID-19

Use the Socio-Ecological Model to examine, and analyze the impact (actual and potential) that COVID-19 has had up to now at the different levels. Write your analysis in a one to two page paper. Include at least 3 references.

- **Individual:**
  - What has been the impact on individual's behavior and activities of daily living?
  - What has been the impact on individual's mental health?
- **Interpersonal:**
  - What has been the impact on relationships with families, friends and social networks?
- **Community:**
  - What has been the impact on neighborhoods, employment (work), schools?
  - Are there new cultural norms that communities are adopting?
- **Societal:**
  - What has been the economic impact of COVID 19 for society?
  - What sectors have been highly impacted by COVID-19? For example, transportation, healthcare system, education system
  - What public policies and laws are being put in place to address COVID-19?

**Approximate time to complete= 2 hours**

NUR 453

Exercise #5: Community Mitigation Plan

Refer to the CDC's *Implementation of Mitigation Strategies for Communities with Local COVID-19 Transmission*.

Design a mitigation plan for substantial COVID-19 infection for the community where you are living now. The plan should give specific guidance for

- Individuals and families
- Schools and Childcare
- Assisted living facilities, senior living facilities and adult day care programs.
- Workplace
- Community and faith based organizations
- Healthcare settings and healthcare providers

Include specifics about your community such as how many people, the location (rural, urban) , nearest hospital and/or healthcare facility, businesses present, etc.

**Approximate time to complete= 2 hours**