

The Essentials of Performing Arts Medicine



A Conversation: What Do Science and Data Say About the Near -Term Future of Singing

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Presenter Disclosure Information

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Nothing to Disclose



**THE VOICE REVEALS THAT WHICH IS
UNIQUE
IN EACH OF US:**

IT EMBODIES OUR SOUL !

Laryngology Visit Pre-COVID 19



Laryngology Visit Now

3-5% false negative
on patient testing



15% risk of MD's
in mid-upper 60's
dying from the virus

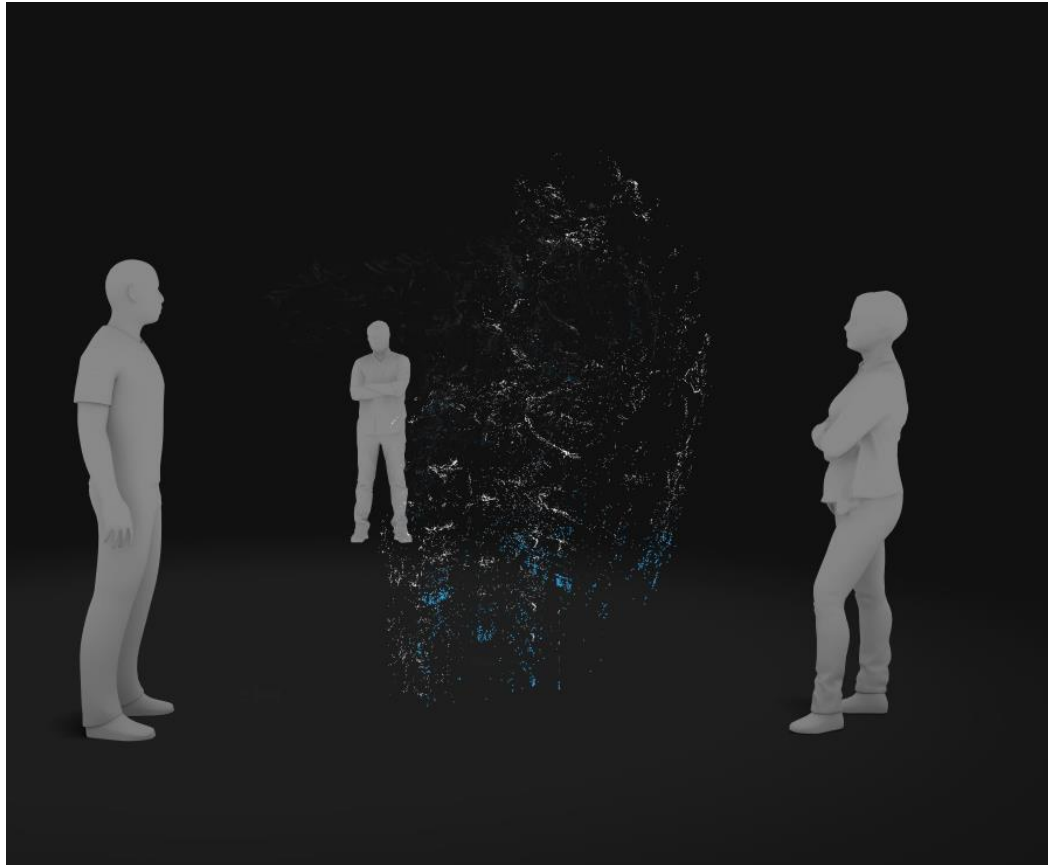


Why?

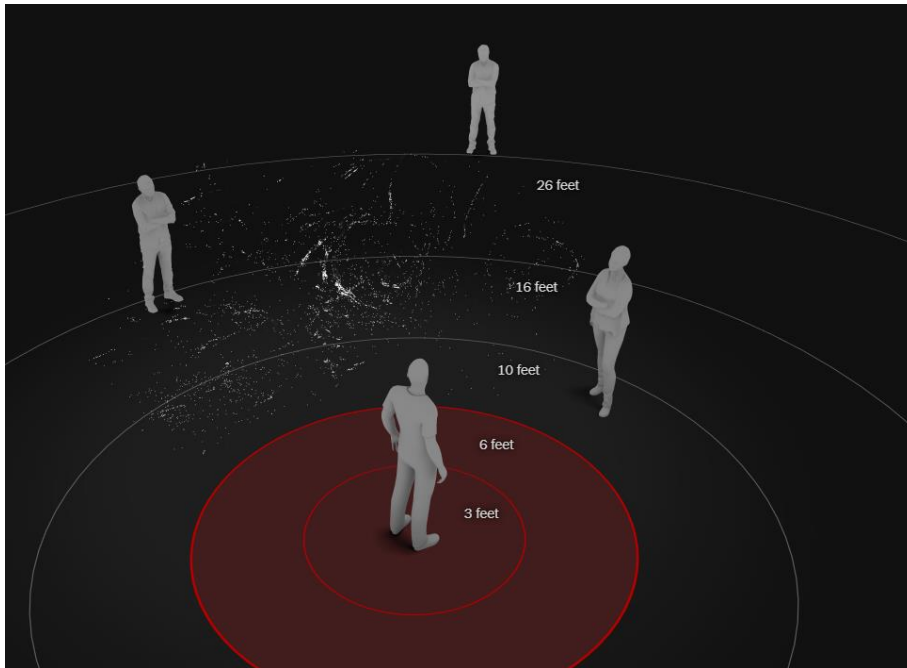
- Aerosolization of viral particles
 - Many severe infections started in churches
- Transmission of viral particles off surfaces



NY Times Interactive 3D Simulation



NY Times Interactive 3D Simulation



Keys To Reopening Safe Individual Lessons, Group Singing and Performances

– Wide-spread testing

- PCR (Polymerase Chain Reaction) testing
- 3-5% false negative at our institution

– Contact screening

– Possible use of Rapid Diagnostic Test

- Not as sensitive as PCR test
- Need to be symptomatic
- Higher false negative
- **NOT SAFE** for testing singing groups/choirs



Keys To Reopening Safe Individual Lessons, Group Singing and Performances

- Vaccine development
 - 18-24 months?
- New drug treatments
 - 6-12 months?
 - Overall efficacy?
- Social distancing until safe treatments or vaccine are developed
 - Masks, gloves



Return to Group Singing -Ideal

- Acceptance of risk by group/sponsor or both
- Screening criteria – at the door
 - Home PCR test – done at the door in private space
 - Symptom screening
 - Temperature checks – < 99.4 °F
 - Pulse oximetry check - $> 94\%$ for person with normal lungs
- Privacy issues

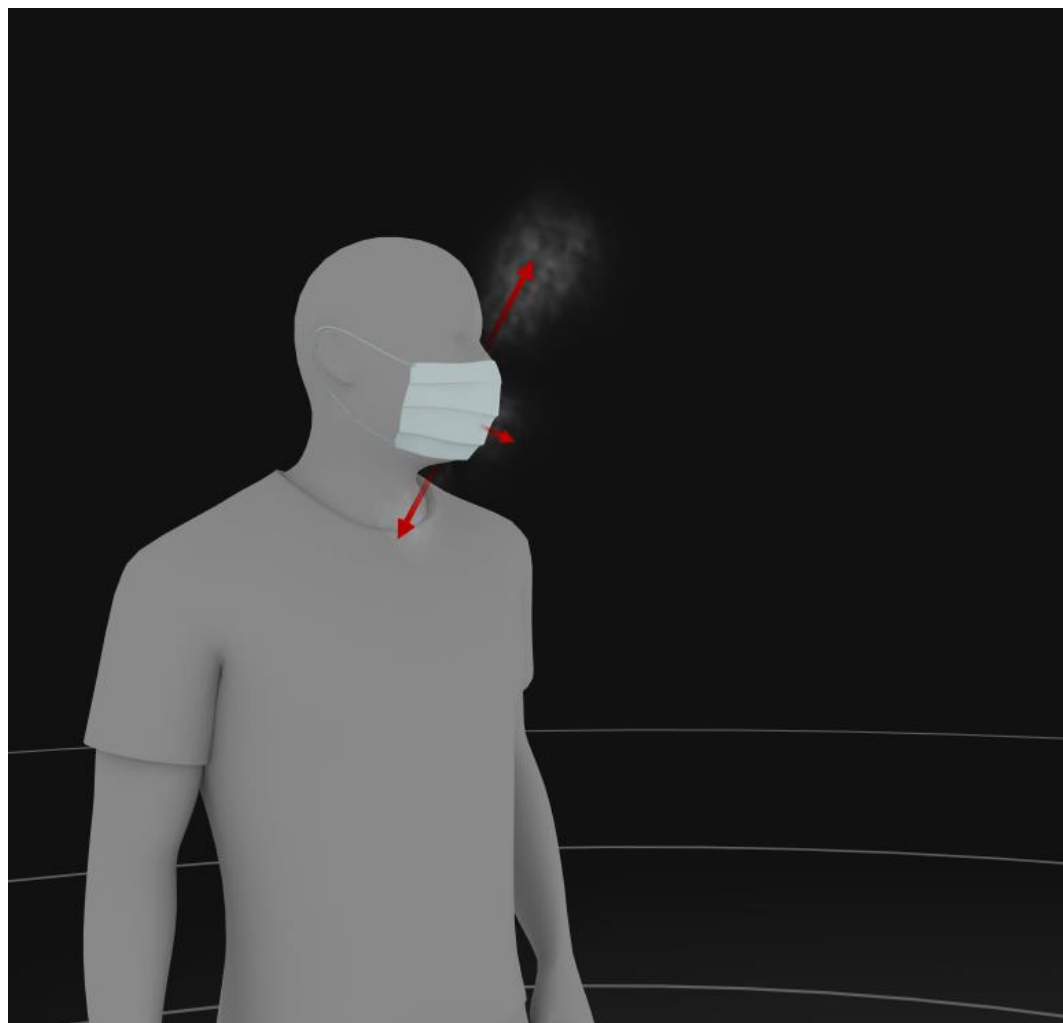


Return to Group Singing –High Risk

- Acceptance of risk by group/sponsor or both
- Screening criteria – at the door
 - Symptom screening
 - Temperature checks – < 99.4 °F
 - Pulse oximetry check- $> 94\%$ for person with normal lungs
- Privacy issues



Barriers – None Currently Safe for Singing



If You Wore A Mask – N95 Only One

- Need N95 mask that is fit tested
 - Difficult to breathe due to resistance of material
 - Recirculation of breath
 - Some Decrease O2 levels with rebreathing
 - Increasing CO2 – Headache!!
 - Hot
 - Could injure people with significant health issues
 - Asthma, COPD, Heart Disease

Other Barriers –**DO NOT TRY**

- Material that is not droplet proof
- Open at top, bottom or sides
- Spraying cloth with bleach or other disinfectant
- **RISKS OF HYPOXIA WITH CLOSED SYSTEM**

Be Patient – The Time Will Come



THANK YOU!

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