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A perspective from a NYC chief oral and maxillofacial surgery resident during the COVID-19 pandemic

Sir,

The World Health Organization (WHO) declared coronavirus disease 2019 (COVID-19) as a pandemic on March 11, 2020. As the outbreak began to take a grip on New York City (NYC), my intern was consulted for a COVID-19 positive patient with an odontogenic infection. We donned our bouffant caps, eyewear, respirators, faceshields, and gowns before walking to the Emergency Department (ED). As we stepped foot into the ED, stretchers overflowed against the walls of the hallways. The background noise was loud from all the COVID-19 patients on rumbling ventilators and beeping monitors. It felt as though we were standing in the middle of a graphic battlefield. Even the smell was different. As we approached our patient, we heard her whimper as she pointed to her lower right tooth. I anaesthetised the area and grabbed my forceps, trying to be careful as the oral cavity contains a high viral load. Thankfully, I extracted the tooth with ease.

I could not imagine what my ED colleagues were feeling as they worked tirelessly around me.

In a matter of days, almost every patient in my hospital had COVID-19. NYC became the epicentre of the pandemic and the situation worsened day-to-day. “Code 99”, “RRT”, and “STAT intubation” constantly blared from the intercom. The lawn filled with white triage tents. Kraft paper blocked the windows facing the overflowing morgue. Oral and Maxillofacial Surgery (OMFS) residents were deployed to General Surgery to help run their teams and even suture lacerations outside the facial region.

Late March, one of our residents tested positive. A few days later, we saw a picture in the news of another OMFS resident from Brooklyn with COVID-19. He was on a stretcher “coughing up blood” despite being young and fit.¹ A week later, we received an e-mail describing a 37-year-old chief OMFS resident from Michigan who had passed away from complications of COVID-19. He left behind a wife and three children.² We were clearly fighting a camouflaged enemy that did not discriminate.

To clear my mind, I took a different route toward home. As I passed by one of the largest, busiest stores in the world, Macy’s at Herald Square, there was barely a person in sight (Fig. 1). The streets of Manhattan had emptied—an unusual display in broad daylight. The scene felt almost post-apocalyptic and yet I felt gratitude for all who remained inside and all essential workers. They helped stop the spread and save lives.

I reached home and went to sleep not knowing what tomorrow would bring.



Fig. 1. An image of Macy’s at Harold Square in New York City taken from my car during COVID-19 stay-at-home order.

Conflict of interest

We have no conflicts of interest.

Ethics statement/confirmation of patients' permission

Not required.

Reference

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Re: Toward a consensus view in the management of acute facial injuries during the COVID-19 pandemic

Sir,

We commend Holmes et al for their recent article regarding the management of facial trauma during the COVID-19 pandemic.¹ They addressed the issue of teamwork among medical professionals to deliver safe care to patients. In this letter, we aim to highlight how public institutions and private practitioners can collaborate to manage patients with facial injuries during the pandemic.

Due to the high infectivity of SARS-CoV-2 and the number of asymptomatic carriers who are acting as transmitters, most governments have enacted containment measures to limit the spread of this disease. These measures have substantially modified our daily clinical practice in oral and maxillofacial surgery (OMFS) and they require us to focus on patients in medical and surgical emergency situations. Furthermore, human and technical resources have been real-

located to intensive care (ICU) and medical units treating patients with COVID-19, thereby changing current hospital practices and reducing resources for more commonplace operating theatre activities (described as scenario B, by Holmes et al).¹

Emergencies that involve life-threatening conditions (such as haemorrhage or obstruction of the upper respiratory tract) need to be treated without delay in reference medical centres, irrespective of their public or private status.² Facial injuries can be managed differently, depending on their severity. While life-threatening cases and patients with multiple injuries require multidisciplinary management in a trauma centre,³ others can be managed by case-by-case assessment of the complexity of the fractures, and possible referral to a private practitioner. We devised an algorithm based on the need for preoperative or postoperative monitoring in ICU (Fig. 1). We have considered that most closed fractures (such as those in groups 2 and 3 according to Holmes et al)¹ can be managed by private practitioners if the patients do not require monitoring in ICU. We have also devised a degraded procedure involving the use of tracheostomy for complex situations with no possibility of extubation.

In all cases, surgical practices should be adapted to take into account new priorities stemming from the COVID-19 pandemic: operations should be shortened to reduce anaesthetic drug use, aerosolisation should be avoided whenever possible, and all surgeons and staff should wear full protective equipment to limit transmission of the virus, as every patient is potentially an asymptomatic carrier of SARS-CoV-2.^{4,5}

We are aware that this strategy cannot constitute a guideline, since it reflects only the situation in the sixth-largest French city, which comprises one public university hospital and a large number of private OMFS. However, it does reflect the importance of the partnership between public and private professionals in providing safe and quality care to our patients.

Ethics statement/confirmation of patients' permission

Not required.

Conflict of interest

We have no conflicts of interest.