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

• 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
- 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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NY Times Interactive 3D Simulation