Community Health Programs

APRIL/MAY/JUNE 2021

UCLA Health offers community programs and events to help our neighbors lead healthier lives through wellness education. Go to connect.uclahealth.org/calendar for more information.

BRAIN HEALTH

Dementia (ongoing)
Memory Care is a weekly, 90-minute program for memory-challenged, middle-aged people and their loved ones. It teaches memory techniques and strategies and offers support to people with memory challenges and their caregivers.

Where: Tuesdays or Thursdays
Where: Teleconference session
Info & Cost: Longevity@mednet.ucla.edu

MUTIPLE SCLEROSIS

REACH to Achieve Program (Ongoing)
This weekly comprehensive wellness program focuses on fitness, memory, emotional well-being, recreation, nutrition and health education for those living with multiple sclerosis.

Where: Teleconference & Marilyn Hilton MS Achievement Center, 1000 Veteran Ave.
Info & Application: 310-267-4071

Exercise and MS
This 12-week program will teach those with MS how to use exercise to improve overall wellness and manage MS symptoms. Participants must be able to safely walk a minimum of 25 feet with or without a cane or walker.

Where: Marilyn Hilton MS Achievement Center, 1000 Veteran Ave.
Info & Application: 310-267-4071

KIDNEY

Peritoneal Dialysis
UCLA CORE Kidney Program presents Anjay Rastogi, MD, PhD, clinical chief of nephrology, who will discuss peritoneal dialysis, a type of dialysis that patients can be trained to do at home. He will cover various aspects of peritoneal dialysis, including eligibility, training and potential complications.

When: Thursday, May 13 / 5 – 6 pm
Where: Teleconference session
RSVP: COREKidney@mednet.ucla.edu to receive the Zoom invitation

Living Kidney Donation
UCLA CORE Kidney Program presents Anjay Rastogi, MD, PhD, clinical chief of nephrology, who will discuss various aspects of living kidney donation, including the application, eligibility, comprehensive evaluation and transplantation process.

When: Tuesday, June 8 / 5 – 6 pm
Where: Teleconference session
RSVP: COREKidney@mednet.ucla.edu to receive the Zoom invitation

PODIATRY

Heel and Ankle Pain
Gary Briskin, DPM, will discuss common causes of heel and ankle pain, as well as surgical and nonsurgical therapies.

When: Tuesday, May 18 / 5:45 – 6:45 pm
Where: Teleconference session
RSVP: 310-828-0011 to receive the Zoom invitation

Ankle Arthritis and Ankle Replacement
Bob Baravarian, DPM, will discuss the latest advances in treating foot and ankle arthritis, including injection joint lubrication, arthroscopic cleanup, joint-preservation surgery, fusion surgery and ankle-replacement surgery.

When: Tuesday, June 15 / 5:45 – 6:45 pm
Where: Teleconference session
RSVP: 310-828-0011 to receive the Zoom invitation

MOVEMENT DISORDERS

How to Shake the Shakes
UCLA movement disorders specialists will discuss treatment options to cope with tremors, including medicines, surgery (deep-brain stimulation) and noninvasive therapies. Lecture followed by Q&A.

When: Saturday, May 22 / 9 am — noon
Where: Teleconference session
RSVP: ucla.tremor@gmail.com

Blood & Platelet Center

UCLA patients need blood donations

The need for blood and plasma during the COVID-19 pandemic remains acute. Blood donation is a way for healthy people to make a significant contribution during this difficult time. The UCLA Blood & Platelet Center follows the precautions recommended by the American Association of Blood Banks to keep donors and staff safe. For more information and to schedule an appointment to donate, go to: uclahealth.org/gotblood
UCLA HEALTH 50 PLUS IS A FREE MEMBERSHIP PROGRAM that offers individuals age 50 and older access to educational lectures, exercise opportunities, information on community and health resources, a free flu shot, Tech Help for U, and health insurance information. Go to uclahealth.org/50plus to become a member or call 800-516-5323.

To socially distance and stay safer at home, all of our health talks will be held virtually. Go to connect.uclahealth.org/calendar to see a full listing of programs. To learn how to use Zoom to participate in teleconference sessions through UCLA Health, contact our office at 800-516-5323 and we’ll send printed instructions.

COVID-19 Clinical Trials
UCLA conducts research for a wide range of medical disorders and offers patients opportunities to participate in research and clinical trials. Below are some of our active clinical trials dedicated to the research and treatment of COVID-19.

TRACE COVID-19 (Tracking Electrocardiographic Changes in COVID-19)
In the TRACE COVID-19 study, we are investigating whether COVID-19 infection causes any changes in heart-electrocardiogram (ECG) tracings that can be detected by wearable devices, such as the Apple Watch. The goal is to determine whether the ECG can detect COVID-19 infection before the onset of any symptoms. Study participants will be asked to use their Apple Watch to obtain their ECG and fill out a very short survey daily. All data are de-identified (anonymized). For more details and to enroll in the study, please go to the study website: trac.covid19study.com

Innovative Support for Patients With SARS-CoV-2 Infections (COVID-19) Registry (INSPIRE)
This study will use a digital platform to longitudinally track comprehensive information, including patient self-report as well as data that describe the process and outcome of care in the electronic medical record (EMR) of a large representative sample of patients under investigation for SARS-CoV-2. The objective is to generate knowledge rapidly using digital tools and collaborative sciences to produce real-time data, analysis and reporting compared to more traditional methods. An additional goal is to promote an open science approach whereby scientists, with proper approvals and in line with the permissions granted by the participants, have the opportunity to work with data in ways that protect individual privacy but promote rapid dissemination and implementation of knowledge.

Early Detection of Health Improvement and Decline through Remote Health Monitoring in COVID-19 Positive Patients and in Those with Known Exposure of COVID-19
The main goal of this study is to evaluate and help predict decline in at-risk populations with COVID-19 or those exposed to COVID-19+ individuals who could benefit from having a remote monitoring system in their homes to provide valuable information to their care teams. As part of this study, you will receive a kit in the mail with a smart watch, sleep-tracking device, thermometer, oximeter and a tablet. Daily surveys with your symptoms will be collected, which you can also share with your doctor. At the end of the study, you will be asked to do a one-time online survey and return your system kit to UCLA via mail. We believe the activity data collected by the system will help us to identify and predict those who are at higher risk for decline due to this virus or predict exposure and virus outcome.

Immune Modulators for Treating COVID-19
ACTIV-1 IM is a master protocol designed to evaluate multiple investigational agents for the treatment of moderately or severely ill patients infected with SARS-CoV-2. The research objectives are to evaluate each agent with respect to speed of recovery, mortality, illness severity and hospital resource utilization. Each agent will be evaluated as add-on therapy to the standard of care (SoC) in use at the local clinics, including remdesivir (provided). The SoC may change during the course of the study based on other research findings. Comparisons of the agents among themselves is not a research objective. The study population corresponds to moderately and severely ill patients infected with COVID-19. Recruitment will target patients already hospitalized for treatment of COVID-19 infections, as well as patients being treated for COVID-19 infection in Emergency Departments while waiting to be admitted to the hospital. Patients both in and out of the ICU are included in the study population.

Antithrombosis for Adults Hospitalized with COVID-19 (ACTIV-4)
This is a randomized, open-label, adaptive platform trial to compare the effectiveness of antithrombotic strategies for prevention of adverse outcomes in COVID-19 positive inpatients.

For more information, including a full list of active COVID-19 clinical trials at UCLA Health, please visit: uclahealth.org/covid-19-clinical-trials