

# **The Essentials of Performing Arts Medicine**



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

**Lucinda Halstead, MD**

**President-Elect, Performing Arts Medicine Association**

**Medical Director**

**Evelyn Trammell Institute for Voice and Swallowing**

**Depts. of Otolaryngology-Head & Neck Surgery & Pediatrics**

**Medical University of South Carolina**



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# Presenter Disclosure Information

LUCINDA HALSTEAD, MD

**Financial Disclosure:**  
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

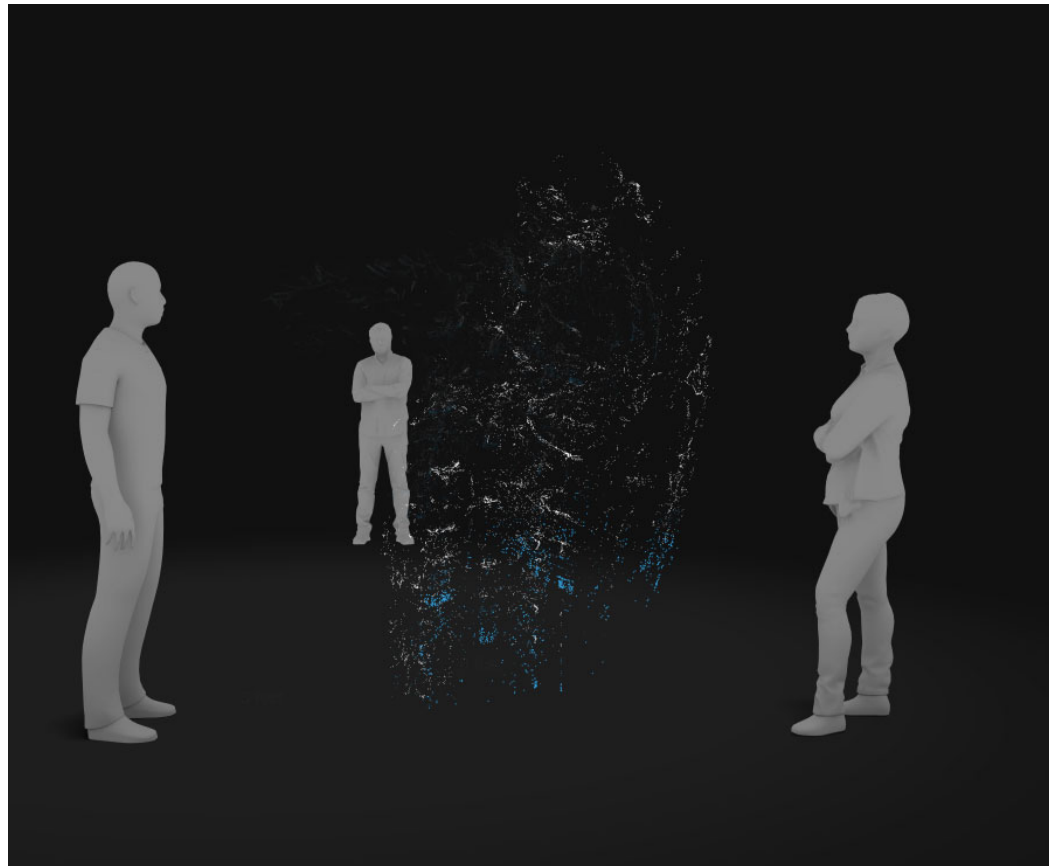


# Why?

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

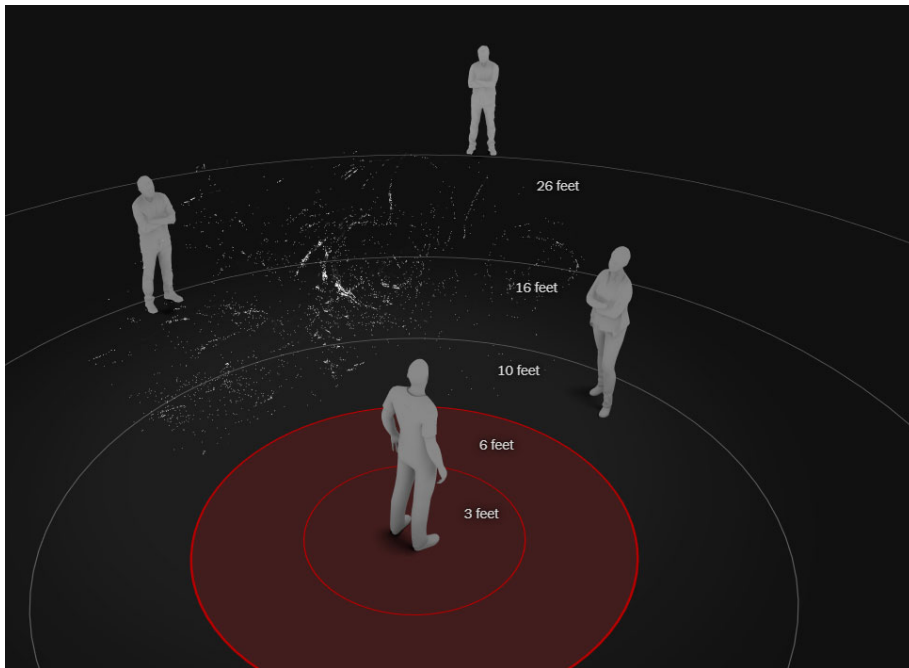


# NY Times Interactive 3D Simulation





# 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 –  $< 99.4^{\circ}\text{F}$
  - Pulse oximetry check
- Privacy issues

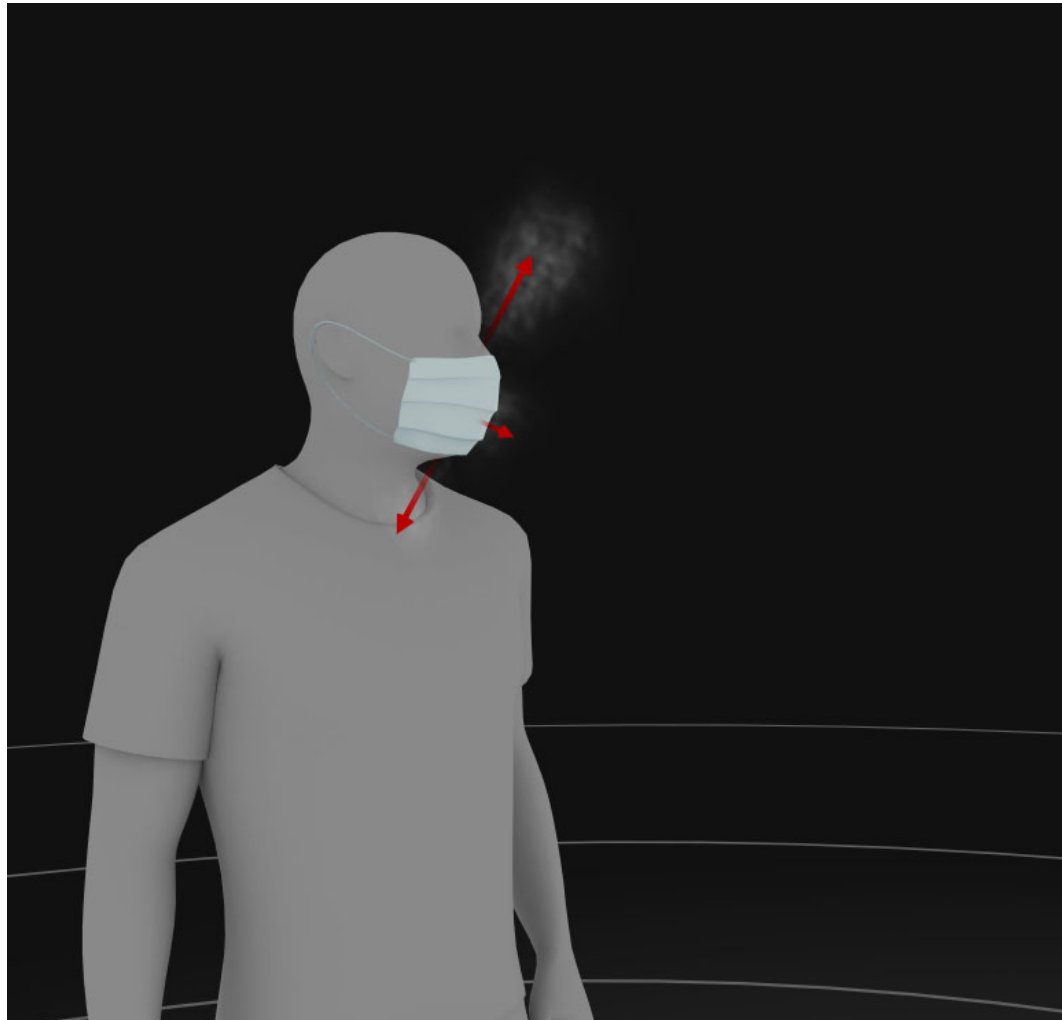


# Return to Group Singing –High Risk

- Acceptance of risk by group/sponsor or both
- Screening criteria – at the door
  - Symptom screening
  - Temperature checks –  $< 99.4^{\circ}\text{F}$
  - 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!**

**LUCINDA HALSTEAD, MD**

**halstead@musc.edu**

