COVID-19 in Mexico with Dr. Carlos Martinez Arroyo

Host: Today, we're talking with Dr. Carlos Martinez-Arroyo, and he'll be sharing with us some reflections on how the healthcare community is dealing with the COVID-19 pandemic in Mexico. Welcome back to the "AUA Inside Tract" podcast. We have a very special guest on the line today, and I'm gonna have him introduce himself right now and tell us a little bit about what he does.

Dr. Martinez: Well, I am Carlos Martinez from Mexico City. I work in Hospital Angeles Acoxpa, in the private practice, and in the Universitario Hospital in Mexico poly-hospital in Hospital Manuel Gea Gonzalez. This is a COVID hospital. It's important for me and my other colleagues, urologists, in the hospital.

Host: Can you tell us about how the COVID-19 situation in Mexico is going right now? And, what's happening in Mexico City with COVID-19?

Dr. Martinez: Okay. Well, in this moment, yesterday our...it's just 14,675 cases in Mexico, with the active confirmed COVID cases are in, maybe 4,972. But, the functions are 1,351 persons in all Mexico. In Mexico City, it's only around 400, but in Mexico, making another epidemiology count is in the sentinel model, and it calculate approximate 5,000 cases in Mexico.

Host: How did your hospital prepare for this pandemic?

Dr. Martinez: In the private hospital, they made a special wing from the patients' respiratory distress or respiratory symptoms and make an trash [SP] to separate the COVID patients and not-COVID patients and make a special section to COVID. But in the Universitario Hospital COVID, the COVID trained all the hospital in... My hospital has six floors. The sixth floor is a DCI, and the operation rooms and the preoperative and post-operative care area changed to unit care, intensive, and intermediate therapy from the COVID patients.

In the first day, the patients any, which had a need ventilator are 335 patients from 50 beds in this town. The first floor is only COVID patients, no complicate with distress respiratory, and the fourth floor is only for all the one with specialties. And the third floor make a new unit care-intensive for no patients COVID, and the second floor is floor for the ambulatory operations and
Host: How has COVID 19 impacted the urologists at your hospital? Are they being asked to assist with COVID patients?

Dr. Martinez: The impact is very...all the consultations are canceled, the private and the public. Only emergency situation are attended and not have the surgeries. But, when we do have COVID patients, should make all the ritual or maybe all the precautions to make the surgery. It's difficult. It's a very difficult because you don't have the situation to change or to make. And in Mexico, it's a special situation because do you know in the news [inaudible 00:06:11], the PPAE from the patient, excuse me, and the medical doctors...? And this is a really problem because we don't have that good protection for attending.

Host: How do you think this pandemic will impact the way that healthcare is delivered throughout the world?

Dr. Martinez: Well, I think this is a very difficult to deliver the assist the attention because in Mexico, is we don't have the patient make to take a person to person and maybe to talk much more like U.S. And this is very different because the patient go with one, two, or three families or parents or spouse or others, I don't know, could take only one person in the office or in the room, and this is difficult. And delivery of the healthcares is maybe with another's foundations or company who give the PPAE, the protection equipment.

Host: What advice would you have for your colleagues around the world who are also dealing with this COVID 19 pandemic?

Dr. Martinez: Well, I think it's to... The important is the, don't minimize the situation or the patient or the protection because maybe 40% of America who have the COVID are because have an mistake in the...to take the goggles or maybe the mask or the bar or the clothes. And it's very important because I think it's, if you have a more conscience and maybe more minimize the
infection. And I think it's the, in this moment, the [inaudible 00:08:36] recurrence is have a new form to make medicine. With their digital telemedicine, this is the...is, now, it's maybe it's the initial time to have the telemedicine in a routinary, and maybe this is the new form to make the medicine when you do not need to explore the patient or do [inaudible 00:09:13] the patient.

I think it's maybe 60% of the consultations are with telemedicine, and maybe when you have all the stories, the diagnostics with different media platforms in the world, you have a more form to take the consultation and the...and our cause to have the new form to make the medicine. I think it's the form to this moment because I think it's the COVID not finally maybe in this year, and I think it's a periodic infection and when you don't know the vaccine or maybe the exact treatment, you don't have...you don't best stop the rise. They stop coming. The like coming, and you knew...you have a new form to work from this moment.

Host: Can you just comment on how this pandemic has changed or impacted everyday life for you or your family and what that's been like?

Dr. Martinez: Yes, well, Mexico is... With my family, my spouse are an anesthesiologist, and she making all the protection, me, all the protection. My daughter is coming class in our home and, you stay at home and have a no near the family. But I think it's good you learn to make this social distancing because you are...a new form, the life, and you have a new form to work to have a new relations in the life. And it's been...maybe it's difficult, but the human have a lot of the forms to accomplish the life.

Host: Do you have any other final thoughts for us?

Dr. Martinez: No, I only recommendations. Maybe... I have a lot of friends in U.S. and I have this great problem in U.S. and in Mexico, it's coming to this problem, it's serious. And I think it's...only if they hand wash, use mask, and only life if we did all the recommendations and the protections.

Host: Dr. Carlos Martinez-Arroyo has been our guest today on the "AUA Insight Tract" podcast, and I wanna thank him for his time today.

Dr. Martinez: Thank you, too.