



# MEDICAL STAFF DIGEST

*A twice-weekly update for medical staff*

**Tuesday, July 28, 2020**

Medical Staff Digests are sent out every Tuesday and Thursday.

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## COVID-19

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### NH's COVID-19 resources

For more COVID-19 information, see these OurNH pages:

- [COVID-19 \(Coronavirus\)](#)
- [Pandemic Recovery Toolkit](#)
- [Physician website](#)

### Provincial case counts and statements

**As of July 28, 2020**, there were **80** confirmed COVID-19 cases in the Northern Health region. Fourteen cases are considered active. In light of this uptick in cases, it is important that we remain vigilant in our communities.

For the latest provincial numbers, please refer to the [BC COVID-19 dashboard](#), which is updated Monday-Friday. The dashboard may not work in all browsers; Chrome is suggested. Surveillance reports for COVID-19, which includes breakdown of cases by Health Service Delivery Area, are [posted every Thursday on the BCCDC website](#).

- [Joint statement on Province of B.C.'s COVID-19 response](#) – July 28, 2020
- [BCCDC Surveillance report](#) – July 23, 2020

## A reminder about confidentiality

NH staff are reminded that the privacy of our patients is of utmost importance, at all times, and especially now during the COVID-19 situation. Please ensure that you are not discussing or posting any information about specific patients and COVID-19 cases on social media channels, through other personal networks, or in person (including with work colleagues when not necessary for patient care). Patients trust us to keep their personal information confidential.

Review the [social media policy](#) and [Data Access and Confidentiality Agreement](#) (OurNH links).

Remember that we are legislated to protect the privacy of patients under the [BC Freedom of Information and Protection of Privacy Act](#).

## Northern Health has declared a COVID-19 community outbreak on Haida Gwaii

Ongoing contact tracing for COVID-19 in the Northern Health region has confirmed several cases at this time on Haida Gwaii. The cases are linked to each other, and there is no current evidence of wider community transmission. Public Health is in direct communication with confirmed cases and their close contacts; at this time, all cases are self-isolating at home and there has been no impact on local acute care resources.

Anyone experiencing potential COVID-19 symptoms should self-isolate, and contact their primary care provider or the NH COVID-19 Online Clinic & Info Line, at 1-844-645-7811.

We urge all Northern BC residents to work together to prevent further spread:

- If you're sick, stay home and get tested.
- Maintain physical distancing.
- Wash your hands regularly.
- Have safe gatherings: Remember - fewer faces, bigger spaces.
- Be kind to one another.

Media releases

- [NH information bulletin](#)
- [BC Provincial statement](#)

## How to talk to your family and friends about COVID-19

As health authority employees and medical staff, your personal networks may be looking to you for your information about COVID-19. [This infographic](#) can help you understand what you can say. If asked about COVID-19 cases in the our region, it is best to let people know you are bound by confidentiality and point them to trusted sources for up-to-date information, such as the BC Centre for Disease Control, for [answers to common questions](#) and [current data](#).

## Temporary shortage of large nitrile gloves

Large nitrile gloves are temporarily on back order with the supplier. Supply Chain continues to try to source additional gloves, but in the meantime, temporary measures are needed to ensure our supply of large gloves does not run out.

- Use large nitrile gloves only if other sizes would compromise glove integrity or manual dexterity.
- Do not stockpile gloves on the unit. If there are extra boxes of gloves on the unit, they should be redistributed to other areas of the facility via Central Supply.
- To reduce glove use, try to plan multiple care tasks at each patient encounter to minimize glove changes. Always change gloves and perform hand hygiene between patient interactions.

## Correct use of N95 respirators

- Suspected or confirmed cases of COVID-19 should be placed on droplet and contact precautions.
- Droplet and contact precautions require the use of a procedure or surgical mask.
- N95 respirators are not required unless an aerosol-generating medical procedure (AGMP) is being performed.
- Examples of AGMPs include intubation and extubation, bronchoscopy, TEE, gastroscopy, etc.
- Once you put on an N95, continue to wear it without moving or removing it for as long as possible, including across multiple patient interactions.
- Reusing N95s (taking off/putting back on) is NOT recommended.
- Save N95s for reprocessing unless they are damaged or soiled.

## Hand Sanitizer – Shortage on 1L dispenser refills (NH Item 5160635 (DEB815))

Reduction in PPE requests and other conservation methods have been communicated over the last several weeks. While these efforts are effective at extending supply and will continue, we are reaching the end of NH's supply due to a province-wide disruption.

- Preferred Substitute: 1L Desktop Hand Sanitizer 5012363
  - Place in a monitored location (low/no risk of theft/consumption)
  - Limit access office areas/common areas, centrally located
- Alternate format: 400ml Desktop Hand Sanitizer and subs
  - Place in areas where 1L format poses a hazard to patients/visitors/clients
  - Moderate/potential risk of theft/consumption if not monitored
- Alternate format: 50ml pocket-size hand sanitizer and subs
  - Prioritize for mobile employees
- Proprietary Refills: Sub DEB807 (requires 1-2 pumps for adequate amount) and DEB815 (original, 1 pump), limited inbound shipments.
  - Prioritize for inpatient areas to avoid floor obstructions

## COVID-19 Online Clinic Operations Manual

On March 14, 2020 Northern Health launched the COVID-19 Online Clinic to provide information and health advice, and enable testing for Northern BC residents. As guidelines for testing and screening for COVID-19 evolved from the British Columbia Centre for Disease Control (BCCDC), the Online Clinic was able to incorporate and reflect these changes immediately for Northern residents.

[This document](#) (OurNH link) articulates the Northern Health response to the implementation of the COVID-19 Online Clinic.

## Trusted links and resources for COVID-19

- [BC Centre for Disease Control](#)
- [HealthLink BC COVID-19 page](#)
- [WHO FAQ](#)
- [Health Canada FAQ](#)
- [COVID-19 content in other languages](#)
- WorkSafe BC - [COVID-19 information and resources](#)
- Northern Health COVID-19 Online Clinic & Information Line: **1-844-645-7811**
- Northern Health Environmental Health Officer Line: **1-250-565-7322**
- For **non-medical info**, call **1-888-COVID19 / 1-888-268-4319** 7 days, 7:30 am - 8 pm

For current information on restrictions on travel, gatherings and other issues, see the [Provincial Health Officer's COVID-19 webpage](#).

## Overdose prevention and response

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### Provincial and regional overdose alerts

The overdose crisis reached a record high for numbers of overdose deaths in Northern Health and BC in June 2020. This has been complicated by the contamination of the drug supply with benzodiazepines and/or carfentanyl. A fentanyl/benzo combo causes an even higher risk for overdose and may require much higher doses of Naloxone to reverse.

Please share the following alerts widely:

- The Province released a new [Drug Toxicity Alert](#) on July 22/20, replacing the May 6/20 alert.
- Northern Health is continuing the [Overdose Alert](#) initially issued on June 18.

## Other organizational news

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### Dr. Charles Jago Awards: Recognizing employees living NH's values

The Dr. Charles Jago Awards, named after our former board chair, acknowledge and celebrate the NH staff, physicians, and teams who have made outstanding contributions to the organizational goals, reflecting our values in the process.

[The winners and nominees have been shared](#) to the Northern Health Stories website. We'll be sharing individual stories on the awards soon – stay tuned!

## NH Check In service to be piloted soon

Provincial health authorities have been investigating ways to increase physical distancing in waiting rooms. NH Check In is the solution selected by Northern Health.

NH Check In gives patients a map view of locations with estimated wait times, and the ability to virtually secure a spot in line. It will be piloted at the following sites starting August 5 – 15:

- Prince Rupert Regional Hospital (Laboratory Services)
- Mills Memorial Hospital (Laboratory Services)
- UHNBC (ECG / Holter Monitoring)
- Wrinch Memorial Hospital (Laboratory Services)

Check-ins will be managed through a web-based piece of software (i.e., no integration with existing system schedules such as MOIS or Cerner EMR), and training will be available for staff.

Questions? Email [Sahar Ebadzadsahraei](mailto:Sahar.Ebadzadsahraei@northernhealth.ca), Project Coordinator.

## Staff recognition (RAARs)

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### Random Acts of Acknowledgment and Recognition (RAARs)

We know that as medical staff at Northern Health, you often go above and beyond, and so do your colleagues. RAARs are a way for you recognize each other and say “thank you.”

- See the [latest RAARs](#)
- [RAAR someone today!](#)

## Staff wellness

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Resources for staff wellness are available in the right hand sidebar under the heading “Resources for stress and emotional support” on both the [COVID-19 page](#) and the [Pandemic Recovery Toolkit page](#) of OurNH.

## Community Corner and Staff Deals

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### NH Community Corner: Buy, sell, and trade for NH staff members

Looking for a good used vehicle? Trying to sell your house? Community Corner is a private online swap-and-shop for NH staff members and medical staff. Categories include Housing to Rent, Housing for Sale, Pets and Livestock, Furniture and Appliances, Wanted, and much more.

- [Visit Community Corner](#)
- [Post your classified ad now](#)

**Staff Deals: Get a special rate!**

Did you know? Because you work at Northern Health, you can get discounts at a number of businesses, including hotels, food and dining, computers, clothing, insurance, and more. See the full list here: [Staff Deals](#).