



# MEDICAL STAFF DIGEST

*A twice-weekly update for medical staff*

**Tuesday, August 4, 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 31, 2020**, there were **88** confirmed COVID-19 cases in the Northern Health region. Thirteen 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 a 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 31, 2020
- [BCCDC Surveillance report](#) – July 30, 2020

## COVID-19 stigma harms us all

It's important to be kind to one another, and not contribute to COVID-19-related stigma for individuals, including those with COVID-19, and their caregivers or contacts.

While individuals are able to disclose their own health information – or consent to having other organizations share information on their behalf – health authorities and health care providers are bound by strict privacy measures and legislation and must keep individual information confidential.

We want people, and their close contacts, to feel comfortable coming forward if they have symptoms of COVID-19 and require testing. Stigma can negatively impact this process, slowing down testing, contact tracing, and possibly leading to further spread.

Stigma hurts everyone by creating fear or anger towards other people, and negatively affecting the mental health of stigmatized groups and the communities they live in. We can stop stigma, by knowing the facts, sharing only accurate information with others, and most of all, being kind.

For more information:

- [FNHA – Practice lateral kindness to help reduce stigma and fear of COVID-19](#)
- [FNHA – COVID-19 lateral kindness poster](#)
- [PHSA – Returning to work after COVID-19 isolation](#)

## 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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### Language matters: reduce stigma, combat overdose

The BC Centre for Disease Control (BCCDC) encourages the use of respectful, non-stigmatizing language when describing substance use disorders, addiction and people who use drugs.

Stigmatization contributes to isolation and means people will be less likely to access services. This has a direct, detrimental impact on the health of people who use drugs.

Help improve the conversation around overdose prevention by making these changes:

- People first language
- Use language that reflects the medical nature of substance use disorders
- Use language that promotes recovery
- Avoid slang and idioms

For more information and recommendations on what you can do:

- [Respectful language and stigma regarding people who use substances](#)
- [PHSA – Breaking through stigma and silence](#)
- [FNHA – Overdose prevention information](#)

## Other organizational news

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### Improving care for trans patients

[Trans Care BC](#) has outlined [a new learning pathway for primary care providers](#), with courses to increase knowledge about transgender health and develop skills to provide gender-affirming care.

All training is online and free. Two of the three courses provide UBC CPD accredited medical education credits. [Learn more and register this summer.](#)

Questions? Email [trans.edu@phsa.ca](mailto:trans.edu@phsa.ca) or visit their section for [Health Professionals](#).

### Staying local this summer: Northern BC staycation ideas

Many Northerners – including NH staff – are staying close to home this summer! Fortunately there's plenty to do in our beautiful backyard!

Check out these staff staycation ideas for great local spots to explore!

- [Prince George staycation ideas](#)
- [More staff staycation ideas](#)

### FNHA: Our Community, Our Water Grant Opportunity

Water is an integral part of life, community and wellbeing. To help protect and celebrate the importance of water, particularly drinking water, in your community, the First Nations Health Authority Drinking Water Safety Program would like to invite First Nations communities in BC to submit a proposal for a community water awareness day event!

Please note, proposals will be assessed on an on-going basis through the fiscal year and events must be held before March 31, 2021.

For more information, see the [full news release](#).

## Microsoft Teams is now live

Microsoft Teams has now replaced Skype for Business for meetings, calls, instant messaging, presence indicators, and more. See more on the [OurNH page on Microsoft Teams!](#)

### Helpful documents

- [FAQs](#)
- [Quick Reference Guide](#)

## 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](#).