



MEDICAL STAFF DIGEST

A twice-weekly update for medical staff

Tuesday, August 18, 2020

Medical Staff Digests are sent out every Tuesday and Thursday.

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COVID-19

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 August 17, 2020, there were **117** confirmed COVID-19 cases in the Northern Health region. Twenty cases are considered active. As always, 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](#) – August 17, 2020
- [BCCDC Surveillance report](#) – August 13, 2020

COVID-19 testing guidelines: Refresh your memory

As cases of COVID-19 in BC continue to rise, it's important that we remain vigilant in testing. The BCCDC continues to recommend testing in the following cases:

- Test all individuals with new symptoms compatible with COVID-19, however mild.
- It is particularly important to test symptomatic individuals who:
 - Are residents or staff of long-term care facilities
 - Require admission to hospital or are likely to be admitted
 - Are healthcare workers
 - Are contacts of a known case of COVID-19
 - Are travellers who in the past 14 days returned to BC from outside Canada, or from an area with higher infection rates within Canada
 - Are residents of remote, isolated, or Indigenous communities
 - Live in congregate settings such as work-camps, correctional facilities, shelters, group homes, assisted living and seniors' residences
 - Are homeless or have unstable housing
 - Are essential service providers, such as first responders
- **COVID-19 testing is not recommended for asymptomatic individuals.**
- Medical Health Officers may recommend testing as part of public health investigations.

For more information, see the latest [BCCDC COVID-19 adult viral testing guidelines](#).

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

Drug checking can improve awareness and engagement

Drug checking is a provincially recognized overdose prevention service to support people who face the risk of overdose.

Drug checking involves inviting people to bring in substances that may be illegal to get information on what is in those substances; for example, to see if the substance contains fentanyl. Drug-checking services can be added to existing harm reduction services with

minimal impact on staff time, capacity, or budget. Drug checking can be performed in a small amount of time by a variety of trained staff or peers.

Benefits of drug checking:

- Improves awareness of fentanyl exposure and its associated risks by enabling people to make informed decisions, take ownership over their drug use, and strategize around safety (e.g., reducing their dose or using with others).
- Creates new opportunities to engage with vulnerable and at-risk individuals who may not otherwise engage with health and social services.

For more information, or to set up a drug-checking site in your community, please contact [Nancy Dhaliwal](#), Regional Nursing Lead, Harm Reduction.

Other organizational news

News from Across NH

NH Check In now live in Prince Rupert, Terrace, and Dawson Creek – give it a try!

NH Check In helps NH provide better patient-centred services and support physical distancing during the pandemic. If you've used the similar Save My Spot service by LifeLabs, NH Check In will be familiar. Patients can safely wait in their cars, homes, or offices just before arriving for appointments, which should make waiting rooms less crowded.

NH Check In is now live for lab services in Prince Rupert, Terrace, and Dawson Creek:

- If you use lab services in either of these communities, [give NH Check In a try](#). As an NH staff member or physician, your feedback is important! Please send any feedback to NHCheckin@northernhealth.ca.
- Other NH labs, imaging, diagnostic service areas, and other clinical areas (ambulatory, outpatient, public health, and other clinics and clinical services) are invited to sign up for NH Check In.

Signing your area up for NH Check In

NH Check In is FREE, and includes a site start-up package and support from our clinical IMIT team to help set you up, train you, and support you after launch. Email us today at ITS.ServiceDesk@northernhealth.ca – someone will contact you shortly!

Trying NH Check In as a patient

See full instructions on the [NH Check In page on northernhealth.ca](#) – it's easy to get set up on your phone, tablet, or computer!

For more information:

- [NH Check In page on northernhealth.ca](#)
- [NH Check In page on OurNH](#)

Staff recognition (RAARs)

Random Acts of Acknowledgment and Recognition (RAARs)

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

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

Staff wellness

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

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](#).