



MEDICAL STAFF DIGEST

A twice-weekly update for medical staff

Thursday, August 20, 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 19, 2020, there were **120** 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 19, 2020
- [BCCDC Surveillance report](#) – August 13, 2020

B.C.'s back to school plan

Students in B.C. will return to in-class learning September 2020. B.C.'s plan includes new health and safety measures, increased funding for protective equipment like masks and new learning groups to help keep everyone safe.

For more information, see the [B.C. government's back to school page](#).

Visiting guidelines for long-term care

Long-Term Care and Assisted Living Facilities are currently advised to restrict visitors. Under these guidelines, residents will be able to visit with **one** family member or friend.

Visitor protocols

- Visits must be booked in advance.
- Visits will take place in specific "visiting areas," which will be organized by each residence.
- Visits are not allowed if there is an active COVID-19 outbreak at the residence.
- Visits are not permitted if the visitor or resident are sick or have symptoms of COVID-19.
- Visitors will be screened for signs and symptoms of illness, including COVID-19, prior to every visit.
- All visitors are required to bring and wear a mask.
- Visitors must clean hands before and after visit.
- Visitors should cough or sneeze into their elbow and not touch their face.
- Visitors should maintain a distance of two arm lengths from others.

For more information, see the [BCCDC page on long-term care](#).

New BCCDC language guide helps to destigmatize COVID-19

A new [language guide](#) has been released by the BCCDC which aims to make COVID-19 content more inclusive and help prevent stigmatization of individuals and groups who are often inadvertently excluded from health advice.

The guide provides recommendations on the terms and phrases to use to describe identities and behaviours, and serves as a tool for writing about COVID-19 and its effect on people. It draws attention to language that can exclude individuals. This often leads to unequal access to the information that help people make choices on how to protect themselves, their families, and their communities during the pandemic.

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

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

Position opportunity: Medical Health Officer - NE

Have you heard about our latest senior leadership opportunity within Northern Health? There is a posting currently open for the Medical Health Officer of the North East. This position is located in Fort St. John, the largest city in the Peace Region.

With the dual pandemics of opioid overdose and COVID-19, and the need for strong population and public health programs in areas of water safety, immunizations, licensing, and more, it is an exciting time to be in a public health leadership position.

We are looking for a physician with a Master's in Public Health or equivalent. You must have a passion for public health and enjoy working in a team-oriented environment. If you are interested in this position, please contact us. Alternatively, if you know of someone in Canada that would be a strong candidate, we encourage you to share this posting with them.

For more information, see the full job posting: [Medical Health Officer- NE](#)

[Fort St. John](#) is a family-oriented community with many community parks and recreation/cultural offerings.

For more information, contact:

- Dr. Jong Kim, Chief Medical Health Officer (Jong.Kim@northernhealth.ca)
- Leah Likes, Excluded Recruiter (leah.likes@northernhealth.ca) (250-613-6999)

HealthLife pilot program launches Friday August 21 for NH staff and medical staff!

HealthLife is an easy-to-use, secure, mobile-friendly patient portal that you can access on your computer or smartphone. HealthLife can help you more actively and easily manage your health and healthcare.

Before the public launch of HealthLife, we're undertaking a pilot program to test the user load, system functionality, and support needs.

All NH staff members and medical staff are invited to take part – [sign up today!](#)

For more information, visit the [HealthLife page on OurNH](#)

The Youth Development Instrument (YDI) is looking for Youth Ambassadors

Do you know a youth who's passionate about improving youth well-being?

Researchers at SFU and UBC invite 15-18 year-old youth who are interested in health and development issues affecting them and their peers to apply to join the YDI youth advisory council (YAC). The YAC will provide an important youth voice in the creation of the YDI, a survey which aims to measure youth well-being and development in British Columbia.

[Click here to learn more and apply.](#)

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](#).