



MEDICAL STAFF DIGEST

A twice-weekly update for medical staff

Thursday, October 1, 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](#)

COVID-19 case counts and statements

Confirmed NH cases since the beginning of the pandemic, according to the **September 30 provincial update**:

- **312** cases
 - **38** active
 - **3** new
- **2** deaths (**0** new)

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](#) – September 30, 2020
- [BCCDC Surveillance report](#) – September 24, 2020

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**
- **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

First Nations Virtual Substance Use & Psychiatry Service

FNHA is offering a First Nations Virtual Substance Use and Psychiatry Service. This service is now available to First Nations people and their families living in BC with referral from a health and wellness provider.

The purpose of the new service is:

1. To provide direct virtual access to addictions specialists and psychiatric care for First Nations people and their family members living in BC.
2. To provide addictions medicine and psychiatry services where every client encounter is aligned with the principles and practices of cultural safety and humility.
3. To provide addictions medicine and psychiatry services where collaborative care planning and wraparound care services are integral to all client encounters.

FNHA also offers a Virtual Doctor of the Day program which provides virtual access to primary care (family practice physicians) for First Nations people and their families living in BC.

For more information:

- [Virtual Substance Use & Psychiatry Service webpage](#)
- [Virtual Substance Use & Psychiatry Referral Guide for Providers](#)
- [Virtual Doctor of the Day Webpage](#)
- [Virtual Doctor of the Day Poster](#)

Other organizational news

News from Across NH

Influenza Prevention Program 2020/21 - peer immunizers needed!

Peer Immunizers are RNs, RPNs, LPNs or pharmacists who have volunteered to provide influenza immunization to peers and unit/site employees while working their regular scheduled shifts. This gives employees timely access to influenza immunization.

If you are interested in this role, please email: influenza@northernhealth.ca

FNHA – The flu shot: This year, it’s more important than ever to get one!

We often think of “the flu” — short for influenza — as being “no big deal,” but every year in BC it causes serious illness, many hospitalizations, and even deaths. The good news is that there is a safe and effective vaccine that may prevent you from getting seriously ill with the flu and requiring hospital care.

The flu vaccine is recommended every year, especially for those at high risk of serious illness, such as Elders, babies over six months of age, and people with chronic medical conditions. It is also recommended for healthy people who care for or visit those most at risk for complications from the flu.

The ongoing COVID-19 pandemic makes it even more important to get immunized this year. Even though a COVID-19 vaccine is not yet available, we do have a flu vaccine and, like other vaccines, it is a powerful way to stay as healthy as possible.

- See the [full story on the FNHA website](#).

October is Cyber Security Awareness Month!

Cyber Security Awareness Month is an internationally recognized campaign held each October to inform the public of the importance of cyber security. This campaign is focused on helping all Canadians be more secure online, by being informed and knowing the simple steps they can take to protect themselves, their families, their workplace, and their devices.

The month is divided in to weekly themes which highlight different aspects of cyber security. This year, we’re focusing on protecting the things we care about most — [our devices](#).

Each week, we’ll be highlighting a different aspect of cyber security and demonstrating how to show your devices how important they are to you, by keeping them safe and secure.

[Week 1: Taking stock](#)

Week 2: Phone Week

Week 3: Computer Week

Week 4: Network Week

Week 5: Smart Device Week

Staff wellness and more

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 Northern Health’s staff intranet, OurNH.

For more information on [staff deals](#), the [NH Community Corner](#), and [RAARs](#), visit [OurNH](#).