



MEDICAL STAFF DIGEST

A twice-weekly update for medical staff

Tuesday, October 6, 2020

Medical Staff Digests are sent out every Tuesday and Thursday.

Sections

COVID-19.....	1
Overdose prevention and response	2
Other organizational news.....	3

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 **October 5 provincial update**:

- **322** cases
 - **19** active
 - **3** new
- **3** 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](#) – October 5, 2020
- [BCCDC Surveillance report](#) – October 1, 2020

Updated Appropriate PPE Use Poster from BCCDC

The BCCDC released an updated poster on [Appropriate Personal Protective Equipment \(PPE\) for COVID-19 in Healthcare Settings](#). The poster now includes the recommendation against doubling procedure masks or using a combination procedure mask and N95 respirator.

Wearing extra PPE may affect the fit and makes removing the mask more complicated, which may increase the risk of self-contamination. Using a procedure mask on top of an N95 respirators may also affect the seal and lower the effectiveness of the N95.

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

Compassion, Inclusion, Engagement (CIE) support in Northern Health

Compassion, Inclusion, Engagement (CIE) events can support teams engaged in overdose response. CIE is a provincial partnership between the First Nations Health Authority and the BC Centre for Disease Control (BCCDC) to address stigma and discrimination experienced by people who use substances, particularly those who are Indigenous.

CIE supports people with lived experience, primarily in remote and rural communities, in forming peer groups. Peer groups have been instrumental in advocating for the rights of people who use drugs and for meaningful change in drug policy that saves lives. CIE peer groups are empowered and supported in two ways: through skill and capacity-building, and through seed funding.

By providing capacity-building support, these groups learn tangible skills such as organizing, developing a mission, navigating group dynamics, grant-writing, financial management, and more. The seed funding that's provided supports their on-the-ground work, which ranges from operating peer-run overdose prevention sites, training and distribution of naloxone and harm reduction supplies, providing needle cleanup, and providing employment and income to members.

By supporting new and emerging peer groups, and by leveraging the BCCDC's position as a provincial leader, CIE ensures that the voices of people who use drugs are at the table with decision-makers.

Through CIE, peer groups across BC were supported to take on projects related to stigma elimination, harm reduction, and overdose response in their communities, and were free to choose the most effective ways to create that change for themselves, in relation to their community.

The majority of the groups chose to employ peers as trainers for overdose prevention and harm reduction services, while other groups engaged in advocacy work that pushed levels of government for safe supply. This work included people with lived and living experience of substance use in community conversations, decision-making, and advocating for increased harm reduction/overdose prevention services.

One example of work done by peer groups is the Clean Team in Quesnel, BC. The Clean Team is led by, and composed of, peers with lived experience of homelessness and substance use. The peers are employed part-time and perform early morning cleanups of needles, drug paraphernalia, and litter around business improvement areas, schoolyards, and other "hotspot" locales.

More recently, the CIE team travelled to Terrace to support the Community Action Team in their priority setting.

As part of our harm reduction regional supports, Northern Health has a regional peer coordinator that can help you link to programs such as these.

For more information, check out the [Toward the Heart Website](#) or contact [Kerensa Medhurst](#).

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

An exciting opportunity in innovative care delivery - Hospital @ Home

Hospital @ Home (H@H) is a service where eligible patients may receive hospital-level acute care in their home. The care is provided by a physician, nurses, and other interprofessional team members who travel to the patient's home or connect virtually to provide daily care, supplemented by monitoring through technology.

The Hospital @ Home program will:

- Improve patient and caregiver satisfaction
- Reduce/improve transitions in care
- Reduce risk to patients (e.g. hospital-related risk such as infection, decline of function, cognitive risk/delirium, changes to mental health)
- Improve acute bed utilization
- Facilitate appropriate and efficient discharge
- Strengthen Northern Health's continuum of care
- Enable longitudinal, system-wide cost savings

Northern Health, the Prince George and NI Rural Divisions of Family Practice, medical staff associations, BC Emergency Health Services and the First Nations Health Authority are partnering to develop the H@H prototype for Prince George which will launch later this fall.

To date, a core project team providing multiple perspectives has had preliminary discussions on possible approaches and working groups are forming to consider what the service can offer and how it will deliver it. Stay tuned for more information in late October on the Hospital @ Home program.

Breastfeeding: the role of the primary care provider

Canada celebrates [Breastfeeding Week](#) each year from October 1 to 7. This is a good time for us to look at how we can protect, promote, and support breastfeeding all year long. [Read this breastfeeding resource](#) for information on:

- Why breastfeeding is important for the planet
- How to encourage a discussion with prenatal families
- Tips for supporting families and their infant feeding goals
- Client breastfeeding resources
- Provider tools and online education opportunities

See the full resource on the physician website: [Breastfeeding: The Role of the Primary Care Provider](#)

Cyber Security Awareness Month - Week 2: Phone Week

Your beloved phone: it's one of the last things you see before you fall sleep and one of the first when you wake up.

During the COVID-19 pandemic, you've probably spent even more time with your phone than you usually do. Whether you want to connect with your loved ones, knock some things off your work "to-do" list, or just kill time, your phone is there when you need it (except when it runs out of battery, but that's on you). It's time to repay your phone for all it has done for you by making sure it's properly secured.

This week, we will give you key tips you can use to keep your phone — and the information on it — safe and sound, including:

- [Updating your OS](#)
- [Avoiding phishing scams](#)
- [Enabling multi-factor authentication](#)

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](#).