



# MEDICAL STAFF DIGEST

*A twice-weekly update for medical staff*

**Thursday, December 3, 2020**

Medical Staff Digests are sent out every Tuesday and Thursday.

## Sections

COVID-19.....	1
Overdose prevention and response .....	3
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](#)

### COVID-19 case counts and statements

**905** cases have been reported in the NH region since the beginning of the pandemic.

- Cases currently active: **240**
- New cases: **45**
- Currently in hospital: **33**
  - Currently in ICU level care in hospital: **12**
- Deaths in the NH region since the beginning of the pandemic: **8**

For the latest provincial numbers, see the [BC COVID-19 dashboard](#), which is updated Monday-Friday. The dashboard may not work in all browsers; Chrome is suggested.

Surveillance reports, including a breakdown of cases by HSDA, are [posted each Friday by the BCCDC](#).

- [Joint statement on Province of B.C.'s COVID-19 response](#) – December 2, 2020
- [BCCDC Surveillance report](#) – November 27, 2020

## Exposures and return to work for health care workers

Risk assessment for health care workers exposed to COVID-19 patients at work, as well as returning to work after exposure or illness can be difficult. The BCCDC has developed valuable information to help navigate this process.

For more information, please visit the [BCCDC website](#).

## Q & A: Testing asymptomatic individuals for COVID-19

There is a [Q&A document](#) available regarding testing asymptomatic individuals for COVID-19.

In this document, “asymptomatic” refers to people who have not had symptoms of COVID-19. This guidance does not apply to people who are asymptomatic following a recent episode of confirmed or probable COVID-19 infection.

## New palliative care toolkit and guide to compassionate phone conversations

The Palliative Care Task Group has developed a [palliative care toolkit](#) and [guide to compassionate phone conversations during COVID-19](#).

The toolkit lists all the palliative care resources developed to support providers during COVID-19.

## The NH regional transfer algorithm has been updated

As of November 30, 2020, the 24/7 NH RN Transport Response Team Service is no longer available. To reflect this change in service, the [NH Regional Transfer Algorithm](#) has been updated.

More information is available in the November 30 [NH RN Transport Response Team Completion Memo](#).

## 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

---

### The Lifeguard app supports people who use substances alone

Social distancing orders due to the COVID-19 pandemic have made it more difficult for people to have someone with them if they use drugs. The Lifeguard app supports people who are at the highest risk of overdose death: people who use substances alone.

The app connects people to emergency responders automatically if they are unresponsive. It can be downloaded for free on a smartphone or tablet through either the [Apple App Store](#) or the [Google Play Store](#).

To learn more, visit: <https://lifeguarddh.com/>

## Other organizational news

---

### News from across NH

#### Prevent influenza: Mask or immunize (and report your choice!)

Have you had your flu shot, or decided you won't get one this year? Don't forget to let us know.

Report your choice at [influenzareporting.org](http://influenzareporting.org) for staff, or [medicalstaffhealth.phsa.ca](http://medicalstaffhealth.phsa.ca) for physicians.

More questions or information, check out the flu page on OurNH or email us at [influenza@northernhealth.ca](mailto:influenza@northernhealth.ca).

### Introducing Compass Toolkits, a new online resource for community care providers

The BC Children's Hospital's Compass Program is excited to introduce [Compass Toolkits](#), a new online resource for community care providers. Each toolkit highlights sections on essential knowledge, assessment, and treatment about high priority mental health topics and substance youth concerns for BC children and youth.

The goal is to build our capacity as a province to take care of children and youth with mental health and or substance use close to home. The toolkits cover ADHD, anxiety, depression, disruptive behavior problems, suicide risk assessment, and substance use/concurrent disorders.

Check out the new Compass Toolkits: [compassbc.ca/toolkits](http://compassbc.ca/toolkits)

### Updated phone numbers for Prince George corporate building (HSBC) in effect December 5

As part of their phone refresh on December 5, staff at the Prince George corporate office (HSBC) will have new phone numbers.

Find the [updated list of phone numbers here \(OurNH link\)](#).

## Help interview medical school applicants: New deadline to apply is December 6

The MD Undergraduate Admissions Office would like to invite you to apply to participate as an interviewer in our next round of multiple mini-interviews (MMI). This is open to applicants from across the Faculty of Medicine and community, not just those associated with the MD program.

Due to the COVID-19 pandemic, the 2021 MMI will be taking place in a completely virtual format. This transition is designed to ensure the safety of all our participants including both applicants and interviewers. Please take some time to review the following considerations in order to determine whether this is a format that you will be comfortable participating in.

The application will take approximately 10 minutes to complete and is due Sunday, December 6, 2020 at 11:59 PM PST.

For more information, see the [full story on the physicians website](#).

## New infection protection and control training available online now

[PICNet](#) has refreshed the Orientation for Infection Prevention and Control modules, now [available on Learning Hub](#).

The ten updated modules in this course cover key elements to IPAC, including hand hygiene, RPAP, surveillance, communicable diseases, and more.

Each module has a fillable PDF and quiz. New or prospective ICPs, or anyone interested in advancing their knowledge can complete any number of the modules and quizzes, and print a certificate for each quiz passed.

Ideally, these modules should be completed with the support of an IPAC mentor as the learning format depends upon the ability to discuss many of the elements.

[Login to Learning Hub to register today](#).

## Wellness and more

Resources for wellness are available on the [Health and Wellness page](#) of the Physicians Website.

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