



MEDICAL STAFF DIGEST

A twice-weekly update for medical staff

January 5, 2021

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COVID-19

NH's COVID-19 resources

- On the NH physician website:
 - [COVID-19 information and resources](#)
- On OurNH:
 - [COVID-19 \(Coronavirus\)](#)
 - [Pandemic Recovery Toolkit](#)

COVID-19 case counts and statements

As of January 4, **2,186** cases have been reported in the NH region since the beginning of the pandemic.

- Cases currently active: **498**
- New cases: **18**
- Currently in hospital: **19**
 - Currently in ICU level care in hospital: **16**
- Deaths in the NH region since the beginning of the pandemic: **30**

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. Situation 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](#) – January 4, 2021
- [BCCDC Situation Report](#) – December 18, 2020

Northern Health continues to administer vaccines

See the latest photos from vaccine clinics in [Fort. St. John](#), [Terrace](#), and [Prince George](#).

Northern Health is distributing the vaccine in accordance with the priority vaccine groups as recommended by the [National Advisory Committee on Immunization](#). As more vaccine shipments arrive, more communities and more groups of people will receive the COVID-19 vaccine. We expect to be able to immunize all Northern BC residents who wish to have the vaccine, by the end of 2021.

For more information about the COVID-19 vaccines, vaccine research, priority populations, and the provincial rollout plan, visit the Government of British Columbia's [COVID-19 Vaccines website](#).

Northern Health launches HealthLife patient portal: View your COVID-19 test results (and more) online

HealthLife is a secure mobile-friendly web portal that you can access from your computer or smartphone, similar to online banking.

Northern BC residents who received care at an NH hospital can view their hospital-based health information, including:

- Upcoming appointments
- Lab results, including most COVID-19 tests
- X-ray, ultrasound and other imaging reports
- And more!

For more information about HealthLife and how to sign up, visit the [HealthLife webpage](#)

Northern Health Virtual Clinic: Data on patient visits

The Northern Health Virtual Clinic supports after-hours access to COVID-19 and primary care services for those who cannot easily access these services in their communities. The goal is to connect people to their local primary care home wherever possible. We will share Virtual Clinic data with you twice a week.

Thursday, Dec 24

- 143 COVID-19 nursing assessments
- 5 primary care provider appointments (2 primary care (PC) from Fort St. John, 2 PC from Prince George, and 1 COVID-19 related)

Friday, Dec 25

- 59 COVID-19 nursing assessments
- 11 primary care provider appointments (1 COVID-19 & primary care (PC), 1 PC, and 9 COVID-19 related)

Saturday, Dec 26

- 113 COVID-19 nursing assessments

- 16 primary care provider appointments (4 COVID-19 & primary care (PC) and 12 COVID-19 related)

Sunday, Dec 27

- 154 COVID-19 nursing assessments
- 4 primary care provider appointments (1 COVID-19 & primary care (PC) from Fort Nelson, 1 PC from Prince George, 2 COVID-19 related)

Monday, Dec 28

- 189 COVID-19 nursing assessments
- 26 primary care provider appointments (3 COVID-19 & primary care (PC) from Smithers, Prince George, and Telkwa, 3 PC from Smithers, Prince George and Telkwa, 20 COVID-19 related)

Tuesday, Dec 29

- 223 COVID-19 nursing assessments
- 13 primary care provider appointments (10 COVID-19 & primary care (PC) from Prince George and Terrace, 1 PC from Prince George, 2 COVID-19 related)

Wednesday, Dec 30

- 250 COVID-19 nursing assessments
- 17 primary care provider appointments (3 COVID-19 & primary care (PC), 5 PC from Prince George, Prince Rupert, Endako, Terrace, and Fort St. John, 9 COVID-19 related)

Thursday, Dec 31

- 175 COVID-19 nursing assessments
- 12 primary care provider appointments (5 PC from Quesnel, Alberta, Smithers, and Fort St. John and 7 COVID-19 related)

Friday, Jan 1

- 153 COVID-19 nursing assessments
- 17 primary care provider appointments (4 COVID-19 & primary care (PC) from Prince George and Quesnel, 6 PC from Prince George and Quesnel, 7 COVID-19 related)

Saturday, Jan 2

- 196 COVID-19 nursing assessments
- 19 primary care provider appointments (10 COVID-19 & primary care (PC) from Prince George, Terrace, and Fraser Lake, 6 PC from Prince George and Quesnel, 3 COVID-19 related)

Sunday, Jan 3

- 149 COVID-19 nursing assessments
- 13 primary care provider appointments (7 COVID-19 & primary care (PC), 2 PC, 4 COVID-19 related)

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

Alert: Illicit Benzodiazepines (“Benzos”) continue to contaminate street drugs

Illicit Benzodiazepines, known as “Benzos”, are contaminating street drugs and continue to circulate in the NH region. Benzos are a type of medication that “depresses” or slows down your brain activity. When benzos are mixed with opioids (down) there is a higher risk of overdose. Individuals who have overdosed using drugs contaminated with benzos may be difficult to rouse and slow to respond to naloxone.

More information:

- Northern Health Overdose Alert: [Overdose Emergency Information](#)
- Provincial Overdose Alert: [Toward the Heart](#)
- Harm reduction information in the context of COVID-19: [BCCDC](#)

Other organizational news

Happy New Year! Three NH babies born on January 1

The North’s first baby of 2021 was born in Prince George, and it was a boy! Baby Kace was born at the University Hospital of Northern BC on January 1 at 4:11 am to mom Jessica Penner and dad Kenneth Wray, of Quesnel. Kace weighed in at seven pounds, 11 ounces. See a photo on NH’s [Instagram](#) or [Facebook](#). Kace was BC’s 6th baby of 2021; the first was a girl born at BC Women’s Hospital in Vancouver at 12:21 am.

The first baby born in the Northeast was a 7lb 8 oz boy born at 8:21 on January 1 at Fort St. John Hospital. The baby, as yet unnamed, was born to mom Kristen McCaughley and dad Corbyn Hubley of Fort St. John. See [a family photo](#).

In the Northwest, the first baby of the year was also a boy, and the third generation of his family to be born at Wrinch Memorial Hospital. The baby, as yet unnamed, was born at 2:18 pm on January 1. His proud parents are mom Royelle Williams and dad Shane Skulsh of Kispiox – see [a photo of the family](#). The baby is welcomed to the world by his stepbrother Tayler.

“Royelle is Gitksan and was born here on Gitksan territory, so it was important to her that her baby was also born in her community,” says midwife Hana Lang. “She worked very hard for a very long time to deliver this babe and I'm so proud of her! Her mom, Jane Williams, was also at the birth; she delivered Royelle here at Wrinch memorial hospital too, and Shane, the father, was also born at Wrinch.”

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](#).