



MEDICAL STAFF DIGEST

A weekly update for medical staff

May 10, 2022

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COVID-19 clinical guidelines

Paxlovid and remdesivir: Mild to moderate COVID-19 therapies

All physicians in BC can prescribe Paxlovid for patients (with mild or moderate cases of COVID-19) that need it. In Northern Health you can find the necessary information for prescribing of Paxlovid [here](#) or prescribing and administration of remdesivir through the NH Virtual Clinic 250-961-4936. Please see the [physicians' website for an update regarding the BC COVID-19 Therapeutics Committee \(CTC\) guidance](#) on the most current research on the use of therapies in the management of COVID-19. This document also includes information about who these treatments are recommended for, how to navigate prescribing the therapies, contact information for any help you need or questions you have, outpatient support tools, and information for patients.

COVID-19 news and updates

COVID-19 case counts and statements

Visit the new [COVID-19 surveillance dashboard](#) from the BCCDC, to see graphs, maps, and data showing COVID-19 case rates, test positivity and vaccination coverage by local health area (LHA) and community health service area (CHSA).

As of May 5, **29, 943** cases have been reported in the NH region since the beginning of the pandemic.

- New cases: **128**
- Currently in hospital: **18**
 - Currently in ICU level care in hospital: **4**
- Deaths in the NH region since the beginning of the pandemic: **337**

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

As well, for a visual comparison of COVID-19 cases in BC by HSDA to other Canadian and global jurisdictions, see the [COVID-19 Epidemiology app](#).

- [BC COVID-19 weekly pandemic update](#) – May 5, 2022
- [BCCDC Situation Report](#) – May 5, 2022

Trusted links and resources for COVID-19

- On the NH physician website:
 - [COVID-19 information and resources](#)
- OurNH resources:
 - [COVID-19 \(Coronavirus\)](#)
 - [Pandemic Recovery Toolkit](#)
- [Northern Health online booking form – COVID-19 test](#)
- [Northern BC community immunization coverage page](#)
- [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 Virtual Primary and Community Care Clinic: **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

2021 Harm Reduction Client Survey Infographics from BCCDC

Data from the 2021 BCCDC Harm Reduction Client Survey is now available.

Data from this annual survey is gathered at harm reduction supply distribution sites across BC and is used to inform harm reduction planning, confirm emerging issues, and to evaluate and improve quality of harm reduction services. Findings from BC include:

- 64% of respondents identified smoking or inhalation as the preferred method of drug use
- Crystal meth was the most commonly reported substance used (72% of respondents), followed by fentanyl (54%) and heroin (42%)
- 24% of respondents had experienced an opioid overdose in the past 6 months
- 74% of participants owned a Take Home Naloxone Kit

For more information, see the [harm reduction client survey](#), and 2021 summary infographics:

- [British Columbia](#)
- [Northern Health](#)

Other organizational news

Dr. Winston Bishop Community Cancer Care Award – Suni Dunn

Suni Dunn, Lead Regional Oncology Pharmacist, was recently honoured with the [Dr. Winston Bishop Community Cancer Care Award](#). This award is given to a person who demonstrates outstanding performance in Cancer Care. It is an occasion for team members to openly acknowledge exceptional “everyday practice” as well as a colleague who has gone over and above the call of duty. This award is intended to acknowledge an individual who consistently goes beyond the call of duty in providing, promoting, and/or supporting care for Northern cancer patients.

Congratulations Suni, thank you for your dedicated, exceptional work!

Dangerous abbreviations reminder- Learn more about the required organizational practice and resources available

Required Organizational Practices (ROPs) are evidence-informed practices addressing high-priority areas that are essential and that the organization must have in place to enhance patient safety and minimize risk.

The use of error-prone abbreviations, symbols, and dose designations coupled with illegible handwriting contribute to some of the most common and preventable causes of medication errors.

Northern Health has adopted the Institute of Safe Medication Practices’ (ISMP) list of abbreviations, symbols and dose designations. Those included on the list are never to be used when communicating medication information. This includes ordering or documenting medications by handwriting or electronically.

Resources

- [Dangerous abbreviations/Do not use list](#)
- [Northern Health Safe Medication Order Writing](#) clinical practice standard (OurNH link)
- [Use of abbreviations: Clinical documentation](#) (OurNH link)
- [ROP handbook](#) (OurNH link)

Physiotherapy month – Week two challenge

Welcome to the week two challenge of Physiotherapy Month! This week’s challenge is to log a 30-minute walk from Monday to Friday. You will also receive a bonus entry if you complete a walk with a nurse to help celebrate [National Nursing Week](#). Don’t forget to track your activity on the challenge tracking sheet attached to the emailed digest for a chance to be entered in to win a Prepaid Visa Gift Card!

Did you know?

Walking for 30 minutes every day can reduce the risk for conditions such as stroke and can improve your mental health. If you have questions or concerns about walking, a

physiotherapist can give you specific information about your walking pattern and how to make the most of your walking sessions!

If you have any questions or concerns, please feel free to contact [Stephanie Haberstock](#) (Regional Clinical Practice Lead, Physiotherapy) via email or 250-219-0074.

You're invited to the first Health xChange Kelowna May 24th!

On May 24 from 5-8PM, [Michael Smith Health Research BC](#), [Interior Health](#), and the [Kelowna General Hospital Foundation](#) host the first Health xChange Kelowna [in-person](#) at the Coast Capri Hotel, Ballroom (first floor) and [virtually](#) via Zoom!

How can community engaged research influence health system change?

Using a PechaKucha format (20 slides, shown for 20 seconds each), presenters will share stories about community-based research approaches designed to influence the health system and, in turn, increase the health of British Columbians.

For more information, email research@interiorhealth.ca, or see the [Health xChange Kelowna Overview](#) (ourNH link).

Register now to save your spot

- [In person](#)
- [Virtual \(via Zoom\)](#)

Sign up for the new Learning Bites series - A monthly opportunity open for all staff to learn and share knowledge, skills and expertise!

The Learning Bites Series, hosted by the NH Education department, gives the opportunity for all staff to learn and share knowledge, skills and expertise, in bite-size learning bursts.

What does the series look like?

- One hour, monthly sessions about a range of topics that could be of interest to anyone in the organization
- 11:30 am - 12:30 pm PST, the fourth Tuesday of every month via Microsoft Teams
- Single-topic, easily digestible, succinct

How can I be a presenter?

Once you have determined your presentation topic and learning objective/useful takeaway, please send the following to Education education@northernhealth.ca:

- Title of the Session (make it catchy!)
- Brief explanation of the session (two or three lines total)
 - Include useful takeaway
- Presenter(s) names
- Technical support needed?

How can I attend/watch a session?

Email education@northernhealth.ca. An outlook event invite will be sent to you.

Upcoming Sessions

- Session 1, May 24, 2022
 - **microlearning: Got a Minute?**
 - Presentation by: Gail Haeussler, eLearning Advisor
- Session 2, June 28, 2022
 - **Using a Quality Management Framework to Lead Differently**
 - Presentation by: Anthony Gagne and Carly Phinney, Quality Improvement Facilitators
- Session 3, July 26, 2022
 - **“Am I on Mute?”: Tips for facilitating virtual meetings & workshops**
 - Presentation by: Amy Blanding, Regional Manager Organizational Education & Development

Town hall meetings and CME events for medical staff

Northern Health has been offering town hall meetings to share information about the COVID-19 pandemic, recruitment and retention strategies, to get feedback on upcoming plans and projects, and more! After every presentation, there will be time for questions and comments. There are also many interesting continuing medical education presentations coming up that we will be showcasing.

For more information about upcoming town hall and education events, including topics for each presentation and how to join the (virtual) meetings, please click into the schedule of events:

- [May 10 \(5-6 pm\): Northern Education Rounds \(Incorporating the Physician Voice at Northern Health\)](#)
- May 25 (5-6 pm): Town Hall (Northern Health is going from paper to digital: What is the plan?)
 - Speakers: Bjorn Butow (Director, Clinical Information Systems), Dana Cole, (Regional Director, Pharmacy Services; Clinical Lead, Safer Care), and Dr. Andrew Deonarine (Medical Lead, Informatics)
 - [Join via Zoom](#)
- May 26 (12-1 pm): Northern Health Indigenous Health presents: Northern Realities in the NH region (one hour CME)
 - [Join via Zoom](#)
- June 16 (12-1 pm): Northern Health Indigenous Health presents: BC First Nations Health Governance Structures (one hour CME)
 - [Join via Zoom](#)

Dates and log-in information for these events will be posted to the [Continuing Medical Education site](#). The town hall events will be recorded.

Please contact physician.education@northernhealth.ca for access to the latest town hall recording.

COVID-19 Virtual Clinic data

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.

Monday, May 2

- 32 nursing assessments
- 57 primary care provider appointments from Big Lake Ranch, Burns Lake, Charlie Lake, Chetwynd, Dawson Creek, Fort St. John, Houston, Kitimat, Prince George, Prince Rupert, Progress, Terrace, and Thornhill

Tuesday, May 3

- 33 nursing assessments
- 61 primary care provider appointments from Burns Lake, Chetwynd, Dawson Creek, Fort St. John, Gitwinksihlkw, Houston, Kitimat, Lax Kw'alaams, Prince George, Prince Rupert, Quesnel, Smithers, Terrace, Thornhill, and Tumbler Ridge

Wednesday, May 4

- 28 nursing assessments
- 82 primary care provider appointments from Burns Lake, Chetwynd, Dawson Creek, Fort St. John, Gitwinksihlkw, Greenville, Houston, Kitimat, Kitwanga, Prince George, Prince Rupert, Quesnel, Smithers, Terrace, Thornhill, and Vancouver

Thursday, May 5

- 20 nursing assessments
- 58 primary care provider appointments from Chetwynd, Dawson Creek, Fort St. John, Houston, Hudson's Hope, Kitimat, Moberly Lake, Prince George, Prince Rupert, Smithers, Terrace and Thornhill

Friday, May 6

- 16 nursing assessments
- 72 primary care provider appointments from Dawson Creek, Fort St. John, Hazelton, Kitimat, Prince George, Prince Rupert, Quesnel, Smithers, Stewart, Terrace, and Thornhill

Saturday, May 7

- 15 nursing assessments
- 54 primary care provider appointments from Chetwynd, Dawson Creek, Fort St. John, Hixon, Moberly Lake, Port Edward, Prince George, Prince Rupert, Progress, Quesnel, Smithers, Terrace, and Thornhill

Sunday, May 8

- 18 nursing assessments
- 40 primary care provider appointments from Chetwynd, Dawson Creek, Houston, Port Edward, Prince George, Prince Rupert, Quesnel, Smithers, Taylor, Terrace, and Witset

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](#).