



# MEDICAL STAFF DIGEST

*A weekly update for medical staff*

**May 17, 2022**

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## **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 12, **30, 040** cases have been reported in the NH region since the beginning of the pandemic.

- New cases: **97**
- Currently in hospital: **16**
  - Currently in ICU level care in hospital: **3**
- Deaths in the NH region since the beginning of the pandemic: **340**

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 12, 2022
- [BCCDC Situation Report](#) – May 12, 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

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### New resource from FNHA: Raven's Eye Sage Sites Service Delivery Framework

The First Nations Health Authority (FNHA) recently published a service delivery framework for FNHA's approach to episodic overdose prevention services (eOPS). [Raven's Eye Sage Sites Service Delivery Framework](#) is a guide for establishing and running an on-demand overdose prevention site for First Nations.

The toxic drug crisis has had a tremendous, disproportionate impact on First Nations people, especially First Nations women. Overdose prevention services aim to offer low barrier, person-centered supports that are culturally safe, and trauma and violence-informed to decrease substance-related harms.

For more information on overdose prevention and harm reduction and resources available through FNHA see [the FNHA overdose prevention and harm reduction website](#). For more information, please see [the Northern Health overdose prevention website](#).

## Other organizational news

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### Thank you, Nurses!

National Nursing Week 2022 has come to an end! We want to take this time to thank all 2,655 nurses in NH that have answered the call by embracing challenges and continuing to support patients, families, and one another through this time. Adding students and retired nurses into clinical practice settings enhanced our ability to respond to a variety of care needs and we appreciate their contribution.

Catch up on the stories we posted to honour Nursing Week as well as the [full message from Interim CNO, Helen Bourque, on OurNH](#) (OurNH link).

- ["Nurses are incredibly strong": Celebrating National Nursing Week 2022](#)
- ["We've adapted for the better": Celebrating National Nursing Week 2022](#)

## Pick your COVID-19 Recognition gift or donation option!

As a small token of thanks for the incredible work of NH staff and physicians during the COVID-19 pandemic, you're invited to choose a [gift package or donation option](#) from the [NH Gift Selection Form](#) (the form)! **The form closes June 1, 2022.** Simply:

1. Go to [the form](#)
2. Fill out or select:
  - Your information (for logistical purposes)
  - Your gift package or donation preference
  - Your community\*

More information is available on the form.

\*Remote workers located outside the NH region should select "Other (please specify)" for their community. These staff will be contacted shortly after the form closes with more information.

## Free Sepsis Canada and LifTING health research training programs now available! Applications due June 1, 2022

What are the [Sepsis Canada & LifTING Programs](#)?

- FREE health research training programs
- Funded by [CIHR](#)
- Focus on sepsis and life-threatening illnesses
- Virtual interactive sessions and access to online content via one user-friendly platform
- Training in research skills, anti-oppressive practices, and interdisciplinary teamwork
- Mentorship and networking opportunities, training awards, and annual symposium

The program is open to investigators, clinicians, staff, knowledge users, research coordinators, patient partners and community members. The first cohort of 30 of LifTING trainees will start Sept 2022. For more information and to learn more about the program and application process, visit the [Sepsis Canada and LifTING Research Training Programs website](#).

## Free French conversation lessons for health care workers

Are you looking to develop your French language skills? Registration for the next cohort of Café de Paris opens on [May 26 at noon on LearningHub](#). The program is open to all staff and medical staff with an intermediate level of French knowledge, and registration is on a first come, first serve basis. Be sure to sign up quickly to guarantee a spot!

Café de Paris is intended for staff who may use French in their professional roles to speak to patients, clients or families.

To take part in Café de Paris you must commit to all 12 hours of lessons. Lessons can be scheduled in one-hour blocks, and all 12 hours must be completed before October 31, 2022.

For more information, visit Café de Paris on [LearningHub](#), [PHSA on Demand](#), or email [français@phsa.ca](mailto:français@phsa.ca)

## The way PDFs open is changing

Starting May 19, the way you open a PDF (such as a policy or leave request form) will change. If you are opening a PDF from a NH site you will need to *Enable All Features*. If you are opening a PDF from a non-NH site you will need to download it first.

Please take a minute to read the [Adobe PDF Quick Guide](#) (OurNH link) hosted on the [Information & Technology page of OurNH](#).

## Are you looking for a career change? Sign for a free paid education opportunity to become a Health Care Assistant!

The [Health Career Access Program \(HCAP\)](#) gives you the opportunity to receive paid education and on-the-job training to become a registered Health Care Assistant. Your course fees will be covered, and you'll also be paid for your time while you study and work.

Health Care Assistants are a valuable member of the health care team. They provide for the physical, mental and social well being for clients each day. Health Care Assistants provide personal care in a variety of health care settings, including hospitals, assisted living and long-term care facilities, group homes, and community care programs.

Application to the program is open to:

- Canadian citizens and permanent residents.
- Applicants who meet post-secondary program requirements for admissions. Which college they attend depends on where they live.
- Applicants who meet Northern Health employment requirements

[Apply today!](#) Please email [HCAP@northernhealth.ca](mailto:HCAP@northernhealth.ca) with any questions.

## Physician Quality Improvement Champion opportunity

Northern Health would like to invite eligible physicians to indicate their interest in the North East (NE) Physician Quality Improvement (QI) Champion position. The NE Physician QI Champion will inform the overall direction of the Physician Quality Improvement Program (PQI) in the Northern Health region and co-lead the implementation of the PQI programming in a capacity mutually agreed upon by the PQI resource team and Physician QI Champion. The Physician QI Champion will be paid for up to 100 hours per year. The location is flexible to any site in Northern Health.

Please see the memo attached to the emailed digest for more information.

## 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](#) (\*note: link has been fixed)
- [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 three challenge

Welcome to the week three challenge of Physiotherapy Month! This week's challenge is to log 10-15 minutes of stretching from Monday to Friday. Don't forget to track your activity on the challenge tracking sheet!

#### Did you know?

Stretching increases joint range of motion, improves joint function and increases performance of your daily activities and balance. If you have questions about when to stretch or what stretches would be best for you, a physiotherapist will be able to make an individualized plan that best suits your needs!

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.

### 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 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](mailto:physician.education@northernhealth.ca) for access to the latest town hall recording.

## COVID-19 Virtual Clinic data

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### 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 9

- 41 nursing assessments
- 64 primary care provider appointments from Chetwynd, Dawson Creek, Fort St. John, Grand Prairie (AB), Hazelton, Houston, Kitwanga, Port Edward, Prince George, Prince Rupert, Quesnel, Smithers, Terrace, Thornhill, and Tomslake

#### Tuesday, May 10

- 9 nursing assessments
- 68 primary care provider appointments from Charlie Lake, Chetwynd, Dawson Creek, Fort St. John, Houston, Hudson's Hope, Kitimat, New Aiyansh, Prince George, Prince Rupert, Quesnel, Smithers, Taylor, Telkwa, Terrace, Thornhill, Tumbler Ridge, and Wonowon

#### Wednesday, May 11

- 20 nursing assessments
- 55 primary care provider appointments from Burns Lake, Chetwynd, Dawson Creek, Fort St. John, Hazelton, Houston, Kitsumkalum, Kitwanga, Prince George, Prince Rupert, Quesnel, Terrace, Thornhill, Tumbler Ridge, and Valemount

#### Thursday, May 12

- 30 nursing assessments
- 72 primary care provider appointments from Charlie Lake, Chetwynd, Dawson Creek, Fort St. John, Houston, Kitwanga, Moberly Lake, Prince George, Prince Rupert, Quesnel, Smithers, Terrace, and Thornhill

#### Friday, May 13

- 28 nursing assessments
- 54 primary care provider appointments from Charlie Lake, Chetwynd, Dawson Creek, Fort St. John, Gitanmaax, Hazelton, Houston, Iskut, Kitimat, Kitwanga, Moberly Lake, Prince George, Prince Rupert, Quesnel, Rolla, Telkwa, and Terrace

#### Saturday, May 14

- 20 nursing assessments

- 53 primary care provider appointments from Charlie Lake, Chetwynd, Dawson Creek, Fort St. John, Houston, Prince George, Prince Rupert, Quesnel, Rolla, Skidegate, Smithers, Telkwa, and Terrace

**Sunday, May 15**

- 10 nursing assessments
- 41 primary care provider appointments from Baldonnel, Charlie Lake, Dawson Creek, Fort St. John, Hazelton, Kitimat, Mackenzie, Pouce Coupe, Prince Rupert, Quesnel, Rolla, Smithers, and Terrace

## Wellness and more

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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](#).