



COVID-19 DAILY DIGEST

MEDICAL STAFF

Tuesday, March 24, 2020

Physician updates will be sent out Monday to Friday. For the latest news and resources on COVID-19, visit the [Coronavirus page on OurNH](#) or on the [physician website](#). Printable PDFs of these updates are on the physician website.

Provincial updates

- **As of Monday, March 23**, there were **5** confirmed cases of COVID-19 in Northern Health.
- In the province, there were **472** confirmed cases.
- [Joint statement on Province of B.C.'s COVID-19 response](#) – March 23, 2020.

Northern Health interim therapeutic guidance developed for patients with suspected or confirmed COVID-19

New Northern Health [interim therapeutic guidelines](#) have been developed for patients with suspected or confirmed COVID-19 and are now available on the physician website. This guideline will be updated regularly as new evidence becomes available; please access this guide online to ensure the latest version.

Outbreak Response Phase 2: Laboratory Services update

- Hospitals will shift to providing only necessary laboratory services.
- Hospitalized and emergency patients will receive testing without interruption.
- Outpatient testing will be reduced to only essential tests for certain patient groups.
- Outpatient collection hours will be reduced.
- See the [full memo](#) on the physician website.

Outbreak Response Phase 2: Cardiac Services update

- Hospitals will shift towards prioritizing only urgent and emergent cardiac procedures, testing, and clinic outpatient visits.
- All elective procedures will be postponed.
- Vancouver General Hospital (VGH) and St. Paul Hospital (SPH) require **all Northern Health cardiac patient transfers** to undergo triage for higher level of cardiovascular care supported by Patient Transfer Network (PTN) and carried out by **the SPH/VGH**

CICU attending on-call. VGH/SPH cardiologists are offering real-time advice for healthcare practitioners through existing communication mechanisms (e.g., PTN, RACE), to ensure patients can be safely managed closer to home, thereby mitigating the need for transfer.

- NH Physicians do not need to change their referring practice to the other three tertiary cardiac centres at this time.
- See the [full memo](#) on the physician website.

Scrubs, uniforms and COVID-19

- All NH supplied scrub/uniforms are to be removed and laundered on site. Scrubs provided by NH should not be worn to or from the premises.
- Personal scrubs/uniforms should be laundered at home after daily use. When visibly soiled, launder in an appropriate wash cycle followed by a cycle in the dryer.
- It is recommended that you change into and out of uniform at work or cover uniform completely when traveling to and from work.

If you have symptoms, you need to self-isolate for only 10 days

- This information applies to the public as well.
- If you're returning from travel and have no respiratory symptoms, you need to self-isolate for 14 days
- With or without a history of travel, if you have respiratory symptoms that can be managed at home, self-isolate at home for at least 10 days after the onset of symptoms.
- After 10 days, if your temperature is normal and you feel better, you can return to your routine activities. You might still have a dry cough, but that's OK.
- Coughing may persist for several weeks, but a cough alone does not mean you need to continue to self-isolate for more than 10 days.

New social distancing poster available now

A new [poster designed to help explain social distancing](#) is available for print on the Physician website.

New "STOP" poster available now

A new [poster has been designed for facility entrances](#).

Physicians in self-isolation

If you are a physician in self-isolation, please send an email to Susan Trenholm informing her. Susan.Trenholm@northernhealth.ca

Resources available for stress and emotional support

Support Lines

- **Employee Family Assistance Program (EFAP)**

- **1-844-751-2133** – 24/7 crisis counselling support and/or referral to community resources.
- **Physician Health Program** – supports available through Doctors of BC
 - Refer to information online at: <https://www.doctorsofbc.ca/resource-centre/physicians/physician-health-program-php>
- **BC Crisis Line**
 - Call **310-6789** for access to 24/7 crisis services.

Trusted links

- [Northern Health Internal Memos](#)
- [BC Centre for Disease Control](#)
- [HealthLink BC FAQ](#)
- [WHO FAQ](#)
- [Health Canada FAQ](#)
- [COVID-19 content in other languages](#)

24/7 Physician call centre

- Number: 250-645-7897
- Local: 507897
- Toll Free: 1-833-645-7897