



# COVID-19 DAILY DIGEST

MEDICAL STAFF

**Thursday, April 2, 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 case counts and statements

- **As of Wednesday April 1, 2020, at 3:00 pm**, there were **16** confirmed COVID-19 cases in NH.
- **Province of BC statistics:**
  - Confirmed cases: **1066** (**53** new)
  - Deaths: **25** (**1** new)
  - In hospital: **142** (**67** in ICU)
  - Recovered: **606**
- [Joint statement on Province of B.C.'s COVID-19 response](#) – April 1, 2020.

## COVID-19 resources for working with vulnerable populations

Northern Health has developed [COVID-19 information and resources for community partners who work with vulnerable people](#). Vulnerable populations represent a variety of people, including those who are experiencing homelessness or under-housing, people with complex care, people who engage in sex work, or those with mental health and substance use needs.

Printable one-page resources are included at the end of the document linked to above for sharing with clients and for posting in facilities/service areas as appropriate.

## COVID-19 clinical guidelines for risk mitigation in a dual public health emergency

The British Columbia Centre on Substance Use has developed [clinical guidelines on risk mitigation](#) in the face of the dual public health emergencies of opiate use and COVID-19.

This protocol is intended to provide clinical guidance to health care providers to support patients to mitigate these competing priorities and compounded risks, and enable physical distancing and self-isolation measures.

## COVID-19 home oxygen qualifying criteria

In an effort to protect essential staff and personal and to mitigate a potential shortage of oxygen concentrators, the [home oxygen program criteria is temporarily adjusted](#). ALL starts must meet the new criteria as follows:

- To qualify for 24-hour oxygen:
  - All ABG's must have a PaO<sub>2</sub> 55 mmHg or less; OR,
  - Room air saturations must be 86% or less for a full 6 minutes,
- Service Changes:
  - There are no longer separate criteria for co-morbid diseases
  - There will be no portable only oxygen starts at this time
  - There will be no nocturnal only oxygen starts at this time

## Anesthesia services to be incorporated under the Regional Critical Care Service Network

To enhance regional representation and coordination of Anesthesia Services during the COVID-19 outbreak, the Emergency Operations Committee recently approved the inclusion of the NH Anesthesia Services under the Regional Critical Care Service Network – Critical Care.

There is a natural overlap in the operational side of critical care and anesthesia services being provided regionally by anesthesiologists and GP anesthetists. More than ever it is evident that regional coordination of efforts is essential to ensure standard of care, develop guidelines and represent the regional view. Close collaboration with regional leadership is key in moving forward. Incorporating Anesthesia Services under the umbrella of the Regional Critical Care Service Network – grouped with the ICU/HAU portfolio – will ensure a regional voice for this group and provide them the necessary support.

## Managing anxiety and stress in families with children and youth during the COVID-19 outbreak

As anxiety around COVID-19 rises, we anticipate increased levels of family stress and negative coping as regular daily routines are disrupted. For families with a history of mental health and substance use, the issue will be twofold as they will also be affected by disruptions of services and supports.

These factors may result in a combination of new issues, exacerbations and relapses so access to support services is vital. The Child & Youth Mental Health & Substance Use (CYMHSU) Community of Practice has developed [guidance for families with children to manage stress and anxiety in these times](#).

## Pay parking update: How does this affect my parking pass?

All monthly parking passes have been cancelled for April at UHNBC. Refunds are being processed for those who have already been billed for April. You will not be able to sign up for monthly parking until further notice.

Those who use the PayByPhone system who have prepaid for their parking past March 31<sup>st</sup> will also be refunded. Their refunds should appear on their credit cards in the next 7-14 business days.

## Physicians in self-isolation

If you're a physician in self-isolation, email Susan Trenholm: [Susan.Trenholm@northernhealth.ca](mailto: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 and resources

- [BC Centre for Disease Control](#)
- [HealthLink BC FAQ](#)
- [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**
- For **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 webpage on current health topics](#). This page has links to the latest joint statements and orders issued by the Provincial Health Officer and a link to the Government of Canada's travel advice and advisories.

### 24/7 Physician call centre

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

### Rural Outreach Support group (ROSe)

24/7 additional information, support, or guidance

- Toll Free: 1-888-918-0626