



# COVID-19 DAILY DIGEST

MEDICAL STAFF

**Tuesday, April 21, 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 April 20, 2020**, there were **39** confirmed COVID-19 cases in NH.
- **Province of BC statistics:**
  - Confirmed cases: **1699** (**52** new cases since Saturday)
  - Deaths: **86** (**5** new since Saturday)
  - In hospital: **104** (**49** in ICU)
  - Recovered: **1039**
- [Joint statement on Province of B.C.'s COVID-19 response](#) – April 20, 2020

## New dashboard provides detailed look at BC data

For data broken down by health authority, see the [BC COVID-19 dashboard](#) (may not work in all browsers; Chrome is suggested).

## COVID-19 in pregnancy and newborn – new and updated BCCDC clinical guidance

- New and updated clinical guidance documents have been added to the [BCCDC COVID-19 in Pregnancy](#) webpage. These include:
  - Newborn guidance documents.
  - General guidance documents for community and hospital admission.

For further details, see the [full memo](#).

## Switching from warfarin to DOAC: A practical guide for clinicians

- The B.C. PAD service has developed [practical guidelines for physicians on switching patients from warfarin to DOACs](#) during the COVID-19 pandemic.
- B.C. PharmaCare has temporarily changed coverage criteria for DOACs such that new patients starting anticoagulation do not need to try warfarin first.
- Reduces exposure and transmission risk by eliminating the need for routine lab work required by warfarin.

## Securely working from home

Northern Health's Information Security team would like to provide you with security-focused guidance for working from home. When working from home, there are four key areas to consider:

- Physical Security - Ensure your work device(s) are physically safe, and that you avoid offering unauthorized views of confidential information.
- NH System access – Ensure you have access to NH's systems and can do so securely, following all associated policies.
- Separate work from personal tasks – While it may seem cumbersome to constantly switch back and forth between the two, do your best to keep your main work computer and your main home computer separate.
- Securing your home network – Consider changing your TELUS or SHAW default passwords on your home router and WIFI network.

For further details, see the [full memo](#).

## 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: [Doctors of BC: Physician Health Program](#)
- **BC Crisis Line**
  - Call **310-6789** for access to 24/7 crisis services.

## Trusted links and resources

- [BC Centre for Disease Control](#)
- [BC Centre for Disease Control new today page](#)
- [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**
- For **non-medical information or to report concerns regarding non-compliance with public health orders**, 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](#).

### **24/7 Physician Call Centre**

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

### **Rural Outreach Support group (ROSe) for COVID-19**

24/7 additional information, support, or guidance

- Toll Free: 1-888-918-0626