



COVID-19 DAILY DIGEST

MEDICAL STAFF

Friday, April 24, 2020

Please note, starting Monday, April 27, updates will be sent out Monday, Wednesday, and 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 23, 2020**, there were **42** confirmed COVID-19 cases in NH.
- **Province of BC statistics:**
 - Confirmed cases: **1824** (**29** new)
 - Deaths: **94** (**4** new)
 - In hospital: **103** (**44** in ICU)
 - Recovered: **1092**
- [Joint statement on Province of B.C.'s COVID-19 response](#) – April 23, 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).

Updated guidance on Personal Protective Equipment use is available

- [Frequently Asked Questions on using PPE](#)
- [Optimal Use of PPE](#) (poster)
- [Before-During-After-Work Activities](#) (poster)
- [PPE Required in Patient Care Areas - Acute and LTC](#) (table)
- [Use of Non-Sterile Examination Gloves](#) (bulletin with decision tree)

There is a lot of information available from many sources worldwide, making it especially important for BC health authorities to continue to follow guidance from the BCCDC and work together under their consistent guidance.

New FAQs for Aerosol Generating Medical Procedures (AGMPs)

- Not all oxygen therapy is created equal and some high-flow oxygen therapy can carry a risk of increased transmission of airborne particles, including SARS-Cov-2, the virus that causes COVID-19.
- It is important to understand how to safely administer various oxygen therapies in order to protect staff and patients.

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

COVID-19 testing guidance for British Columbia

- Guidelines for COVID-19 testing in BC are updated based on testing capacity, changing epidemiology, and our evolving understanding of test sensitivity in clinical settings.
- There is evidence that community transmission of COVID-19 has decreased. In this context, it is critical to ensure timely identification of new infections and their contacts to prevent a re-emergence of COVID-19.
- The [most current guidelines](#) are available on the BCCDC website. For your convenience, the most current guidelines are also outlined in the [full memo](#).

Culturally safe ways of dealing with the bodies of those who have died from COVID-19

- The First Nations Health Authority has put together guidelines, based on BCCDC recommendations, on how to handle this in a way that is both safe, and culturally sensitive. This also includes culturally safe ways to support the family of the deceased during this time.
- Areas covered include:
 - Handling of the deceased body by health care providers.
 - Family touching the deceased.
 - Cultural rituals and considerations.
 - Funerals and traditional protocols that involve gatherings.

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

Maintaining your mental well-being during the COVID-19 pandemic

Many people are experiencing feelings of anxiety, distress, and concern about COVID-19, and the health care workers on the front lines of this pandemic may be experiencing even more stress, struggling to maintain your mental well-being while doing your job.

It has never been more important for you to do what you can to care for your mental well-being while doing your best to help people sickened during this pandemic. [Here is some advice you may want to consider](#).

Physicians in self-isolation

If you're a physician in self-isolation, email Susan Trenholm: 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