



COVID-19 DIGEST

MEDICAL STAFF

Friday, May 15, 2020

Due to the long weekend, there will be no update on Monday, May 18.

Physician 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 May 14, 2020, there were **58** confirmed COVID-19 cases in NH.
- Province of BC statistics:
 - Confirmed cases: **2,392** (**15** new)
 - Active cases: **372**
 - Deaths: **135** (**3** new)
 - In hospital: **58** (**12** in ICU)
 - Recovered: **1,885**
- [Joint statement on Province of B.C.'s COVID-19 response](#) – May 14, 2020

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).

Site preparation checklist and clinical response guidelines for outpatient settings and collection sites

- To support outpatient settings (e.g., primary care clinics, private medical offices, urgent and primary care centres, and NH clinics) with standardized preparation for COVID-19 and to support adherence to the current public health practice, we have developed a [site preparation checklist](#).
- To support standardized sample collection for all sites, we have developed a [regional guideline to support outpatient collection sites](#) with all the required and relevant information on sample collection and processing, documentation, and patient guidance. Developed by Population and Public Health and in collaboration with Laboratory Services, it reflects the current recommendations.

- These documents will be updated to reflect practice changes as they are released. The printed version may be updated; visit the [OurNH COVID-19 page](#) for the most current version.

Updated guidelines on in-house testing

Effective immediately, in-house testing will be extended to:

- **LTC** – Symptomatic residents of long-term care facilities
- **OBK** – Symptomatic residents or staff of long-term care facilities that are under outbreak investigations
- **Request of public health/MHO**
- **Remote First Nations communities (test only if symptomatic):**
 - Communities in the Fort St. James area: Takla Lake, Yekooche, Tl'azt'en, Nak'azd'li
 - Communities in the Finlay Hub area: Kwadacha and Tsay Keh Dene
 - Fort Nelson First Nation
 - Coastal Tsimshian communities: Gitgaat, Kitkatla, Lax Kwalaams, and Metlakatla
 - Tahltan (Telegraph Creek) and Iskut
 - Mark requisitions with this code: **FN-COMM**

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

Diagnostic services ramp up to support pre-operative assessment

- As Northern Health resumes elective surgical procedures across the region, diagnostic services must prepare to accommodate the corresponding increase in outpatient collections and exams.
- In order to accommodate pre-operative patients, there will be a need to increase current capacity at many facilities.
- Detailed direction on resuming other diagnostic functions will be provided next week.

For more information, see the [full memo](#).

Temporary workers from Quebec

Effective immediately, Northern Health Laboratories will accept Quebec health card information and process the sample without charging any upfront fees to the patient.

For more information, see the [full memo](#).

Emotional support for seniors – practical strategies for anxiety and stress related to COVID-19

- [The document](#) includes advice on maintaining routines, eating well, and important financial relief information from both the provincial and federal governments.
- There is also space where you can make note of updated grocery shopping hours for seniors, and an area where you can record important phone numbers so your elderly loved one can still stay in contact with friends and family, as well as continue with medical appointments.

Dr. Kalen Geddes wins “My Family Doctor” award

from the [BC College of Family Physicians](#)

Ahead of [BC Family Doctor Day](#) on May 19, the BC College of Family Physicians is celebrating the amazing work of our 6,000+ family physicians in BC and the unique role of family medicine in our health care system.

As part of our celebrations, we are pleased to announce the [recipients of the 2020 BCCFP peer- and patient-nominated awards](#).

In the Northern Health region, **Dr. Kalen Geddes** is the recipient of a patient-nominated “My Family Doctor” award.

Dr. Kalen Geddes is a family physician practising in Prince George. He has an interest in primary care obstetrics and practises as a hospitalist and medical assistance in dying (MAID) provider.

In addition to his family practice, Dr. Geddes works out of the youth primary care clinic and gender-affirming care clinic at Foundry Prince George. He is a clinical instructor for the Northern Medical Program and UBC residency programs.

Dr. Geddes values the longitudinal continuity of care from birth to death that he is able to provide through family medicine, as well as the variety of practice opportunities family medicine offers.

Dr. Geddes’s nominator says, “He cared enough to change my husband’s quality of life, not just quantity of life, because he really cared. He talked to us and took time with us to find a balance that we both agreed on. He went out of his way to research questions we asked and helped us make life-changing decisions that we could both manage and still maintain. We weren’t just a number on a chart that you should reach. He put us through a lot of changes before we found something that worked, but he did find it and we are so grateful that he cares about his patients. He means everything to us.”

Please join us in celebrating Dr. Geddes. [Read more about all the award recipients here.](#)

Communicating clearly while wearing a mask – tips from the NH Audiology team

During the COVID-19 pandemic, many people, including health care workers, are wearing masks to protect themselves and those around them. But did you know that face masks can impact speech reception?

See the OurNH story from the NH Audiology team for [tips on how to communicate effectively while wearing a mask](#).

Reminder: Your story, our future: Take BC's COVID-19 survey

From the provincial government

"BC COVID-19 SPEAK: Your story, our future" is a population health survey to understand citizen experiences, knowledge and actions during the COVID-19 pandemic. It was launched on Tuesday, May 12.

Join the 75,000+ British Columbians who have already responded -- take the survey now: www.bccdc.ca/covid19survey

Physicians in self-isolation

If you're a physician in self-isolation, email Susan Trenholm: Susan.Trenholm@northernhealth.ca

Resources 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