



COVID-19 DIGEST

MEDICAL STAFF

Friday, May 22, 2020

Medical Staff 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 21, 2020**, there were **60** confirmed COVID-19 cases in NH.
- **Province of BC statistics:**
 - Confirmed cases: **2,479** (**12** new)
 - Active cases: **307**
 - Deaths: **152** (**3** new)
 - In hospital: **43** (**8** in ICU)
 - Recovered: **2,020**
- [Joint statement on Province of B.C.'s COVID-19 response](#) – May 21, 2020

BC's restart plan: Phase breakdown

As B.C. government and residents work together to adjust to the new normal, a phased restart approach is being taken to ensure a safe return of services. Each phase will see more services resuming services under enhanced protocols.

Phase 2: Started May 20

- Restoration of health services
 - Re-scheduling elective surgery
- Medically related services:
 - Dentistry, physiotherapy, registered massage therapy, and chiropractors
 - Physical therapy, speech therapy, and similar services
- Retail sector
- Hair salons, barbers, and other personal service establishments
- In-person counselling
- Restaurants, cafes, and pubs (with sufficient distancing measures)
- Museums, art galleries, and libraries
- Office-based worksites
- Recreation and sports

- Parks, beaches, and outdoor spaces
- Child care

WorkSafeBC has created a resource for [services returning to safe operations during phase 2](#).

Phase 3: June to September if transmission rates remain low or in decline

- Hotels and resorts (June 2020)
- Parks – broader reopening, including some overnight camping (June 2020)
- Film industry – beginning with domestic productions (June/July 2020)
- Select entertainment – movies and symphony, but not large concerts (July 2020)
- Post-secondary education – with mix of online and in-class (September 2020)
- K-12 education – with only [a partial return this school year](#) (September 2020)

Phase 4: Date to be determined, and conditional on one or more of wide vaccination, “community” immunity, or broad successful treatment.

- Activities requiring large gatherings, such as:
 - Conventions
 - Live audience professional sports
 - Concerts
- International tourism

For more information, see the [Government of BC's restart plan page](#).

New NH Endocrinologist and Diabetologist: Dr. Iyad Ksseiry

Please welcome Dr. Iyad Ksseiry, Endocrinologist and Diabetologist, to UHNBC and Prince George. Dr. Ksseiry will join the Department of Medicine in early June 2020.

Dr. Ksseiry has a wealth of experience in Endocrinology and Diabetes management. He graduated from University of Damascus, Faculty of Medicine in 1992. He completed his Internal Medicine and Endocrinology training in the USA. He is a Diplomate of the American Board of Internal Medicine and American Board in Endocrinology, Diabetes and Metabolism since 2000.

In addition to management of all general endocrinology conditions, he is interested in thyroid and pituitary gland disorders, diabetes and its complications and management of endocrine diseases and diabetes in pregnancy.

Endocrinology and Diabetes management referrals to Dr. Ksseiry can be forwarded to fax: 250-561-0669.

Staying connected if your loved one is hospitalized due to COVID-19

from the [First Nations Health Authority](#)

Hospitals have changed their guidelines for all visitors due to the pandemic, whether the visit is related to COVID-19 or not. These changes include restricting all but essential visits and doing COVID-19 screening of all visitors.

Because of this, we need to find alternative ways to remain connected to our loved ones who are hospitalized, fulfill our cultural protocols and responsibilities, and take care of our and their emotional wellbeing during the COVID-19 pandemic.

"No visitors" policies are in place to protect and prevent the very high risk of further spread. As restrictions may change over time, it is always a good idea to check before you go.

[Read the full story](#) on the FNHA website.

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).

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