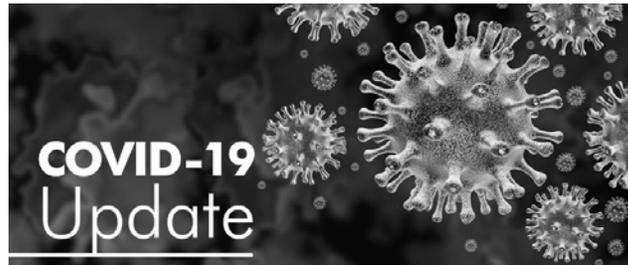


PEMBROKE REGIONAL HOSPITAL



DATE: March 31st, 2020

SUBJECT: COVID-19 Update #15

Today's Take-Aways:

- According to the Renfrew County and District Health Unit, as of March 31st there have been seven laboratory confirmed cases of COVID-19 in Renfrew County and one death. For up-to-date information on COVID-19 statistics please visit www.rcdhu.com.
- In Ontario, as of March 31st, there have been 1,966 laboratory confirmed cases of COVID-19. There have been 33 deaths and 534 cases have been resolved. A total of 51,629 people have been tested and 4,280 remain under investigation. For up-to-date information on provincial COVID-19 statistics, please visit www.ontario.ca.
- Watch for new direction on the use of PPE which is consistent with a new provincial directive issued yesterday on this by the Chief Medical Officer of Health. Implementation of these new directives will take effect tomorrow, April 1st.
- Formal communication regarding aerosol generating procedures and additional precautions for suspected and/or confirmed COVID-19 will be released in a separate memo to clinical units later today or tomorrow from Dr. Tom Hurley and Kirsten Johnson, Clinical Manager of Infection, Prevention and Control. Please review this important communication when it comes.
- In order to reduce the workload on our paramedics providing COVID-19 testing in the community, health care workers, including physicians, who require COVID-19 testing will now be tested on-site here at PRH. This will be facilitated through a drive-through type system starting tomorrow, April 1st.
- In order to better manage our inventory of supplies and PPE, a centralized location for distribution has been created in the fifth floor Tower A meeting room. Please note that this transition to a "just-in-time" system places no additional restrictions on supplies being used but simply enables the hospital to better track usage and inventory in real-time.
- Clarification has been provided with regards to the visitor restrictions for the Maternal Child Care program. For that program, the single designated visitor must

be healthy, must pass screening and must remain in the patient room for the entire hospital stay. If the designated visitor is unable to attend, then the mother can request an alternate support person. The designated visitor will be asked to plan ahead to ensure that they have everything they need during and after the delivery in order to avoid leaving the patient room. Meals will be provided to the patient and their designated visitor in the room.

- While visitor restrictions are in place, we have been working with IT to provide iPads to patients who do not have their own devices but wish to stay in contact with loved ones through “virtual visits”.
- There is a lot of discussion taking place regarding the importance of goals of care and advance care planning. Please stay tuned for upcoming education on this important topic.
- Much work is being done throughout the organization on the redeployment of staff and the updating and revising of policies, procedures and standard work.
- Community Mental Health and Acute Mental Health are finding new and innovative ways to provide mental health services to individuals within the community in order to reduce the need for hospitalization.
- The Renfrew County Virtual Treatment and Assessment Centre is up and running and meeting a real need in the community. There has been very good local and regional media coverage and sharing of information about the service on social media. From March 27th to 29th the service received 132 phone calls, resulting in 65 in-home assessments by paramedics. Please continue to share the number with anyone you know and wherever you can: **1-844-727-6404**.
- Today’s YouTube video features Pierre Noel, PRH President and CEO, who is spreading the word about this new Renfrew County Virtual Triage and Assessment Centre. Feel free to copy and paste the link below into your browser or access the video directly from the link in the body of today’ update email.

https://youtu.be/qlu86oHD_60

- A new provincial directive has been issued that no more than five people should be meeting in a single location at one time. While we need to respect the spirit of this directive, as everyone in our facility has passed the screening upon entry, we can exceed this maximum slightly as long as meeting rooms allow for appropriate physical distancing. Please consider the size of rooms when booking meetings and consider teleconferencing as an option.
- The Ontario Hospital Association is asking hospital staff to take a few short minutes to help reinforce the message that Ontarians need to stay home to reduce the spread of COVID-19 and to protect our hospitals from being overwhelmed. This is especially important at this stage of the COVID-19 pandemic. The OHA has launched a new social media campaign and are asking hospital staff to help by recording a quick video, telling Ontarians to stay home. For more information and to participate, visit <https://www.helpingourhospitals.ca/share-advice>

- For all COVID-19 related questions, please be sure to email them to **covid19questions@prh.email** rather than sending them directly to Infection Prevention and Control. Before you send a question, check the Staff Resources section of our website (pembrokeregionalhospital.ca) to see if the question you are asking has already been asked and answered. Questions and answers are posted and organized by date.

Need information, assistance or have suggestions?

If you have any questions or concerns, please contact Infection Prevention and Control at extension 7106 or Occupational Health and Safety at extension 7202 or your immediate supervisor.

If you have any suggestions on COVID-19 preparation, please bring these forward at your huddles or to your supervisor.

Recognizing the stress and anxiety that a situation like this can bring about, we remind you that our Employee Assistance Program (EAP) has experts available to help by calling 1-844-880-9142 or visiting their website at www.worklifehealth.com.

Mental health workers are now offering free therapy to Ontario's frontline COVID-19 staff. For more information visit <https://covid19therapists.com/>.

For dealing with anxiety there are a number of resources available:

- ❖ **MindShift CBT- Anxiety Canada (free):** This app is targeted to help adolescents, young adults and children deal with symptoms of anxiety disorders, including GAD, social anxiety, specific phobias, and panic attacks, performance anxiety, test anxiety, and perfectionism.
- ❖ **Self-help for Anxiety Management (free):** This app offers a range of self-help methods for learning how to manage anxiety. Has useful information and exercises.
- ❖ **HealthyMinds (free):** This app, developed by the Royal Ottawa Mental Health Centre, teaches students healthy thinking and problem solving skills to help them deal with emotions and cope with stress.
- ❖ **Be Game Ready (free):** This app offers tools and techniques to help young hockey players manage stress, understand their emotions and problem solve. Includes tools for players, coaches and parents.
- ❖ **Rootd (free):** This app contains panic button lessons, a breathing tool and exercises for panic attack relief.
- ❖ **AnxietyCanada.com :** This site offers tools, resources and self-help information for children, youth, and adults.