

INFO-CISSS

NEWSLETTER FOR EMPLOYEES OF THE CISSS DE LA CÔTE-NORD

Volume 6, Issue 12 | November 3rd, 2020

CONFIRMED POSITIVE COVID-19 CASES

November 3rd, 2020

North Shore: 172

Québec: 108 889

Canada: 240 263



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Thank you to the employees of the CISSS who follow the public health instructions and the recommendations of the Executive Infection Prevention and Control (IPC) Committee, which is working very hard to make sure that our environments are safe. The three main measures we keep repeating are: wash your hands, wear a mask and keep a distance between you and others. I believe that many of you realize the importance of all the actions we are taking. By respecting measures, we limit the spread of the virus in our facilities as much as possible. I also want to thank the IPC champions, who have an essential role, in making sure that personal protective equipment (PPE) is properly worn, for example. Special thanks to employees who raised their hand to be part of the COVID-19 support team.

Claude Lévesque, Interim President and executive director

Merci

de vous laver les mains,
de porter le masque et
de garder une distance avec les autres

Centre intégré
de santé
et de services sociaux
de la Côte-Nord

Québec



COVID-19



EYE PROTECTION ADJUSTED TO YOUR EYESIGHT

Some instructions must be followed by your optometrist before the use of eye protection adapted to your eyesight can be approved. We highly recommend bringing this [memo](#) to your optometry clinic.



SECOND WAVE

Considering that the CISSS de la Côte-Nord now has a designated COVID-19 centre (Hôpital de Sept-Îles), we find it important to remind you of a few things.

Basic measures to follow at all times

- Wash your hands before and after seeing a user
- Wear a procedure mask adequately at all times except during meal time in the break room
- Wear eye protection

Contamination risk

- During meals, when the two-metre distancing rule is not respected
- Between employees who share food at the station
- When there is relaxation in hand washing

Remember to respect the procedures to dress and undress in warm and hot zones, and to wear the adequate personal protective equipment (PPE).

UPDATE: TRIAGE TOOL

The triage tool for users before an appointment was updated. You will find it [here](#) (French only).

UPDATE: AGMPs IN OUTPATIENT CLINICS

Following the latest recommendations of the Institut national de santé publique (INSPQ), the Executive IPC Committee issued a revision. Click [here](#) for the latest update (French only).

REMINDER: TRAVELLING TO OTHER REGIONS

If you are considering travelling outside the North Shore, you must respect certain measures, which apply to all resources who work at the CISSS de la Côte-Nord. Resources that plan to travel to other regions are invited to communicate with the Health, safety and quality of work life department by calling 1 833 755-0668 in order to receive the appropriate recommendations based on the region they are visiting.

For resources (employees, physicians, independent workers, pharmacists and other critical workers)

- No self-isolation upon return;
- Testing at days zero and seven;
- Follow-up by the Health, safety and quality of work life department.

For interns and resident physicians, specific rules apply, following ministerial recommendations. The Health, safety and quality of work life department will inform you of these rules.



Resources travelling outside Canada (employees, physicians, independent workers, pharmacists and other critical workers)

- Mandatory 14-day self-isolation upon return, in compliance with the Quarantine Act (isolation is not remunerated);
- Testing at days zero and seven;
- Follow-up by the Health, safety and quality of work life department.

FLU VACCINATION FOR STAFF MEMBERS

If you wish to receive the vaccine, we invite you to book an appointment by calling the numbers listed in the [memo](#). You can also consult the schedules on the [intranet](#) and by visiting the [Facebook group for staff members of the CISSS](#). The schedules and the appropriate information regarding the campaign will be displayed in all facilities.

Secteur	Coordonnées
Les Escoumins, Les Bergeronnes, Sacré-Cœur	Poste 232201
Forestville	Poste 212242
CHSLD N.-A.-Labrie - Boisvert	Poste 354553
Baie-Comeau	Poste 341906
Port-Cartier	Poste 443302
Sept-Îles	Poste 341906
Minganie	Poste 542406
Basse Côte-Nord	Poste 611413
Fermont	Poste 712226

Despite our best efforts to prevent the spread of COVID-19, flu season is still approaching quickly. We wanted to do a quick reminder on that subject in order to keep the impacts on users and health care staff as low as possible. It is important to quickly recognize the signs and symptoms, to put preventive measures in place as quickly as possible.

Basic practices:

- ⇒ Wash your hands before and after contact with a user and their environment
 - ⇒ Clean all devices shared by users
 - ⇒ Wear a procedure mask at all times
 - ⇒ Wear a face-shield or protective goggles when within two metres of a user
 - ⇒ Follow respiratory etiquette
 - ⇒ Cough into the crook of your elbow
 - ⇒ Wash your hands after blowing your nose
- For more information, [click here](#) (French only).



PROTECTING YOUR WELL-BEING IN THE COVID-19 PANDEMIC

COVID-19

ALLER MIEUX EN CONTEXTE DE PANDÉMIE

Consultez toutes
les ressources
et conseils émis par le
Gouvernement du Québec

Votre
gouvernement

Québec

[Protecting your well-being in the COVID-19 pandemic](#) promotes the use of the psychosocial services available to prevent the effects of the health crisis on mental health. Advice is provided on various subjects:

- Take care of yourself
- Take care of children and adolescents
- Take good care of your friends and relatives
- Choose healthy living habits
- Keep moving, even inside the home
- Nurture your social network
- Let your emotions be free to express themselves
- Make judicious use of social media
- Master telework
- A different way of grieving
- When should I seek help?
- Help and resources

Getting Better My Way is a digital self-management tool for emotional health. In addition to the advice presented on this page, this tool can contribute to your well-being because it can help you

take concrete actions adapted to your situation.

For more information, consult this page: [Getting Better My Way \(digital tool\)](#).

TELEWORK: WHAT YOU SHOULD KNOW!



A new section exclusively about telework was added to the [intranet](#). Consult it for:

- ⇒ All your questions regarding telework
- ⇒ Exercise programs for employees
- ⇒ Training on using collaboration tools

LANGUAGE

UPDATE OF THE TOOL FOR ENGLISH-SPEAKING USERS

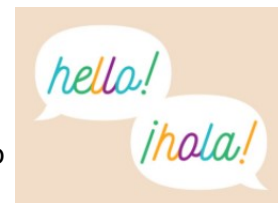
List of bilingual staff members

The updated [list of CISSS staff members](#) that are bilingual or functional in English and that are willing to help during your interventions with English-speaking users by acting as informal interpreters is available. Please note that the updated tool is uploaded to the intranet every trimester. Thank you to all people who volunteered and play a part in improving the quality and accessibility of English-language services at the CISSS de la Côte-Nord.



LOOKING FOR EMPLOYEES WHO CAN SPEAK SPANISH

The CISSS is looking to identify, on a voluntary basis, employees who can speak Spanish in order to make a list of people who would be willing to help their colleagues who need to interact with Spanish-speaking users. If you can speak Spanish, please send your name and contact information to Nancy Bilodeau (nancy.bilodeau.09ciyss@ssss.gouv.qc.ca). Your help will be highly appreciated!



Dale Walker and Jean-Christophe Beaulieu explain everything you should know about the 2020 Entraide Campaign!

[Click here](#) to download the video (French only) or watch it on the *Personnel du CISSS de la Côte-Nord* Facebook group. Donations are now made through the “Donna” secured platform. You have not received your identification number by October 19th? Call Hélène Bérubé (ext. 252284) or Nancy Bilodeau (ext. 342264).

Thank you for your generous donations to vulnerable people!

USER SPACE

“We are often very quick to give negative comments [about the health and social services network]. Well, tonight, I have some positive comments to make. I hope these comments reach that person and her supervisors. This afternoon [October 20th], we went to the Centre multiservice de Havre-Saint-Pierre, Cédrik had an appointment for a heart exam. An incredibly nice and patient nurse, with a strong human side. The heart of this mother was incredibly reassured. Thank you Kathie Boudreau! You honor your nurse profession! Thank you for taking the time to explain everything to Cédrik and talking to him like you did. Thank you again!” - Sylvie Edwards (Facebook)

BRAVO! Campaign

Send your projects or actions to 09.ciiss.communications@ssss.gouv.qc.ca. You can send your pictures, your achievement, your thanks and your congratulations! Bravo and thank you for your devotion and creativity!

The Regional Planetree Committee



Youths at the Baie-Comeau rehabilitation centre got really involved for Halloween!



Congratulations to all staff members involved in COVID-19 screening, analysis and transmission of results.

"Your engagement and availability allowed to cut the waiting times for results by half. It is a major improvement that would not have been possible without the participation of a large number of employees: from taking the appointment to giving the user their result, everyone's work makes this a quick and reliable service. Thanks to you, users who receive a negative result can return to their usual activities faster after their test. Thank you for your participation!"

The Complaints Commissioner's team

BRAVO! Campaign



A successful simulation in Sept-Îles!



On October 22nd, the simulation of a positive COVID-19 case that took place at the Hôpital de Sept-Îles was a success, from the prehospital service to the hospitalization (designated zone in hospitalization). For the prehospital service, an additional team was present to handle the simulation. For the nursing services at the emergency and hospitalization levels, two people are dedicated to providing care in the event of a high bed occupancy rate. On the medical side, a physician was on duty, so service to the population was not compromised. This whole process allowed us to confirm the effectiveness of our infection prevention and control (IPC) measures and our service trajectories. Thank you to everyone involved in the preparation of this simulation and in the simulation itself. Bravo everyone!

David Gravel, Director of nursing

Good results for audits in DSCs

Audits were carried out in designated screening clinics (DSCs) in the last few weeks, in Baie-Comeau and Havre-Saint-Pierre, among others. The infection prevention and control advisors responsible for the visits noted several improvements and positive elements. Staff members were adequately following procedures to avoid risks of contaminations, and the documentation was correctly placed and clean. In most cases, the personal protective equipment was correctly worn and the procedure mask was properly used and changed at the right time. Bravo everyone!

David Gravel, Director of nursing

Nathalie Castilloux, Interim assistant executive director

Nathalie Landry, IPC coordinator

Good actions for the senior autonomy support sector in Sept-Îles since the start of the pandemic!

Many things were done since the start of the pandemic in Sept-Îles for the residential (CHSLD RGG and RUP) and home care sectors. [Click here](#) to see all these actions!

Direction SAPA

OUR FOUNDATIONS

The Fondation régionale Hôpital Sept-Îles and Le Bavard in your living room

The Holidays are approaching and with it, the end of 2020! We will undoubtedly never forget this year. Regardless, it is important to highlight the efforts made to stay on course in your enterprises and social clubs, to keep your families united or simply to celebrate together, at a distance, for the coming Holidays. Here is an opportunity to treat yourself or your employees to a Holiday feast, to eat at home, with the family!

In addition to bringing joy, you also directly encourage a local business that is exceptionally generous for its community, and you help the Fondation support its users and nursing staff. You can find all the details about the meal box and the gift box [here](#).



DOCUMENTATION FROM THE NETWORK

On continue de se protéger!



Toussez dans votre coude



Lavez vos mains



Gardez vos distances



Couvrez votre visage (à moins de 2 mètres)



Limitez vos déplacements

Québec.ca/coronavirus

SELF-CARE GUIDE

- [COVID-19 Self-Care Guide](#)
 - * [Self-Care Guide in the Québec Sign Language](#)

YOUTH PROTECTION

- [Together, let's protect our children](#)

MENTAL HEALTH, ADDICTIONS AND HOMELESSNESS

- [Stress, Anxiety and Depression Associated With the Coronavirus COVID-19 Disease](#)
- [My child is worried about the pandemic](#)
- [I am in bereavement for one or more people who lost their lives in the pandemic](#)
- [How children and teens experience bereavement](#)
- [Advice and preventive measures for drug users and the homeless](#)
- [Safer substance use in the context of the COVID-19 pandemic \(French only\)](#)
- [Tool kit on the identification of people at risk of psychosocial vulnerability \(French only\)](#)

PROTOCOLS AND INSTRUCTIONS (CONTINUOUSLY UPDATED)

- www.inspq.gc.ca/en
- [Emergency department triage tool \(French only\)](#)
- [Ministerial pre-hospital protocol \(French only\)](#)
- [Interim national case definition](#)
- [INFO COVID-19 IPC special #3](#)
- [IPC video clip #4 \(French only\)](#)
- [IPC champions \(French only\)](#)

COMMUNICATIONS IN THE INNU LANGUAGE AND INFORMATION FOR INDIGENOUS PEOPLE

- [Staying at home means saving lives!](#)
- [Staying at home - 5 measures](#)
- [Keep your distance](#)
- [Information for Indigenous communities](#)

FREQUENTLY ASKED QUESTIONS

- [Answers to questions about COVID-19](#)
- [Wearing a Face Covering in Public Settings](#)

INFORMATION PLATFORMS

Website of the Government of Québec

COVID-19 section for the public: <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/>

Website of the MSSS

COVID-19 section for health and social service professionals (French only): <https://www.msss.gouv.qc.ca/professionnels/maladies-infectieuses/coronavirus-2019-ncov/>

Website of the CISSS de la Côte-Nord

For more information on COVID-19 in the region: <http://www.cisss-cotenord.gouv.qc.ca/en/public-health/covid-19/>

Intranet

To learn more about the various actions underway at the CISSS de la Côte-Nord, the current recommendations, and the implemented directives and instructions (French only): <http://ci:ssscotenord.intranet.reg09.rtss.qc.ca/directions/soins-infirmiers/prevention-et-control-e-des-infections-pci/coronavirus/>



You have comments or text suggestions for the INFO-CISSS?
Contact the Communications department (09.ci:sss.communications@sss.gouv.qc.ca)
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Centre intégré de santé et de services sociaux de la Côte-Nord



ci:sss_cotenord

Programme d'aide aux
employés et à la famille
1 800 361-2433

