

INFO-CISSS

NEWSLETTER FOR EMPLOYEES OF THE CISSS DE LA CÔTE-NORD

Volume 6, Issue 14 | December 8th, 2020

CONFIRMED POSITIVE COVID-19 CASES

December 8th, 2020

North Shore: 213

Québec: 154 740

Canada: 423 054

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THANK YOU TO ALL EMPLOYEES!

BRAVO!



The Head office of the CISSS de la Côte-Nord wants to congratulate all employees who quickly rallied in the past few weeks to plan mass testing in relation with the increased number of COVID-19 cases in our territory. We also want to congratulate the maintenance staff and those who made calls to families for your efforts and efficiency.

Congratulations to our employees for the quality of their interventions, both in our care settings and in private sectors.

We are impressed by your commitment and the quality of your work. *Bravo and thank you* for your efforts, which make a great difference in our fight against the virus!

*Claude Lévesque
and the management team*

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

Québec 

The countdown to the Holidays has begun!



There are only a few days left before we can celebrate Christmas! Usually, the Holidays are favourable to the spread of viruses such as gastroenteritis and the flu. Unfortunately, this year, we must add COVID-19 to this pair. These few precautions will help you spend quality time with your family while limiting the spread of the virus in the community:

- Wash your hands frequently.
- Stay two metres away from people from a different household, so avoid hugs this year!
- Wear a mask when physical distancing is not possible.
- Only go out in public places if it is essential.

Remember that gatherings with more than 10 people are forbidden, and that public health authorities recommend spending the Holidays with people from your household. Do not forget, if you visit your relatives outside the region, respect a seven-day voluntary self-isolation when you come back home.



Celebrate this festive period with your close family, because the best gift you can give is health!
Happy Holidays!

COVID-19 SUPPORT TEAM

ÉQUIPE RENFORT
COVID-19



Nous avons
besoin de vous!



Premier tirage le 7 décembre!

SUPPORT TEAM - CALL UPON ALL

With the resurgence of COVID-19 cases we have crying needs for the support team.

Over a hundred people have already contributed to the effort, and we want to thank them! A first draw took place on December 7th, and there will be more in the coming weeks.

For those who have not been contacted yet, we regret that we could not meet your preferences. We will soon contact you to try to find a possibility to expand your tasks and availability.

To join the COVID-19 support team, send an email to equipe-renfort.09cisss@ssss.gouv.qc.ca

RESOURCE KIT TO DEAL WITH DOMESTIC VIOLENCE IN THE WORKPLACE

The Committee for the Working Policy on Domestic Violence (composed of CAVAC Côte-Nord, the Centre Femmes aux Quatre Vents and the Maison des Femmes de Baie-Comeau) just launched the resource kit for businesses, unions and staff members. It includes various useful tools to better understand domestic violence and its effects. [Click here to consult it \(French only\).](#)

La violence conjugale,

UNE
RESPONSABILITÉ
DANS
MON MILIEU DE
TRAVAIL

The CISSS de la Côte-Nord just joined the LifeSpeak platform!

Lifespeak is a digital health and wellness platform that gives you and your family access to expert advice on various life topics. From mental health to preventive health care to professional development... everything is there!

- ⇒ **Watch videos and listen to podcasts**
- ⇒ **Consult** the [LifeSpeak expert blog](#)
- ⇒ Refer to the [COVID-19 resource centre](#) for specialized content on managing the **effects of the pandemic on your daily life**
- ⇒ **Download the Lifespeak app** on the [App Store](#) or [Google Play](#) and use the client username: **cissscotenord** and password: **cisss09** to log in
- ⇒ Download the advice sheets written by experts
- ⇒ **Take part** in [Ask the Expert](#) monthly chat sessions
- ⇒ **Share** the content with your colleagues and family
- ⇒ **Access** the platform **24 hours a day, 7 days a week**, completely anonymously and confidentially



WATCH & WIN CONTEST!

Between December 7th and January 2nd, each time you watch a LifeSpeak video, you can enter [a contest](#) to win one of four \$25 Amazon giftcards! All you need to do is click on the trophy icon below the video player and enter your name and email address. The more videos you watch, the more chances to win you have. Enjoy the videos and good luck!

ADDICTION CAMPAIGN

You will soon see the ads for the first part of the information and awareness campaign aimed at lowering the risks and consequences of the consumption of alcohol, cannabis and other drugs, as well as gambling, on youth. Launched on November 30th, it will continue until January 10th, 2021. This part of the campaign focuses on the consumption of alcohol in the context of the pandemic.



RAP CÔTE-NORD WEBINAR

Webinaire présenté par



Réussite - Accomplissement - Persévérance

RAP Côte-Nord invites you to a presentation of the regional and territorial data on educational success and school perseverance on the North Shore, intended for partners from the health network, on December 16th, from 1:30 p.m. to 3:00 p.m. The presentation will take place on Zoom and will be animated by Michaël Gaudreault, teacher and researcher.

Mandatory REGISTRATION [Click here to register](#)



HOLIDAY SCHEDULE OF THE SUPPLY DEPARTMENT

[Click here](#) to consult it.

TELEWORK ORIENTATIONS

Since the start of the pandemic, many people have been working from home. Given the current context, the CISSS de la Côte-Nord recommends maintaining telework in its current form until further notice. Read the memo [here \(French only\)](#).

We invite you to visit the telework section of the intranet to access [useful information on telework \(French only\)](#).



NEW JOB TITLES ELIGIBLE TO CARRY OUT COVID-19 SCREENING

Since several professionals are now authorized to collect samples for COVID-19 screening, we solicit your interest in making yourself available to do so if your job title is eligible. If you are interested, the appropriate training will be offered to you.

The CISSS de la Côte-Nord wants to increase its screening capacity. Note that the needs are between 8:00 a.m. and 8:00 p.m., seven days a week.

[Click here for more details \(French only\)](#).



INSTRUCTIONS FOR ENTRIES ON THE NORTH SHORE

In order to protect the North Shore population, the CISSS de la Côte-Nord has implemented an entry management protocol on December 6th to reduce the risk of introducing COVID-19 in the region.

[Click here for more details](#).

IPC PROCEDURES IN HOT ZONES: VIDEOS



You have questions on how to put on **PPE in a hot zone** while following the instructions? You want to refresh your memory? **The IPC team has prepared two videos** (putting on and removing PPE) to inform you on the appropriate practices and what PPE to wear in hot zones, in order to prevent the spread of COVID-19.

Special thanks to Lisa Blais and Marie-Andrée Picard, from the Direction des soins infirmiers in Minganie, for creating these videos! [Click here](#) to watch them (French only)!

REVÊTEMENT DE
L'ÉQUIPEMENT DE
PROTECTION INDIVIDUELLE
(EPI)

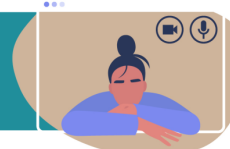
GETTING BETTER MY WAY

Getting better my way is a self-management tool that can help restore your balance and feel good again.

If you are experiencing difficulties due to stress, anxiety or distress, the digital tool *Getting better my way* can help improve your well-being by identifying practical actions for you to put in place that are tailored for your situation.

[Click here to consult the free tool](#).

VOUS VIVEZ DES DIFFICULTÉS
LIÉES AU STRESS, À L'ANXIÉTÉ
OU À LA DÉPRIME ?



Consultez l'outil en ligne **ALLER MIEUX À MA FAÇON**

- Permet l'autogestion de la santé émotionnelle;
- Donne des actions concrètes et adaptées à votre situation et à vos besoins.



The Minganie team also did a Loto-Vino draw! They collected 120 bottles of wine and raised \$1200 for the Campaign.

Left to right: Marie-Andrée Picard, Chantale Tanguay, Denis Tremblay, Luce Vigneault and Karina Richard.

Let us remind you that all donors of the Entraide Campaign had a chance to win a pair of Bilodeau Canada boots.

The draw took place on December 2nd, and Michel Rioux won the boots. Congratulations!

The organizing committee of the campaign also solicited merchants and employees in **Port-Cartier** in order to collect homemade products. Three magnificent baskets full of products were put together and drawn during this activity, and \$415 were raised.

Thank you to all donors: De Baie et de Sève, Hygee, Mon Sak, Caniches royales sur mer élevage, Jessie Landry photographe, Salon de toilettage boutique Coupe Poil, Entre ciel et mer, Savon d'Ève, Les Essences et Elles, Dy Confection, Fait avec amour par Vanessa Lavoie, Fait main par Manon Paradis, Les trésors d'Olyrose, Anne Paradis tricot, Vanessa Gauthier Bélanger couture, Ghislaine Vignola peinture, as well as all employees who contributed by bringing a product.

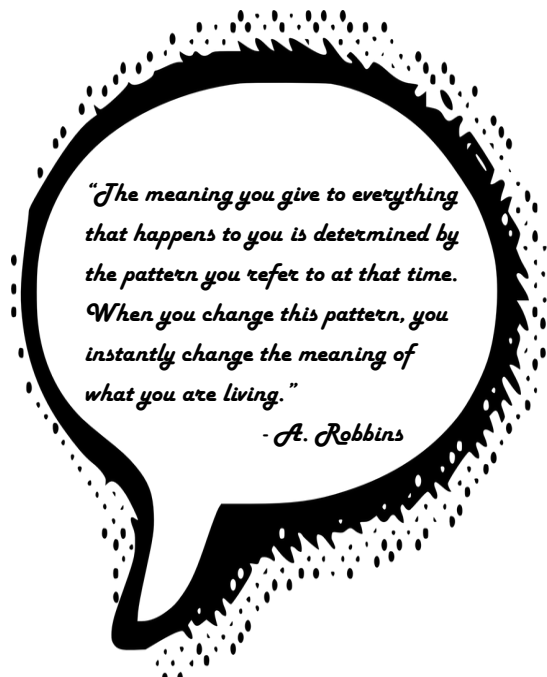


The winners: Johanne Guillemette, Linda Boudreau and France Boissé

INPUTS AND CHALLENGES OF A NEW REALITY: DISTANCING

In this fourth capsule on clinical ethics, the DSMQEPE wants to explain the concept of conflicting values in a collective context.

In the context of the pandemic, our values are tested. We want to show solidarity, but at the same time, we want to protect ourselves and make sure that we lack nothing, so we act individualistically. A simple example of that is when we end up emptying the shelves of certain products at the store to make sure that we do not run out. Did we really make the right choices? Protective equipment that comes with constraints for some people, the use of the mask that negatively impacts hearing-impaired people, people with a cognitive impairment who cannot understand the importance of avoiding contamination, etc. We want to protect our seniors, but not at the expense of their quality of life. We provide help in CHSLDs as workers, but we cannot visit our loved ones who live in these living environments.... Several ethical thoughts arise within this context, and we question our values, based on our personal and professional reality. We need to allow ourselves to experience and welcome discomforts, and to give ourselves time to adapt and accept the situation.



Even though the holiday season will be different for everyone this year, the Agir tôt team wants to wish you quality time with your loved ones. We also hope that you will see your children's and loved one's eyes shine in wonder. Given our occupational therapy and psychoeducation trainings, we like to take every opportunity to offer children stimulating activities:

- Do a scavenger hunt in the house or outside, and hide Christmas themed objects (stuffed toys, Christmas hat, candy cane, ornaments, Christmas pictures, etc.);
- Build snow sculptures (snowman, fortress, etc.) or draw on the snow with your body or with a stick (snow angel, Christmas tree, gift, etc.);
- Do snowball contests (aim for a target, throw as far as possible, do the roundest snowball, etc.);
- Prepare snow paint and draw Christmas drawings outside: mix water and juice or "Jell-O" powder in a bottle (e.g., Gatorade bottle, condiment bottle or spray bottle);
- Do Christmas riddles; [Make a paper snowflake](#); [For older children, do Christmas arts and crafts \(French only\)](#) — For more ideas for various age groups, [click here \(French only\)](#)



Paule Richard-Létourneau
Clinical leader for the west sector
and occupational therapist

Laurence-Emmanuelle Dumas
Clinical leader for the east sector
and psychoeducator

PERSONAL, FAMILY AND COMMUNITY HELP PROGRAM

The youth program provide services to families living through situations of neglect, through the Personal, family and community help program (PFCHP). This program aims to ensure that:

- 1) Children live with adults who are able to adequately meet their needs;
- 2) Adults close to children collaborate to ensure their well-being and optimal development.

Based on the living environment of the family who receives services, relationships will develop with the community sector and the municipality in order to ensure that the different needs identified by users are met. For more information on the program, contact Marie-Christine Michaud by email at marie-christine.michaud.09cisss@ssss.gouv.qc.ca or by telephone at extension 315219.

ACHIEVEMENT OF AN IMPORTANT PROJECT AT THE DRI

A major project to improve and unify the patient index, appointment and professional activity management systems has been underway for over two years within the establishment. This project required a lot of planning, because it involved systems of high importance for the continuity of the organization's activities and it required a change of provider for the Hôpital Le Royer. Huge standardization efforts were carried out to allow for the unification of the system and the deployment of a common database for the hospitals in Sept-Îles and Baie-Comeau.

An important step was achieved during the weekend of November 7th, with the complete replacement of the system

used at the Hôpital Le Royer. Thank you to all reception/ archives employees in Sept-Îles and Baie-Comeau, as well as to Ms. Sylvie Roy and Ms. Marjolaine Chaussé, managers of this department. Thank you to Ms. Anne Paquet, from the DRI, for your supervision throughout all the steps of the project.

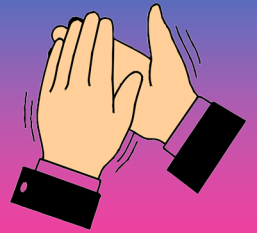
Thank you for your patience, your openness to change and your participation in the implementation of a unified vision for the information systems in the region!

*The management teams
of the DSPEU and the DRI*

BRAVO! Campaign

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

The Regional Planetree Committee



Bravo and thank you to all my colleagues

A few words to express my appreciation and gratitude to all my colleagues of the CISSS de la Côte-Nord who contribute to the general happiness: hygiene and sanitation attendants, health care aides, health care attendants, assistants, social workers, nurses, cooks, and all other employees and professionals who put users at the heart of their interventions. In addition to care, I see attention and kindness, which are crucial elements during these times.

If one thing needs to be protected in our health care system, well beyond the medical mechanics and the organizational structure, it is the relationship between humans who are united through the sincerity of our concrete actions. As a result, the healthy work atmosphere leads to staff retention, which reinforces the sense of belonging, for an outstanding quality of life.

Marie-Eve Gauthier - social worker and member of the Planetree Committee for the Promotion of the Organizational Culture

IPC champions

Do as Maude Tremblay-Boulianne and Michelle Tremblay do, set the example by wearing your personal protective equipment!

Bravo and thank you for your commitment!



A tool that makes our work easier

The management team of the youth program would like to thank the DSMQEPE, and more particularly Carolyne Tremblay and Dany Ouellet, for their support with the performance tool in many of our sectors. Their work is very rigorous and this tool makes the analysis and understanding of our data much easier. In addition, their collaboration is very nice. You are a great team!

Thank you for everything!

The managers of the Direction du programme jeunesse

Family-centered care!

Thank you to the team of the emergency department in Port-Cartier. My daughter arrived in ambulance for a nose injury following a fall at the daycare. You can imagine the stress of a parent who gets a call from the daycare because your child is going to the emergency department in ambulance because there is a lot of bleeding. Once at the hospital, my spouse and I were able to be with her to sing her songs and comfort her. The staff made efforts to ensure that our stay was as pleasant as possible by doing little things like offering us water and food, bringing a stuffed toy for our daughter, etc.

In these times of crisis, thank you for focusing on family needs.

Jessie Landry



BRAVO! Campaign



Record-breaking screening operation

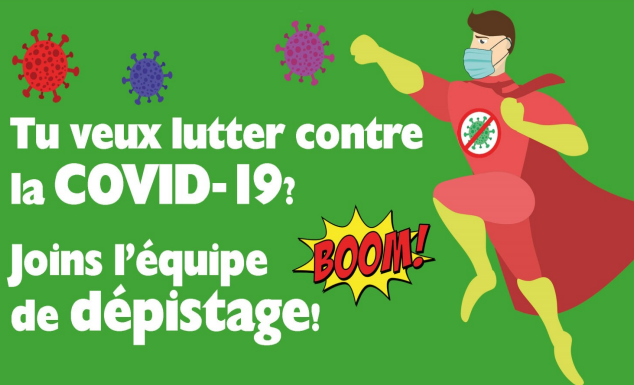
Lately, the team of the senior autonomy support program (SAPA) in Sept-Îles mobilized and deployed in record time to carry out mass screening at the Résidence Les bâtisseurs. The sprint lasted about 12 hours, and almost 300 users and employees of the residence were tested. The team was composed of nurses and social workers, as well as two administrative officers (absent on the picture).

The professionals showed great skill during the intervention, which took place in an atmosphere of complicity and solidarity.

Members of the team: Annie Potvin, Nathalie Bouchard, Claudine Leboeuf, Julie Martin, Alexis Zuetela, Gabriel Lortie, Windy Ward, Lucie Collard, Katherine Martel, and Lydie Marsh. Élodie Kenedy and Bianca Côté are absent on the picture.



Enock Cormier, Deputy Director of the SAPA program



Tu veux lutter contre la COVID-19?

Joins l'équipe de dépistage!

Tu n'as pas besoin d'être une infirmière, un médecin ou encore un héros pour dépister!

Voici des exemples de titre d'emploi autorisés à dépister :

- Acupuncteur
- Audioprothésiste
- Chiropraticien
- Denturologiste
- Ergothérapeute
- Audiologiste
- Médecin vétérinaire
- Opticien d'ordonnance
- Optométriste
- Pharmacien
- Podiatre
- Orthophoniste
- Physiothérapeute
- Technologiste médical
- Inhalothérapeute
- Hygiéniste dentaire

Tu as des disponibilités et tu souhaites contribuer?

Renseigne-toi!

dotation.09cisss@ssss.gouv.qc.ca

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

Québec

DOCUMENTATION FROM THE NETWORK

On continue de se protéger!



Toussez dans votre coude



Lavez vos mains



Gardez vos distances



Couvrez votre visage
(si moins de 2 mètres)



Limitez vos déplacements

[Québec.ca/coronavirus](https://quebec.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 \(French only\)](#)
- [Triage tool for users before an appointment](#)
- [Ministerial pre-hospital protocol \(French only\)](#)
- [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](#)
- [Public health instructions for entries on the North Shore](#)

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-controle-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

