

INFO-CISSS

NEWSLETTER FOR EMPLOYEES OF THE CISSS DE LA CÔTE-NORD

Volume 7, Issue 1 | January 12th, 2021

CONFIRMED POSITIVE COVID-19 CASES

January 12th, 2021

North Shore: 317

Québec: 232 624

Canada: 668 181

Vaccination against COVID-19 is well under way!	1
Support and assistance to employees	2
Agir Tôt	2
Memos - COVID-19	3
COVID-19 vaccination - appointments	3
COVID-19 vaccination - professionals	4
Inputs and challenges of a new reality: distancing	4
Entraide Campaign	4
BRAVO! Campaign	5
Documentation from the network	7
Information platforms	7

VACCINATION AGAINST COVID-19 IS WELL UNDER WAY!



One of the prevailing themes of 2021 will surely be the vaccination against COVID-19, which started during the Holidays in Québec.

On the North Shore, the vaccination campaign is going well. The region's CHSLD residents, as well as numerous health care workers, have been vaccinated since last Friday.

Covering a territory as large as ours is a major challenge, but our teams are ready, and it shows.

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

Québec



SUPPORT AND ASSISTANCE TO EMPLOYEES



Start off 2021 on the right foot with good sleep, nutrition and fitness habits, and with the practice of mindfulness.

Lifespeak, a complementary service of the Employee and Family Assistance Program (EFAP) from Morneau Shepell, is a digital wellness platform that gives you and your family members instant access to expert advice on a variety of life topics. From mental health to preventive health to professional development... it is all here!

You can download the app or [access the platform online](#).

- Client username: cissscotenord
- Password: cisss09

As part of its winter 2021 campaign, the platform aims to showcase a few simple healthy habits that will help you better deal with the contingencies of life and feel better. Listen to what the LifeSpeak experts have to say on how to develop better **sleep**, **nutrition**, **fitness** and **mindfulness** habits: [Click here!](#)



New intranet section: LifeSpeak tools and links are now available in the “Soutien et aide aux employés” section, on the homepage of the intranet, to give you a simpler and easier access to the platform!

Congratulations to the winners of the “Watch & Win” contest, who each get a \$25 Amazon gift card:

- Manon Gagnon
- Stéphanie Boudreault
- Jean Gagné
- Lise Talbot

AGIR TÔT

Pilot project for 0-5-year-olds in Haute-Côte-Nord

As part of the Agir Tôt program, we are currently working on the implementation of a pilot project to centralize the reception of all service requests for 0-5-year-olds. This includes youth service requests for the various professionals (speech-language pathology, occupational therapy, physiotherapy, etc.) and in relation with suspected autism spectrum disorders (ASD). The requests will be sent to the youth services access point and then transmitted to the Agir Tôt clinical leaders to carry out a developmental screening process.

Haute-Côte-Nord was targeted for this pilot project, which will be implemented starting on January 25th. A letter will be sent to everyone concerned by these changes, and information sessions will also be planned for them.



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



Rebecca Potvin
Clinical leader for the east sector
and psychoeducator

Rebecca Potvin will take on the tasks of clinical leader for the east sector during Laurence-Emmanuelle Dumas' leave, starting on January 28th.



USE OF THE PROCEDURE MASK FOR USERS AT THE EMERGENCY DEPARTMENT

Since the emergency department is the gateway for anyone who may pose an infectious risk, with or without symptoms, the use of the procedure mask for users during a consultation or observation at the emergency department has been implemented on December 22nd. The employee who provides care within two metres of a user is responsible for giving them a procedure mask before the care episode. Read the memo [here \(French only\)](#).

TEMPORARY LEAVE OF USERS

The Executive IPC Committee wants to remind employees that temporary leaves of users must only be granted for humanitarian reasons, for medical or therapeutic reasons, or to plan a release from hospital. Read the memo [here](#).

TRAINING PROGRAM FOR EMPLOYEES ASSIGNED TO HOT ZONES

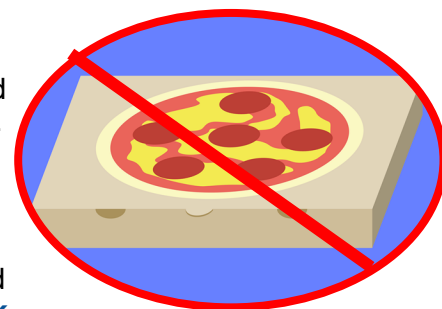
The Direction des soins infirmiers developed a three-part training program for employees assigned to COVID-19 hot zones. [Click here](#) for more details (French only).

FOOD DELIVERY

Food delivery is allowed for residents of living environments only (CHSLD and residential resource with continuous assistance). Read the memo [here \(French only\)](#).

MEALS AVAILABLE FOR EMPLOYEES IN MANDATORY OVERTIME AND ON ASSIGNMENT

To get a meal, please contact the kitchen during the day or at night, in order to avoid unplanned visit in the kitchen and promote the respect of health safety rules. [Click here](#) for more details (French only).



New social functioning, psychosocial and psycho-educational evaluation report and additional evaluation forms [available here \(French only\)](#).

COVID-19 VACCINATION - APPOINTMENTS

The vaccination against COVID-19 has been expanded in Baie-Comeau and Sept-Îles. Employees and physicians of the CISSS de la Côte-Nord who are **in close contact with users** are invited to register on the Clic Santé portal.

Workers who are not in close contact with users and those who are working from home or in unpaid, parental or sick leave are not prioritized for now. **If a non-prioritized person registers on Clic Santé nevertheless, they will be refused access to the vaccine at the clinic.**

[Click here to access the Clic Santé portal](#)

If you have to change the date or time of the appointment granted to you, please call the vaccination information line for employees at 1 833 247-7709, ext. 307038, and leave a message.

If you need more information on the vaccine, please send an email to 09vaccinationcovid@ssss.gouv.qc.ca and a professional from the Direction de santé publique will answer you.

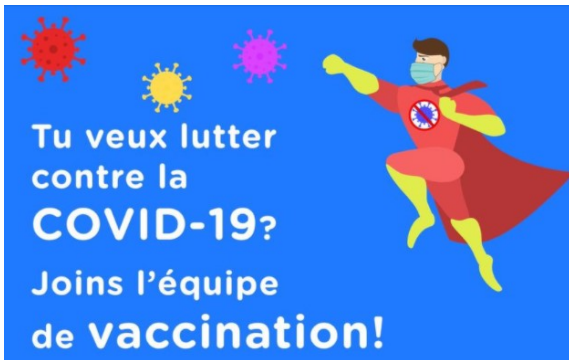


COVID-19 VACCINATION - PROFESSIONALS



You are available and you would like to play a role in the field in the fight against COVID-19? You want to support health care professionals in charge of the vaccination?

It is possible if you are a professional authorized to vaccinate! You will be officially hired by the CISSS de la Côte-Nord and receive training to vaccinate, based on the organization's needs and your availability.



For more details, send an email to:

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

[COVID-19 vaccination training and new professionals authorized to vaccinate: Click here \(French only\)!](#)

INPUTS AND CHALLENGES OF A NEW REALITY: DISTANCING

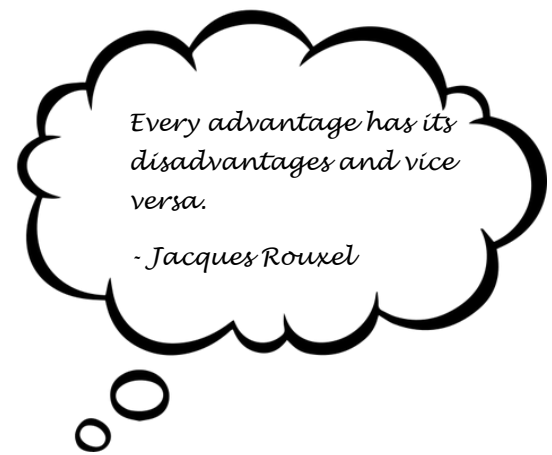
In this fifth capsule on clinical ethics, the DSMQEPE wants to set out the advantages and disadvantages of telepractice.

Even though we are used to receiving care in person, and teleconsultation and telepractice may seem more impersonal, they have great benefits.

The user-professional relationship changes in telepractice. The user must administer self-care, and the professional must ask themselves more questions since they do not have the user in front of them. This brings a new challenge: the physician or professional must believe the user (and the user must tell the truth). Certain users mentioned that they felt less pressure and less judgment.

Not having to travel to receive care is an important benefit, especially for users in remote regions, who save time and money, and gain a better quality of life. Think about users who are sick and suffering! Not to mention the risks of contracting a virus. In addition to users and their loved ones, employers also benefit from telepractice.

However, it can have a negative impact on certain people, such as those who live in loneliness. For them, in-person appointments represent an outing, a human interaction, and even time well-spent in their long and empty day. The pandemic context alone already brings its share of isolation and loneliness.



ENTRAIDE CAMPAIGN



The local committee of 835, Jolliet in Baie-Comeau donated \$200 to the campaign thanks to its Loto-Vino event. Two draws of 10 bottles of wine each took place on December 9th, and the winners are Hélène Bérubé and Michel Rioux, who is very lucky this year! Congratulations to both of you and thank you for your support to the Entraide Campaign!

Photo: Marilyne Bérubé-Lapointe, Myriam Gagné, Nancy Bilodeau and Marie-Christine Bouchard, from the organizing committee (absent on the photo: Cynthia Desrosiers and Hélène Bérubé)

BRAVO! Campaign

Send your projects or actions to 09.cisss.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 Plantree Committee



Outbreaks in CHSLDs: Thank you to the health care staff and physicians!

As we begin this new year, on my behalf and on behalf of the team of IPC advisors and the outbreak management committees, I would like to highlight the vigour, the tenacity and the great collaboration of the employees and managers who worked hard and who quickly implemented the required actions in our CHSLDs during COVID-19 outbreaks.

These environments, namely the CHSLD de Sept-Îles and the CHSLD N.-A.-Labrie, could have quickly become sources of transmission with our residents, but the quick implementation of measures as well as everyone's vigour (especially our employees') allowed us to contain the outbreaks promptly.

It is worth noting that there was no transmission among these users, who are so vulnerable. It is wonderful to see that, despite the Holidays, the leaves, the labour shortage, the multiple requests and the recommended restrictions, everything was respected thanks to you. Bravo! As the African proverb says so well: "If you want to go fast, go alone. If you want to go far, go together."

Nathalie Landry, executive advisor in infection prevention and control

Taking time for yourself

The Organizational Culture Committee gave you a challenge before the Holidays: send us a picture or a few words to show us how you take time for yourself:



Jessie Landry and H el ene C ot e did not stop at only one puzzle during the holiday break!



Karine Landry continued her annual reading challenge: three books in only one week!

Genevi ve Desch enes: "We played with our son while doing his physical rehabilitation exercises... Johanne and Marie-Jos e will be very proud of him during the appointments in January ;-)."



BRAVO! Campaign



Our facility's sunshine

Ms. Lucie Desbiens has been our service aide at the Centre de protection et de réadaptation des Escoumins since September 11th, 2017. She is with us as part of the socio-professional project that aims to promote the professional and social integration of people with disabilities within businesses and organizations of the region. We are very proud of Lucie's work; her help is valuable to our services. In addition to doing an outstanding job, she is our facility's sunshine. Since Lucie is an integral part of our team, we wanted to highlight her good work by giving her a certificate.

Mélanie Talbot, head of the administration of the youth intellectual disability, autism spectrum disorder and physical disability programs

Bravo to the IPC team

Infection prevention and control is a specialty, it is a daily risk management.

To work in IPC, you need theoretical knowledge, of course, which is acquired by studying, but also through time, and often through crises and exceptional situations such as the current pandemic.

We learned a tremendous amounts of notions in the past year, especially to identify issues, accompany and support you, and prevent consequences in our users, as well as in you and all of us.

The dedicated members of this small team offer their time (often personal time) to meet several needs and answer multiple requests as best as they can, but also to address the issues of our region, which are often significant.

The essential notion that makes this team exceptional is the fact that they pour their hearts into their work, but above all, it is the fact that this is my team. Thank you for being there!

Nathalie Landry, executive advisor in infection prevention and control

IPC champions

Do as Kathleen Caouette, Sandra Lavallée and Roumy Dion, set the example by wearing your personal protective equipment!

Bravo and thank you for your commitment!





Toussez dans votre coude



Lavez vos mains



Gardez vos distances



Couvrez votre visage (si moins de 2 mètres)



Limitez vos déplacements

Québec.ca/coronavirus

SELF-CARE GUIDE

- [COVID-19 Self-Care Guide](#)
 - * [Self-Care Guide in the American 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.qc.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://cisscscotenord.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.cisss.communications@ssss.gouv.qc.ca)
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Centre intégré de santé et de services sociaux de la Côte-Nord



cisss_cotenord

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

