

INFO-CISSS

NEWSLETTER FOR EMPLOYEES OF THE CISSS DE LA CÔTE-NORD

Volume 7, Issue 3 | February 11th, 2021

CONFIRMED POSITIVE COVID-19 CASES

February 11th, 2021

North Shore: 349

Québec: 273 847

Canada: 813 982

Congratulations and thank you to Nancy Asselin!	1
Communications - COVID-19	2
Support and assistance to employees	3
Hooked on School Days	3
Tribute to our psychologists	3
Incident report	4
Language training	4
Skills training certificate - HCAs	4
BRAVO! Campaign	5
Documentation from the network	6
Information platforms	6

CONGRATULATIONS AND THANK YOU TO NANCY ASSELIN!



NANCY ASSELIN

Conseillère cadre aux soins infirmiers, CISSS de la Côte-Nord

During their game on January 28th, the Montréal Canadiens wanted to pay tribute to health care workers. The team gave them airtime to introduce the players.

Nancy Asselin, recently appointed as Head of frontline services and chronic diseases - Baie-Comeau and Haute-Côte-Nord, was chosen to introduce number 53, Victor Mete!

Thank you Nancy for brilliantly representing the health care workers of the CISSS de la Côte-Nord!

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

Québec





EYE PROTECTION ADAPTED TO YOUR EYESIGHT

The use of eye protection adapted to your eyesight during the COVID-19 pandemic is approved by the Executive IPC Committee, if certain conditions are respected. [Click here](#) for more details (French only).

SAFE MANAGEMENT OF PAPER DOCUMENTS TO AVOID CONTAMINATING USER FILES

Following several questions related to the safe management of paper documents, here is a reminder of the recommendations made by the Executive IPC Committee on May 7th, 2020. Read the memo [here](#).



USE OF THE PROCEDURE MASK FOR USERS AGED 12 YEARS AND OVER

Users aged 12 years and over in short-term, CHSLD, rehabilitation, outpatient clinic, FMG/FMU and home care sectors must wear a procedure mask at all times. [Click here](#) for more details (French only).

REMUNERATION DURING SCREENING TEST AND VACCINATION

We invite you to take note of the premiums that you must enter in your timesheet. Read the memo [here \(French only\)](#).

CLARIFICATIONS ABOUT MEALS

Following the several questions received and considering the evolution of the COVID-19 pandemic, the Executive Committee would like to make certain clarifications about meals. [Click here](#) for more details (French only).

HSQWL TELEPHONE LINE

Since February 8th, 2021, the operating hours of the HSQWL telephone line (1 833 755-0668) are from 8:00 a.m. to 4:00 p.m., Monday through Friday, and from 8:00 a.m. to 12:00 p.m. and from 1:00 p.m. to 4:00 p.m. on weekends.

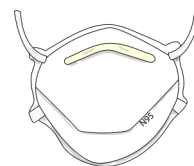


TAX DEDUCTIONS FOR EMPLOYEES WORKING FROM HOME

Two methods can be used to claim a deduction for certain home office expenses: the flat rate method and the detailed method. To use the detailed method, you will need to provide certain forms. You have until February 15th to request those forms. [Read the memo \(French only\)](#) to determine which method is best for you and to learn how to get the appropriate forms.

MANDATORY N95 MASK

In light of the [recommendation issued by the Institut national de santé publique du Québec \(French only\)](#) on January 25th, and considering the standards guide update from the CNESST made on February 9th, wearing an N95 mask is now mandatory when providing care within two metres of a user in a hot zone, or when two or more positive COVID-19 cases are gathered in a closed space.



This ministerial directive will come into effect on February 11th in every care setting as well as living environment. To know more about this: [Directive sur la mise en œuvre de la gestion du risque d'exposition aux aérosols de SRAS-CoV-2 des travailleurs de la santé dans les milieux de soins \(French only\)](#).

Fit test clinics: The CISSS is actively preparing a regional action plan to implement this new directive in its facilities and offer fit test clinics. The new clinics will be accessible for employees targeted by each direction. It should be noted that workers concerned by the directive who did not complete the fit test will still be able to wear an N95 mask in case of an outbreak.

VISITS IN OUR FACILITIES - ORANGE ALERT LEVEL MEASURES

You can consult the orange alert level measures in effect regarding visits into the facilities of the CISSS (hospitals, CHSLDs and other living environments) in the [press release available here](#).

During this month of February, LifeSpeak offers:

- ⇒ A live chat session with Carla Beauvais, social entrepreneur, columnist and “Diversity and inclusion” consultant, on February 25th at noon. [Click here to register.](#)
- ⇒ A Question & Answer document on racism and discrimination at work, available [here.](#)
- ⇒ [An article on the expert blog:](#) The Journey to Allyship: Where to Begin, by Tomee Sojourner-Campbell, learning, development, equity and anti-racism consultant.



Access LifeSpeak:

From any computer:

<https://cissscotenord.lifespeak.com>

By downloading the app:



CLIENT NAME: *cissscotenord*

CLIENT PASSWORD: *cisss09*

HOOKED ON SCHOOL DAYS

The CISSS de la Côte-Nord, in partnership with RAP Côte-Nord, raises the school perseverance flags across the region.

For the *Hooked on School Days*, you will see these flags in eight facilities on the North Shore. This gesture is a symbol of our support for young people in all communities, because we care about their success! In the current context, it is even more important to take action together for young people in order to have a positive impact on their well-being, motivation and perseverance.

“A more educated community is a healthier community!”

Message to our working parents!

Caring, present, attentive, understanding... you are there for your children! Thank you!

It is not always easy, but every little encouraging moment or gesture helps young people carry on, not give up, and feel better.

Take some time to congratulate yourself for being there, by their side, every day. It is well deserved!



TRIBUTE TO OUR PSYCHOLOGISTS



February is Psychology Month, and the Direction des services multidisciplinaires, qualité, évaluation, performance et éthique (DSMQEPE), along with the Multidisciplinary Council, sincerely wants to thank all psychologists for their outstanding work.

Directions of the CISSS de la Côte-Nord in which psychologists work:

Direction de la protection de la jeunesse, Direction du programme jeunesse and Direction des programmes santé mentale, dépendance, itinérance et services sociaux généraux.

Thank you!

INCIDENT REPORT

Any event, that is **an unwanted, undesirable or feared situation that affected or could have affected a user's health**, must be declared using the AH-223 report form.

When? As soon after noticing the event as possible, but better late than never...

Who? Any employee, intern, as well as anyone under contract who provides services to users on behalf of the establishment.

Why? Reporting an incident allows us to determine and analyze avoidable events in order to prevent reoccurrence and improve the quality and safety of care and services provided to users.

How?

1. AH-223 electronic form (ideally): You have a problem with your codes? Contact Caroline Roy at extension 452793 to create or reactivate your account.
2. AH-223 paper form: Send the form to your manager as quickly as possible.



LANGUAGE TRAINING

McGill University offers an **English language training program** for the health and social services network. This program runs for 12 consecutive weeks and includes 24 hours of online courses with academic support and 16 hours of live courses. The objective of the program is to allow participants to act effectively and professionally with English-speaking users. The courses are **offered free of charge to employees working directly with the population and users**, for example, clinical workers and people working toward the reception, evaluation and orientation of users.

- ⇒ University-level training
- ⇒ Online courses with personalized academic support from a tutor
- ⇒ Eight levels of learning (elementary 1, 2, 3, intermediate 1, 2, 3 and advanced 1, 2)
- ⇒ Dynamic teaching and various learnings: individual, communicative and collaborative work
- ⇒ Priority given to oral comprehension and expression
- ⇒ 10 Continuous Education Units (CEU) for each level
- ⇒ About 5 to 7 hours of work per week including courses



If you want to follow this training program, [click here](#) for more details. [Complete the form available on the intranet](#) and email it to Nancy Bilodeau no later than March 4th, 2021. Of course, you must get the authorization of your immediate supervisor before sending your application.

SKILLS TRAINING CERTIFICATE - HCAS

Call for applications - Skills training certificate to become health care attendant in a CHSLD: the training course could be available across the whole territory if there are enough participants. You must express your interest in following this training course by February 28th, 2021.

375-hour training course (3 months).

\$9,210 scholarship granted in three installments for the duration of training (as long as you commit to work for the CISSS de la Côte-Nord for a year). This corresponds to a \$760 per week salary!

Training should start around mid-March across the territory if there are enough participants.

To apply or for more information, contact Majorie Forest at majorie.forest.09cisss@ssss.gouv.qc.ca.



BRAVO! Campaign



Send your projects or actions to 09.ciiss.communications@sss.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

Human-scale care

I want to highlight the concern for users of one of our revisers: Vicky bond. As part of the revision of a young person's situation, she took all the time necessary (almost one hour with the young person only) to listen to her and help her make a decision entirely centered on her own needs, in a rather difficult context. Vicky, you showed outstanding concern for the young person's well-being, and it deserves to be recognized!



Caroline Bourget,
educator



Outstanding dedication!

We want to highlight the hard work of Nancy Asselin and H el ene C ot e in the development of the training course related to COVID-19 vaccination. They were able to deliver a high-quality turnkey product for the key players of vaccination within a very limited time frame. We are very proud and grateful for their involvement, their exemplary collaboration and their concern for the quality of their work. Thank you for your dedication and once again, bravo!

David Gravel,
Director of nursing

Genevi ve Desch enes,
Assistant Director, DSMQEPE

An inspiration to our team

Thank you to Roxanne Tardif, who motivates her employees in a remarkable way. She is young, motivated and inspiring for the whole care, reception and archives team of the Fermont facility.

On behalf of her whole team: THANK YOU!

Thank you to all sponsors

The Direction des ressources humaines, communications et affaires juridiques wants to sincerely thank all health care attendants who have been acting as sponsors and guides for the "Support for assistive care in long-term care centres" training course in the past eight months.

Sponsors were paired with students to support them during the work-integrated learning days.

Thank you for your hospitality and your commitment. You greatly contributed to the success of the training course. Bravo and thank you for your dedication, which is making a difference in the integration of almost 60 new health care attendants.

Thank you!



To the "vaccination" appointments team:

A huge thank you to everyone who contributes to the appointment booking for vaccination, both full time and part time. All these employees do not withhold time since December.

A special thank you to Caroline Lapointe and Marie-Claude Quesy-L egar e, who expertly support the organization of vaccination!

Nathalie Castelloux
Interim Assistant Executive Director



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](#)

EMPLOYEE SUPPORT AND ASSISTANCE

- [Morneau Shepell and LifeSpeak \(French only\)](#)

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-des-infections-pci/coronavirus/>

You have comments or text suggestions for the INFO-CISSS?

Contact the Communications department (09.ci:sss.communications@ssss.gouv.qc.ca)

Next publication: late February 2021



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

LIFESPEAK



MORNEAU SHEPELL

