

INFO-CISSS

NEWSLETTER FOR EMPLOYEES OF THE CISSS DE LA CÔTE-NORD

Volume 7, Issue 4 | February 25th, 2021

CONFIRMED POSITIVE COVID-19 CASES

February 25th, 2021

North Shore: 353

Québec: 285 330

Canada: 855 126

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ENTRAIDE 2020 entraide.gouv.qc.ca **KEEP AN EYE ON THE FACEBOOK PAGE!**



Be on the lookout on social media!
The committee of the 2020-2021 Entraide campaign prepared a video to present you the total donations received! It will be published on the private group for employees and on the public page of the CISSS.
Thank you for your amazing generosity despite the more difficult circumstances of the past year.

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

Québec 



2021 SUMMER VACATIONS

It is already time to think about your summer vacations! The vacation calendars will be available in Logibec Web on Monday March 1st, 2021, so that you can enter your preferences. [Click here](#) to learn more about the procedure (French only).

RECOMMENDATIONS - MASK WITH CLEAR WINDOW

Following the arrival of a new mask with clear window named “Humask Pro Vision”, which is licensed by Health Canada and approved as a level 2 procedure mask, the “Clear Mask” model will be used as a second option. [Click here](#) for more details (French only).



COVID-19 ISOLATION AND SCREENING

From now on, COVID-19 isolation will take place in your facility, under the responsibility of the attending physician, if this procedure was not already in place. Therefore, the lifting of the isolation will have to be prescribed by the physician and applied by the team in place. [Read the memo \(French only\)](#).

COVID-19 SCREENING AND ISOLATION DURING TRANSFERS WITHIN THE CISSS

Considering the similar epidemiology in all RCMs of the North Shore, screening is required for a transfer between two emergency departments of the CISSS de la Côte-Nord. [Read the memo \(French only\)](#).

TRAVELLING ABROAD DURING THE PANDEMIC

If an employee considers travelling outside Canada:

- Beforehand, they must get their manager’s authorization to be absent for a period that includes the duration of the trip and the quarantine period required by the Quarantine Act (currently 14 days);
- Once they come back to Canada, they must respect the mandatory quarantine (currently 14 days);
- During this quarantine, they will not be paid, unless they use leave days or banked time, as authorized in advance by their employer;
- Administrative or disciplinary measures may be taken against an employee who decides to be absent from work without authorization.



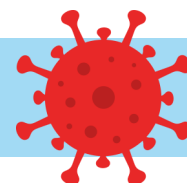
JOB POSTING

We are currently in a job posting period, until March 3rd, 2021. Here are some essential elements to the proper running of this operation:

1. It is important that you apply for the jobs you are interested in, in order of priority;
2. Be ready to give your answer when the staffing team contacts you;
3. Lastly, please be sure to check the home base of the job you are interested in.



[Click here](#) to consult the procedure recommended by the infection prevention and control team for COVID-19 testing done by a single person.



APPRECIATION CERTIFICATES ALL YEAR LONG!

Many of you have downloaded the appreciation certificates two weeks ago, so the “Innovative Projects and Daily Appreciation” Committee decided to make an appreciation certificate available all year long, on which you will be able to write your own reasons for showing your appreciation to your colleagues.

You can download this general appreciation certificate, available in three different models, in the “Bons coups” section of the intranet or by [clicking HERE \(French only\)](#).

Remember, you can show your appreciation in person on a daily basis with a simple “thank you”!



WHAT IS A SENTINEL EVENT?

A “sentinel event” requires thorough analysis because it exposes shortcomings in a process that led or could have led to serious consequences. There are four types of sentinel events:

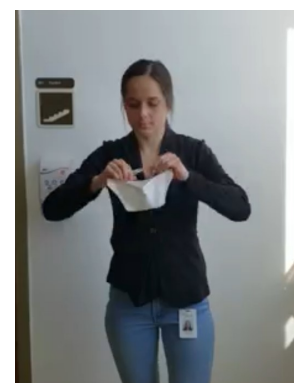
- Accident that had serious consequences. Example: A medication error that causes neurological damage.
- Incident or accident that could have had serious consequences if the situation had not been corrected in time. Example: A user identification error detected before a procedure.
- Incident or accident that happened several times, even if none of these occurrences led to serious consequences. Their frequency is high, which exposes shortcomings in the processes, and will eventually lead to a serious consequence. Example: Two medications with similar names stored next to each other (epinephrine and ephedrine).
- Accident that affected several users and for which the potential consequences are unknown. Example: A problem with the sterilization of instruments at the operating block.

Therefore, it is important to report every event you witness, even “close calls”.

VIDEO EXPLAINING HOW TO PUT ON AND TAKE OFF THE NEW N95 MASK

A [short video](#) (available on the private Facebook group for employees) was created to show you how to adequately put on and take off the new SafeMask Architect Pro N95 Mask from Medicom while waiting to complete the fit test. Employees who have already completed a fit test on another mask model should keep using that model.

The Medicom N95 mask will first be used in IRs FTRs and RPAs, and will eventually be available in hospitals and CHSLDs of the CISSS.



COMBATting DECONDITIONING IN SENIORS

Like everyone on the North Shore, you have recently received a [leaflet](#) in the mail. This leaflet covers ways to overcome the effects of deconditioning, which are exacerbated by the COVID-19 pandemic.

The most frequent consequences of deconditioning include declining cognitive abilities with a risk of confusion, balance problems that increase the risk of falling, malnutrition, anxiety, and depression. Fortunately, these consequences are mostly reversible, and can be prevented with physical activity and a healthy diet.

As mentioned on the front page of the leaflet, everyone (family caregivers, families, friends, neighbours) has a role to play in the good health of our seniors. In addition to this leaflet, we will keep you posted on the other means implemented to combat deconditioning in seniors.



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 Planetree Committee

Psychoeducation days

February 24th and 25th are psychoeducation days. The DSMQEPE and the Multidisciplinary Council would like to take this opportunity to sincerely thank all psychoeducators for their outstanding work!

MERCI



Special mention to Isabelle Chouinard

We want to congratulate Isabelle Chouinard for her leadership in health and safety at work in her department. Bravo for her proactivity, involvement and openness in this era of cultural change in health and safety at work!

HSQWL team

A very dedicated HCA

During a constant surveillance task at the emergency department of the Hôpital Le Royer, I witnessed the extraordinary dedication of the staff on site, despite the very high occupancy rate. A person really struck me with his kindness: Mr. Yvan Sirois. He is sympathetic, attentive, professional and sensitive to the comfort of users. His vocation is reflected in all his being, and it feels really good to see this under the current circumstances.

Marie-Christine Breault,
medical archivist





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-controle-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)

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



ci:sss_cotenord

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LIFESPEAK



MORNEAU SHEPELL

