

# INFO-CISSS

NEWSLETTER FOR EMPLOYEES OF THE CISSS DE LA CÔTE-NORD

Volume 7, Issue 5 | March 11<sup>th</sup>, 2021

## CONFIRMED POSITIVE COVID-19 CASES

March 11<sup>th</sup>, 2021

North Shore: 355

Québec: 295 390

Canada: 896 739

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 **ENTRAIDE** 2020  
entraide.gouv.qc.ca

## \$26 035 - BRAVO!



**Thank you to all employees** for their generosity, which helped us raise \$26 035! Thank you as well to the local committees in the various sectors of the territory who helped make this campaign a great success!

Each dollar raised will go directly to community organizations in our large region, thus contributing to the improvement, continuity and stability of services provided to vulnerable people on the North Shore.

[Click here](#) to watch the video (French only).

**A special thank you to our interim PED, Mr. Claude Lévesque, for his participation in every step of the campaign!**

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

Québec 



## NEW UNIQUE TELEPHONE LINE - RECALL LIST

On March 8<sup>th</sup>, 2021, a unique telephone line to reach the recall list was implemented, for the whole CISSS de la Côte-Nord. Related to the implementation of this new telephone line, in cases of occasional absence, you will now be responsible, as an employee, for informing your manager of your absence. The recall list will not be allowed to accept occasional absences and proceed to find a replacement anymore. [Click here](#) for more details.

## HEALTHY LIFESTYLE HABITS

You are invited to celebrate the **Regional Healthy Lifestyle Promotion Day on March 17<sup>th</sup>** by stretching your legs and activating your taste buds!

You walked to work or to school, your group ate a tasty fruit as a snack, you held a virtual meeting with colleagues with everybody standing up, you proudly keep a glass of water at your workstation, a seeding activity took place in your classroom or your organization in preparation for this summer's garden, or you tried a new vegetarian recipe for lunch?

Great! Mention it in a comment **under the designated post on the [Loisir et Sport Côte-Nord Facebook page](#)**, in a private message, or in an email sent to [lavoie.adele@urlscn.qc.ca](mailto:lavoie.adele@urlscn.qc.ca). It is simple, fun and it feels good. Every idea is a good one!

**Participating groups and individuals have the chance to win one of 20 \$100 gift cards in a local sporting goods store.**



## MARCH 11<sup>TH</sup>: TRIBUTE TO THE VICTIMS OF THE PANDEMIC

A national day of remembrance for victims of COVID-19 will be held on March 11<sup>th</sup>:

- A national half-masting of the flag of Québec will be held from dusk until dawn;
- A minute of silence will be observed at 1:00 p.m.



## NEW IPC VIDEO CLIPS



Two new "Infection prevention and control" video clips with Nathalie Landry, senior infection prevention advisor, are available (French only).

**Clip #8:** "Use of the procedure mask for users in living environments": [Download it here](#).

**Clip #9:** "Clarification on the use of the N95 mask": [Download it here](#).

Other video clips coming soon!

# DISCLOSURE: A USER RIGHT

When an accident happens during the provision of services to users, they must be informed of it. Under the ARHSSS, disclosure is a user right and an obligation of the establishment.

## The disclosed content must include:

- The nature of the accident.
- The known immediate consequences, and upcoming ones, if any.
- The suggested care or the care that has already been provided following this event, in order to counter or reduce its effects.
- The preventive measures implemented or to be implemented by the establishment to avoid the reoccurrence of this type of event.
- The support measures provided to the user or their relatives by the establishment, if appropriate.

A disclosure form (AH-223-3) is available in the Système d'information sur la sécurité des soins et des services (SISSS) or in hard copy (optional).

However, if you do not use the AH-223-3 form, make sure that you properly document the disclosure in the user's file.



## SUPPORT AND ASSISTANCE TO EMPLOYEES

The next live chat session with an expert will take place on March 24<sup>th</sup>.

You will be able to chat with Dr. Marty Martin, clinical psychologist, about the theme "Tired of being Tired? How to Improve Your Sleep". See also: [a series of videos on sleep](#).

Access LifeSpeak from any computer:  
<https://cissscotenord.lifespeak.com> - Group account

- Client name: cissscotenord
- Client password: cisss09



## UQAC TRAINING ON CLINICAL ETHICS



**You work in the social or medico-social field?  
You are concerned about the ethical issues you  
face at work on a daily basis?**

A short graduate program on clinical ethics is available in French at the Université du Québec à Chicoutimi (UQAC).

This short nine-credit training program is both practical and theoretical. It aims to integrate the ethical dimension as an essential component of the clinician's professional identity.

[Click here](#) for more details and to register.

Healthy eating looks different to everyone. In our busy world, where the pace of things is very fast and where myths and misinformation are abundant on the Internet, it is difficult to sort things out regarding nutrition and healthy eating. Dietitians recognize that you have your own culture, food traditions, preferences and nutritional needs. **Therefore, here are some suggestions for healthy eating habits:**

- Enjoy various healthy foods everyday: no one food is perfect, **opt for variety!**
- Eat **plenty of fruits and vegetables**: choose in-season fruits and vegetables, and remember that you can eat them fresh, frozen or canned.
- Eat **protein foods**: you can choose legumes, nuts, grains, tofu, enriched soy beverages, fish, seafood, eggs, poultry, red meat, milk, yogurt, as well as cheese.
- Choose **whole-grain foods**: such as whole-grain bread, pasta, crackers and rice, quinoa, oats (oatmeal), etc.
- Make water your beverage of choice: **water** is essential to life and to metabolic and digestive processes.
- Be mindful of your **eating habits**: notice when you are hungry and when you are full.
- **Cook** more often: do not forget to plan meals, snacks and purchases to be made.
- Enjoy your food: take time to taste and enjoy your food. **Use your five senses!**

## FRENCH LANGUAGE TRAINING FOR EMPLOYEES OF THE LOWER NORTH SHORE



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. **Participants will receive a \$500 amount** at the end of training, provided that they pass the course. Training takes place outside working hours, and it is not remunerated.

Workshops are offered remotely. They include three-hour online meetings with a lecturer and online material for each level. The purpose of this training program is to help current employees acquire communication skills in French to ensure their effectiveness in professional health care settings.

Workshops are scheduled to take place over an eight-week period, for three hours every Saturday morning from 9:30 a.m. to 12:30 p.m. The French language training program for the health sector will be available during two trimesters: this spring from May 8<sup>th</sup> to June 26<sup>th</sup>, and this summer from July 3<sup>rd</sup> to August 21<sup>st</sup>.

If you want to take this training course, complete the **form available on the Intranet** and email it back to Nancy Bilodeau **no later than March 25<sup>th</sup>, 2021**. You must get the authorization of your immediate supervisor before sending your application. For more information, call Nancy Bilodeau at 418 589-2038, ext. 342264.

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

## BRAVO! Campaign

Send your projects or actions to [09\\_cissscommunications@ssss.gouv.qc.ca](mailto:09_cissscommunications@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*





Toussez dans votre coude



Lavez vos mains



Gardez vos distances



Couvrez votre visage (si moins de 2 mètres)



Limitez vos déplacements

[Quebec.ca/coronavirus](https://quebec.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](http://www.inspq.qc.ca/en)
- [Specific clinical instructions for emergency departments \(French only\)](#)
- [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](mailto: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

Programme d'aide aux employés et à la famille  
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LIFESPEAK



MORNEAU SHEPELL

