

# INFO-CISSS

NEWSLETTER FOR EMPLOYEES OF THE CISSS DE LA CÔTE-NORD

Volume 7, Issue 7 | April 8<sup>th</sup>, 2021

## CONFIRMED POSITIVE COVID-19 CASES

April 8<sup>th</sup>, 2021

North Shore: 377

Québec: 321 411

Canada: 1 028 041

Reminder: Vaccination of health care workers	1
Documents from the IPC Committee	2
Agir tôt - Follow-up on the pilot project in Haute-Côte-Nord	2
Registrations for the Rallye sur la Côte are open	3
Reporting laboratory incidents	3
Oméga: Workplace safety tools!	3
<b>BRAVO! Campaign</b>	4
Documentation from the network	5
Information platform	5

## VARIANTS IN THE REGION: BE VIGILANT!

We ask for your solidarity and responsibility: with the presence of variants in the region, **we must keep following infection prevention and control measures rigorously in our facilities**. If we want the North Shore to remain at the yellow alert level, we must avoid travelling to other regions, follow the two-metre distancing rule, wear a mask, wash our hands frequently, get tested as soon as symptoms appear, and follow self-isolation instructions. **Thank you!**

## REMINDER: VACCINATION OF HEALTH CARE WORKERS

**Tu es un travailleur de la santé en contact avec les usagers?**

**Fais-toi vacciner contre la COVID-19, c'est sécuritaire et efficace.**

**Inscris-toi au  
1 877 644-4545**

Vaccination against COVID-19 is safe and effective. If you work for the CISSS and are in contact with users, call 1 877 644-4545 to book an appointment to get vaccinated.

**Vaccination against COVID-19 is important!**

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

Québec



## NEW DOCUMENTS RELATED TO THE USE OF THE N95 MASK

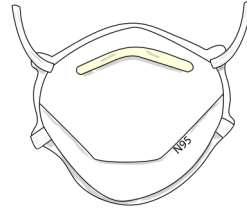
Following the new recommendation of the CNESST to wear an N95 mask in the presence of a warm user:

- [Procedure to put on and remove the N95 mask for an extended use or to reuse it \(French only\)](#)
- [Reusability management for the N95 mask \(French only\)](#)
- [Recommendation on the use of the N95 mask in warm zone based on the directive of the CNESST \(French only\)](#)
- [Recommendation on the use of the N95 mask in the presence of a user who tested positive for COVID-19 based on the directive of the CNESST \(French only\)](#)

## NEW IPC VIDEO CLIPS RELATED TO THE USE OF THE N95 MASK

On the same subject, here are three video clips made by Nathalie Landry, executive infection prevention and control (IPC) advisor:

- [Clip #9: New directives \(French only\)](#)
- [Clip #10: New protections related to the recommendation of the CNESST and alternative measures \(French only\)](#)
- [Clip #11: N95 mask recovery tool \(French only\)](#)



## IPC RECOMMENDATIONS FOR FAMILY CAREGIVERS IN HOT ZONES

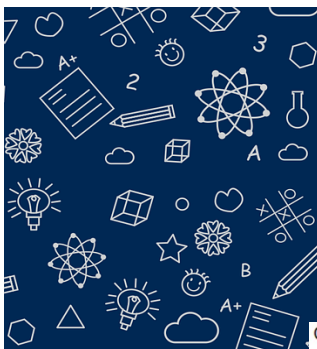
Here is the proper course of action for family caregivers visiting hot zones. In the absence of a zone as a unit (a room only, for example), the user's room is considered hot. Here are four documents to consult:

- [Leaflet for family caregivers - Procedure \(French only\)](#)
- [Directives for family caregiver visits in hot zones \(French only\)](#)
- [Consent form for the family caregiver who will support a relative in a hot zone \(French only\)](#)
- [Family caregiver attendance record \(hot zone\) \(French only\)](#)

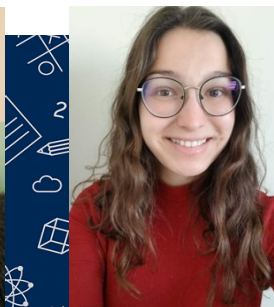
# AGIR TÔT - FOLLOW-UP ON THE PILOT PROJECT IN HAUTE-CÔTE-NORD

The **Agir Tôt pilot project for 0-5-year-olds** has been in place in Haute-Côte-Nord since January 25<sup>th</sup>. Virtual information meetings were offered to the employees concerned and targeted external partners in order to explain the Agir Tôt developmental screening program. Moreover, in order to reach as many potential referrers as possible, an audiovisual recording was made and emailed to everyone involved directly or indirectly with this age group.

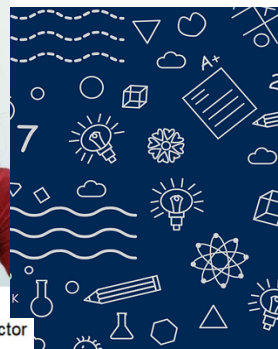
With the number of requests and testimonies received since the implementation of this pilot project, we can see that **the program meets an existing need** in 0-5-year-olds. We want to highlight the remarkable interest and collaboration of our internal and external partners. We will soon be able to take stock of the pilot project for the Haute-Côte-Nord sector and look for adjustments, if necessary, **for an eventual broader deployment**.



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



**Rebecca Potvin**  
Clinical leader for the east sector  
and psychoeducator



# REGISTRATIONS FOR THE RALLYE SUR LA CÔTE ARE OPEN



⇒ Build a team of **4 persons** who work at the CISSS.

⇒ Name your **team's captain**.

THE CAPTAIN is the ONLY ONE who registers the team, using the link for their territory [in the table available HERE \(French only\)!](#)

Once the team is registered, you will receive an email from the Rallye sur la Côte. You must follow the instruction in the email to confirm your registration.

**The Rallye starts on April 26<sup>th</sup>, be ready!**

## REPORTING LABORATORY INCIDENTS

In an effort to reduce situations where two reports are made for a single event and to ensure that accidents with levels of severity of D and higher are systematically disclosed to users, the following directives now apply:

- ⇒ Incidents and accidents without consequences that happened in clinical laboratories no longer need to be reported with the AH-223-1 form, because the system for managing non-conformities in place in laboratories allows for the adequate management of several risk situations.
- ⇒ Only accidents with consequences must be reported with the AH-223-1 form, in order to ensure adequate disclosure to the user.
- ⇒ All sentinel events must be reported with the AH-223-1 form.



## OMÉGA: WORKPLACE SAFETY TOOLS!

The topic of **prevention and safety management in situations of violence** is broad, complex and important for workers and managers of the health and social services network. This is one of the reasons that led many directions to work together to offer several Oméga training sessions on the territory.



The Oméga training program aims to help health care workers develop skills and intervention methods to ensure their own safety and that of others in situations of aggressiveness. Since January 2021, **four training sessions have been offered to 64 workers in the region** (social workers, nurses, intervention officers, educators, maintenance workers, managers, etc.). **Stéphanie Boudreault** worked really hard to organize these training sessions in collaboration with all directions to reach as many people as possible. Two other sessions are scheduled in Sept-Îles in April and one in Fermont in May (32 registrations). The Training department is working on an annual calendar to ensure continuous training throughout the territory.

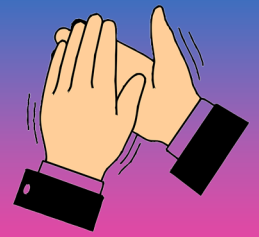
Here are the comments of two intervention officers in psychiatric settings who received training:

- **“This training was extraordinary, very complete and very interesting, both the theory and the physical techniques. The trainers were very interesting. Thank you for allowing me to take part in this training, it will be helpful in all contexts of my life.”**

- **“For me, Oméga is a complete, instructive and reassuring training! These are unique skills that are useful to several people. The trainers are empathetic and compelling! My learnings during this training will be useful in my professional and personal life.”**



# BRAVO! Campaign



Send your projects or actions to [09.ciasss.communications@ssss.gouv.qc.ca](mailto: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 Organizational Culture Committee*

## Thank you to our colleagues of the DRI!

Whether they were implementing the telephone system for the vaccination appointment centre, virtually setting up 40 administrative officers or administrative technicians who receive thousands of calls every week, or getting the territory's various vaccination centres running, the staff of the Direction des ressources informationnelles (DRI) has spared no efforts to deploy the equipment required for the proper operation of the vaccination process. Since last December, employees of the DRI offered their full support, and we want to sincerely thank them for it.

We all greatly appreciate your devotion and your outstanding service...

**A special thank you to Denis Lepage, Kevin Henry and Isabelle Rioux.**

*Nathalie Castelloux*, Interim assistant executive director

*Jacqueline Losier*, nurse clinician

*Caroline Lapointe*, administrative processes specialist

*Marie-Claude Quessy-Légaré*, administrative processes specialist



## The champion of the IPC challenge!

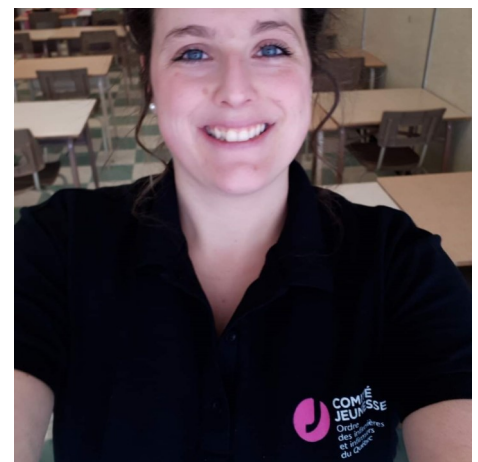
**Congratulations to Jo-Anny Paquet** (nursing assistant), the champion of the "IPC challenge" launched in outpatient clinics, for the months of February and March. This challenge was launched to make the respect of the numerous rules related to COVID-19 and the associated audits more pleasant.

Thank you and bravo to the members of the team who accepted to participate. It is far from easy on a daily basis, and we must innovate to stay motivated. I am really proud of our team!

*Brigitte Nadeau*, outpatient nurse clinician

## Bravo Jessie for your involvement!

Since September 2021, Jessie Landry acts as chairwoman of the Youth Committee of the Ordre régional des infirmières et infirmiers de la Côte-Nord (ORIICN). Having been involved in the Youth Committee of the ORIICN for two years, she believes that it is very important to recognize the nursing profession and help the next generation of nurses integrate this great profession full of challenges and opportunities. Having had an early career full of questions, she understands that it may be difficult to feel like you belong in the early career. Her desire to improve well-being in the workplace also led her to sit on organisational culture committees.





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 \(French only\)](#)
- [Toolkit 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](#)

## SUPPORT AND ASSISTANCE TO EMPLOYEES

- [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

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LIFESPEAK



MORNEAU SHEPELL

