

INFO-CISSS

NEWSLETTER FO EMPLOYEES OF THE CISSS DE LA CÔTE-NORD

Volume 7, Issue 9 | May 6th, 2021

CONFIRMED POSITIVE COVID-19 CASES

May 6th, 2021

North Shore: 537

Québec: 355 297

Canada: 1 257 328

We want your stories!

You have been vaccinated against COVID-19?

Tell us what motivated you to get vaccinated at

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

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MAY 6TH: INTERNATIONAL NO DIET DAY

Controlling your diet is often used as a way to lose weight. However, dietary restrictions often lead to regaining the lost weight, feeling guilty, and developing an unhealthy relationship with food and your body.

Eating helps you meet social, comfort, pleasure and satisfaction needs, and provides your body with calories and various nutrients. By learning to eat with care, you can better focus on your body's needs, be flexible, and aim for balance rather than perfection.

To mark the International No Diet Day, nutritionists of the North Shore [give you more information on the keto diet](#).

Here are two awareness video clips you can watch (French only):

[Video clip 1](#)

[Video clip 2](#)

Centre intégré
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de la Côte-Nord

Québec



NORTH SHORE ENTRY MANAGEMENT PROTOCOL

The North Shore entry management protocol has been updated. You can consult it [here](#). You can also consult the frequently asked questions document [here](#).



INFORMATION MEETING: RISK OF HOMICIDE

There will be an information and awareness meeting on the risks of homicide intended for health and social services employees who did not receive training on the assessment and management of the risk of homicide. [Click here](#) for more details (French only).

BILL 18: PROTECTION OF INCAPABLE PEOPLE

Are you aware of the arrival of B-18 in the network? Bill 18 (B-18) proposes an **important revision of the protection of incapable persons**. It aims to provide simplified assistance and representation measures that are adapted to the situation of every person concerned, in order to make sure that they are properly protected while safeguarding their autonomy and preserving their ability to exercise their civil rights as much as possible.

Information webinars will be broadcasted throughout the year. [Sign up for the newsletter](#) to learn about the broadcast dates and how to register.

Various tools are available to better understand the impact of B-18:

- [Video: “Une petite révolution est en cours”](#) (with the participation of Charles Lafortune)
- [The Act at a glance](#)
- [Presentation of the bill](#)
- [Official text of Bill 18](#)



INVITATION TO LUNCHTIME RUNNING!



You want to get moving at lunchtime? Joannie Lajeunesse invites you to a 20-minute exercise period every Monday at noon. You will start by walking, and move on to strengthening exercises, and then to running.

It is free of charge, and it starts from **1250, Lestrat in Baie-Comeau**. There are two places left, hurry up!

Send an email to Joannie Lajeunesse to express your interest: joannie.lajeunesse.09cisss@ssss.gouv.qc.ca.

The Rallye sur la Côte continues! Do not forget to enter your information in the scoreboard every day to help your team move forward on the map! To do so, visit the following website using Google Chrome (French only): <https://rallyecn.com/>



TO OUR NURSING ASSISTANTS

The Direction des soins infirmiers (DSI) is proud to highlight the excellent care provided by our nursing assistants.

To mark the **Nursing Assistants Day (May 5th)**, the DSI wants to sincerely thank all nursing assistants who provide quality care and make a difference in the continuum of care for the population. Their contribution within the clinical teams of the CISSS de la Côte-Nord helps provide a full range of accessible, continuous and safe care and services.

We have heard our nursing assistants, who suggested to fully occupy their field of expertise. In this regard, the DSI is proud to take all actions to use the full potential of the opportunities put forward by Bill 90. A concrete plan is being developed, and it will be presented to nursing assistants soon.

Discussion forums will also take place as part of the development of a strategic plan for 2022-2026 on the nursing workforce and the development of the nursing practice, and nursing assistants will be invited to take part in them.

With their pride, dynamism and great professionalism, our nursing assistants provide very humane care every day. Thank you so much for your professional commitment and your important role with the population!

Chantal Gadbois, Interim Director of nursing
and *Karine Nadeau*, Interim Assistant director of nursing



AUX INFIRMIÈRES
+
INFIRMIERS AUXILIAIRES

MERCI
DU FOND DU CŒUR

Ordre des infirmières
et infirmiers auxiliaires
du Québec

Nursing Week - Thanks expressed to nursing staff

The **Nursing Week** will be held from **May 10th to 16th**. For the occasion, we want to personally and collectively thank all nursing staff from all directions and facilities of the CISSS de la Côte-Nord.

The few months that we have spent at the DSI of the CISSS de la Côte-Nord allowed us to witness the extent of the expertise and excellence of the care provided in the various settings. The North Shore is a dynamic place, and the nurses who work here are worthy representatives of our great profession, which we perform with humanism.

The meetings that we shared during the preparation of the memorandum submitted to the OIIQ were culminating moments to take stock of the challenges posed by the nursing practice in remote and isolated territories. That is why strategic planning was initiated after the memorandum was submitted. You will be invited to take part in a few forums next fall in order to reflect together on the actions and guidelines to implement to improve the care and service offering to the population.

We invite you to review the innovation regarding nursing on the North Shore. It is a defining characteristic that sets apart the practices developed by nurses in remote and isolated territories throughout the years. May you be proud of the achievements made so far and positive about the future.

In closing, we want to sincerely thank you for your continued presence, day in, day out, for the well-being of the North Shore population. Have a nice Nursing Week.

Chantal Gadbois, Interim Director of nursing
and *Karine Nadeau*, Interim Assistant director of nursing



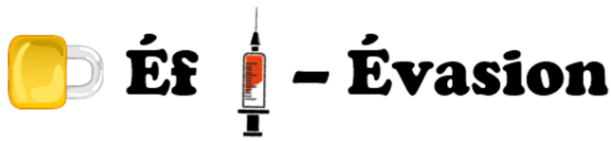
Un regard vaut
mille mercis.

Tout le Québec salue votre expertise.



TO OUR NURSING ASSISTANTS

As part of the Nursing Week, **keep an eye on the private Facebook group for employees and on the Facebook page of the CISSS de la Côte-Nord!** A video featuring your colleagues will be posted soon! Also keep an eye out for the challenge/draw that starts today, with many prizes to be won!



The Youth Committee of the Ordre régional des infirmières et infirmiers de la Côte-Nord, in collaboration with the CISSS de la Côte-Nord, launches a challenge:

- **When:** From Monday, May 10th to Friday, May 14th, 2021!
- **Who:** Nurses, health care attendants, nursing assistants, administrative officers, social workers, physicians, etc.
- **Where:** At home, in the office, alone or in teams!

To register, send an email to: jessie.landry.inf.09cisss@ssss.gouv.qc.ca

A SCREENING TEAM WILLING DO TO WHATEVER IT TAKES!

Four members of the screening team in Les Escoumins took on a unique challenge on April 25th and 28th, as 21 crew members on a ship off the coast of the river had to get tested following a contact with a positive COVID-19 case. They boarded the pilot boat with all their equipment, and then climbed the rope-ladder to get on the cargo ship! Yes, you read that right! They had a unique mobile screening experience, with a magnificent view and a warm welcome from the crew members.

Screening team: Caroline Jean, nutritionist, Mélanie Gagnon, nurse, Paule Richard-Létourneau, occupational therapist, and Stéphane Sergerie, nurse and territory coordinator.



INCIDENTS REPORTED BY USERS

If the employee of the establishment does not witness an incident, they cannot testify on the situation or describe the facts. In such a case, the event reported by a witness or by the user involved can be reported with the AH-223-1 form if the four following conditions are met:

- The user is admitted or registered;
- The user or relative does not have cognitive disorders that could impair their judgment of the situation;
- The connection between the facts is coherent and plausible;
- The sequence of events can easily be established.

Example of an event to report: A user falls while going from his bed to the bathroom of his hospital room, in the absence of staff. The user reports the event to the nurse when she comes back to his room.

Another example: A user tells a health care attendant that he witnessed an assault between two users.



BRAVO! Campaign



Send your projects or actions to 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



A caring colleague

Working with H el ene C ot e is a real pleasure. She is always available, involved and positive. She is a great listener and has some good advise. She is both professional and diplomatic, and she knows how to use everyone’s skills to ensure that all members of the team feel comfortable.

Thank you for being such a dynamic colleague. Your presence makes a difference!

Jessie Landry, PPRO - evaluation, satisfaction and partner user



One call at a time

I would like to highlight the incredible work of the team of the COVID-19 line lately. In the past weeks, we have been answering over 1000 calls a day. We have busy schedules, but the team is cohesive and we help each other. I only mention my work team, but we must not forget the nurses, the other administrative officers, and everyone who works hard to serve the population as best as they can.

Daniel Bussiere and Marjolaine Chauss e, managers, Frederik Ouellet, without whom nothing would be possible, Guylaine Tremblay, Isabelle Tremblay, M elissa Gagn e, Lauriane Aman, Allison Lavoie, V eronique Dumont, Anne-Marie L evesque, and myself, helping as much as I can on evenings and weekends. And everyone else I do not see on the schedule.

COVID-19 arrived without warning and disrupted our lives. However, this great work team is cohesive and I wanted to highlight it. Keep in mind folks: one call at a time!!!

Christine  mond, administrative officer

A top visiting homemaker team in Port-Cartier

Your daily work deserves to be highlighted. You show great professionalism, your devotion is outstanding, and your empathy and love for your work are reflected in your actions. Every user that you take care of is privileged and in good hands. You always have solutions and you keep an open mind; all requests are welcome, at any time, even at the last minute. Your work is exemplary, you are essential, and your team is remarkable. Thank you for making a difference, collaborating with you is a real pleasure!

From all the team of home care nurses in Port-Cartier





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 \(French only\)](#)

PROTOCOL AND INSTRUCTIONS (CONTINUOUSLY UPDATED)

- 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 people](#)

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://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

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employés et à la famille
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LIFESPEAK



MORNEAU
SHEPELL

