



UNIVERSITY OF
CALGARY



Department of Emergency Medicine



Weekly email

Updates for ED Physicians

COVID-19 Updates

Virtual ED Grand Rounds- Thursday, April 09

Schedule:

A. April 09 @0900-1000

"QAER Rounds" Drs. Miles Hunter & Adam Oster

Amani will send Zoom connection details to ED local group - given the sensitive nature of QAER rounds, this hour will NOT be recorded.

B. April 09@1000-1030- COVID 19 updates:

Leadership - Neil Collins

Clinical - Kathryn Crowder

Wellness - Sarah McPherson

Please see the attached document resources on PPE that may answer some of your questions on PPE.

Evaluation form:

Please fill out the [evaluation form](#) and email to Judy.Mackay@albertahealthservices.ca

If you have watched any of our online grand rounds please ensure to fill out the evaluation form and submit it to Judy Mackay at Judy.Mackay@albertahealthservices.ca to receive credit for your respective college for MOC

Disclaimer: Please don't share the zoom link and connection details on social media or any website

ED Grand Rounds Recordings - April 02, 2020

Vertigo - The truth is in the eyes- Dr. Sean Crooks

COVID Update: Leadership - Neil Collins, Wellness - Fareen Zaver, Clinical - Airway - Bryan Weber

All recordings are available on our website:

<https://cumming.ucalgary.ca/departments/emergency-medicine/professional-development/grand-rounds/grand-rounds-archive>

Please note that moving forward we will NOT be sending the weekly CoVID recordings out via a separate e-mail in an attempt to reduce email traffic. As soon as they are available, they will be posted on our EM website and will also be included in the Tuesday weekly department email.

Memo to address PPE preservation and ED consultation procedures

In an effort to preserve PPE (ED MDs will be doffing our PPE for telephone use), we would like to request that our consultants consider a face to face discussion regarding consultation for admission or advice when possible.

As alternatives to this and to facilitate communication emergency physicians may type in or dictate key information that will be carried to the consultant pager or relayed verbally by the unit clerk e.g. 51 yo male, CT proven appi, stable in B6. Use of the speaker phone option as a means of safely maintaining a procedure mask will be considered as well by the emergency team if ambient noise and confidentiality do not preclude. Consultants may also find essential clinical information in SCM MD sign-over notes available in the "Documents" tab.

If you are off site or unable to respond in person in a timely fashion for any other reason, please telephone as per usual.

Thanks for considering this request

COVID DOES COCKTAILS 🍸

Virtually Hosted by: Kelsey MacLeod, CCFP-EM (certified cocktail fashioning professional- added competency in emergency medicine) on behalf of the Wellness Hub.

When: April 16 @ 1900

Where: on Zoom

Who: You (significant others also welcome)!

What : You are invited to follow along and make a **Coronabuster** (pandemic take on a filibuster) or a **Hydroxychloroquinlet** (social distancing version of a gimlet) -

Wellness CoVID Updates

1. **Sleep resources:** Centre for Sleep. Anyone can self refer and they will be seen in-person or virtually and immediately if they identify themselves as EM healthcare professionals.

www.centreforsleep.com

<https://centreforsleep.com/book-appointment.html>

2. Mental Health Resources for Calgary ED MDs

- **Call a friend.** Medical or not medical. Talk it out. Cry. These are difficult times.
- **Join the SLACK APP** and share your experiences and reflections. it helps to share with someone who understands. https://join.slack.com/t/calgaryemcovi-csu1961/shared_invite/zt-cpscix1t-lka3918oXR98JCjPAeXUTQ
- **Call your Peer Support Team.** The Peer Support Team member can provide an empathetic ear, screen for safety and guide you to resources that exist in our community (i.e PFSP). They will virtually meet with you once for a full session and can connect briefly a second time again.
- **Call Physician and Family Services (PFSP) – 1877SOS4MDS. THIS LINE IS AVAILABLE 24/7.** You have 6 free hours of counselling for yourself and 6 free for your family members. Your family members can call directly themselves to access counselling. You will speak to an intake physician who will direct you to a therapist if appropriate. They are offering therapy via phone and video.
- Check out [WellDoc Alberta's resource](#) on how to take care of yourself.

Thanks,
Your Wellness Hub

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Potential Surge Staffing in the Bow Valley

At this point we do not yet have a clear picture of how COVID-19 will effect our number of available physicians both in Calgary and in the outlying communities. While we have a fair amount of redundancy locally, many centres do not. To that end, we would like to compile a list of physicians who would be willing to help out in other nearby centres. At this point we are thinking primarily about Banff MSH and Canmore, but other smaller communities might also be in need of help, and we would like to make some preparations just in case.

If you are willing to help out in the event of a staffing crisis elsewhere, please let Lilian Prudencio Lilian.Prudencio@albertahealthservices.ca know, and we will investigate administrative requirements, etc...

Thanks, Ian Walker

Medical students offering childcare/assistance:

Healthcare providers can take us up on our offer by filling out the Google Form below. We then make every effort to match them with a student and then when a student agrees, we send them both an email to get the pair in touch and allow them to work out a time to start. We also require that each signs a waiver:

This form is intended for healthcare providers in the Calgary area looking for support with life tasks outside the wards including childcare/babysitting, grocery runs, pharmacy runs, pet care, general errands, etc. Please note that the only service available for those who are currently self-isolating or have sick family members is grocery delivery! We want to keep everyone safe and healthy. Please make it clear that you are under self-isolation and requiring this service in the form below.

https://docs.google.com/forms/d/e/1FAIpQLSd-pHL6wL5Hq3iyWqFzPN4J9EnsGsu7HM0WONvOvdlwsO-MYA/viewform?usp=sf_link

- Ian

UCalgary EM COVID-19 Resource Page

The clinical and administrative teams throughout our sites (Foothills Medical Centre, Rockyview General Hospital, South Health Campus and Peter Lougheed Centre) have developed policies and protocols in response to the COVID-19 outbreak in Calgary. Please be mindful of the date the document was produced and check that against current knowledge and evolving clinical standards.

<https://cumming.ucalgary.ca/departments/emergency-medicine/resources/ed-covid-19-updates>

Operations

SCM Updates!

- Add ED Treatment Plan to ACH-Rheumatology Clinic
- New Attending Group For SHC Emergency Airways

[Full details here.](#)

- Eddy El-Haddad, Senior Clinical Informatician

Education & CME

Hodsman Lecture Recordings

The recording of the Hodsman Lecture videoconference can be found at the following link:

https://ahamms01.https.internapcdn.net/ahamms01/Content/Videos_Other/FMC/HodsmanLectureMar12_20_Full.mp4

Physician Participation Needed!

Canadian Emergency Physician Workforce COVID surveillance

The EM research team at McMaster will be tracking physician workforce challenges during the pandemic and are looking for volunteers who would be willing to answer a 4-question survey on a weekly basis, distributed by text or email. [See full description of the study here.](#)

The survey will include these 4 questions:

1. How many shifts were you scheduled for this week?
2. How many shifts were you unable to work this week?
3. How many shifts did you pick up on short notice this week?
4. Were you tested for COVID-19 this week?

If you would be willing to participate, please let me know by email, and the McMaster team will contact you. Thanks for considering and be well.

Andrew McRae

MD Spotlight

Dr. Sarah McPherson

It's been my pleasure to call Calgary home all my life. In fact, I'm so home grown that my great-great grandfather walked from the end of the railroad line in SK with a red river cart and his two sons out to Calgary to homestead what has now become the Westhills shopping complex and Signal hill. After high school I lived in England for a year and then returned to Calgary for undergrad, med school and ultimately my FRCP in EM. I have none other than Ian Wishart and Geoff Lampard's older brother Bruce for convincing me EM not IM was my passion...yes, I thank them in my soul many a day J.

Since graduating I have worked at FMC, PLC and ACH as my primary sites. From 2007 – 2019 I worked as first the APD and then PD of the FRCP residency program. It has been amazing to see so many of you transition from learner to staff and be such amazing emergency MD's here in Calgary!!! I've now moved on to helping develop the junior staff mentor program, working with the wellness hub, the EM/IM collaborative working group, the PGME strategic advisory committee, and currently have a new role as the pediatrics program ombudsman.

When not working my favorite things are travelling, exploring the mountains and forests, xc skiing, weight training, reading and most of all learning new things and thinking about ideas. I'm an aspiring recreational mixologist (thanks to all of you who tried out my cocktails at The Apres!) retired backyard apiarist, (sorry dead bees!) and current lover of British crime drama! My new interests are functional medicine (learning about cardiometabolics and the immune system this upcoming week), organizational culture and the psychology of work.

My ultimate dream is to see ED's become centres of happiness radiating positivity into the healthcare system ... maybe crazy but maybe thoughts can become things....



