



Department of Emergency Medicine

Weekly **email**

Updates for ED Physicians

COVID-19 Updates

COVID Update from Eddy & Neil

[Click here to read](#), feat. new COVID testing strategy, SPECTRUM app, dress code in non-COVID sections

CALGARY EM COVID VIRTUAL Rounds Recording

View a recording of last week's virtual rounds here: <https://youtu.be/oL8cCWdJ1JE>

Notes [can be downloaded here](#).

REMOTE Thursday Grand Rounds

Our clinical content for this week has been rescheduled however stay tuned for more info from Amani in a separate email for a potential covid/wellness update during this timeslot

Thanks,
Fareen

Volunteers Needed - Contact Tracing

Alberta Public Health is anticipating a need for COVID19 contact tracers. Physicians who are in self-isolation with access to Netcare can volunteer at <https://cumming.ucalgary.ca/volunteer>

Looking for UME teachers while you are in isolation or have extra time

Sarah Weeks is looking for clinicians who might be in quarantine who could help her with small group sessions with the medical students whose lectures and small groups have been replaced by remote means.

Those folks in isolation or those elective work has been cancelled might be interested. [More information here.](#)

Scrubs and Surgical Caps

<https://store.kodiaksports.ca/home>

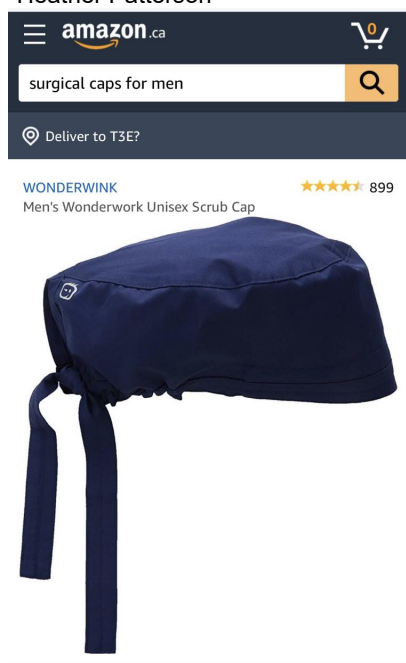
Above is the company the ACH uses to order all their scrubs from. It's a local Calgary company and I have heard from many of you that you would like to have a few more sets of scrubs given this recent viral problem. I have personally ordered a number of sets in the past and found them a good company to work with. If you have any specific requests please just email the owner and they will help you out.

- David Lendrum

Kip and I have chosen to wear surgical caps in the department. Please see the screenshot below. They are approximately \$8 per cap and were delivered within 2 days. The men's caps are sufficiently large to accommodate a large ponytail or braid. For an AGMP I added a disposable cap which I removed with standard doffing protocol when removing my N95.

This is currently not an IP&C recommendation and is a personal choice.

- Heather Patterson



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>

Mental Health Resources for Calgary ED MDs

"I am not dealing with my anxieties. I am stressed at work, dreading walking through those doors (is today THE DAY?), impatient with colleagues, I am not sleeping, I am not rested, there is too much going on and I am overwhelmed. I am looking for a solid handle on this COVID pandemic but things are changing too quickly. AND I'm scared for myself, I'm scared for my family, I'm scared for my ED MD colleagues and for our community at large.

This isn't me. I am not myself."

Does this sound familiar?

We are all struggling personally and professionally during these uncertain times. It is very common and normal for people to experience more anxiety and unease during times of heightened uncertainty and disruption of normal routines.

FIRST AND FOREMOST – **WE ARE HERE RIGHT THERE WITH YOU**. You are not alone. We are all in this together.

WHAT CAN YOU DO RIGHT NOW?

1. **Call a friend**. Medical or not medical. Talk it out. Cry. These are difficult times.
2. **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-lka39I8oXR98JCjPAeXUTQ
3. **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.
4. **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.
5. Check out [WellDoc Alberta's resource](#) on how to take care of yourself.

PLEASE REACH OUT. There is NO PROBLEM that is too small.

Love and support from your Wellness Hub

PSF Update

Thank you to all in the group who are contributing to the PSF. We are continuing our bi-annual withdrawl on April 2 in order to support departmental initiatives during the pandemic.

At this time we will be prioritizing all COVID 19 related applications. If you have a COVID related application please forward that to Lilian at lilian.prudencio@albertahealthservices.ca
Applications will be reviewed as received.

Review of applications for funding for other projects will be deferred until further notice.

Operations

SCM Updates

There are no significant ED changes going in the week of March 23rd 2020, however the MLM build team is putting in a fix addressing the issue of multiple active ED providers in the ED MD column on **March 24**. This issue was originally brought forth by Dr. Grabove and was happening intermittently. I had sent Dr. Grabove and the PCIS lead Ashley Murakami a '[Good to Know](#)' document that addresses this issue to users with a quick workaround fix.

Thanks,
Eddy El-Haddad

Sunrise Clinical Manager - Notice: Cancellation of SCM Outage for March

The SCM March outage that was scheduled for Thursday, March 26, 2020 from 0030-0430 has been *cancelled*

Update on Community PEDS Availability

Please see the [Letter to Hospitals](#) from the SCP. Hopefully this reduces the confusion about who can be seen in our community clinics. If you have any questions, please let me know.

- **Caroline Chee, MD, FRCPC**

Consultant Pediatrician, Infinity Pediatrics

Sciatica Rapid outpatient referrals

Drs. Swamy and Salo (Ortho Spine) are currently conducting a prospective study on sciatica patients. To meet recruitment targets, they're casting a wide net and arranging rapid follow up (<7 days) for any patient with acute, severe sciatica. They will see the patient and, if appropriate, perform nerve root injections. Importantly, patients DO NOT NEED AN MR prior to referral.

To be eligible for referral, they must have acute (< 4 weeks) symptoms and a RAPIDH score >10

RAPIDH (Must score ≥10 to be eligible)	
Monoradicular leg pain distribution	6 points
Positive nerve-root tension sign (Straight Leg Raise positive at <60° or positive femoral nerve stretch test)	4 points
Loss of unilateral ankle reflex	4 points
Unilateral muscle weakness	3 points
Unilateral patient-reported leg pain	3 points
Total	

Patients with less severe signs/symptoms can follow up with FP/Physio per current practice. Patients with suspected cauda equina, spinal abscess or other high-risk pathology should still undergo urgent investigation/consultation in the ED per the spinal emergency pathway.

I'm asking to have the [Sciatica Clinic referral form](#) added to the FMC physician discharge resources sharepoint, but patients can be referred from any site.

-Andrew McRae

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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.

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.

Dr. Andrew McRae

Junior Staff Mentorship Program 2020-2021 – CALL FOR MENTORS

We've had a great first year of the mentorship program and it's time to recruit more mentors for our new incoming staff! Our program allows junior staff to integrate more seamlessly into the EM group and to be supported as they undergo the transition to practice from residency to staff.

Mentorship would include touching base with your mentee at regular intervals and attending socials a few times per year (intro/orientation brunch July 2020, the Après social in early 2021, Stump the Mentors May 2021). Here are the [Terms of Reference](#).

We ask that mentors have a minimum of TWO years work experience in our Department of Emergency Medicine. Previous mentors in our program are welcome and invited to mentor someone new.

Please contact Huma Ali at huma.ali@mail.mcgill.ca to sign up or if you have questions.

We are looking forward to having you as part of the team.

- **Fareen, Heather, Sarah & Huma**
Junior Staff Mentorship Committee

Hodsman Lecture Survey

Please complete the following 3 questionnaire- survey to help the Emergency Department provide successful CME event:

<https://www.surveymonkey.ca/r/7H5SXPG>

Thank you.
Hodsman Lecture Planning Committee

Education. CME. Rounds

Journal Club Summary [March 19 Crash 3 Summary](#)

Clinical Pharmacology & Toxicology Pearl of the Week

[Medication errors and Solutions - Part 2](#)

Misc.

Daycare reopening for health care workers

As of this week, a good number of daycares reopened and are taking children of health care workers and essential service workers. My wife and I put our kid back in daycare, which freed us both up to provide clinical care full time. I wonder if others would benefit from this service. [Here is the list of daycares](#).

Cheers,
D Fu

Child care provider is available:

Lauren Erdely is able to provide round the clock /day time/nighttime child care if needed. She has her own vehicle, is first aid certified and has a health and safety background. Please contact her at her phone.
