



Department of Emergency Medicine

Weekly **email**

Updates for ED Physicians

March 31.2020

COVID-19 Updates

Notes from Eddy - CoVID edition

[Click here to read March 31 version of Notes from Eddy](#)

! SCM Updates

- ED Consults In Hospital – New Attending Group: COVID/ILI Response Team
- ED COVID Order Set – New
- ED MD Column Issue – Fixed

[Read full info here.](#)

- Ashley Frith-Pridham, RN BN (Clinical Informatician)

Virtual ED Grand Rounds- Thursday, April 02

Schedule:

April 02 @0900-1000

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

April 02@1000-1030- COVID 19 updates:

Leadership - Neil Collins

Wellness - Fareen Zaver,

Clinical - Airway - Bryan Weber

ZOOM connection details:

Please click the link below to join the webinar:

<https://zoom.us/j/885664514>

Or iPhone one-tap :

Canada: +15873281099,,885664514# or +16473744685,,885664514#

Or Telephone:

Dial(for higher quality, dial a number based on your current location):

Canada: +1 587 328 1099

Webinar ID: 885 664 514

International numbers available: <https://zoom.us/u/adsfME57JG>

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 credits.

Cancel OHP until June 15

There will be no clinical clerks in our Departments until at least June 15 2020. If you have an Observed History and Physical (OHP) in your calendar between now and then please delete. Thanks.

- Gavin

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

CMA Survey : PPE and the COVID-19 Crisis

First and foremost, thank you for all you're doing and your dedication to patients during this pandemic. I hope you, your family and your colleagues are keeping well during this unprecedented time.

Amid the crisis, we've been hearing from members about critical shortages of personal protective equipment (PPE), such as masks and shields. We're in regular contact with federal government officials and they've assured us they're focused on scaling up production of PPE; however, we hear that supplies are still slow to make their way to the frontline.

To assist our advocacy efforts with government, we want to ensure we have a clear picture of how you're being affected by these shortages. To let us know, please complete our short, nine-question survey; it should take you no more than 2-3 minutes.

Please click here to access the survey: <https://ca.surveygizmo.com/s3/50072279/PPE-and-COVID-19-crisis?squid=M3J3H3H6D111V8Z4L6<https://canadianmedicalassociation.cmail19.com/t/j-l-qaykty-tkhrhiktlh-r/>>

Wellness CoVID Updates

1. As shift workers we often find ourselves in a situation where we have disrupted sleep. This may be aggravated during this CoVID pandemic. Because of this we reached out to the Centre for Sleep. They are amazing and want to help all of us on the frontline of CoVID. If anyone including nurses and support staff need help just go to the website and self refer 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-lka39I8oXR98JCjPAeXUTQ
- **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.

3. Shaved your beard?

The Wellness Hub will be creating a helpful resource for all physicians who are having trouble recognizing their colleagues without beards. If you have a new look in the COVID 19 era, please send a photo to Heather Patterson. The New Faces in Calgary EM resource will be released the following week.

4. Hey all next week for the wellness update we are hosting a CoVID meme challenge. Send your best meme to Sarah McPherson for a chance to win

Thanks,

Your Wellness Hub

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>

New on OFD TV: Learn new remote teaching tools

<http://em.ucalgary.ca/ug8000hL4K0G2q00AHRONL0>

Trying to adapt to sharing information with learners remotely? University of Calgary employees all have access to the YuJa screen recording software and the Snagit video and image capture software. If you're looking for a simple solution check out YuJa. If you need more power and flexibility then try out Snagit. We've created some videos to guide you through getting comfortable with both tools.

PSF Update

Thank you to all in the group who are contributing to the PSF. We are continuing our bi-annual withdrawal 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

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 $<60^\circ$ 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

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.

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

Misc.

Congrats Dr. Sundrani

Amidst all this chaos, Zahid and I welcomed our little guy Ari Daniel Sunderani on the morning of Wednesday, March 25. He weighed 6lbs 10oz and is doing fantastic. He is so sweet and we are enjoying every minute with him. Thinking of all everyone working and so grateful for all of your efforts.

