

APRIL 17, 2020

Indigenous Specific Resources:

COVID-19 Resources in Blackfoot:

Link: <https://www.albertahealthservices.ca/topics/Page17068.aspx>

COVID-19 Status

We have confirmed 162 new cases of COVID-19 over the past 24 hours, bringing the provincial total to 2,158. Of the total cases (as of April 14), 115 have been hospitalized and 35 have been in an Intensive Care Unit (ICU). Currently, there are 45 cases in hospital, with 12 in an ICU. Please note that due to a technical issue, not all data is available. Total hospitalizations and ICU admissions to date, as well as recoveries to date, will be updated when the information is available.

2,779 tests were completed over the last 24 hours, bringing our total COVID-19 tests to **85,317**, since the start of the pandemic.

Sadly, there are two additional deaths we must report today: a man in his 70s in Calgary Zone and a woman in her 80s in North Zone. To date, there have been 50 deaths in Alberta related to COVID-19. We extend our sincere condolences to the loved ones and families who have been affected by these losses, and offer our support to the healthcare teams who were caring for these Albertans.

Things You Need to Know

Managing Stress and Protecting Mental Health – Verna’s Video Message

We are six weeks into the COVID-19 pandemic in Alberta and we know that you’ve poured your energy into protecting our province. There have been long days, many of which have been filled with uncertainty and worry, as you’ve carried out the incredible response across AHS. The peak of COVID-19 in Alberta is still to come. We know this takes both a physical and a mental toll on you. Taking time for yourself is so important, especially now.

Yesterday, major investments in mental health supports were announced by the government. The stress of this pandemic will undoubtedly have lasting effects on us. Today, in my (Verna’s) weekly address, [Dr. Nicholas Mitchell talks about how to manage this stress](#). Please watch this video to learn how we can find the help we need to get through this crisis.



It's so important to know that you are not alone. If you're feeling overwhelmed and need help, talk to family, friends and trusted colleagues.

Maternity Services Temporarily Consolidated within Calgary Zone

In order to ensure there are appropriate space and resources to handle the anticipated surge in COVID-19 patients, the decision has been made to relocate maternity services at the South Health Campus and High River Hospital.

Effective April 21, 2020, all inpatient obstetrical and neonatal care delivered at High River Hospital and the South Health Campus Family Maternity Place, will be consolidated to the Foothills Medical Centre, Rockyview General Hospital and Peter Lougheed Centre.

During the pandemic, maternity services at High River Hospital will be temporarily relocated to the Rockyview General Hospital. Services currently provided at South Health Campus will be consolidated at the three aforementioned hospitals.

Maternity care providers (obstetricians, family physicians, midwives and Primary Care Networks) who have patients scheduled to deliver at the High River Hospital or South Health Campus, on or after April 21, have been asked to contact their patients and make alternative hospital arrangements. Women's health outpatient clinics at both sites remain open.

Restrictions for Staff who Work at Multiple Sites

On April 10, 2020, Chief Medical Officer of Health, Dr. Deena Hinshaw issued an [order](#) to take effect April 23, 2020, requiring staff who work in long-term care and designated supportive living settings to work in one facility only for the duration of the pandemic.

This order replaces previous direction and only applies to staff working in long-term care and designated supportive living settings.

Smoking and Vaping Cessation during COVID-19 Pandemic

Albertans may be facing a need to refrain from smoking and/or vaping because of mandatory self-isolation, which restricts the ability to smoke outdoors or access products (e.g. hospitalization, quarantine), financial constraints due to economic impacts, or concerns arising from potential adverse health outcomes associated with COVID-19 and reduced lung health.

During the COVID-19 pandemic, screening clients and patients for smoking and vaping, and providing cessation support or referral remains a priority. Quitting smoking and/or vaping, even temporarily, can have positive outcomes in the prevention and treatment of COVID-19.

AHS offers various programs and services to help Albertans quit smoking, including telephone and online support services. Albertaquits.ca is a free, web-based cessation program, which provides self-help information, tools, texts and a community forum to help clients or patients quit smoking and/or vaping.

The AHS Tobacco Reduction Program is currently working on virtual tobacco cessation programs and opportunities to increase access to free Nicotine Replacement Therapy (NRT) during the COVID-19 pandemic. Use of NRT (patch, gum, etc.) or cessation medications is recommended along with counselling to double the chances of quitting.

Don't be Scammed by Phishing Email

Phishing scams related to COVID-19 are increasing and are among the thousands of threats that attempt to prey on our systems through email every month.

Please remain vigilant whenever you open an email. If you receive an unexpected email, never click on email links, open attachments or give information without verifying with the sender.

In the Zones

Zone Emergency Operations Centre (ZEOC) Update – Edmonton Zone

As Alberta Health Services continues our efforts to respond to the COVID-19 pandemic, collaboration and teamwork are key in ensuring we provide quality care to all our patients, with compassion and dignity.

On March 26, a proposal was brought forward to evaluate mental health spaces at the University of Alberta Hospital (UAH), in order to prepare for the possible influx of COVID-19 patients projected to require acute care. With swift action, Addictions and Mental Health teams accepted the challenge and developed a plan to free up beds at the UAH, by relocating two inpatient units to Alberta Hospital Edmonton.

Thanks to the collaborative efforts of all involved, the Addictions and Mental Health program was able to seamlessly transition their patients to Alberta Hospital Edmonton, as soon as April 8, prioritizing the comfort and care of patients and their families, and keeping in mind all facets of patient and staff safety.

“This is a shining example of the dedication of these teams, demonstrating the AHS values and highlighting the importance of physician engagement and operational leads working together. We are all one and in this together.”

- Shelley Daubert, Director - Addictions and Mental Health.

The teams will be working to relocate an additional mental health unit from the Royal Alexandra Hospital to Alberta Hospital Edmonton this Thursday.

Be Well - Be Kind

Mental Wellness Moment

Loneliness can affect your mental and physical health, and social distancing can exacerbate it. In his latest Mental Wellness Moment, Dr. Nicholas Mitchell provides [advice on how to alleviate loneliness in yourself and others](#).



This clip is one in a series of short [Mental Wellness Moment videos](#) where Dr. Mitchell talks about protecting your mental health in a time of pandemic. AHS has more resources to look after your mental health at [ahs.ca/covid](https://www.ahs.ca/covid).

Shout Out

During this COVID-19 response effort, our Health Information Management (HIM) Registration staff continue to play a key role on the frontline. Registration, including pre-registration, is very often the patient's first point of entry into the healthcare system, setting the tone for the patient's experience, as well as initiating the legal record of care.

This team is responsible for uniquely identifying and verifying patient identity (positive person identification) in order to enter their demographic and financial information in the registration system. Depending on the facility, the registration team may also process patient transfers, discharges, bed allocation information or appointments for patients in ambulatory clinics (also referred to as patient scheduling).

211 Weekly Reports:

Don't forget to take some time for yourselves. Refresh, rejuvenate and celebrate the amazing care and services you are providing. Most importantly, reach out if you need support. We are in this together.

Thank you and stay safe.

Please Note: This message has been modified from the AHS Daily Updates.

*****Please share this information as appropriate*****

*****For Alberta Health Services – Indigenous specific questions/concerns please email ahs.ecc.operations.ih@ahs.ca *****

*****For Indigenous Services Canada please email sac.cdemergenciesab-urgencesmtab.isc@canada.ca *****

Josipa Pavicic on behalf of Nadine McRee