

CMO Weekly Update for AHS Medical Staff

November 27, 2020

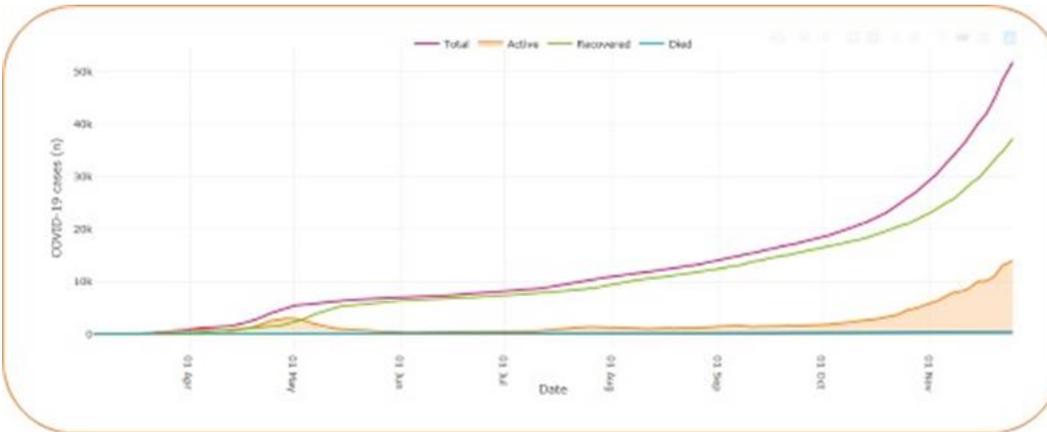
This week:

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COVID-19 Case Status in Alberta

For the first time, Alberta reported more than 1,000 new cases of COVID-19 every day for a week straight, as active case numbers, hospitalizations and ICU admissions all continued to rise.

There was an average of 1,295 daily new cases for the week ending on Nov. 25, compared to 912 cases the previous week, a 42 per cent increase. The province also reported a record 1,569 new cases on Saturday, Nov. 21. As of Nov. 25, there are 14,052 active cases in the province. All zones reported an increase in active cases this past week, with Central Zone experiencing an 86 per cent increase from the previous week. Edmonton Zone has the most active cases with 6,444 as of Nov. 25, compared to 4,388 active cases the previous week, a 47 per cent increase.



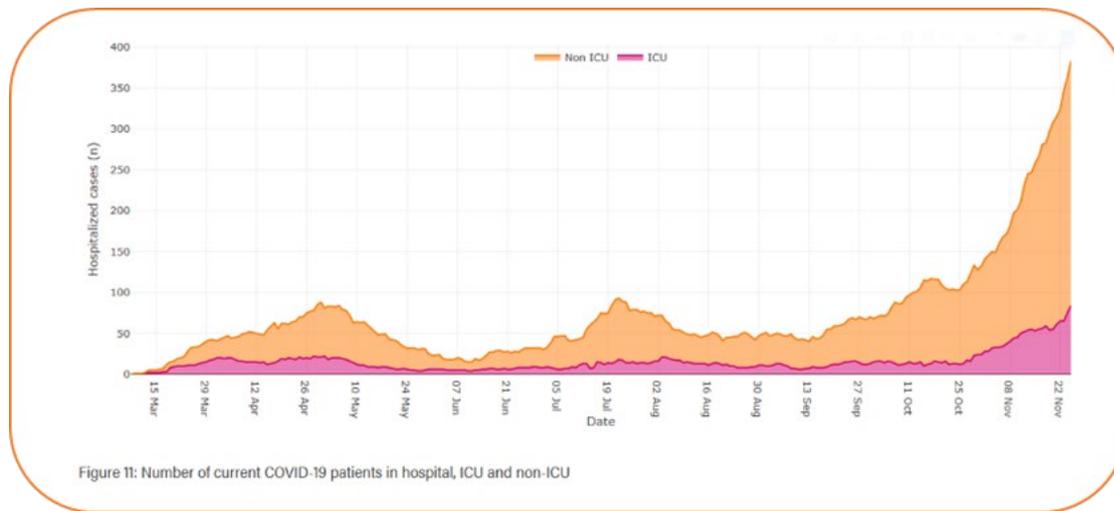
| | Active Cases Week ending Nov. 2 | Active Cases Week ending Nov. 1 | Per cent increase |
|-----------------|--|--|--------------------------|
| Edmonton | 6,444 | 4,388 | 47% |
| Calgary | 5,126 | 4,219 | 22% |
| Central | 947 | 508 | 86% |
| North | 789 | 658 | 20% |
| South | 664 | 540 | 23% |
| Unknown | 82 | 69 | 19% |

From Nov. 19 to Nov. 25, there were 4,953 cases among individuals aged 20 to 49 years, which is 55 per cent of all new cases. There were 1,249 cases among individuals aged 60 years and older; several of these cases are associated with outbreaks in long-term care facilities.

Hospitalizations and ICU admissions

Currently, there are 383 individuals being treated in Alberta hospitals for COVID-19, with 84 in intensive care units (ICUs) — both are all-time highs. This is also a 35 per cent increase in total hospital admissions from the previous week ending Nov. 18.

The province introduced additional public health measures this week to respond to COVID-19 spread, and to protect the health of Albertans and the capacity of the healthcare system. See our Wrapping Up item at the bottom of this email for details on these measures.



Other notable COVID-19-related information:

- As of Nov. 25, a total of 51,878 cases of COVID-19 have occurred in Alberta and a total of 1,713 individuals have been hospitalized, which amounts to 3.3 individuals for every 100 cases.
- As of Nov. 25, 510 Albertans have died from COVID-19, including 59 in the past week. We extend our deepest sympathies to the families of these individuals, and to all who have lost loved ones from any cause during this time.
- In the past week, 121,113 COVID-19 tests were completed, an average of 17,302 per day. A record number of tests was reached this past weekend with 19,484 and 19,486 tests performed on Nov. 21 and Nov. 22, respectively. The daily positivity rate was above six per cent for the entire week of Nov. 19 to Nov. 25, and hit a record of 8.34 per cent on Nov. 23. A total of 2,173,038 tests have been conducted as of Nov 25.
- As of Nov. 26, AHS has confirmed 2,231 individuals with COVID-19 were present at schools while infectious or acquired the disease in the school setting. Currently, 752 out of 2,415 schools in the province have reported an individual has attended their school while infectious or had in-school transmission. Since September, 21 students from Alberta schools have been hospitalized for COVID-19.

Update: COVID-19 Testing for Healthcare Workers

We continue to update the testing data for healthcare workers in the [AHS Healthcare Worker COVID-19 Testing dashboard](#). These statistics provide the total number of AHS, Covenant Health and Alberta Precision Laboratories (APL) employees and physicians tested, including a breakdown of the number of positive tests and those who have been confirmed to have been exposed in the workplace.

As of Nov. 25:

- 65,844 employees (AHS, APL, and Covenant combined) have been tested for COVID-19 and, of those tested, 1,749 (or 2.67 per cent) have tested positive.
- Of the 842 employees who have tested positive and whose source of infection has been determined, 279 (or 33.1 per cent) acquired their infection through a workplace

exposure. An additional 907 employees who have tested positive are still under investigation as to the source of infection.

- 4,215 physicians (AHS, APL, and Covenant combined) have been tested for COVID-19 and, of those tested, 86 (or 2.04 per cent) have tested positive.
- Of the 44 physicians who have tested positive and whose source of infection has been determined, 7 (or 15.9 per cent) acquired their infection through a workplace exposure. An additional 42 physicians who have tested positive are still under investigation as to the source of infection.

For more information, see the AHS Healthcare Worker COVID-19 Testing [infographic](#) and [dashboard](#).

Health System Capacity to Increase

As case numbers continue to rise, including rates of hospitalizations and ICU admissions, we are increasing capacity across the health system to provide care spaces for patients with COVID-19.

Over the next several weeks, approximately 2,250 acute care beds and 425 ICU beds will be allocated for patients with COVID-19 across the province if needed. In some cases, these will be new beds and, in other cases, these beds are existing hospital spaces that will be made available as patients are moved into continuing care beds in the community. We are also repurposing other clinical areas to provide ICU care.

In order to allocate these acute and ICU beds, we will also be working with Alberta Health, continuing care operators and other partners to open additional continuing care beds in the community. Some of this capacity work involves transferring patients out of acute care or moving patients within the province and also continuing to reduce services such as ambulatory care and surgery to reduce non-COVID-19 bed and staffing needs. Each zone is creating a specific plan to increase capacity; watch for zone specific communication updates in the next few days.

We recognize this pandemic has and continues to cause immense strain not just on the healthcare system but on staff as well. As we address surge capacity concerns, we are advancing aggressive recruitment and staffing strategies to ensure we are able to staff the beds.

These efforts include expediting access to potential supply pools, including retirees and students as well as working with Alberta companies that may have suitable and available workforces. We are also increasing hours for trained part-time and casual staff and redeploying trained staff to other areas, so the most critical areas of care are covered.

At the heart of our response to COVID-19 is all of you. We know how long the hours are, how high staff stress levels have risen. We want to remind staff about our [Employee and Family Assistance Program](#), as well our [physician wellness programs](#), and hope that our ongoing efforts to recruit and increase staffing levels will provide some much needed and deserved relief.

Verna's Weekly Video Message

Vaccine on the horizon

It's nearly nine months since the first confirmed case of COVID-19 in Alberta. We know this pandemic has been difficult for us all, and we thank each and every one of you for your compassion and dedication.

And now there is some promising news on the horizon.

Last week, the drug maker Moderna announced its COVID-19 vaccine is 94.5 per cent effective. That follows Pfizer's announcement that its vaccine candidate was found to be more than 95 per cent effective in preventing COVID-19.

Joining me to talk more about the potential COVID-19 vaccine and what the next steps might be are:

- Dr. Laura McDougall, Senior Medical Officer of Health.
- Dr. Kristin Klein, Medical Officer of Health, Provincial Population and Public Health.
- Christopher Wood, Executive Director, Communicable Disease Control, Provincial Population and Public Health.

Laura, Kristin and Christopher discuss what goes into making sure vaccines are safe and effective, what we can adapt from other immunization campaigns, and how we plan to keep staff up-to-date on the vaccine's progress.



Physician Diversity, Wellness and Leadership Development

Every day, Alberta Health Services (AHS) medical staff provide care to patients and families in a variety of care settings across the province.

For AHS to deliver on its promise of an accessible and sustainable healthcare system, it is critical that physicians and other medical staff feel safe and healthy, are supported at work and have the opportunity to grow professionally and as leaders.

Throughout the COVID-19 pandemic, we have been actively engaged in supporting physician wellness. We have quick-view, one-page infographics related to various issues impacting physician wellness during COVID-19 found at www.ahs.ca/mdwellness.

One infographic of particular relevance with the resurgence of COVID-19 cases is Infographic #2: [Supporting Team Members Grieving COVID-19 Related Losses](#)

To ensure we have information about available programs for physicians, we collaborate closely with Physician & Family Support Program (PFSP) and support their ongoing efforts within the Alberta Medical Association (AMA). CONFIDENTIAL support is available to you and your family 24 hours a day/7 days a week by calling 1-877-SOS-4MDS (767-4637).

Additionally, we collaborate with the Health Quality Council of Alberta (HQCA), AMA, the College of Physicians and Surgeons of Alberta (CPSA) and the universities under the [PROactive: Partners in Professionalism](#) umbrella to support sessions including, but not limited to prevention of violence against physicians in the workforce and racism. These are made available through the [University of Calgary COVID Corner](#).

We continue to support diversity and inclusion within AHS Leadership through discussion and communication around the [Medical Leader Recruitment Policy](#) (Insite login required), and work to support diverse groups in their leadership journeys.

We collaborate with the Diversity and Inclusion Council around AHS efforts to advance anti-racism in our workplace, including bringing the physician perspective to the AHS Black/Indigenous/People of Colour (BIPOC) Anti-Racism Advisory Group committee and the [AHS Ethnic Minority Workforce Resource Group \(WRG\)](#). If you are interested in joining this WRG, please email diversityandinclusion@ahs.ca

For more information about what's happening with Physician Diversity, Wellness & Medical Leadership, please visit the [website](#).

Physician Wellness Zoom Room

Date: Tuesday, December 1, 5-6 p.m.

Topic: Self-care and support of colleagues experiencing cumulative loss and grief

Speaker: Kathleen Fraser, Provincial Program Director, Respectful Workplaces, EMS

Join:

<https://albertahealthservices.zoom.us/j/5253944907?pwd=Z0k1aW9wcWQyNW5HNIAzRVh2VIRLZz09>

COVID CORNER, PROactive Partners in Professionalism Webinar Series

Date: Tuesday, December 9, 7:00 – 9:00 p.m. MST

Topic: Identifying and Managing Violence in the Workplace – Experiences and Strategies

Join:

https://cumming.ucalgary.ca/cme/courses/calendar/calendar#!view/event/event_id/201825

Updates to Visitation during Outbreak and High Community Transmission

This week AHS made changes to designated family support and visitation guidelines at our acute care facilities on outbreak and in communities where [COVID-19 transmission is high](#). These changes include:

- Only one designated family/support person is permitted under [specific circumstances](#) for patients admitted to hospital.
- In addition, there is guidance for specific patient care areas:
 - Maternity and postpartum: one designated family/support person is permitted. A doula or a surrogate, in addition to the designated family/support person, will be allowed when this is part of a birth plan and the facility has the ability to support this safely.
 - Pediatrics and NICU: up to two designated family/support persons are permitted.
 - Critical care: up to two designated family/support persons are permitted.
 - End-of-life: one designated family/support person. The presence of visitors must be pre-arranged with the site/unit.
 - Ambulatory (outpatient): one designated family/support person, where possible.
 - Emergency department: one designated family/support person, where possible.

The extent of restrictions will vary site-to-site due to patient circumstances, operational considerations and ability to maintain physical distancing. We recognize these restrictions are difficult for patients, families, loved ones, staff and physicians. These are temporary measures to help reduce the exposure and spread of COVID-19.

Additionally, we are encouraging staff, patients/residents, and designated family/support persons to work together to reduce the amount of time spent in AHS facilities by considering what support needs to be provided in person and what can be provided virtually. Two brochures have been created for patients, residents and support persons to review: [Know Your Risk](#) and [Know Your Role](#).

More information is available at ahs.ca/visitation.

Update: Contact Tracing, Isolation and Backlog

With the significant increase in new COVID-19 cases over the past several weeks, AHS has made adjustments to our contact tracing process to keep up with demand and reduce the current backlog of Albertans waiting for a follow-up call.

Effective Nov. 24, AHS is no longer calling Albertans to conduct case investigation and contact tracing if 10 days have passed since receiving their positive COVID-19 test result. Instead, this group will receive a text message that will notify them to not expect a call AND provide them with guidance on if and when their isolation period has ended.

In addition, to further reduce this backlog now and going forward, all Albertans who test positive for COVID-19 will receive a text message to notify them when their isolation period has ended.

AHS has automated this release-from-isolation service to enable contact tracers to spend their time contacting Albertans where we can have the greatest impact on preventing transmission and serious outcomes. Previously, AHS contact tracers made these release-from-isolation calls personally.

The text messages sent in both situations outlined above are similar and will provide a link to ahs.ca/isolation on the AHS website for more information on isolation requirements, testing options, symptoms and supports available.

APL Lab Requisition and Testing

Alberta Precision Laboratories (APL) continues to work with physicians to find innovative solutions to reduce wait times for patients to access regular lab testing during the pandemic.

A new initiative between APL and the Calgary and area Primary Care Networks has [started this week](#) encouraging patients to revisit dated lab requisitions that are older than three months to confirm if they are still necessary.

Patients are also being reminded about the importance of cancelling lab appointments if they are not going to be used, as hundreds of appointments are going unused every day due to no-shows, reducing access for patients who need lab service. APL and the PCNs will explore opportunities to expand these initiatives across the province in the coming weeks.

We have you covered – PPE update

Personal Protective Equipment (PPE) is key to protecting healthcare workers, who are vital to Alberta's COVID-19 response. We want to provide staff and physicians across the province assurance that we will continue to equip care teams with the PPE they need to respond during this pandemic.

AHS has advanced procurement and supply chain processes in place and has had great success securing large quantities of PPE to help manage the demand and flow to our front-line staff, as well as to community providers and sites. We continue to be in a good position to provide the care Albertans need, while keeping our front-line care teams safe, by maintaining a stockpile of ready-to-use PPE and monitoring our supply status every day. This supply includes gloves, masks, isolation gowns, N95 respirators, goggles and face shields. Regular updates are provided to the AHS Executive Leadership Team and the PPE Task Force to ensure supply and demand needs are addressed.

AHS is also committed to providing ongoing guidance regarding the appropriate selection and use of PPE, based on a Point of Care Risk Assessment completed by every healthcare provider, for every patient interaction, as outlined in our [Joint Agreement](#). An update in guidance will be sent in the coming days – stay tuned.

The [Provincial PPE Safety Coach Program](#) will help ensure clarity and consistency across the province and instill confidence in our staff that they are protected and have access to supplies when needed.

The Program will train staff and physicians to provide peer-to-peer support and on-site education of proper PPE selection and donning and doffing techniques, complementing existing programs, or as a standalone program in areas that do not currently have a PPE support program. Once trained, these Safety Coaches will be available and accessible on each shift to provide PPE guidance and support to their colleagues.

If you are interested in becoming a PPE Safety Coach, please speak to your medical leader, no later than December 3.

Identified staff and physicians will be required to complete online training that has been developed by AHS' Infection Prevention and Control, and endorsed by Workplace Health and Safety. The training will take approximately two hours, and can be found at: ahs.ca/ppesafetycoach. It is our goal to have PPE Coaches active on sites before the end of 2020.

For more information on PPE, please visit our [PPE page](#).

Impact of COVID-19 on healthcare workers: Share your perspective

Statistics Canada is conducting a survey to understand the impacts of COVID-19 on Canadian healthcare workers, with a focus on access to personal protective equipment and infection prevention and control measures in the workplace.

This is a collaboration between Statistics Canada, Health Canada, the Public Health Agency of Canada, and the Canadian Institute for Health Information. The information collected will help to inform the delivery of healthcare services, and to better understand what healthcare workers need in terms of equipment, training and support.

This is a voluntary questionnaire and whether you provide direct healthcare services to individuals, technical support to medical staff, or other services in a healthcare setting, they would like to hear from you. Click the [link](#) if you'd like to take a few minutes to participate.

The survey is open from Nov. 24 to Dec. 13, 2020, and is conducted under the authority of the Statistics Act, which ensures the information you provide will be kept confidential, and used only for statistical and research purposes. Statistics Canada is expected to publish results early next year. More information about the survey can be found at the [Statistics Canada web page](#).

Physician Design Session Re: Workplace Harassment and Violence

All healthcare workers who interact with patients have a risk of experiencing patient-to-provider violence. This includes physicians. It is essential that all members of the health care team have the knowledge and skills to prevent and address workplace violence.

The Prevention of Harassment and Violence (POHV) team requires a deeper understanding of the physician experience of workplace violence to create a training program that is effective, engaging and accessible to physicians.

The Opportunity: We invite you to participate in a 2-hour virtual **design session** (via Zoom or Skype). You may also need to have access to a functional web browser (e.g. Microsoft Edge, Google Chrome).

Our Ask: If you are interested in participating, please email us at SafeCare.Together@ahs.ca – using **POHV Physician Design Session Interest** in the subject line. We will then send a link to a Doodle poll with options of dates and times of sessions. We will follow up with a meeting invite and participation package.

Thank you for your time and consideration, and for your help in moving this work forward!

With warmest gratitude,

The Prevention of Harassment & Violence Team, Workplace Health & Safety

Doc of the Week - Dr. Mike Murphy

Dr. Mike Murphy, a primary care physician from Drayton Valley, has been serving the rural community for over 40 years. In addition to his own practice he has been the sole care provider for the only long term care facility in Evansburg, Good Samaritan Pembina Village. Recently it was struck with a COVID-19 outbreak that spread to residents in the LTC side of the facility. Despite his busy clinical practice, and without questioning the one hour drive from Drayton Valley to Evansburg. Dr. Murphy was determined to see all the residents and provide support to the nursing staff at the site, each and every day, over the past four weeks. Thank you, Dr. Murphy for your dedication and compassion to help protect and provide quality care and support to both your team and residents.

Doc of the Week Call for Nominations

Do you know a physician who has gone above and beyond during the pandemic to shape and drive improvements for patients?

Perhaps a physician colleague has gone above and beyond to help support others during a difficult day?

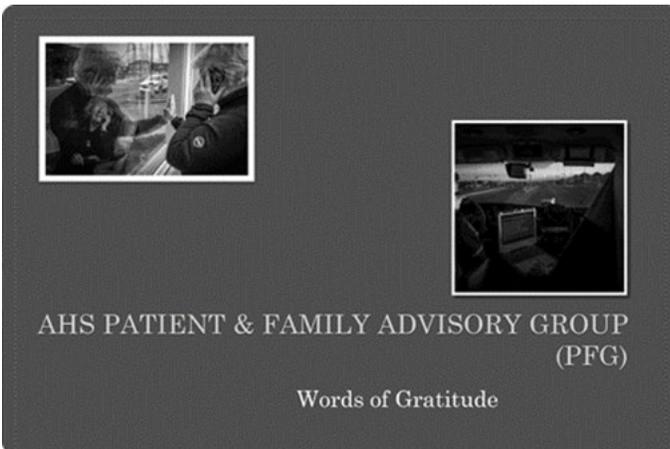
Each week, we would like to take a moment to celebrate and thank the amazing physicians working across the province to provide high-quality care to patients, staff and colleagues across the province.

If you know someone who deserves to be celebrated, please email CMO@ahs.ca with your suggestion, and a brief description of why.

Sharing the Love — Words of Appreciation from PFG

During a recent Patient and Family Advisory Group meeting, council members were asked to choose words of support and love for healthcare professionals who have supported Albertans during the COVID-19 pandemic. [PFG gathered these words of support alongside images from](#)

[our front-line healthcare workers](#) in a document we're pleased to share with you. "As a reflection of Albertans, our team put together the attached and I'm excited to pass it on to you in the hopes that it makes you smile (and) you find some small amount of comfort in the words within," says PFG volunteer co-chair Dean Radbourne.



Influenza Immunization Update – Nov. 27

Nearly 1.3 million doses of influenza vaccine have been administered in Alberta, an increase of more than 62,000 doses from last week. For the fifth consecutive week, there are no reported cases of seasonal influenza in Alberta. The weekly influenza data report is available at ahs.ca/influenza.

For staff, check [Insite](#) for options to get the flu shot, [resources](#) to support this year's campaign and guidance on what to do if you experience [influenza-like symptoms after immunization](#).

[Click here](#) for more on clinics for the public, including your families. And, if you got your flu shot at a [public health clinic](#), pharmacy or doctor's office, please complete the [Got My Flu Shot Form](#).

Additional Public Health Measures

This week brought additional public health measures from government to protect the health of Albertans and the capacity of the healthcare system. As healthcare workers, let's make sure we adhere to these measures ourselves and encourage our families, friends and neighbours to do the same.

For those who didn't hear about the new measures, they call for:

- No indoor social gatherings, public or private, and no more than 10 people at outdoor social gatherings.

- Maximum of 10 people for wedding ceremonies and funeral services. This does not include staff or organizers who are not considered invited guests. Receptions are not permitted.
- Mandatory masking in all indoor workplaces in Calgary, Edmonton and surrounding areas.
- Restricted capacity to 25 per cent of the occupancy set under the Alberta Fire Code in communities under an enhanced status for most retail businesses and for some entertainment and event services.
- No more than six people, all of whom must be from the same immediate household, at a table in restaurants, bars, pubs and lounges — and no movement between tables.
- A move to at-home learning, starting Monday, for all students in Grades 7 to 12, with a resumption of in-person learning starting on Jan. 11. K-6 students will move to in-home learning after the winter break until Jan. 8, resuming in-person classes on Jan. 11.
- Ending in-person service in regions under enhanced status for banquet halls, conference centres, trade shows, concert venues, children's play places, indoor playgrounds and all levels of team and individual sport.

You can learn more about these and other additional public health measures at alberta.ca/covid

Celebrate the Season with Secret Santa

We know the pandemic prevents us from getting together in person as we normally would to celebrate the season with our coworkers. We hope you'll join in the fourth annual [AHS Secret Santa Holiday Card Exchange](#) as a way to share well wishes and gratitude with one another. This year, in honour of all of the ways we've learned to connect virtually, we're adding an e-Card option to go alongside our traditional print card option.

You can buy a card, make your own, or print one from our template library, which includes a diverse and inclusive lineup of cards. We also have a variety of [e-Cards](#) you can choose from. Don't forget to include a personal message with your card.

I (Verna) will be sharing the card I get on social media, and I hope you do the same. Post a photo of your card on social media using the hashtag **#AHSSecretSanta** and make sure you tag **@AHS_media**.

Make sure to [sign up](#) by Dec. 4, and put your print card (with postage) in the mail by Dec. 10 to ensure your match receives it in time for the holidays. If you are doing an e-Card, please send it by Dec. 17.

National Addictions Awareness Week

In recognition of National Addictions Awareness Week, AHS Addiction and Mental Health staff and community partners are hosting events in communities across Alberta. The week is also a time to promote awareness of the exceptional work that Addiction and Mental Health

staff do throughout the province and throughout the year, serving Albertans by offering information, prevention programming and treatment services.

AHS Addiction and Mental Health staff know the value of treating the people we serve with compassion and respect. This year's national theme, **Change Begins with Me**, invites us all to apply that understanding to reduce the suffering caused by stigma related to substance use.

For more information about stigma and using non-stigmatizing language, see the AHS resource [Reducing Stigma](#) and try the first module of the course [The Sting of Stigma: Recognizing Stigma and Its Impacts](#) offered online by the Canadian Centre on Substance Use and Addiction.

For resources that help people evaluate harm from substance use and problem gambling, see [MyHealth.Alberta.ca](#) and [AHS DrugSafe](#).

Additional Resources for Physicians:

- [AHS Virtual Health](#)
- [COVID-19 FAQ for Clinicians](#)
- [COVID-19 Testing and Self-Isolation Criteria](#)
- [Acute Care Outbreak Prevention & Management Task Force](#)
- [CPSA's physician portal](#)
- [Cumming School of Medicine Continuing Medical Education \(CME\) Resources](#)
- [How to Access AHS Insite and Email](#)
- [How to do a Nasopharyngeal \(NP\) Swab](#) (New England Journal of Medicine)
- [IPC Emerging Issues](#)
- [Online Healthcare Worker Self-Assessment Tool](#)
- [Physician & Family Support Program](#) - 1-877-SOS-4MDS (767-4637)
- [Spectrum](#) – A mobile app customized to deliver local antimicrobial stewardship guidelines, resistance data, dosing information, and AHS COVID-19 related content.
- [Physician Wellness Educational Resources: Well Doc Alberta](#)
- COVID-19 Questions? Contact your local Zone Emergency Operations Centre (ZEOC):
 - ZEOC.South@ahs.ca
 - ZEOC.Calgary@ahs.ca
 - ZEOC.Central@ahs.ca
 - ZEOC.Edmonton@ahs.ca
 - PCH.ZEOCNorth@ahs.ca
- If you would like Zone MOH to assist in risk assessment, contact your [Zone Medical Officer of Health](#) on call

For more information

- Visit the [COVID-19 Healthcare Professional information page](#) on the AHS website for more information or contact AHS.ECC@ahs.ca.

- Additional updates and information are being shared through the [College of Physicians & Surgeons of Alberta \(CPSA\)](#).
- AHS Medical Staff can also view the daily update from the AHS CEO and Senior Medical Officer of Health (SMOH) by accessing their AHS email inbox.

This update, provided every Friday, is intended to provide a summary of the key action items, information and decisions for AHS Medical Staff in relation to clinical policies and practices, and for the COVID-19 pandemic response. It is forwarded to physicians' preferred email inbox.

Do you have COVID-19 questions, information, or a physician or team who have gone above and beyond during the pandemic, that you would like to see covered in an upcoming edition of the COVID-19 CMO update? Let us know at CMO@ahs.ca.

Sincerely,

Dr. Dr. Francois Belanger

Vice President Quality and Chief Medical Officer

Dr. Laura McDougall

Senior Medical Officer of Health

