

What do I need to know about returning to clinical work at Unity Health Toronto in a time of COVID-19?

COVID-19 information

- Excellent resources available for staff, physicians and students on the Unity Health intranet, COVID-19 microsite (<https://covid.unityhealth.to/ppe-use/>). Once you have a Unity Health login you will be able to access this site
- There are many excellent resources available through Public Health Ontario <https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources>

How to prepare to come into the clinical environment

View this [Unity Health Toronto Infographic](#) for information on preparing

How do I get into the building?

- ONLY use the [designated entrances](#) at each site
See links for site specific video instructions: [Providence](#) [St Joseph's](#) [St Michael's](#)
- For the first day, ensure that you have your student card or hospital issued ID badge
- After your first day, you will be required to use the [Fast Pass digital screening](#)

When should I NOT come into work?

Do not come to work if you:

- Develop COVID-like symptoms (see list) http://health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_patient_screening_guidance.pdf
- Have had unprotected contact with a confirmed COVID-19 person in the community (e.g. someone you live with or a family member)
- Have travelled outside of Canada in the last 14 days
- You **must** contact the **Contact Tracing Team** at 416-530-6000, 1-3737# **prior** to coming into work if:
 - you have worked on outbreak unit or in an outbreak facility within the 14 days prior to coming to Unity Health Toronto
 - you receive a 'ping' from the Covid Alert App

Contact Corporate Health team regarding [all symptoms, results and exposure questions](#). ALL Unity Health staff, physicians, students, residents and contractors are to call the Corporate Health Covid-19 Call Centre immediately, every time one of the scenarios applies to you.

What do we know about COVID-19?

- The virus responsible for COVID-19 is genetically similar to other coronaviruses (SARS and MERS)
- COVID-19 is transmitted via droplets during close, unprotected contact
- Airborne spread has not been documented for COVID-19, but aerosols may be generated during aerosol generating medical procedures (AGMP) which could theoretically lead to transmission through this route

Public Health Ontario (4/28/2020): COVID-19 – What We Know So Far About... Routes of Transmission <https://www.publichealthontario.ca/-/media/documents/ncov/wwksf-routes-transmission-mar-06-2020.pdf?la=en>

What does this mean for PPE?

PPE Requirement Matrix

- Requires droplet and contact precautions
- Virus enters via mucous membranes (eyes, nose and mouth) therefore need to protect with mask and face shield,
- Do not touch face
- Frequent hand hygiene
- Some procedures can cause virus to become airborne (or aerosolize) such as intubation, CPR. During an Aerosol Generating Medical Procedure (AGMP) an N95 respirator is required. See resources in microsite for more details

PPE resources

- [Reusable Gowns](#)
- [Donning PPE](#)
- [Doffing PPE](#)
- [Disposable Blue Gowns](#)
- [Donning and Doffing Mask](#)
- [Use, cleaning and storage – Face Shield](#)
- [Hand Hygiene](#)

Physical distancing = ≥ 2 m apart

- It can be challenging to physically distance in a clinical environment. Be aware of the people in your environment
- Masks should ALWAYS be worn except during eating and drinking
- Public areas (elevators, cafeteria) have signage to assist with decision making

Additional student break space is available at

PHC:

- Knowledge Centre: 204, 240 + common areas

SJHC

- 4G Student lounge (7 ppl)
- 4S room 440 (open meeting space)

SMH:

- 8 x Student Centre classrooms 2 LKSKI (~4-5 ppl/room)
- 6th floor wing Student Resources Lounge (~10 ppl)

Caring for patients

- Prior to entering a patient room – determine the level of PPE required for that patient. Universal mask and face shield required
- Determine do you need to go into the room – or can another team member complete the task for you - also consider if you can perform a task for another team member
- Determine what equipment that you NEED in the room – leave everything else outside room. Everything needs to be cleaned prior to entering and exiting room
- Consider how you can provide personalized patient care ([Resource available](#))

Looking after yourself

- Make sure that you have supports to talk things through
- Stay hydrated and well rested
- Wellness resources available on COVID-19 microsite <https://covid.unityhealth.to/personal-wellness/>
- When in doubt come to Student Center. We are here for you!

Other resources

Health and Wellness Resources at U of T

Health and Wellness

- <https://studentlife.utoronto.ca/department/health-wellness/>

My Student Support Program

- <https://studentlife.utoronto.ca/service/myssp/>

U of T COVID-2019 Discussion Forum

- <https://covid19-uoft.camhx.ca/mod/forum/view.php?id=1>

FAQ

- <https://www.viceprovoststudents.utoronto.ca/covid-19/>

Seven tips for staying grounded as the world grapples with COVID-19

- <https://www.utoronto.ca/news/seven-tips-staying-grounded-world-grapples-covid-19-u-t-expert>

3 Steps to Coping With Anything (Including COVID-19)

- <https://www.youtube.com/watch?v=Rkz7vJOZ2HU&feature=youtu.be>

University of Toronto Faculty of Medicine

- <https://www.deptmedicine.utoronto.ca/covid-19-wellness-resources-faculty-and-trainees>

CAMH

- <https://www.camh.ca/en/health-info/mental-health-and-covid-19>

- <https://www.camh.ca/en/health-info/mental-health-and-covid-19/information-for-professionals>

Coping with Stress and Anxiety - CAMH

- <https://www.camh.ca/en/health-info/mental-health-and-covid-19/coping-with-stress-and-anxiety>

ECHO (CAMH)

ECHO Coping with COVID for health care workers that has sessions twice per week and provides support to help providers cope during and after the ECHO pandemic. We open it up for health care students as well so they can register (it is free) and drop in as a resource

- <https://bit.ly/camhecho>

COVID Care Learning

- <https://criticalcarelearning.ca/course/view.php?id=10>

NEF - 5 Ways to Wellbeing

- [5 Ways to Wellbeing](#)