Monday, June 15, 2020

COVID-19 Status as of 10:00 am

Tests performed yesterday (Assessment Centre and in Hospital)	Tests Performed total (Assessment Centre and in Hospital)	Presumptive Cases in Hospital	Total Positive Cases in Hospital	Positive Cases in ICU	Patients in COVID-19 Care Unit	Hospital Occupancy
114	7869	15	3	0	5	87.4%

Details from the government are expected soon regarding pandemic pay funding. Once the funding is received, eligible employees will receive pandemic pay through the existing payroll system. For pandemic pay details, including eligibility, please visit <u>https://www.ontario.ca/page/covid-19-temporary-pandemic-pay</u>. We remain disappointed that our advocacy to government on behalf of our valued employees did not change the government's decision not to extend it to all health care workers. We highly value the dedication and professionalism put forth by all Hospital employees during the course of the COVID-19 pandemic. The Vice Presidents of eight hospitals across the North are collaborating to seek further clarity from the Ministry of Health about Pandemic Pay. We expect to receive an advisory guidance document from the over the next few days which we anticipate will clarify eligibility criteria, funding envelope and timing.

We recognize that pandemic pay inequity is a source of anger for some staff. That is understandable. According to Dr. Mamta Gautam, the COVID-19 pandemic has many people feeling angry, for several reasons. He explains that anger often results from increasing frustrations, and that is a normal response. There are ways to deal with anger so that it does not become damaging or disruptive. Follow Dr. Gautam's ABCc – allow, burn, calm – to manage anger. • Allow your feelings

- o Understand where they might be coming from.
- o Give yourself permission to be angry. Studies show that 20 minutes is long enough to feel emotions, process them, and let them go.
- o Express feelings safely, by "venting" to a trusted person or privately writing them out. o Try the four-letter technique. Write a letter (that you will not send) to whomever you are angry at to let out your feelings. When the feelings bubble up again, write a second letter as if you had not written the first, then a third and fourth as needed. Remember, these are not letters that you will ever send.
- o Resist the urge to express your anger on social media.
- Burn off the energy. Do some physical activity or exercise.
- Calm yourself with a restorative activity, such as deep breathing, visualization, mindfulness meditation, active or passive relaxation, gratitude, positivity, and spirituality.

View the full article on <u>Anger in the time of COVID-19</u> for more information.





All previously issued COVID-19 Daily Situation Reports are available at <u>https://comms.tbrhsc.net/covid-19-information/past-daily-updates/</u>.

Please forward any questions/concerns to your supervisor.

For questions about COVID-19 testing criteria, please contact the TBDHU's Infectious Disease Program at 807-625-5900 or toll free at 1-888-294-6630.

Local COVID-19 case status: https://www.tbdhu.com/coronavirus

Provincial COVID-19 case status: https://www.ontario.ca/page/2019-novel-coronavirus#section-0

Canada COVID-19 case status: <u>https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html</u>

COVID-19 Daily Situation Report videos: <u>http://tbrhsc.net/covid-19-information</u>

All Hospital COVID-19 updates are available on the iNtranet at <u>https://comms.tbrhsc.net/covid-19-information/</u>

Thunder Bay Regional Health Sciences Centre is a leader in Patient and Family Centred Care and a research and teaching hospital proudly affiliated with Lakehead University, the Northern Ontario School of Medicine and Confederation College.

