

COVID-19

METRO NORTH WRAP-UP

ISSUE 4: 17 APRIL 2020



MESSAGE FROM SHAUN

Queensland has had a good week with low numbers of new cases of COVID-19 and we are successfully flattening the curve. Previously I anticipated we would see a peak in May/June but on the current trajectory that may be a few months away now. It's essential that we don't become complacent though. We must continue our efforts in response to the pandemic so we can effectively manage those patients coming into our services.

Outside of work please continue to adhere to government guidelines. As healthcare workers we need to be seen as leading the way in staying home where possible and practicing social distancing.

We have been holding vidcasts for three weeks now and the participation is still strong. I am committed to continuing them as long as there is a need. If you can't watch live, our vidcasts are available online to watch later. These are an excellent source of information for everything COVID-19 in Metro North. Our executives and experts are there to answer your questions and provide the up to date information you need.

We also launched our staff wellbeing program last week. I hope you've had a chance to have a look at all the resources, tools and tips available to you on our staff wellbeing extranet site.

Thank you for your time, effort and commitment to each other and our patients throughout our response to the COVID-19 pandemic.

Kind regards,

Shaun Drummond
Chief Executive
Metro North Hospital and Health Service

CATEGORY 2 SURGERY

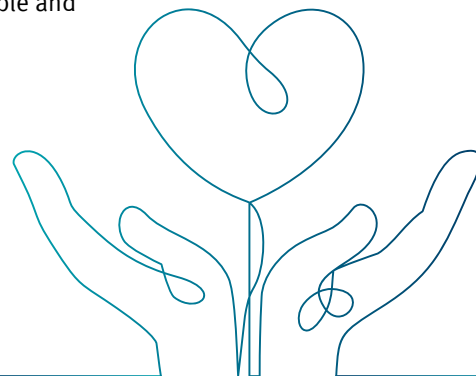
During March we postponed most of the elective surgery activity across the HHS while we prepared for an anticipated increase in COVID-19 patients. This period allowed us to increase capacity in intensive care units and emergency departments, establish our virtual ward and source additional personal protective equipment.

We are now at the stage where we can discuss reopening some theatres for limited category 2 surgeries and category 5 procedures, to balance the needs of our patients with maintaining our preparedness for COVID-19.

WANT TO DO MORE FOR THE COMMUNITY?

If you or someone in your support network is looking for additional ways to help, we have a list of things to do:

- Stay home – the best way to assist in stopping the spread of COVID-19. Binge watch a TV series, have a virtual dinner party or do an at home workout.
- Knit a beanie or scarf or send a care package to an aged care resident in isolation.
- The best donation you can give is actually free – donate blood!
- Check on your mates, loved ones, colleagues and neighbours – kindness is more important now than ever.
- Join Queensland's Care Army! They are recruiting now to support vulnerable and isolated seniors.
- When out-and-about for essential reasons, ensure you cover your coughs and sneezes and adhere to social distancing guidelines.



Queensland Government

WELLBEING STRATEGY UPDATE

EMOTIONAL WELLBEING

SUPPORTING YOU WHILE YOU SUPPORT OTHERS



Emotional Wellbeing is a hot topic in the community at present. Fear of the unknown combined with strict social distancing measures may cause anxiety, panic and a sense of loneliness in the community and amongst Metro North staff. To help you through these feelings there is an array of tips and tools on the wellbeing extranet page. Included are tips for coping with anxiety, psychological tools, links to various organisations who can help and specific professional association support.

Additionally, expressions of interest are open to join the Peer Responder psychological first aid program and the RUOKers collegiate support network.

PEER RESPONDERS

As a Peer Responder, you will be trained in psychological first aid to offer wellbeing support to your colleagues. If you are interested in becoming involved in this program, please refer to the Peer Responder EO1 or contact MNvalues@health.qld.gov.au for more information.

RUOKERS COLLEGIATE SUPPORT NETWORK

We have partnered with RUOK? to upskill staff in reaching out and offering support to colleagues. If you are interested in becoming an RUOKer, training is offered via LMS – to register, see session times and availability visit the page on LMS.

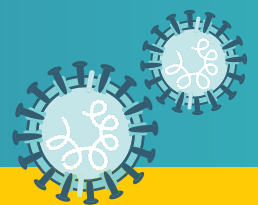
An additional #PPE4URMIND program will be rolled out in May offering tailored onsite support for staff working on the COVID-19 response. We are currently recruiting psychologists to deliver this service.

Our employee assistance service Benestar also offers support 24/7 by phone or online. Visit the Benestar page online for information. Benestar offers a range of services including counselling, wellbeing, domestic and family violence support, and financial counselling.

VIDCAST



Our weekday vidcasts have been extremely popular. If you have COVID-19 related questions for our Chief Executive, HR, infection control or infectious diseases experts, you can tune in live. If you can't tune in you can send your question in advance via the Slido link and watch the recording later online.



Are you following us on social media?



Visit metronorth.health.qld.gov.au/extranet/coronavirus for our latest COVID-19 updates

Metro North Communications provides information about what's happening across Metro North Hospital and Health Service, including new initiatives, staff profiles, patient stories and details of upcoming events. Contributions for articles are appreciated. Please send them to the Communications team – phone (07) 3647 9525 or email MetroNorth-Communications@health.qld.gov.au