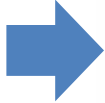




# Pathways Banner

## Check it Daily for Updates

Link to Billing Info



### NEW Family Practice Billing During COVID

Read **BC Family Doctors** [Summary of COVID billing changes](#) Including **NEW** MARCH 27 Fees, Complex Care via telehealth, COVID in-person visit codes, ICBC, Worksafe, Longterm care.

Links to upcoming events



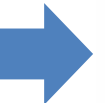
### COVID-19 Important Provincial Updates, Featured Resources and March 31 Pathways Webinar

This Pathways province-wide banner will be updated regularly and **NEW** items will be highlighted in red.

Find more resources by typing **COVID** into our search.

REGISTER for [Tues March 31 Pathways Webinar](#) covering COVID resources, mental health tools and lots of great clinical resources to make your clinical work easier

Links to COVID College Updates



#### COLLEGE OF PHYSICIANS AND SURGEONS UPDATES

- MARCH 25 [COVID-19 - Warning on the use of unproven treatments and medications](#) (College of Physicians and Surgeons of BC) **NEW** [Evidence summary](#)
- Read additional [COVID-19 Important Updates from the College of Physicians and Surgeons of BC](#)

Featured COVID Physician Resources








#### PHYSICIAN RESOURCES

- **NEW** [What Are Essential Services in Primary Care? Summary of Provincial Health Officers Directive](#) (BC Family Doctors)
- **NEW** [COVID-19 Communication Support - Supporting Care Teams & Patients](#) (Clinician Experience Project)
- **NEW** [COVID-19 Telehealth Assessment in Primary Care](#) (BMJ Algorithm)

Featured COVID Patient Info



#### PATIENT INFO

- **NEW** [COVID-19 Managing Anxiety and Stress in Families with Children and Youth](#) (Shared Care) 
- **NEW** [BC COVID-19 App](#) includes alerts, resources and  [BC COVID-19 Symptom Self Assessment Tool](#) 
- **NEW** [COVID-19 Parenting Tips](#) (UNICEF and WHO) 
- **NEW** [COVID-19 Anxiety Self-Help Tips – FACE COVID](#) (Russ Harris) 


BC CDC COVID Website Links








#### BC CDC COVID-19 WEBSITE AND QUICK LINKS

- [COVID Testing Information](#) Who to test and how
- [Posters](#) (office cleaning and PPE) and [Patient handouts](#) (testing and self-isolation- multilingual)
- [COVID Clinical Care](#) BC CDC recommendations
- [Video explaining donning and doffing of PPE](#)

# NEW Specialty of COVID Care


 Pathways™

Home |  Resources ▾ |  Forms ▾ |  Favourites ▾ |  You ▾



SPECIALTIES AND COMMUNITY SERVICES ▾

### Specialties

Addiction Medicine	Gastroenterology	Nephrology	Pharmacology
Allergy and Immunology	General Surgery	Neurology	Plastic Surgery
Anesthesiology	Genetics	Neurosurgery	Psychiatry: Adult
COVID Care 	Geriatrics	Nurse Practitioner	Psychiatry: Child and Youth
Cardiac / Thoracic Surgery	Hematology	Obstetrics / Gynecology	Public Health
Cardiology	Home Health	Oncology	Rehabilitation Medicine
Dermatology	Infectious Disease	Ophthalmology	Respirology
ENT / Otolaryngology	Internal Medicine	Orthopedics	Rheumatology
Emergency Medicine	Laboratory Medicine / Pathology	Pain Management	Sports Medicine
Endocrinology	Medical Imaging	Palliative Care	Urology
Family Practice	Midwifery	Pediatrics	Vascular Surgery

### Community Service Categories

Abuse / Neglect	End of Life Care	LGBT2Q+ Community	Social / Recreational
Addictions	Family / Parenting	Legal	Transportation
Advocacy	Financial	Medical Equipment	Veteran Services
Caregiver Support	First Nation Services	Medication	Victim Services
Child Services	Food	Mental Health	Volunteering
Condition Specific Support	Healthcare Providers	Multicultural Services	Youth Services
Disability Services	Home Care	Pregnancy Care	
Education	Housing / Shelter	Public Health	
Employment	Immigrant Services	Seniors Services	

CBC, Worksafe, Longterm care.

ical work easier

mmary

# Practical Clinical Patient Handouts & Physician Resources Pathways is Drinking from the Firehose of Information So You Don't Have to . . .



Pathways feedback

“Just wanted to say thank you for keeping the website so up to date with all the COVID information. The information is really helpful and as we are all being inundated with emails that we have to sift through it is great to have a central location to go to for up to date information. Thanks again! Cheers”



Don't forget that you can narrow search results  
e.g Just **Patient Info**

Home | Resources ▾ | Forms ▾ | Favourites ▾ | You ▾ | covid

Show Me Everything Specialists Clinics Community & HA Services Physician Resources **Patient Info** Areas of Practice

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**Patient Info**

[COVID-19 - Symptom Self Assessment Tool \(BC Ministry of Health\)](#)

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**Patient Info: Handouts**

[COVID-19 - Hand Hygiene \(BCCDC\)](#)

[COVID-19 - Information for patients who are being tested, self isolating and/or monitoring for symptoms - Multilingual \(BCCDC\)](#)

[COVID-19 - Information for Patients with Chronic Health Conditions \(BCCDC\)](#)

[COVID-19 - Patient Information \(BCCDC\)](#)

[COVID-19 Sick Note for Employers \(BCFD\)](#)

[COVID-19 - Symptom Monitoring Form for Patients \(BCCDC\)](#)

[COVID-19 - Testing and Self Isolation \(BCCDC\)](#)

[STAY HOME MESSAGE - RE COVID-19](#)





## Or Narrow search to Just **Physician Resources**

Home | Resources ▾ | Forms ▾ | Favourites ▾ | You ▾ | covid

Show Me Everything Specialists Clinics Community & HA Services **Physician Resources** Patient Info Areas of Practice Forms

**Physician Resources: Guidelines**

- [COVID-19 - Infection Prevention & Control for Long Term Care & Assisted Living Facilities \(BCCDC\)](#)

**Physician Resources: Instructional Videos**

- [COVID-19 - Donning and Doffing Personal Protective Equipment – PPE – Video \(FHA\)](#)
- [COVID-19 Nasopharyngeal Swab Technique Video \(NEJM\)](#)

**Physician Resources**

- [COVID-19 - Cleaning and Disinfecting Clinical Spaces \(BCCDC\)](#)
- [COVID-19 - Donning and Doffing Personal Protective Equipment - PPE \(BCCDC\)](#)
- [COVID-19 - Guidance & Case Management \(BCCDC\)](#)
- [COVID-19 - Internet Book of Critical Care \(IBCC\)](#)
- [COVID-19 - Public Health Management \(BCCDC\)](#)
- [COVID-19 - Symptom Self Assessment Tool \(BC Ministry of Health\)](#)
- [COVID-19 - Testing Information – Who to test and how UPDATED MAR 17th \(BCCDC\)](#)



Remember you can email resources to patients  
easily from a no-reply email @ Pathways  
Just click on the envelope

COVID-19 - Parenting Tips (UNICEF, WHO)  

 COVID-19 - Parenting Tips (UNICEF, WHO)





# Here is how the email looks

## Pathways

Dr. Tracy Monk has sent you a link to a resource

7:55 PM

Dr. Tracy Monk has sent you a link to a resource,

Dr. Tracy Monk has sent you a link to a resource, "COVID-19 - Parenting Tips (UNICEF, WHO)."

[Click here to see the resource.](#)



# BMJ COVID 19 Telehealth Assessment

thebmj Visual summary 

## Covid-19: remote consultations

A quick guide to assessing patients by video or voice call

This graphic, intended for use in a primary care setting, is based on data available in March 2020, much of which is from hospital settings in China. It will be revised as more relevant data emerges.



### 1 Set up

Prepare yourself and decide how to connect

Have current 'stay at home' covid-19 guidance on hand

UK government advice:  
<http://bit.ly/ukgovisol>

Video is useful for

Severe illness  
Anxious patients  
Comorbidities  
Hard of hearing

Scan medical record for risk factors such as:

Diabetes Pregnancy Smoking  
Chronic kidney or liver disease COPD  
Steroids or other immunosuppressants  
Cardiovascular disease Asthma

### 2 Connect

Make video link if possible, otherwise call on the phone

Check video and audio

Can you hear/see me?

Confirm the patient's identity

Name  
Date of birth

Check where patient is

Where are you right now?



Note patient's phone number in case connection fails



If possible, ensure the patient has privacy

### 3 Get started

Quickly assess whether sick or less sick

Rapid assessment

If they sound or look very sick, such as too breathless to talk, go direct to key clinical questions

Establish what the patient wants out of the consultation, such as:

Clinical assessment Referral Certificate  
Reassurance Advice on self isolation

### 4 History

Adapt questions to patient's own medical history

Contacts

Close contact with known covid-19 case  
Immediate family member unwell  
Occupational risk group



History of current illness  
Date of first symptoms

Most common presentation

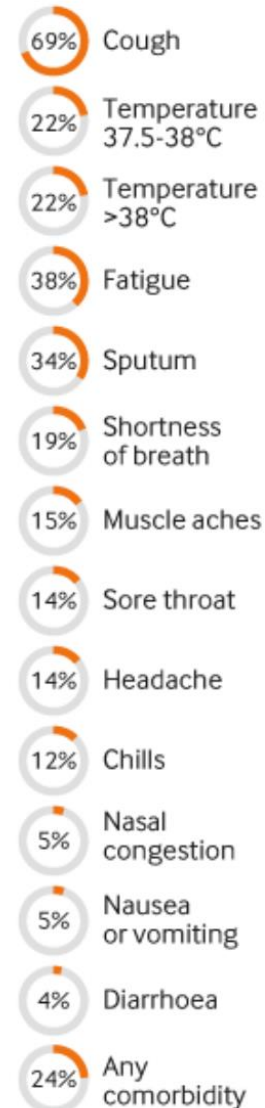
Cough Fatigue Fever Short of breath

Cough is usually dry but sputum is not uncommon

Up to 50% of patients do not have fever at presentation

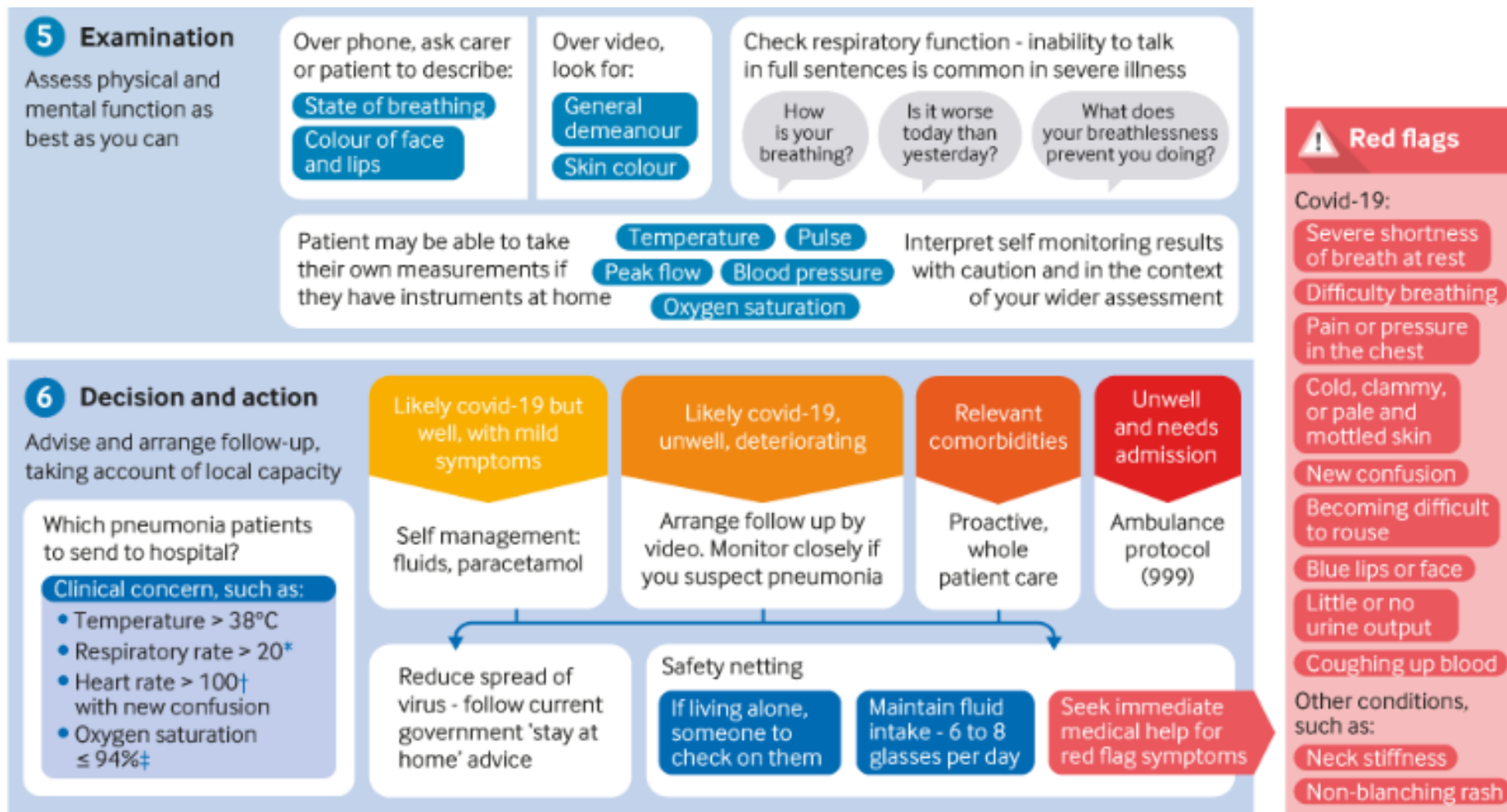
### Clinical characteristics

Based on 1099 hospitalised patients in Wuhan, China





# BMJ COVID 19 Telehealth Assessment



\* Breaths per minute    † Beats per minute    ‡ If oximetry available for self monitoring

thebmj

Read the full article online

<https://bit.ly/BMJremcon>

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Note link to Full article Has other useful info

Note red flags

- Info on coping from CDC
- Updated with BC-based links
- Brief (2 pages)



## Managing Anxiety and Stress in Families with Children and Youth During the COVID-19 Outbreak

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults, children, and youth. The Child & Youth Mental Health & Substance Use (CYMHSU) Community of Practice has created the following document to provide information and advice on managing anxiety and stress in families with children and youth during the COVID-19 outbreak.

### Keys to Managing Anxiety & Stress

#### Quick Links:

- [Reducing stress in yourself and others](#)
- [Information for parents](#)

### Stress and Coping

Uncertainty is hard for everyone, yet there are many simple and practical ways to cope through even the most difficult situations. Research even shows that coping with stress builds resilience; in other words, it can make you, the people you care about, and your community stronger. We are already seeing creative solutions, acts of kindness and many, many people working together to improve life for each other.

# COVID-19 - Parenting Tips (UNICEF, WHO) ❤️ ✉️

🔗 COVID-19 - Parenting Tips (UNICEF, WHO)

- Six 1-page parenting tips during COVID-19
- Age-specific ideas
- Dealing with issues
- Authoritative sources, graphic presentation

## 2 COVID-19 PARENTING Keeping It Positive

### 1 COVID-19 PARENTING One-on-One Time

Can't go to work? Schools closed? Worried about money? It is normal to feel stressed and overwhelmed.

School shutdown is also a chance to make better relationships with our children and teenagers. One-on-One time is free and fun. It makes children feel loved and secure, and shows them that they are important.

#### Set aside time to spend with each child

It can be for just 20 minutes, or longer – it's up to us. It can be at the same time each day so children or teenagers can look forward to it.

#### Ask your child what they would like to do

Choosing builds their self confidence. If they want to do something that isn't OK with physical distancing, then this is a chance to talk with them about this. (see next leaflet)

#### Ideas with your baby/toddler

- Copy their facial expression and sounds
- Sing songs, make music with pots and spoons
- Stack cups or blocks
- Tell a story, read a book, or share pictures

#### Ideas with your teenager

- Talk about something they like: sports,

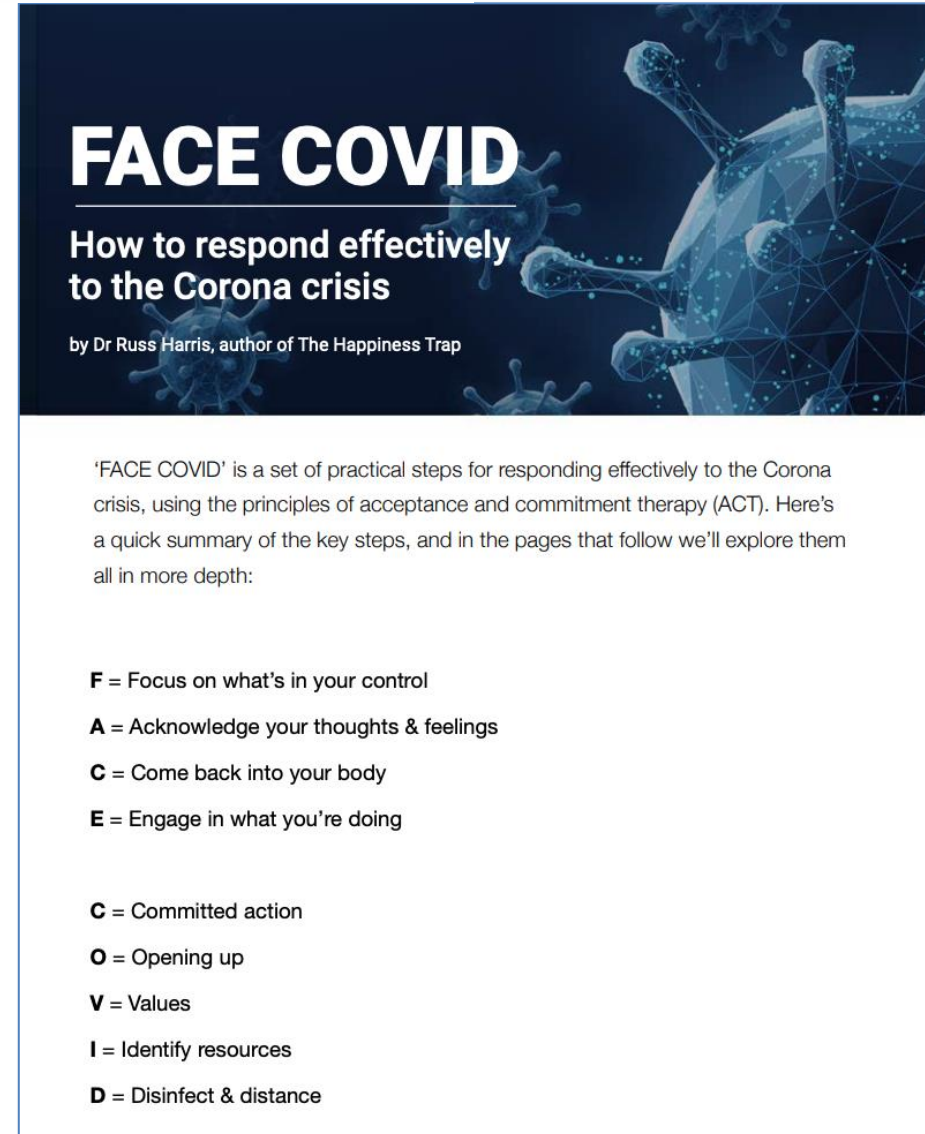
#### Ideas with your young child

- Read a book or look at pictures

Switch off the TV and phone. This is virus-free time

World Health Organization | unicef for every child | End Violence Against Children | INTERNET OF GOOD THINGS | PARENTING FOR LIFELONG HEALTH | USAID FROM THE AMERICAN PEOPLE | ACCELERATE AFRICA | CDC CENTERS FOR DISEASE CONTROL AND PREVENTION

- Free self-help eBook for anxiety related to COVID
- Brief (12 pages), practical coping strategies
- Adult audience





# DEMO of Specialty of COVID Care and Patient and Physician Resources

[Click to watch the webinar DEMO](#) showing:

## Clinics

- Filtering by Areas of Practice
- Filtering Geography
- Clinic Details

## Finding COVID resources

- from the COVID specialty menu tab or
- By searching term COVID and how to narrow your search to just Patient info or Just Physician Resources



# Summary Pathways and COVID - 19

Pathways is supporting Physicians and their teams in the following ways:

**COVID NEWS BANNERS:** Pathways is creating VERY BRIEF up to date news banners with active links that are being pushed to every Division's homepage

**COVID PATIENT AND PHYSICIAN RESOURCES:** The Pathways Resource Committee has been meeting frequently and entering practical Physician Tools and Patient Info

**NEW SPECIALTY OF COVID CARE:** Physicians have been asking for a Central Repository of COVID Assessment Centres.

Pathways has entered close to 100 New clinic listings in the NEW Specialty of COVID Care and is continuing to gathering this data in collaboration with GPSC and Divisions.



# PATHWAYS VIRTUAL CARE DIRECTORY

- Pathways is creating a public facing Virtual Care Directory to help support physicians and their patients with the shift to virtual care.
- Each clinic listing in the directory will provide basic contact information, relevant patient instructions, and a link their clinic website (if applicable).
- A Pathways Virtual Care Directory listing can also serve as a public webpage for clinics which do not have a website.
- By compiling all virtual care listings in one place, we can easily create linkages to appropriate COVID-19 assessment or triage centres.



# PATHWAYS VIRTUAL CARE DIRECTORY

**The NEW province wide public facing directory  
will help the public to know  
“Your Family Doctors are here for you”  
and here is how to access care.**

Make sure to fill in your information and you can identify whether you just want basic contact info (e.g. phone # and address),  
or if you also want your listing to link to your clinic website  
or if you have info you would like your patients to know and would like to have accessible on a webpage (without having to set up a website)



# Pathways

Click [HERE](#) to complete your listing for the Province Wide Pathways Virtual Care Directory

If you do not already have a Pathways account and want access or if you have other questions,  
Send a message to [contact-us@pathwaysbc.ca](mailto:contact-us@pathwaysbc.ca)