Communication Update

Sent on behalf of the Fraser Health Integrated Long-Term Care and Assisted Living Services

CLARIFICATION Long-term care operational leaders: Oxygen cylinders – ACTION REQUIRED

- VitalAire is collecting all Intelli-Ox O2 cylinders from long-term care homes (Fraser Health owned and operated and contracted sites). These specific O2 cylinders are for hospital-use only and are pictured below for your reference.
- If you have extra O2 cylinders but you are unsure if they are the Intelli-Ox cylinders, VitalAire can clarify for you when they schedule the pick-up.
- **Please complete this survey:** https://SMU.checkbox.com/LTCO2
- If you have any questions contact: raman.thandi@fraserhealth.ca or Meagan.Campbell@fraserhealth.ca

Intelli-Ox cylinder with an integrated regulator
This cylinder will be collected by VitalAire

OXM5\OXM3 (steel) post valve
These cylinders can remain at your site

NEW Updated Therapeutic Brief: Crushing of Paxlovid

- Please see attached guidance posted on BCCDC: http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID-treatment/Crushing_Paxlovid.pdf
- Both ritonavir and nirmatrelvir (components of Paxlovid) can be split or crushed and mixed with apple sauce, pudding or any common food or liquid.
- Both ritonavir and nirmatrelvir can be crushed and mixed with water to the desired consistency for administration via feeding tubes.
- These recommendations do not replace clinical judgement.

NEW Cultural safety and humility educational opportunities to all affiliate partners in long-term care and assisted living

- The Fraser Health Aboriginal Health program has provided a list of resources supporting cultural safety and humility training that are available to you and your staff.
- The courses offered are a mix of online-self paced learnings, readings, videos, and a longer session that is taken as part of a cohort.
- Sessions are no-cost (with the exception of the San'yas program) and you do not require a Fraser Health email for access to the training.
- **(Online, self-paced)**
    - Introduction to Indigenous Health: The Introduction to Indigenous Health module will guide you through some foundational information about Indigenous peoples in Canada. Additionally, this module will prompt your thinking about how self-reflection and recognition of power imbalances in health care can affect culturally safe service delivery.
    - San'yas: $300 to take the course. Click link for details and learning objectives.
- **(Online, instructor-led)**
    - Indigenous Cultural Safety 101Indigenous Cultural Safety 101. Click link for more details.
    - Indigenous Cultural Safety Lunch and Learn Series: These are rotating topics around Indigenous cultural safety, including Indigenous culture. They are only one hour from 12-1pm
- **Suggested readings:**
    - In Plain Sight Report (Summary) – In Plain Sight Report (Full)
    - Remembering Keegan
    - In Their Own Words (Video/Interviews of Residential School and Indian Hospital Survivors)
    - Nanaimo Indian Hospital Survivor : Melven (Sx̄wen) Jones (The video is the main focus)

NEW Opportunity to partner with Fraser Health Integrated Long-term Care and Assisted Living Network

- The network is recruiting people living in our care communities and their families to take part in the Integrated Long Term Care and Assisted Living Network.
- Please see posters attached to support recruitment.
- Please distribute the posters to individuals who would be a good fit for this opportunity. Also, if you are able, please post the posters in high traffic areas. (E.g. In elevators).
- Feel free to contact Laura Klein (laura.klein@fraserhealth.ca) with any questions you may have.

UPDATE Planning for extreme summer heat in long-term care and assisted living facilities

- Fan and water dispenser guidance has been updated in the planning for extreme heat document, found in the planning section of the Extreme heat - Fraser Health website.
- Please familiarize yourself with the updated guidance and implement accordingly.