

DEPARTMENT COVID-19 UPDATE #9 – April 13, 2020

On behalf of Nick Kates, Chair, Department of Psychiatry & Behavioural Neurosciences -

The last weekend was a little quieter than anticipated at both HHS and SJH, including at PES, with the arrival of the major surge still being a few days away. And I think we all appreciated the break that the long weekend afforded us. As a result this update, which covers things that have happened since Thursday is relatively brief.

Department Meeting

Please join us for our next virtual Department meeting, which will take place this **Wednesday, April 15th**, from **08.00 – 09.00**. The link will be open from 7.50. We will be providing updates on what has been happening in the Department over the last 2 weeks, including our ongoing non-CoVID related activities. If you have any specific questions you would like to raise for discussion during the meeting, just send them to Joanne Milne milnej@mcmaster.ca in advance, or raise it using the chat function or by putting up your electronic hand during the meeting. The meeting will be recorded and the link circulated in my next Update. Details to login are:

Login <https://zoom.us/j/988022278>

Dial-in +1 647 558 0588

Meeting ID: 988 022 278

Annual Career Reviews

All of the annual career reviews for GFTs scheduled for April are being postponed and will be rebooked for some time in the summer. I will make decisions about those booked for May onwards at the end of April, depending on the situation.

Clinical Services

It was a quieter than expected weekend in HHS & SJH, and also in PES. The two new services set up for Urgent case – the PES Reassessment (follow-up) Clinic, and the Virtual Urgent Care clinic are working well and gradually expanding the range of services they can offer. And as of this morning, there have still been no positive tests for CoVID-19 at the West 5th site.

Education

Resident Redeployment As of today none of our residents have yet been redeployed outside of psychiatry, and the projected date for possible redeployment to begin has been pushed back to April 20th. Internal adjustments to resident rotations continue to occur, according to the changing needs in our clinical settings.

Wellness and Support

Our Department Wellness Peer Support Drop-in Group is meeting tomorrow (and every Tuesday) by Zoom from 07.45 to 08.45. The meeting is open to anyone who wishes to join, to share experiences, provide support and help us remain connected. Please send any specific

questions you might have, or suggestions around content to Lisa Kennedy -
lkenne@mcmaster.ca The link

is <https://mcmaster.zoom.us/j/580854899?pwd=OWlqWUxHeHRPelUwRWpDczhKRkZKdz09>

And if you are interested in joining our **Wellness Working Group** which meets every Tuesday from 12-1pm, just email Lisa who will add you to the email list.

Staying connected McMaster Alumni Association have produced this video suggesting different platforms to help you stay in touch virtually. <https://www.youtube.com/watch?v=p30lMYD1opo>

Zoom Tip

If you're using Zoom you will see on the top right hand corner of the screen the word gallery. If you click on this, everyone on the call will appear on the screen at the same time (up to 49 people). The word gallery is replaced by "Speaker View" and if you click on that it returns you to the six participant boxes along the top of a screen filled by one person at a time.

In the Media

Randi McCabe was quoted in this article that appeared in the Spectator over the weekend on how CoVID may change mental health care

<https://www.thespec.com/news/hamilton-region/opinion/2020/04/11/life-20-how-covid-19-will-change-our-world-when-it-finally-fades.html>

And to finish.....

Although you have probably seen this, this remains powerful and uplifting every time you watch it <https://youtu.be/Wuiqee-AC-o>

And this is what we can learn about managing CoVID from MASH! <https://www.youtube.com/watch?v=L5CNHDeF2xA>

Nick