

The
LifeLine
 St. Paul's Hospital Staff Newsletter



ST. PAUL'S HOSPITAL

A Community of Health, Hope and Compassion for All



...An Emmanuel Health Organization

Nursing the Aches and Pains of a Pandemic

When the last issue of the Lifeline came out in March, we were unaware of the changes that were hours and days away. I feel like we entered a time warp when COVID-19 began, and we are still living in this strange season without a known end. Change is challenging at the best of times, and the pandemic presents us with constant shifting at work—and everywhere else!

As people have popped into the Mission Office to share stories, I have been hearing a common theme: aches and pains. From family pressures and worries to the changes in what is asked of us at work to the competing news stories and information overload, we are aching for things to be different and pained by the pressures of the way things are for now. Some of us are shouldering minor inconveniences while others are navigating life-altering earthquakes. We hold our own and our colleagues' aches and pains all while the patients, family members, and visitors offer us their own aches and pains in hopes of receiving our care and compassion.

Some of our team members are professional nurses and their work inspires a metaphor that I think is really apt for what we are all asked to do at a human level: nurse the aches and pains. Before nurses offer treatments and support improvements for health, they listen to the patient's aches and pains. The heart of nursing

bears compassionate witness to human aches and pains without judgement.

In addition to whatever tasks fill our days, in each essential department at St. Paul's Hospital, we are all nursing the aches and pains brought on by COVID-19—in ourselves, our colleagues, and those we are privileged to serve. This metaphorical nursing is a constant stretch to practice even more gentleness and understanding, patience and forgiveness, listening and learning as we seek to do our jobs with respect and compassion.

In May, we celebrated National Nurses Week, and a huge shout out belongs to the RNs, LPNs, RPNs, and NPs that serve every day of the year. Thank you for all you do. And as the rest of us join you in this extraordinary nursing of the aches and pains of pandemic life, thank you for showing us how to nurse human suffering with extra doses of kindness, patience, and time.

All over the hospital, I have witnessed extraordinary nursing of your own aches and pains as well as those of others. This goes above and beyond, and it is the mark of the best of our humanity when we get up each day to care for ourselves and each other for another day in the time warp of the pandemic. Thank you.

*-- Leah Perrault
 Director of Mission*

The LifeLine



St. Paul's Hospital

**Published for and by the employees
of St. Paul's Hospital**

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Saskatoon SK S7M 0Z9

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St. Paul's Hospital Mission Office



Vision Mission Values

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Message from Emmanuel Health

The Emmanuel Health Board and Administration would like to express our appreciation for all that is being done during this time of uncertainty due to COVID19. Thank you to all of the staff, physicians, and volunteers at St. Paul's Hospital, including staff from other sites, for your diligence and work to keep everyone safe and for providing extra support to our patients who have had few visitors since March.

While staying close to home is required by all of us, for you there is an additional strain. You have the added responsibility of protecting yourself from getting COVID19, knowing that those you care for have compromised health and are at a higher risk of not surviving should they contract the disease. Working in the healthcare field also puts you in situations where you are at risk of

contracting COVID19 if it is present in your worksite and potentially taking it home to your family. We recognize the added burden you are facing during this pandemic.

In healthcare we have the opportunity to see some of the most special moments in a person's life. We often get to know a great deal about those we serve and care very deeply for their wellbeing. Your commitment to our Mission by continuing to respond to the needs of some of the most vulnerable displays the depth of your strength and your purpose.

Your devotion and loyalty to those you serve is evident and is deeply appreciated. Thank you for caring for our clients and for caring for yourself!

*-Jean Morrison
Emmanuel Health CEO*

A Message from our Executive Director

Hello St. Paul's Hospital Team! What an honour it is to be a part of the SPH and Emmanuel Health team! I started in my role of Executive Director at SPH on April 1, 2020.

It may have been April Fool's Day, but there was no joking around as I hit the ground running, with my first assignment as the Site Pandemic Lead for SPH. This meant supporting our SPH teams to plan for the hospital pandemic needs of COVID-19, which included a space utilization, human resource issues, equipment and construction needs, to name a few, while ensuring regular operations could be maintained to the fullest extent possible.

In spite of restrictions to meet face-to-face, I have had the opportunity to virtually connect throughout the pandemic planning process and I am in awe of the amazing team effort demonstrated in this planning and in the care of our patients. You have demonstrated professionalism, shown compassion and displayed extraordinary patience. As the former Director of Mental Health & Addiction Services and as a social worker by trade, I truly recognize and acknowledge the magnitude of anxiety and stress that many of you have been working under. I am humbled and commend your resilience and compassion throughout this unprecedented time.

As we move toward our 'new normal,' we are able to get back to work we set aside for many weeks. For me, that means (in due course and with safety in mind) getting out and meeting many of you. I am a very

relational person and I want to learn what inspires you and how you see us moving toward healthcare excellence, how we fit into our community and how we can best respond to the needs that surround us. I know SPH will excel in this quest because I have learned over the years, and observed from a distance, that the SPH family is a compassionate and passionate one!

A very exciting project that will keep us busy for the next 8-10 months will involve working on a detail design for our front entry project/redesign (pending funding approvals), which will include a Cultural Centre and an expansion in our front entrance area. This is an incredible opportunity to honour our commitment to the Calls of Action from the Truth & Reconciliation Commission and to advance relationships with the community. The design work will be very detailed to make sure we get it right, addressing people and vehicle flow, crime prevention, an improved entry experience and a lot of landscape improvements!

After 32 years in various positions as a social worker in our community, a Manager and Director with Saskatoon Health Region/Saskatchewan Health Authority, I am elated to finally arrive at SPH. I am excited to connect with all of you and examine how we can continue the work that represents our vision to be a "Community of health, hope and compassion for all."

- Tracy Muggli
SPH Executive Director

Pandemic Pick Me Up: Playlist from Music Therapist, Tinaya Entz

Light of a Clear Blue Morning <i>Dolly Parton</i>	Catch a Falling Star <i>Perry Como</i>	I Have a Dream <i>ABBA</i>
I Can See Clearly Now <i>Johnny Nash</i>	Hey Jude <i>The Beatles</i>	Better Together <i>Jack Johnson</i>
Stand by Me <i>Ben E. King</i>	Let It Be <i>The Beatles</i>	Bluebird on Your Windowsill <i>Wilf Carter</i>
Bridge Over Troubled Water <i>Simon & Garfunkel</i>	Wake Me Up <i>Aviici</i>	Here Comes the Sun <i>The Beatles</i>
True Colours <i>Cyndi Lauper</i>	Somewhere Over the Rainbow <i>Israel Kamakawiwo'ole</i>	The Middle <i>Jimmy Eat World</i>
Lean on Me <i>Bill Withers</i>	Don't Stop Believin' <i>Journey</i>	Monsters <i>Eric Church</i>
Livin' on a Prayer <i>Bon Jovi</i>	I Believe I Can Fly <i>R. Kelly</i>	What a Wonderful World <i>Louis Armstrong</i>
The Heart of Life <i>John Mayer</i>	We Are the Champions <i>Queen</i>	With A Little Help From My Friends <i>The Beatles</i>
Six Feet Apart <i>Luke Combs</i>	Imagine <i>John Lennon</i>	You Raise Me Up <i>Josh Groban</i>
Your Song <i>Elton John</i>	Change the World <i>Eric Clapton</i>	Bluebird <i>Miranda Lambert</i>
You've Got a Friend <i>James Taylor</i>	Everybody Hurts <i>R.E.M.</i>	
Three Little Birds <i>Bob Marley & The Wailers</i>	Sunshine on My Shoulders <i>John Denver</i>	



Tinaya is happy to receive referrals for Music Therapy at 306.655.0560.

This playlist is accessible online at:

- **Spotify** at “Pandemic Pick-Me-Up”
https://open.spotify.com/playlist/5nByWJjk6D1sUw4qiat7jA?si=lyX_pgvMSHWI0sFCe5eHHQ
- **YouTube:** “Pandemic Pick-Me-Up”
https://www.youtube.com/playlist?list=PLg6S4flucoYANPXTxvKSlrs5EppW_06jc

Appreciation Event this Saturday, June 20



St. Paul's Hospital

Clang and Bang Tribute To St. Paul's Hospital Front-Line Workers



Saturday, June 20, 2020 @ 7:00 p.m.

Greystone Heights Community Association is holding a

Clang and Bang tribute to St. Paul's Hospital front-line workers.

While staff left their homes and families, the public stayed home to quarantine and self-isolate. The Draggins Car Club and Prairie Hospice have also been invited to participate in the appreciation drive-by Clang and Bang Tribute.

How to Participate:

- **Join the parade!** Take a drive through the pre-determined route!
- **Clang & bang** pots and pans; or play music or instruments from your vehicle!
- **Donate** a non-perishable food item along the route for the Saskatoon Food Bank!

The Saskatoon Food Bank is in need of food as many groups are unable to donate due to COVID-19. There will be a food drop off depot (large table & display) along the route at 512 Quance Avenue where volunteers will collect your donation from your vehicle window.

Decorate your Vehicle – Bring your Family and Pets:

Administration will lead the procession for St. Paul's Hospital - look for the St. Paul's Hospital banner and the red and white balloons.

- Balloons (for adults) & windmills (for children) will be handed out before the parade.
- Bring a musical instrument – or other noise makers! Honk your horns.
- Dress up – wear a costume or wig. Decorate your vehicle!

Drive-by Route:

The route will begin a 7:00 pm, Saturday evening, at the West intersection of 14th Street and Weir Crescent. Participants should arrive by 6:45 pm to collect balloons, windmills for their attending children; and route maps. The drive-by will end on Lindsay Drive.

This will be Greystone's last Tribute so we want to make it the biggest and best.

Please RSVP with your attendance **by Friday, June 19th @ 3 pm** to Rosemary Nazar by email @ rosemary.nazar@saskhealthauthority.ca or by phone @ (306) 655.5801.

All those who RSVP and attend will be entered to win prizes sponsored by the SPH Mission Office!

Personnel Association and Mission Office Thank Staff



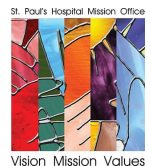
Naomi Moorgen, Mission Office Coordinator and Twyla Pearce, incoming Chair of the Personnel Committee, give out thank you gifts to the staff at St. Paul's on May 24, 2020.

The St. Paul's Hospital Personnel Association teamed up with the Mission Office to give out thank you gifts to our staff during this challenging COVID season, in light of the Winter BBQ and Community Day being cancelled due to the Pandemic.

Cetaphil donated lotion and face wipes and chocolates were purchased from Saskatoon chocolatier **Harden & Huyse**. All departments were asked to provide the number of staff working May 24 and then representatives from each department came to pick them up. Thanks to all those who gave time to support the coordination of this gift delivery.

Did we miss you?

Those who did not receive a gift may stop in to see Naomi in the Mission Office to pick up their thank you gift while supplies last!



Close To Home Campaign Closes with a \$1 Million Gift!

On May 12, 2020, St. Paul's Hospital Foundation received a \$1 million gift from Jim and Lisa Yuel and their daughters Neli and Taya.

"We are thrilled to announce that with this remarkable gift, we are now able to effectively mark the completion of the Close to Home Campaign for Hospice and End-of-life Care," said Foundation CEO Lecina Hicke.

Since the campaign launched in January 2019, SPH Foundation has raised a tremendous \$20,954,000 to advance end-of-life care in Saskatchewan, nearly \$1 million dollars more than their original \$20 million goal.

"We can't thank our community enough for their remarkable support and their profound generosity," said SPH Foundation CEO Lecina Hicke. "Thanks to the exceptional support of generous donors like the Yuel family, we will

be able to extend our Hospital's mission to provide accessible, compassionate and timely end-of-life care further into our community."

The Hospice at Glengarda is currently under construction. Located in the 300 block of Hilliard Street in Saskatoon, the new facility is expected to



open later this year. For more information or to view the announcement, visit closetohome.fund

Big Thanks to All Those Supporting Healthcare

Over the last few months, St. Paul's has been a grateful recipient of many gifts:

- **Tim Horton's** Coffee for all departments,
- Tablets provided by the **SPH Foundation**,
- Ear savers 3-D printed and crocheted by colleagues and friends,
- Lotion and Tablets from **#ConquerCovid**,
- Meat Packs from by **Maple Leaf Foods**,

- Cell Phones for Palliative Care and 7th Med thanks to **Bolt Mobile**.

Countless others have made offers we were not able to receive. Each and every offer as well as gift has been appreciated in the midst of these pandemic days. With so many working so hard, we are grateful for all those who are thinking of us.

Multifaith Stillness Room

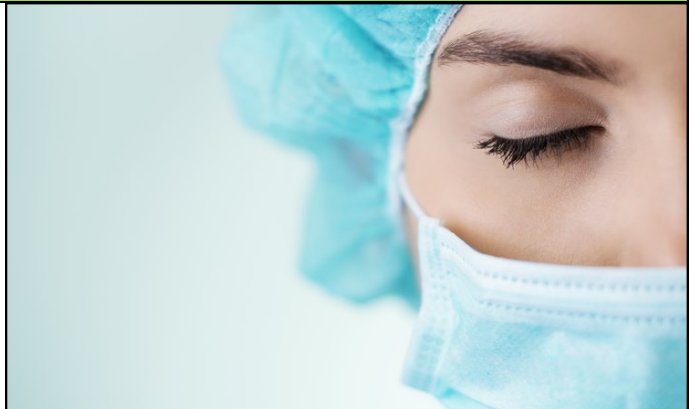


The Multifaith Stillness Room on the 5th Floor has been updated with new art. Staff, family members or patients can page Spiritual Care anytime for access to the room to pause, meditate or pray. As restrictions for gathering are lifted, watch for opportunities for guided meditation and other small group activities from the Spiritual Care and Healing Arts staff.

Guided Meditation for Staff during COVID-19

Guided Meditation
is available for staff
in the 3rd Floor Chapel
at 11:45 am
Monday to Friday.

Physical distancing
and sanitization
procedures in place.



Our work presents us with constant needs—for time, attention, details, compassion and care. Taking time to pay attention to our own inner state of being is an essential part of being able to offer our attention to other people and situations.

Practice slowing down for ten minutes and paying attention to what is happening inside yourself. Step away so that you can step back more present, connected, and grounded.

National Indigenous Peoples Day—June 21, 2020



Did you know?

- In 1982, the National Indian Brotherhood (now known as the Assembly of First Nations, called for the creation of National Aboriginal Solidarity Day. In 1995, the Sacred Assembly called for a national holiday to celebrate the contributions of Indigenous Peoples, and in the same year, the Royal Commission on Aboriginal Peoples recommended the designation of a National First Peoples Day. In 1996, Governor General Roméo LeBlanc issued a proclamation declaring June 21 National Aboriginal Day. In 2017, the day was renamed National Indigenous Peoples Day. (Information taken from Multicultural Council of Saskatchewan at www.mcos.ca/national-indigenous-history-month/)
- For the last four years, Saskatoon has been celebrating with the **Rock your Roots** walk in downtown Saskatoon, but the Pandemic has interrupted plans for this fifth year.

Because we are all treaty people, there are many great ways to honour the day this year:

- Attend online events, such as the one hosted by Saskatchewan Polytechnic at <https://saskpolytech.ca/events/national-indigenous-peoples-day.aspx>
- Read Indigenous authors. Check out the Saskatoon Public Library's Read for Reconciliation List if you need a place to start: <https://www.saskatoonlibrary.ca/reconciliation>
- Make a donation to one of the many Indigenous organizations in our community.
- Research organizations making a difference for Indigenous people in Saskatoon and find out how you could support their work.
- Make a poster marking National Indigenous Peoples Day for your window or yard.
- Mark the day on social media by linking to the work of an Indigenous writer, musician, athlete, colleague or leader.
- Look up a recipe for Indigenous food in Canada. Find a local source for ingredients.
- Listen for the Honour Song that will be played for morning prayer at St. Paul's, June 21, and as part of our ongoing rotation of morning reflections.

Local Spiritual Supports for Healthcare Professionals

In addition to the spiritual care department that is always available to support staff here at St. Paul's Hospital, a number of local spiritual directors have generously offered to support healthcare professionals during the COVID pandemic and beyond. They are offering their services (with a sliding scale, flexible fees, or the ability to offer the services without charge) in gratitude for the frontline healthcare and helping professionals who are shouldering the greatest responsibility in caring for those affected by the COVID-19 pandemic. Professionally trained practitioners prepared for tending to the inner or spiritual dimension of life and well-being, they would like to offer such support to anyone who would find it helpful.

A list of 28 Spiritual Directors offering service is at the Mission Office.

Because few people are familiar with Spiritual Direction and how directors can help, the following description is produced by Spiritual Directors International and is available at: www.sdiworld.org/media/portrait-spiritual-directorcompanion

Portrait of a Spiritual Director

Spiritual directors or companions support the unique spiritual journey of every individual. They are welcoming and present with those they companion, listening and responding without being judgmental. They are contemplative and honor silence as a spiritual practice. They are intuitive spiritual friends—accountable and compassionate, hospitable and open, loving yet independent.

Spiritual direction or companionship inspires people to experience authenticity in their lives as they connect with and explore the ground of all being, that deepest of truths which is beyond life and death and goes by many names, including God, and no name at all.

*Inclusive - Genuine - Listening -
Accepting - Contemplative - Wise*

Abilities and Gifts

A spiritual director is called

- ❖ *The natural gifts of a spiritual director* may include discernment; guiding others in prayer and silence; ability to note and draw attention to the significant insights and sensed movements arising in the directee; capacity for depth and breadth; acknowledgement of spiritual freedom; grounding in stability; interpersonal rapport; the ability to meet a directee where they are and hold a safe space for them and their spiritual exploration.
- ❖ *Others recognize the director's inherent qualities*, such as accountability; wisdom; gentleness; compassion; maturity; caring; prayerfulness; traveling a recognizable spiritual journey; personal integration; openness to self, others, and the transcendent. A spiritual director is sought out and confirmed by others.
- ❖ *Honors contemplative connection*: Directors seek to connect others with the deepest of truths; to support the spiritual transformation of self, others and the world; to embrace holism by integrating mind, body, will, and spirit.

Skills and Knowledge

A spiritual director has training or experience

- ❖ *Listens deeply*: noticing, tracking, distinguishing, prioritizing, paraphrasing, waiting, probing, challenging, and disclosing—always to serve the directee and the spiritual direction relationship.
- ❖ *Maintains an inner life practice*: including prayer or other contemplative practice, reflection, deepening self-awareness, and familiarity with personal gifts, limitations, and wounds, recognizing that all these affect the spiritual direction relationship.
- ❖ *Honors healthy interpersonal boundaries*: understanding when and how to make appropriate referrals; acknowledging assumptions and personal biases, and recognizing when those get in the way of the spiritual direction; recognizes and avoids dual relationships.
- ❖ *Exhibits habits of self-care and care for others*, including careful attention to SDI's *Guidelines for Ethical Conduct*.

A spiritual director is competent

- ❖ *Honors confidentiality* of directees in accordance with the *Guidelines for Ethical Conduct*.
- ❖ *Distinguishes between psychology and spirituality* and recognizes the limits of personal knowledge and experience which might indicate the need to refer to another professional.
- ❖ *Recognizes varied states in directees*, including mental, emotional, physical, spiritual states; noticing shifts in spiritual movements, affective moods, cognitive states; naming personal triggers, hooks, wounds.
- ❖ *Considers ongoing learning part of the calling*, including study of various faith or wisdom traditions and orientations, sacred texts, and exemplars of faith; a spiritual director is open to insights from other professional disciplines, and to the dynamics in psycho-socio-cultural integration.

Accountability and Integrity

A spiritual director is authentic

- ❖ Attends regular spiritual direction for self
- ❖ Receives supervision by peers and teachers—and is responsible for her or his work through that direct supervision
- ❖ Shows respect for the agency of directees—that is, the capacity of individuals to act independently and make their own free choices
- ❖ Follows universal ethical guidelines, summarized as “Do no harm”
- ❖ Finds support and is accountable in a community setting.
- ❖ Inspires others to explore and embrace: trustworthiness; vulnerability; openness; courage; faith; integrity; transformation
- ❖ Integrates values into daily life, such as: nonjudgment, inclusion, contemplation, compassion, and service for the common good ■

Terms of Reverence

Spiritual directors may name the deepest of truths in diverse ways. They also honor the names that others revere. Here are some of those terms of reverence:

Universe, God, Lord, Allah, YHWH, Great Spirit, Higher Power, Mystery, Sunyata, Brahman, Tao, Divine, Sacred, Holy, Almighty, Ultimate, the Beyond, Intimate, Abba, Nirvana, Wisdom, Source, Vishnu, Creator, Enlightenment, Interconnection, Holy One, All

A spiritual director may identify by many different names:

Director, Companion, Elder, Guide, Teacher, Master, Friend, Anam Cara, Guru, Hashpa'ah, Mashpia, Murshid

Hospital Routing and Elevator Usage

DATE: 06/01/2020
TO: All SPH Staff and Physicians
FROM: Tracy Muggli, SPH Executive Director / SPH Pandemic Site Lead
RE: Hospital Routing & Elevator Usage



St. Paul's Hospital

A number of inquiries have been received regarding elevator usage and patient routing during this pandemic period – please see Infection Prevention and Control's (Saskatoon) recommendation below:

There is currently **no change in practice** for the transportation of patients on elevators including suspect and positive COVID-19 patients. The suspect and positive COVID-19 patients should always be wearing a mask when being transported. Elevators do not require cleaning post transfer of a suspect and positive COVID-19 patient.

**Please continue to adhere to the maximum of two people in each elevator unless in the case of emergencies or patient transport, and at that point, proper PPE must be worn.

**Please remember to perform hand hygiene upon entry and exit of elevators as elevator buttons are high touch areas.

When travelling throughout the hospital, as per Infection Prevention and Control's recommendation, please remember the following:

- Take the most direct route to where you are going
- Do not travel unnecessarily through units
 - ie. If you are going to 5th Med do not take the elevator that opens onto 5B to get there
- Please remember social distancing as you travel throughout the hospital

Thank you



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Someone I love is a patient at St. Paul's...

With the visitor restrictions during the COVID-19 pandemic, many of our staff have received inquiries from friends or family members about what can be done to support patients at St. Paul's. While we eagerly await lifting of visitor restrictions, we have some excellent options for patients, family members, and staff to be cared for by holistic care staff. These services are always available at St. Paul's, but become even more essential when family and friends are not able to be with their loved ones. Please note that all of these staff are taking appropriate physical distancing and PPD precautions; these photos were taken before the pandemic.



Artist in Residence—bedside visits and a small visits to the healing arts studio. Refer by calling 306.655.0514.



Music Therapy—available for bedside visits and support. Refer by phone at 306.655.0560.



Spiritual Care—bedside visits with patients, phone support for families of patients, & support for staff. Call 306.655.5000 to ask for Spiritual Care.



First Nations and Métis Health Services—Elders, Cultural Support Workers, and Health Educators are available for patients. Call 306.655.5000 & ask for First Nations and Metis Health Services.

Patients who do not have access to their own technology can inquire with unit staff about phones and tablets for connecting digitally with loved ones. **Spiritual Care Education** is supporting assisted video chats and referrals can be sent to Julie at 306.655.5827.

Family members are encouraged to connect with unit staff and managers with questions regarding care for their loved ones.



Coping With Stress: Advice for Health Care Workers During the COVID-19 Pandemic

- ❖ You are doing really important and difficult work. Over the coming days and weeks you will probably find that there are times when you feel anxious, stressed, scared, sad, overwhelmed, angry, guilty, helpless or even numb. These are all normal responses to an extremely challenging situation.
- ❖ You may experience different emotions at different stages of the pandemic. For example, early on, you might feel anxious thinking about what could happen or that you are in a heightened state of “readiness”. At the peak phases, you may experience surges of adrenaline. Over time you may feel more like you are “running on empty”.
- ❖ There may be times when you feel guilty about difficult decisions that you have to make. You may not feel any of these things. There may be times when you feel you are coping well and times you feel that you are coping less well. Everyone is different, and everyone will experience different emotions at different times.
- ❖ There are things that you can do to help you take care of yourself. Give yourself permission to take regular breaks during your shifts. It is important to try to eat, drink and sleep properly. Try to use strategies that have helped you in the past to cope with stressful situations. Make sure that you try to take some time out between shifts, slow down and bring levels of arousal back to normal. It is being responsible, not selfish, to look after yourself.
- ❖ Stay in touch with your friends and family – even if you can’t see them in person, you can have video and phone calls. Engage in physical activity. Maintain a routine as much as you can. Plan regular activities that help you feel good. Avoid using unhelpful coping strategies like smoking, alcohol or other drugs. Try to limit the time you spend watching, reading or listening to the news. Spend time deliberately engaging with tasks that take your mind away from the current crisis.
- ❖ If you feel overwhelmed, know that there are ways to get support. Talk to your colleagues, your manager, or someone else that you trust about how you are feeling. You are not alone in this situation - your colleagues are likely to be experiencing similar things to you, and you can support each other. Be compassionate to yourself and others. It is OK to say you are not OK.
- ❖ Focus on what is in your control. Pay attention to things that are going well when you can. Share and celebrate the successes or small wins. Remember this is a marathon, not a sprint. Even though this is a marathon, it will not last forever and the epidemic will end.

SHA Supports for Healthcare Workers

Mental Health Support Line

The SHA Health Care Worker Mental Health Support Line, which is directly accessible at **1-833-233-3314** from 8 a.m. to 11 p.m., seven days per week. The support line is a further enhancement of mental health service for health care workers offering brief intervention and a pathway for urgent care as required.

- Recognizing the additional pressures and demands being placed on Saskatchewan’s healthcare workers, this line was established as part of the COVID-19 response, for staff who need some brief and practical mental health supports during this pandemic.
- No appointment time is necessary; health care workers can call as needed. If you call after hours, a message can be left for one of the therapists to return your call during the scheduled hours.

COVID-19



ACCESS TO MENTAL HEALTH SUPPORTS & RESOURCES

SPEAK UP! RAISING MENTAL HEALTH AND WELLBEING NEEDS IS IMPORTANT

As part of the SHA COVID-19 response, ensuring that mental health and wellbeing needs of health care workers are identified and supported is critical. Caring and having compassion for ourselves and each other by acknowledging and effectively managing stress, both acute and cumulative, is key to building individual and collective resilience over time.

← Healthy	Reacting	Injured	Ill (Crisis) →
<p>SIGNS:</p> <ul style="list-style-type: none"> • Mood - Normal fluctuations • Thinking/Attitude - Taking things in stride • Physical and Social Care - Physical and socially active • Behavior / Performance - Performing 	<p>SIGNS:</p> <ul style="list-style-type: none"> • Changes in Mood - Irritable, sad, overwhelmed • Changes in Thinking/Attitude - Distracted, Sarcasm • Changes in Physical and Social Care - Diminished • Changes in Behavior / Performance - Diminished 	<p>SIGNS:</p> <ul style="list-style-type: none"> • Changes in Mood - Anger, Anxiety • Changes in Thinking/Attitude - Constantly Distracted, Negative • Changes in Physical and Social Care - Avoidance • Changes in Behavior/ Performance - Not performing 	<p>SIGNS:</p> <ul style="list-style-type: none"> • Changes in Mood - Aggression, Excessive Anxiety • Changes in Thinking/Attitude - Non-compliance, unable to concentrate, cognitive challenges • Changes in Physical and Social Care - Exhaustion • Changes in Behavior/ Performance - Withdrawal

REACH OUT FOR THE SUPPORT YOU NEED

- Visit www.saskatchewan.ca/COVID19-providers and check out our [Resilient Workplace](#) section
- Call **HCW Mental Health Support Line** - 1-833-233-3314 (8 a.m. - 11 p.m., 7 days/week)
- Contact **Employee and Family Assistance Program** (anytime – 24hrs/7days)
Website: <https://www.workhealthlife.com/> Call: Care Access Centre toll free at 1-844-336-3136
- Physicians & Residents call **Physician Health Program (SMA)** - Saskatoon & North 306-657-4553, Regina & South 306-359-2750
- **Ask your Manager** about stress management supports for teams



saskatchewan.ca/COVID19

May 20 2020

Staff are asked to keep using the Cafeteria Door



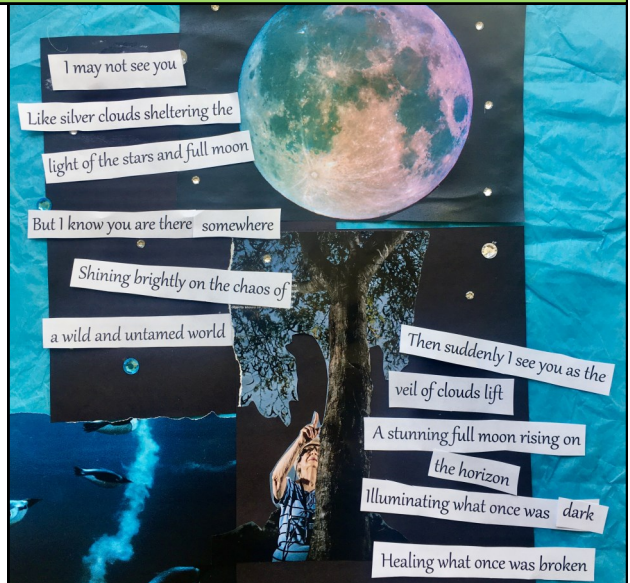
Due to large numbers of patients and visitors screening at the Main and ER doors, staff who come in to work from the south side of the building are asked to continue using the

Cafeteria Doors
from 6:00-9:00 am
Monday to Saturday

This will continue for as long as screening is required by the Public Health Order. Your adjustment and understanding is noticed and appreciated.

Thank you for serving our community as healthcare workers...

Every day, in every department of our hospital, St. Paul's staff are showing up to care for patients, keep things as clean as possible, ensure our equipment is working, provide nourishing food, wash linens, do the essential paperwork, ask and answer questions, and adapt to change. Thank you for working.



You can view a color version of this issue of The LifeLine or view past issues at
<http://www.stpaulshospital.org/about/mission/lifeline.php>