

TSHED COVID-19 Weekly News



Welcome to the first edition of our TSHED COVID-19 weekly news. In this weekly update you will find the latest COVID-19 facts and figures both locally and internationally. With this update, we are aiming to equip our team with information to help us face any challenges ahead. It will also provide a brief summary of the many new announcements we receive each week, highlighting important changes to our day to day work. It is by no means a replacement for the departmental e mails we receive but will put together the information in those e mails into a succinct single document to refer to.

Who am I?

I'm Aruna, one of the emergency registrars doing medical education. Like so many of us, my role in medical education has been changed dramatically since COVID became a pandemic. This is going to be a challenging time for us all and being informed, physically well and mentally prepared is going to be hugely important. So along with Dr Allison Moore, I have volunteered to be our local COVID 19 wellbeing officer.

STATISTICS



International statistics

Total cases: 1,014,386 cases
Total deaths: 52,993
Total recovered: 212,018



National Statistics:

Total Cases: 5687
Total deaths: 34
Total tests >270,000
Total positive:



NSW statistics:

Total COVID 19 cases: 2389
Total deaths: 10



SESLHD Statistics

Total Cases: 607

Total deaths: 0

SESLHD by far is the most tested health district and has the highest number of positive cases. Residents and workers in the Waverley area are deemed a high geographical risk (postcode 2022 and 2026) and are advised to be screened if there are symptoms consistent with COVID-19

Number of confirmed cases, tests, percent positivity, and rates of cases and tests per 100,000 residents of each LHD in NSW, reported up to 8pm 1 April 2020

LHD	Cases	Tests	Percent positive	Cases per 100,000 residents	Tests per 100,000 residents
South Eastern Sydney	510	16449	3.1	53.17	1715.05
Northern Sydney	409	17157	2.38	42.79	1794.82
Central Coast	104	4281	2.43	29.47	1213.22
Hunter New England	237	10719	2.21	24.88	1125.49
Sydney	169	9834	1.72	24.25	1411.37
Nepean Blue Mountains	92	5765	1.6	23.53	1474.47
Southern NSW	51	1874	2.72	23.49	863.31
Illawarra Shoalhaven	94	5186	1.81	22.4	1235.9
Western Sydney	216	13223	1.63	20.5	1255.23
Mid North Coast	44	2533	1.74	19.5	1122.46
South Western Sydney	168	12045	1.39	16.18	1159.81
Northern NSW	44	2304	1.91	14.18	742.36
Western NSW	38	2256	1.68	13.33	791.55
Murrumbidgee	38	1682	2.26	12.75	564.22
Far West	1	177	0.56	3.32	587.18
NSW Total	2298	110537	2.08	28.07	1350.32

GUIDELINES AND CRITERIA

COVID testing criteria in NSW

- Testing is recommended for any person with a fever OR acute respiratory tract infection
 - Who meets **one or more** of the following criteria
 - Close contact in the 14 days prior to illness onset with a confirmed case
 - International travel in the last 14 days
 - A cruise ship passenger or crew member who has travelled in the 14 days prior to onset
 - A healthcare worker
 - An aged care or other residential care worker – this has included cleaners
 - In a geographically localised area with elevated risk of transmission
 - People who live or work in Bondi (2026) or Bondi Junction (2022) are recommended to be tested for COVID-19 if they present with fever (≥ 38) or history of fever OR acute respiratory infection (cough, dyspnoea, sore throat)

- In the following settings where there are 2 or more cases of illness clinically consistent with COVID 19
 - Aged care and other residential care facilities
 - Military operational settings
 - Boarding schools
 - Correctional facilities
 - Detention centres
 - Aboriginal rural and remote communities (in consultation with public health)
 - Settings where COVID 19 outbreaks have occurred



PPE at Sutherland Hospital

- The education centre is running face to face PPE sessions that are COMPULSORY for all staff.
- Scrubs
 - Theatre scrubs have been secured for those in the department who would like to wear them.
 - They are located by the ED entry from the main corridor right by the tea room
 - Dirty linen needs to be deposited in the linen skips
- TSH ED zones and what to wear
 - The ED has been divided into 3 zones. These zones are fluid and may vary from day to day depending on the situation.
 - **HOT ZONE:**
 - Patients with confirmed COVID or highly suspicious for COVID
 - Wear at minimum full PPE: P2/N95 masks, gowns, gloves, face shield/goggles
 - **WARM ZONE:**
 - Patients with lower risk for COVID but with respiratory symptoms
 - Wear at minimum gowns, surgical masks with face shields
 -

If you have been in a hot zone or had contact with a high-risk patient in the warm zone wearing theatre scrubs, please ensure you have removed these and showered before accessing cool zones to minimise spread of infection

- **COOL ZONE:**
 - Patients with low to no risk of COVID and no respiratory symptoms
 - Wear at minimum surgical masks for EVERY patient and appropriate PPE for the case. E.g gloves when handling bodily fluids
- Aerosol generating procedure (AGP)
 - Please ensure full PPE is worn during all AGP
 - P2/N95 mask
 - Eye protection
 - Gown

- Gloves
- Hair protection
- Examples of AGP in the emergency department:
 - Nasopharyngeal swab for COVID-19
 - Interventions
 - Non-invasive ventilation/high flow nasal oxygen.
 - This will likely very rarely be done and only on advice of respiratory medicine
 - Nebulised adrenaline for paediatric patients
 - Intubati

Table 1. Routine Care of a Suspected or Confirmed COVID-19 Patient				
Standard Precautions	Standard Precautions apply to all patient care and comprise hand hygiene, respiratory hygiene (cough etiquette), PPE if in contact with blood or body substances, aseptic technique for clinical procedures, occupational exposures prevention, cleaning and disinfection of the healthcare environment and shared patient care equipment and appropriate waste disposal.			
Type of PPE	Fluid resistant long-sleeved gown or apron*	Fluid resistant surgical mask	Safety glasses/mask/visor OR Face shield NB: Prescription glasses are not sufficient protection	Gloves
		P2/N95 if performing an AGP		
Precautions	Contact & Droplet		Contact, Droplet & Airborne	
				

WELLBEING AT TSH ED

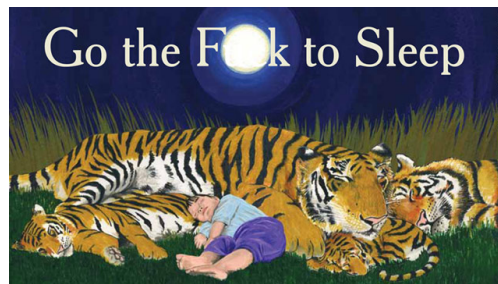
- *The Physical*

- Health
 - Do not come into work if you are feeling unwell
 - If you have any of the following symptoms, you meet criteria for testing. Get tested and self-isolate
 - Fever >38 degrees
 - Cough
 - Runny nose
 - Sore throat

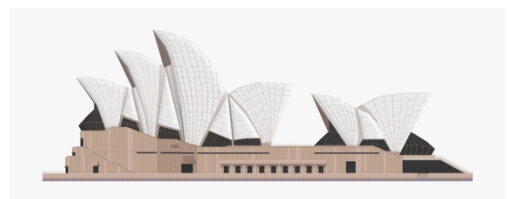
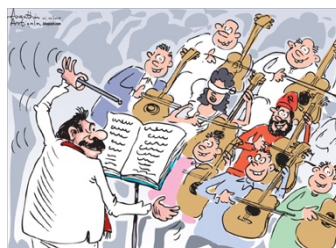
- Shortness of breath
 - FLU VACs are here
 - Flu vaccines are being given between 8am and 4.30pm at the education centre.
- Exercise
 - There are plenty of gyms and studios offering online sessions to do at home
 - Here are a few
 - Les Mills on demand home workouts 45min-1.5 hour HIIT workout sessions <https://watch.lesmillsondemand.com/at-home-workouts/season:1?fbclid=IwAR2G5fBQ3RcvSLF9LOoyJVA4YGcmUDzLwXcZFONrvGkEY8-yT6DgT5qqm08>
 - Yoga with Adriene 35min yoga sessions for free online <https://www.youtube.com/user/yogawithadriene?fbclid=IwAR0BqqyVHucV9oHEEIV6jzCs7GJ0HqzeiDksZd6J512BxD48XnQZ-jPMb-8>

- The Mental:

- Can't sleep? Here are some podcasts to help
 - Get Sleepy Bedtime stories for adults
 - <https://podcasts.apple.com/us/podcast/get-sleepy/id1487513861>
 - Listen to a murder mystery podcast as you dose off
 - https://podcasts.apple.com/us/podcast/phoebe-reads-a-mystery/id1503921457?ign-mpt=uo%3D2&fbclid=IwAR3WDmd9Hws8oQ5t_kUN5NhdYER8_MEjd_a9zz0T0M9jIDy0lcpEofyYQvtI
 - Miette's Bedtime stories for adults
 - <https://podcasts.apple.com/us/podcast/miettes-bedtime-story-podcast/id641130629?mt=2>
 - Headspace: Meditation and mindfulness guide
 - <https://www.headspace.com>



- Bored at home?
 - Listen to some classical music played online by [NY Philharmonic orchestra](#)
 - Watch a [Cirque du Soleil](#) performance
 - Watch a full-length performance from the [Sydney Opera House at home](#)

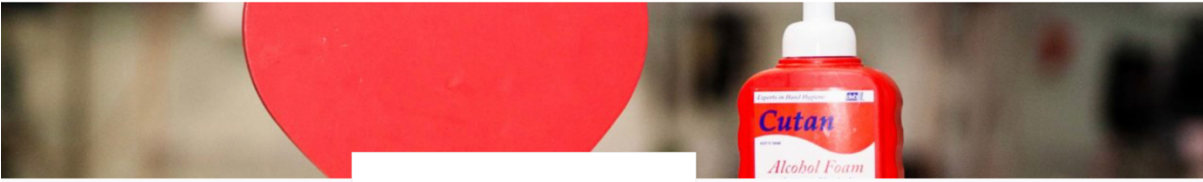


For More Information

Sutherland.com is our teaching website for ED trainees. In light of the covid experience, it has received a makeover and rebranded as our information sharing portal of all staff. Dr. Allison Moore is taking charge to update the latest and useful information available, both for clinical practice and staff wellbeing. Make sure you take an opportunity to visit www.sutherland.com

Sutherland Emergency
Emergency teaching and educational resources

About / Airway / Hospital Skills Program / Internal memos / Investigation of the week / Journal Club
/ Orientation to Sutherland ED / Plastering videos / POCUS / Podcasts / Primary Exam / Procedure Credentialing
/ Simulation / Teaching Timetable / The Weekly Probe / TSH ED Coronavirus resource page
/ TSH ED Pandemic Plan (draft) / Videos / Wellbeing during COVID



More liberal testing criteria announced

BY ALLISON / ON APRIL 1, 2020 / IN UNCATEGORIZED

Key messages for local services:

- Districts within the LGA with the highest number and population rate of cases, and equal highest rate of testing (relative to districts in the past 60 days) have decreased.
- Cases continue to be identified among cruise ship passengers and crew as well as people with links to the Bondi Beach case cluster. Cases are identified in people with exposure to travellers, such as taxi and Uber drivers, bus or train operators, and hotel workers.

Geographically isolated area with elevated risk of community transmission:

- People who live or work in Bondi (2020) or Bondi Junction (2022) are recommended to be tested for COVID-19 if they present with fever (38C) or history of fever (38C) within respiratory infection (cough, wheeze, sore throat).

As of 31st march

New SARS CoV2 testing criteria

BY ALLISON / ON MARCH 29, 2020 / IN UNCATEGORIZED

Sutherland Hospital is currently in a local government area (LGA) which has some locally acquired spread without known cause, so our patients may meet "high risk" definition. Contact Public Health Unit for clarification.

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[TSHED coronavirus page](#)

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