

Issue #030 | February 2025

Welcome to the CRT Update – a Community Health Services (CHS) newsletter written and distributed by the Community Resource Team (CRT).

If you have questions about any items in the CRT Update:

1. Ask your leadership for further clarification.
2. Ask your leadership to contact CRT: chs.crt@islandhealth.ca

Feature Article

Updated Viral Respiratory Illness (VRI) Policy

Enhanced infection prevention and control measures in all healthcare settings went into effect on January 6, 2025. CHS will return to continuous medical masking for healthcare workers in client care areas.

All leadership and staff should familiarize themselves with the infection prevention and control measures that relate to their role.

[Learn more about these measures.](#)



Optimizing Skin Integrity Survey for CHS Nurses, Physical Therapists, and Occupational Therapists



To ensure CHS is aligned with the newly revised Accreditation Standards and Island Health's Required Organizational Practice (ROP), a short survey focusing on **Optimizing Skin Integrity** has been developed. This survey, which is to be completed by Nursing, Physical Therapists and Occupational Therapists in each health unit, focuses on:

- Clinicians' perspective of the Patient Safety & Learning System (PSLS)
- Continuous Learning and Education support needs related to skin, wound, ostomy, and continence.

This anonymous survey consists of 14 quick questions and takes approximately 5-10 minutes to complete.

[Please take a few moments to complete this important survey by February 14th.](#)

3 Thinking Hats of a Nurse Specialized in Wound, Ostomy, & Continence

Learn more about the 3 thinking hats of a Nurse Specialized in Wound, Ostomy, & Continence (NSWOC). Each thinking hat provides practice information about the 3 focus areas of an NSWOC.

This month's article features information about CarboFlex, urinary incontinence in older adults, and mucocutaneous separation.

Look out for the fun word game included in this article!

[Read More](#)

New Alcohol Awareness Campaign

At the end of February, Island Health is launching a month-long awareness campaign to encourage adults to drink less alcohol. The campaign promotes simple steps to cut back, like having alcohol-free days, to help reduce the risk of short and long-term health issues.



Reducing alcohol can improve sleep, mood, energy, and libido. Cutting back, even in small amounts, can make a difference in overall health and wellbeing!

Learn more:

- [Alcohol and Health](#): New intranet page with evidence-based resources to support staff with patient discussions about alcohol and health.
- [Harm Reduction Handbook and Staff Toolkit](#): Updated to include alcohol-related resources.
- [Alcohol and Your Health](#): New public webpage

Gen 30 Medication Safety Tool is Coming Back—Better Than Ever!

The Gen 30 Medication Safety Communication Tool is returning, revamped and ready to make a difference!

The Gen 30 is being redeveloped as two separate letters for medication-related communication between CHS, primary care providers, and local pharmacies:

- Medication Safety Communication to Community Pharmacy; and
- Medication Safety Communication to Provider.

Stay tuned for more details and links to the new communication tools in March.

[Temporary Policy Adjustments](#)

[Education Calendar](#)

[Update Archive](#)

Correction Notice: Couple Reunification Article

An [article published in the December 2024 CRT Update](#) about couple reunification has been updated. We have removed a sentence that was unclear.

Virtual Vibes: Diabetes Education Classes



Did you know Community Virtual Care (CVC) offers seven diabetes education classes in the Living Well with Diabetes series? Geared to people with pre-diabetes and people with type 2 diabetes, the classes guide clients to find a balanced and sustainable way to stay healthy while living with diabetes.

[Learn more about how clients can enroll in CVC's diabetes education classes.](#)

Process Reminder: Living Apart for Reasons Beyond Their Control

When a married or common-law client or their spouse is moving to Long Term-Care, informing the couple they must apply for "involuntary separation" once they move in is incorrect and leading to negative financial issues, resulting in unnecessary Temporary Rate Reductions. Clinicians should instead instruct clients to complete a [Living Apart for Reasons Beyond Their Control \(ISP-3040\) form](#).

[Read More](#)



For Your Awareness

February is.....

[Recreation Therapy Month](#)

February is.....

[Preventative Health Awareness Month](#)

February 2-8 is.....

[Feeding Tube Awareness Week](#)

Caring Conversations

"From your perspective, how could access to healthcare services be impacted by an individual's substance use?"

This month's featured question from the Harm Reduction Team's Caring Conversation Cards is for you to reflect upon privately or with your colleagues. These questions were developed to encourage safe and meaningful conversations.

[Click here](#) to learn more about harm reduction principles.