Clinical support: Best practice guidelines, sharing of scholarly articles and resources

As an extension to our Talking Research/Parlons recherche lunchtime seminars, the JRH Feil-Oberfeld Research Centre of the CISSS Laval is proud offer this bulletin which includes:

- Practical guidelines adapted to COVID-19
- Telerehabilitation
- COVID-19 Research project initiatives which are underway, etc.
- Resources to support all during these challenging times

Look for our periodic bulletin for updates.

Feil-Oberfeld JRH Research Centre
Scholarly articles, Best Practice & Resources

Scholarly Article Review of “Coronavirus : The Hammer and The Dance”, March 10, 2020 written by Thomas Pueyo: This article explores the strong coronavirus social distancing measures which we undertake in order to slow down the rate of COVID-19 transmission, the efficacy of which we already witness by contrasting incidence rates such as Canada versus Unites States. The “Suppression” strategies (ie. The Hammer) which seek to flatten the curve, thereby allow the Health Care System to manage more severe cases and reduce mortality, vs. “the Dance” which refers to the subsequent action plan allowing us to get through the period we await a vaccine (models of progressive deconfinement.) Bottom line? Focus, keep strong and move forward to ride this wave of uncertainty together- we will prevail. This article is definitely worth reading!

Encouraging words from the author:
”If we fight hard now, we will curb the deaths.
We will relieve our healthcare system.
We will prepare better.
We will learn.
The world has never learned as fast about anything, ever.
And we need it, because we know so little about this virus.
All of this will achieve something critical: Buy Us Time. If we choose to fight hard, the fight will be sudden, then gradual.
We will be locked in for weeks, not months.
Then, we will get more and more freedoms back...It might not be back to normal immediately.
But it will be close, and eventually back to normal…”

Article summary by Loredana Campo, Interim Clinical Research Coordinator (JRH) & Candidate aux études supérieures de École de Santé Publique de l'Université de Montréal (en ligne pour cadres et professionnels en exercice)
RECOMMENDED COVID-19 SCHOLARLY ARTICLES

  https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7184495/
  https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7188170/
  https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7188154/

COVID-19 BEST PRACTICE RESOURCES:

1) Telerehabilitation:
- See Telerehabilitation guidelines from the CRIR from a March 30th Communiqué (for all CRIR research sites, including the JRH Feil-Oberfeld Centre):
  1. *Remote Applications which could be used by Clinicians and Researchers for data collection/Assessment:*
     Any of the following remote applications can be used:
     - Telephone follow-up/conference call;
     - Secure remote applications such as ZOOM, REACTS, online platform Microsoft Teams;
     - All surveys/online questionnaires based or located in Canada (ex. Lime survey);
     - All other applications, including iCloud platforms and other virtual reality applications deemed secure from an IT perspective
  2. *Security of data/clinical information:*
     - The transmission of data/clinical information which are collected with any of the above means to personal email addresses or to non secure iCloud applications (such as Dropbox) is not permitted.
     - Detailed CRIR Zoom Guides made available for both Speakers & participants in order to ensure optimal use, and to guard against unwanted issues such as “Zoom bombing” which has occurred more recently (available upon request to L. Campo or R. Wardini)

2) COVID-19 Research & Telerehabilitation expertise at the JRH:
- Support: Dr. Isabelle Gélinas & Dr. Nancy Azevedo from the JRH Research Centre are the COVID-19 Researcher leads on project proposals to the FRQ. Loredana Campo has worked as Telerehabilitation Projects’ Coordinator for 2yrs for Dr. Dahlia Kairy at the IRGLM; Elizabeth Dannenbaum is member of the APTA Vestibular Telerehab. Task Force. *Feel free to contact us in case of questions or to share ideas.*

3) Stroke Best Practices during the COVID-19 Pandemic publication in The Canadian Journal of Neurological Sciences:
- The Heart & Stroke Canadian Stroke Best Practice Recommendations (CSBPR) Advisory Council has developed best practice measures on implementing evidence-based stroke care during the COVID-19 pandemic
- This guidance is grounded in the CSBPR and enhanced by expert opinion and early shared experiences with reorganizing stroke systems in the context of the pandemic. It acknowledges that stroke remains a medical emergency and stroke care is highly effective, and includes specific guidance across the continuum:
  - Stroke awareness, recognition and response
  - Hyperacute stroke care
  - Inpatient and stroke unit care
  - Stroke rehabilitation
  - Secondary prevention of stroke care
  - Telestroke across the continuum (Telestroke Toolkit which can help the CVA Teams establish telerehabilitation visits and manage CVA patient care across the stroke continuum)
PSYCHOSOCIAL HELP

1) For Health Care Staff: Service téléphonique de soutien : 450 975-4150, poste 4350 de 9h à 21h, 7 jours sur 7 Service anonyme et confidentiel, donné par des professionnels en intervention psychosociale du CISSS de Laval


*Your input to the Research Bulletin is welcome: Contact Loredana Campo, Interim Clinical Research Coordinator or Elizabeth Dannenbaum, Researcher via email.

“Stronger together”