



COVID-19 SECOND WAVE update:

A press conference by Premier Kenney last Friday raised very important evolving concerns regarding Alberta's ability to manage the COVID-19 response. New social restrictions have been announced. As a medical facility, we want all our patients to know that we are absolutely committed to maintaining a vigorous response to the situation. As mentioned in previous newsletters we have instituted multiple measures to ensure your safety at our clinic and to ensure timely and credible answers to your questions:

- **STRICT TRIPLE LEVEL SCREENING PROTOCOLS** (time of booking, day before appointment & upon arrival) for all persons who attend the clinic including patients, staff, physicians and all visitors.
- **STRICT FRONT DOOR ACCESS** procedures with doorbell, signage, staff etc.
- **STRICT USE OF DEDICATED ROOMS** for any patient who is at risk, presumed, symptomatic or a possible contact with COVID-19.
- **STRICT USE OF PPE** (Personal Protective Equipment) for all staff seeing patients at risk or who may require swabs or testing.
- **STRICT HYGIENE PRACTICES** within the clinic compliant with the most up to date policies by AHS and Alberta Health.
- **EXPANDED USE OF VIRTUAL VISITS (videoconferencing/telemedicine)** to reduce the overall traffic in clinic when possible.
- **EXPANDED VIDEOCONFERENCING CAPABILITIES.**
- **DAILY MORNING STAFF HUDDLES** to ensure on the spot timely updates for all staff and physicians with regular review of AHS policies provided by their leadership.
- **LIMITED TO NO WAITING** in the front reception area.
- **DISCRETE SEPARATE ENTRY** for low/moderate patients at risk for COVID-19.
- **DEDICATED IN CLINIC WASHROOM** and **CARD ACCESS ONLY** to separate building washroom.
- **STRICT CONTINUOUS MASKING PROTOCOLS** for all patient care areas as per AHS.
- **AGGRESSIVE VACCINATION PROMOTION** for Influenza to manage the "twindemic."

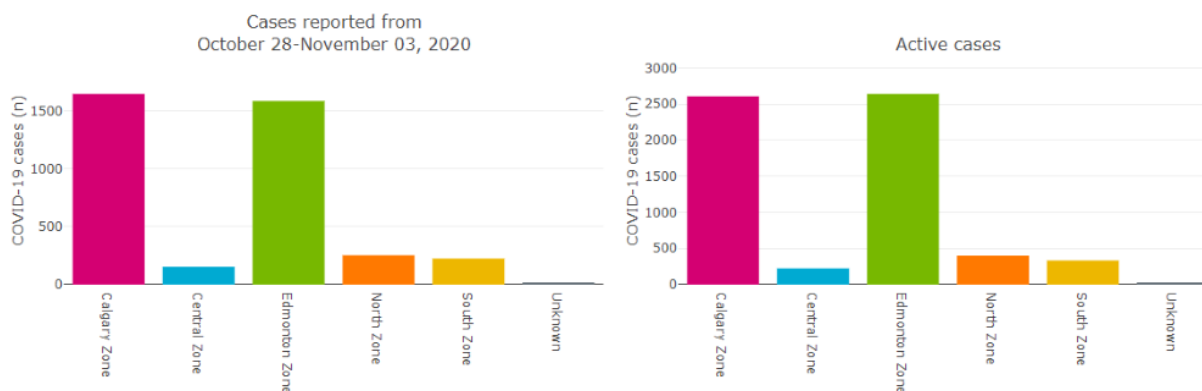
We know that the biggest impact on many of us regarding this pandemic is psychological stress, social isolation and in particular fear of the threat of the pandemic. Therefore, it is very important to us that you and our staff can feel safe coming to our office. The practice of good



medicine, prevention, management of chronic disease, etc. has not stopped. We continue to develop, train and work hard to fulfill our foundational commitment to our model of care as a Patient-Centred Medical Home. Our team is there for you to continue to provide the very best ongoing primary medical care, even within the special challenges of the Second Wave.

THE CURRENT SCIENCE BEHIND THE 2ND WAVE

As the number of COVID-19 cases rises in Canada, we are entering the second wave of the pandemic and there is concern that the second wave might be worse than the first wave. Globally we have 50 million cases with more than 1.2 million deaths. In Canada, we have 263,000 cases with 10,000 deaths. Here in Alberta, we have had almost 32,000 cases, and there are currently 171 hospitalizations and 33 ICU admissions. This is a major increase from the summer.



The Calgary and Edmonton zones lead the number of COVID-19 cases in Alberta. It is estimated that about 40% of the Calgary and Edmonton cases were transmitted in households and private get togethers. On November 6th, Premier Jason Kenney and Dr. Deena Hinshaw urged Calgarians and Edmontonians to help reduce community transmission by restricting social gatherings and to limit their “cohorts”.

To better understand the concept of a “cohort” in the COVID-19 context; how cohorts help to limit the spread of the virus; the difference between core cohort and other types of cohorts; and how to keep cohorts safe, please click on the link below:

<https://www.alberta.ca/restrictions-on-gatherings.aspx>

At APC, we are committed to ensuring that our clinic is a safe place for our patients to come in for their medical needs. **YOU ARE PART OF OUR COHORT, OUR MODEL, OUR COMMUNITY.**

Your Health. Your Team. Your Medical Home.