

A MEMO SENT ON BEHALF OF THE PROVINCIAL NURSING AND ALLIED HEALTH COUNCIL

September 16, 2021

Dear Colleagues,

It has been well over a year and a half since the emergence of COVID-19, and this enduring pandemic continues to dominate all of our daily lives. We want to express our gratitude for the selfless commitment to service demonstrated by nurses and allied health professionals at all levels. At the same time, we also want to acknowledge that answering this call to care during these challenging times has not been without cost to the health and well being of nurses, allied health professionals, and other health care providers.

Numerous surveys and studies have been conducted in B.C. and the Canadian context to learn about the experiences of health care providers during the COVID-19 pandemic. The research consistently tells us about the impact of working in environments with resource constraints and the moral distress created when teams feel there is a gap between the care that's provided and the "care as imagined". Please know that your leaders believe the work being done is excellent given the challenging circumstances and are here to support you.

We encourage you to connect with your respective regulatory college if you have a practice question or concern, including guidance regarding working with limited resources. For nurses more specifically, there is information about working with limited resources available on the BC College of Nurses and Midwives (BCCNM) website at: www.bccnm.ca/RN/learning/dutytoprovidecare/Pages/LimitedResources.aspx.

As a result of the impact of COVID-19 on the mental health and well being of health care providers, several new and expanded provincial mental health resources have been developed. Some of these include:

- a new Confidential Peer Support Hotline *Care to Speak* is available to any healthcare worker in B.C. (Refer to: www.careforcaregivers.ca/caretospeak/);
- a Mobile Response Team (24/ 7 phone line) to support the mental well-being of frontline healthcare workers. (Refer to: www.bccdc.ca/health-professionals/clinical-resources/covid-19-care/health-care-provider-support); and
- WorkSafe BC guides for employers and employees to addressing the mental health effects of COVID-19 in the workplace. (Refer to: www.worksafebc.com/en/resources/health-safety/books-guides/addressing-mental-health-effects-covid-19-guide-for-workers?lang=en)

Finally, we would like to take the opportunity to thank you for your ongoing commitment to supporting British Columbians and each other in our journey to optimal health and well being. Your caring, professionalism and healing presence continues to touch us all.

Sincerely,



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On Behalf of the Provincial Nursing and Allied Health Council (PNAHC)
Chief Nurse and Professional Practice Officer
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