

WELLNESS CHECKS

October 9th, 2020



Wellness Checks are an important way to keep you, your colleagues and patients safe.

A Wellness Check involves screening for COVID 19 symptoms at the start of your shift:

- Loss of taste or smell
- Runny nose or congestion
- Loss of appetite
- Sore throat
- Fatigue, muscle aches, or weakness
- Headache
- Cough
- Nausea or Diarrhea
- Subjective fever or sweats



Leaders please work with your teams to ensure a process is in place: We recognize that areas operate differently and a one size fits all approach is not feasible - therefore how to implement will be left to the discretion of area/unit Leadership.

Examples of approaches for consideration:

- Have the CNL or Charge Nurse complete the wellness check
- Check-ins with colleagues
- A sign-in Wellness Check in station (*example from Maternity below – thanks!*)



In areas where this is not yet implemented please work with your teams to have a process in place for next week.

If Symptoms identified: When a staff member is going for COVID19 testing, please advise OH&S of the date, site and results when known, by emailing medinfo@providencehealth.bc.ca. Please contact Sandy Coughlin at scoughlin@providencehealth.bc.ca for any questions.