

# COVID-19 FAQs for Students, Trainees, Clinical Instructors and Faculty Completing Placements at Sunnybrook – Winter 2022

**\*\*\*PLEASE NOTE: THE SITUATION IS EVOLVING WITH RESPECT TO OMICRON. THIS INFORMATION IS UP TO DATE AS OF JANUARY 18, 2022. ADDITIONAL UPDATES WILL BE PROVIDED AS NEEDED.**

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## PRE-SCREENING & HOSPITAL ENTRANCE PROCEDURES

### **Am I required to be vaccinated in order to complete a placement at Sunnybrook?**

Sunnybrook Health Science Centre requires all students commencing a placement at Sunnybrook to be fully vaccinated in order to be eligible for a placement. Medical exemptions or exemptions based on creed may be assessed by Sunnybrook to determine a plan on a case-by-case basis.

*\*Sunnybrook is defining “fully vaccinated” as having received the full series of a COVID19 vaccine or combination of COVID-19 vaccines approved by Health Canada (e.g., two doses of a two-dose vaccine series, or one dose of a single-dose vaccine series); and having received the final dose of the COVID-19 vaccine at least 14 days ago.*

### **Am I required to self-isolate prior to starting my placement?**

**Please note that non-essential travel is not presently recommended**

#### **TRAVEL WITHIN CANADA**

There are currently no requirements to quarantine after returning to Ontario from another Canadian province, regardless of your COVID-19 vaccination status. Other provinces may have travel restrictions or quarantine requirements in place, which you should check before you travel.

#### **INTERNATIONAL TRAVEL**

All staff, physicians and learners must continue to follow testing requirements of [Canadian Border Services](#).

**You are no longer required to report to OHS after international travel unless you are experiencing symptoms.** If you are experiencing symptoms, please follow the steps listed on the [I or my household contact have COVID-19 symptoms: What do I do?](#) Sunnynet page.

A reminder that household contacts with recent travel need to follow direction from Canadian Border Services. Staff do not need to quarantine/be tested if they themselves have not traveled, unless their household contact is positive.

As always, anyone with COVID-19 symptoms must not come to work, or leave work as soon as it is safe to do so, and [get tested for COVID-19](#).

### **Am I required to complete any pre-screening prior to beginning my placement?**

Students must complete an initial self-screening and attestation as part of Sunnybrook’s online registration process. Self-monitoring for symptoms is required on an ongoing basis once the placement begins.

## Will I be screened when entering the hospital? (Hospital Entrance Procedures)

- **Bayview Campus:** When students/trainees arrive on their first day (before they receive a Sunnybrook ID badge) they are asked to please enter the Sunnybrook Bayview campus using the doors at D-wing Ground Floor (South entrance) or H-wing Ground floor. They will need to pass by the screeners at the door. Let the screeners know you are a new student/trainee starting at Sunnybrook. They will let you pass.
- **Holland Centre:** Students/trainees must enter through the main entrance.
- **Reactivation Care Centre:** Students/trainees must enter through the main entrance.
- **St. John's Rehab:** Students/trainees must enter through the main entrance.
- **Veterans Centre:** Please use the L Wing entrance to access the Veterans Centre.  
\*Please use the K wing entrance to access acute care areas housed within (but separate from) the Veterans Centre (K3C Complex Malignant Hematology, K3E General Internal Medicine, K1C/ K1E Palliative Care). Please note that a rapid antigen test may be administered at the Veterans Centre entrance or in dedicated unit based areas.

## Getting to and from placement

Students who choose to use the Sunnybrook shuttle must wear a mask when riding the shuttlebus. Masks are not provided for this purpose and students should bring their own. Bike cages are available at Sunnybrook if students choose to cycle. Please contact the appropriate member of the Education Team for more information

## PLACEMENT PROCEDURES

### Will students be required to provide care to COVID-19 positive patients?

Sunnybrook will follow the guidance of the student's academic institution/program with respect to which patients they may see, and whether they can be involved in the care of patients with confirmed diagnoses of COVID-19. Students and trainees will not be assigned to provide care to confirmed COVID-19 positive patients unless their academic institutions/programs support this. Any exceptions must be approved by the Vice President of Education and the Academic Institution.

### Will students be required to participate in aerosol-generating medical procedures (AGMP)?

Aerosol-generating medical procedures (AGMP) are procedures carried out on a patient that can induce the production of aerosols of various sizes in high concentrations. These procedures present a risk for opportunistic airborne transmission of certain pathogens (e.g., COVID-19). The following procedures conducted on any patient, regardless of if they are on Additional Precautions, are considered AGMPs:

- All Code Blues where AGMP is required (e.g. cardiopulmonary arrest).  
**Compressions alone are not considered to be an AGMP**
- Non-invasive ventilation for duration of therapy (e.g., CPAP, BiPAP, AIRVO, Optiflow)
- The act of intubation
- High frequency oscillation ventilation/jet ventilation
- Dental work with high-speed drilling
- Bronchoscopy
- Induced sputum (e.g. inhalation of nebulized saline solution to liquify and produce airway secretions, not natural coughing to bring up sputum)
- Extubation
- Open suctioning (e.g. "deep" insertion for naso-pharyngeal or tracheal suctioning, not inclusive of oral suction)
- Tracheotomy/tracheostomy procedures (insertion/removal/decannulation, not routine trach care with inner cannula change)
- Use of mechanical cough-assist device
- Chest tube insertion for trauma (where air leak is likely)
- Large volume nebulizers for humidity (e.g., trach mask with cool humidity)
- Manual ventilation (when unable to maintain full seal)
- Autopsy
- Nasopharyngoscopy, laryngoscopy
- Oral, pharyngeal, transphenoidal and airway surgeries, including thoracic surgery and tracheostomy insertion

Due to the COVID-19 pandemic, Sunnybrook has implemented detailed protocols that must be followed when these AGMPs are required. Students and trainees will therefore not participate in

AGMPs for safety reasons. There are some exceptions (as approved by the Vice President of Education and the academic institution) for students in professions where developing competency in these procedures is mandatory in order to complete their placement objectives, and providing that this allowed by their academic institution. Preceptored (1:1 placement) nursing students may engaged in AGMPs where relevant to the unit where they are placed and the population This type of care will be performed:

- Under the direct observation of a preceptor or supervisor
- Require the use of an N95 respirator
- PPE required by the patient's Additional Precautions status and/or the risk assessment of the clinician.

Please note that rooms with ongoing AGMPs, where an N95 is required upon entry, are marked with a yellow and black 'N95' sign (see appendix). Students should not enter these rooms unless approved by the Vice President of Education and the academic institution.

### **How can I keep myself and patients safe while providing care?**

As always, it is important to follow the policies and procedures that Sunnybrook has established and that you have learned in school to prevent the spread of infection:

- Follow routine practices
  - **Perform hand hygiene** as per [the 4 moments of Hand Hygiene](#) (see appendices) and as required as a component of personal care (e.g., after going to the washroom, before eating, etc.)
  - **Perform a risk assessment** before any patient interaction to determine what, if any, risk exists for exposure to blood or body fluids. Select and don/doff personal protective equipment (PPE) as appropriate (e.g., gloves, gown, etc.)
- Use additional precautions when a communicable disease and/or organism of epidemiological significance is identified or suspected (e.g., contact, droplet & contact or airborne precautions). Any member of the health-care team (including students) should place a patient on additional precautions when there are concerns about transmission of infection, however additional precautions may only be discontinued after consultation with Infection Prevention and Control (IPAC).

During the COVID-19 pandemic, a mask and eye protection is required whenever you are within 2 metres (6 feet) of **any patient, even if not on precautions** (see appendices for additional information on the care and use of approved eye protection). Keep your hands away from your face and perform hand hygiene before and after touching your mask when donning and doffing.

### **How can I keep myself and my colleagues safe while in the hospital?**

Just as you do in the community, please be sure to maintain physical distancing while at Sunnybrook. Masks are mandatory in all clinical and common areas. You may only remove your mask in locations where safe distancing (2 metres) can be assured (e.g., when alone in an office).

As always, do not attend placement if you have any infectious symptoms – no matter how mild – in order to prevent transmission to your patients and colleagues.

### **Should I get the flu shot?**

Flu shots are strongly recommended for students on placement during fall and winter terms. If a student chooses not to have a flu shot and there is an outbreak, they are not allowed to work on site, which could jeopardize their placement completion. If a student wishes to receive a flu vaccine while they are at Sunnybrook they may obtain this at Occupational Health & Safety (461-480-6100 ext. 4175). If you were vaccinated by a provider other than Sunnybrook's OH&S department, you must provide evidence to OH&S in order to be issued the sticker required on your photo ID badge. Evidence may include:

- 'Influenza Vaccine Received Form' signed by an authorized health-care practitioner. Please request a copy of this form from the appropriate member of the Education team if required.
- Documentation of immunization from an authorized health-care practitioner, including the Toronto Academic Health Sciences Network Flu Fighter card.
- Sticker issued at other hospitals within the Toronto Academic Health Sciences Network.

### **Can I get a COVID-19 vaccination during my placement at Sunnybrook?**

Sunnybrook Health Science Centre requires all students commencing a placement at Sunnybrook to be fully vaccinated in order to be eligible for a placement. Medical exemptions may be assessed by Sunnybrook to determine a plan on a case-by-case basis. Please visit [our website](#) for more information on how to find first & second doses and booster doses in the community. Students with network access can book an appointment on Sunnynet: <https://sunnynet.ca/Default.aspx?cid=134353&lang=1> Students without network access can email [student.education@sunnybrook.ca](mailto:student.education@sunnybrook.ca) for support.

Please note that Mandatory 3rd doses are required for Veterans Centre students by the following deadlines:

- if eligible on/before Dec 31st - deadline of Jan 28/22
- if not eligible until after Dec 31st - deadline of March 14/22

**With information about the Omicron variant evolving rapidly**, we strongly encourage you to receive your third dose of the vaccine as soon as possible. **As of today, everyone in Ontario 18 and older is eligible to receive their third dose of the COVID-19 vaccine three months (84 days) after their second dose.**

### **What procedures are in place to ensure the safety of learners during classroom-based activities during placement?**

Like everywhere else in the hospital, masking must remain in place at all times in educational meetings where hands on learning is required. Other meetings should be moved to a virtual format. No food or drink is to be consumed during indoor meetings or gatherings. Capacity limits

apply for classroom spaces. The number allowed is indicated on the door for most rooms.

### **What if I feel unsafe during an activity while on placement?**

We are committed to providing students with a safe, healthy, secure and respectful environment while at Sunnybrook. If students have a concern during placement, the steps below are in place so we can act as effectively as possible. If you are uncomfortable speaking to the individuals suggested at any point during the escalation process, please feel free to contact any of us (see contact list at the end of this document).

- **STEP 1:** Speak with your preceptor or supervisor  
If you are comfortable, we encourage you to address the concern with the person you are working with on a daily basis.
- **STEP 2:** Speak with your area leadership or professional lead  
If the concern is not addressed at Step 1, please feel free to speak with your area or professional lead. This may include your site director, patient care manager, professional and education leader, advanced practice nurse or clinical coordinator.
- **STEP 3:** Speak with a member of the Student Centre leadership team  
If your concern has not been addressed to your satisfaction in Step 1 and/or Step 2, speak with a member of our Student Centre leadership team, such as the Director of Interprofessional & Academic Education, Director of the Peters-Boyd Academy, Manager of Post-Graduate Medical Education and Education Observers, or the Education Lead for Nursing.
- **STEP 4:** Speak with the Vice-President of Education  
If you feel the need to address your concern at the senior-leadership level, please feel free to connect with the Vice-President of Education, Dr. Ari Zaretsky.

*Please note: Depending on the nature of your concern, your academic institution or other hospital-based leaders may become involved in your case.*

### **What spaces are available for breaks?**

When taking off your mask to eat and drink in break spaces and cafeterias, physical distancing must be observed.

With visitors coming through the hospital and needing to use the public cafeteria space, we encourage staff and learners to take their food and eat it elsewhere, including outdoors at a picnic table when weather permits.

Please do not use the staff lounge on your unit for breaks if the maximum number of people allowed in the room are already present.

At Bayview campus, M1 Food Emporium, the M6 Atrium and the Blythwood patio are available as dedicated staff break spaces, and more space is being created in the Harlequins cafeteria

(E-wing, first floor). At St. John's Rehab campus Grasett Hall (as available) has also been designated as a larger break space. Speak with your preceptor / supervisor or professional leader/clinical coordinator as some professions have additional spaces allocated away from clinical areas which may be used for breaks or documentation. You may also consider taking breaks at off peak times or staggering with other colleagues/students to optimize the use of available spaces.

Anyone who would like to sit down to eat or drink in one of our public dining areas **must show proof of full vaccination**. This includes staff.

If you plan to sit down and eat/drink what you've purchased, or if you bring your own meal to eat in one of these spaces, you may be asked to provide proof of full vaccination (show your vaccine receipt and either your Sunnybrook ID or government-issued ID).

Please ensure you observe proper physical distancing and mask wearing in all of these locations. There should be no food or drink shared amongst persons.

*\* Sunny's cafeteria in Veterans Centre should not be accessed by learners except those with a placement in Veterans Centre. Learners placed on the acute care units in the Veterans Centre (K3E and K3C) are also not permitted to use Sunny's.*

### **How many people can be in an elevator at one time?**

To allow physical distancing, there is a limit of **four** people in elevators. Students may wish to plan their time accordingly in case there is a wait or consider taking the stairs.

### **Can I work across multiple hospital units/areas as part of my placement?**

Students may work across multiple hospital units/areas as part of their placements with the exception of students placed on units that are on certain types of outbreaks. If the student is expected to be at the Veterans Centre and a unit on another campus on the same day, please ensure they work at the Veterans Centre first, then other units later in the day as a risk mitigation strategy. If you are assigned a student placement within Veterans Centre units but are also a staff member working in other areas of the hospital, please contact the Education Team so we can work through an individualized plan.

### **What happens if the unit I am assigned to goes into a COVID-19 outbreak?**

In most situations, you may continue to attend placement in the event a COVID-19 outbreak is declared on your unit as long as you have no symptoms of COVID-19 and your school approves. (Student placements on outbreak units may be reassessed by the education department, IPAC, Occupational Health & Safety (OHS) or your school depending on the circumstances)

**Asymptomatic staff/physicians/learners who worked as a primary team member on an outbreak unit**

Asymptomatic staff/physicians/learners will no longer be excluded after working as part of a primary team\* on an outbreak unit and scheduled to work in non-outbreak area. However, the requirements below remain in place.

**For moving from a suspected/confirmed outbreak unit at one organization to work or rotate to a second organization (regardless if unit at second organization is on outbreak) :**

- Before starting a shift or rotation in a second organization, staff/physician/learner who worked in a primary role\* on an outbreak unit must undergo a PCR test.
- If PCR negative and proof submitted to OHS at second organization, they are automatically fit to work.
- As always, [the healthy workplace policy](#) must be strictly followed with exclusion from work if any symptoms develop, pending repeat PCR testing.
- Unvaccinated staff/physicians/learners may not rotate to, or work in, another organization for 10 days after their last contact with the outbreak unit, or the outbreak is declared over, whichever is earliest.

When a negative PCR test is required to work or rotate to another organization, please follow the steps below:

1. Staff/physician/learner must be double or triple vaccinated to be eligible for this process AND asymptomatic
2. Finish your last shift on the suspect/confirmed outbreak unit
3. Book an appointment to get tested through OHS or a community assessment centre (this could be booked in advance to align with your last shift on a suspect/confirmed outbreak unit)
4. Wait for NEGATIVE PCR result
5. Inform OHS when PCR test is negative and include the date you left the outbreak facility as primary team member – scan/take picture or attach copy of the negative PCR and email to [OHSsurveillance@sunnybrook.ca](mailto:OHSsurveillance@sunnybrook.ca) (verbal/email clearance from OHS is not required to return to work once this step is completed)
6. Upon reassignment to another unit, practice [work self-isolation protocols](#) for a period of 10 days from when you left the suspect/confirmed outbreak unit, or until the outbreak is declared over, whichever is earliest
7. Report again to OHS if any symptoms of COVID-19 develop within 10 days of leaving the suspected/confirmed COVID-19 outbreak unit (or at any time); if this occurs, exclude yourself from work and repeat PCR testing

**For moving from outbreak unit to non-outbreak areas within same organization :**

- Those who worked in a primary role\* and are moving to a non-outbreak area within the same facility (e.g., any Sunnybrook Campus or unit), may do so on condition that any testing directed by IPAC as part of outbreak investigation was negative before doing.
- As always, the [healthy workplace policy](#) must be strictly followed with exclusion from work if any symptoms develop, pending repeat PCR testing.

**\*Important note:** The above refers to those in a primary role dedicated to the outbreak unit (i.e., working the entire shift on same unit entering patient/resident room to complete their duties). Those who worked as a consultant or transiently on an outbreak unit, and who are fully vaccinated (two doses minimum), may move between facilities and between units, on the condition they are asymptomatic, without following the above steps.

## **How to self-isolate while working Recommendations for Health Care Workers**

### Who needs to be self-isolating?

- Health care workers (HCWs) who have had unprotected exposure to a person with COVID-19, and have been identified as critical to operations of their organization.
- HCWs who meet this criteria still need to self-isolate when they are not at work.

### How long should I self-isolate while I am working?

- Self-isolation generally applies for 10 days from your last unprotected exposure to a person with COVID-19.
- Follow OHS direction to determine how long to continue work isolation.
- Maintain physical distancing after you have stopped self-isolating.

### How do I self-isolate while working?

- Take your temperature twice a day to monitor for fever.
- Travel to and from work in your private vehicle. If you have to take transit, wear a surgical/procedure mask and perform hand hygiene before and after your travel to work.
- During work, **wear a fit tested N95 respirator** and any additional Personal Protective Equipment, based on Routine Practices and Additional Precautions.
- Do not eat your meals in a shared space (e.g., conference room, lunch room) with other HCWs.
- Work in only one facility where possible.
- Self-isolate when outside of the workplace.

### What if I develop symptoms of COVID-19 while at work or at home?

- While at work – Immediately self-isolate (i.e., remove yourself from providing care) and inform your immediate manager/supervisor and/or Occupational Health and Safety Department.
- While at home – Immediately self-isolate in your home.
  - Do not go to work.
  - Notify your immediate manager/supervisor and or Occupational Health and Safety Department.
- Contact your health care provider, Telehealth (1-866-797-0000) or your local public health unit.

*Updated: January 3, 2022 – Department of Occupational Health & Safety*

## OCCUPATIONAL HEALTH AND SAFETY

### COVID-19 Update for Students: Guidance if you're symptomatic, have a household case or a high-risk exposure

At Sunnybrook we have established protocols to ensure we exclude those who are symptomatic, or confirmed individuals who test positive, or those with certain high risk exposures – and given the volume of staff and students affected by Omicron we wanted you to be aware of the steps that must be followed.

**Important: Do not send emails to Occupational Health and Safety (OHS) or Infection Prevention and Control (IPAC) directly.**

### DO NOT ATTEND YOUR PLACEMENT/ROTATION IF ANY OF THE FOLLOWING APPLY TO YOU:

- You are symptomatic (runny nose, headache, sore throat, cough, loss of smell/taste, unexplained muscle aches or joint pain, vomiting, diarrhea) or test positive on a rapid antigen test. **Even if you do a rapid antigen test and it is negative, if you have symptoms you MUST stay home** and it is considered a breach in professionalism to come to attend your placement/rotation
- You have a household member who has a positive COVID test (either rapid antigen or PCR) or has any symptoms. With Omicron circulating widely and access to PCR testing limited, any symptoms should be assumed to be COVID-19.
- You had a high risk exposure - involves being in close contact with someone who is within their period of communicability for COVID-19, which is usually 48 hours before onset of symptoms (or if asymptomatic test-positive, before positive test) and up to 10 days after symptom onset or test positivity. Brief encounters or those wearing appropriate PPE are low risk.

High-risk exposures occur when **ALL** of the following criteria are met:

- More than 10 minutes, AND
- Within 6 feet, AND
- One or more parties not masked (or not properly masked)

Patient care scenarios:

- Aerosol-generating medical procedure without N95
- COVID-19 positive patient care provided, without droplet and contact precaution PPE

#### ➤ **FOR NURSING & HEALTH PROFESSIONS STUDENTS**

Please contact [student.education@sunnybrook.ca](mailto:student.education@sunnybrook.ca) for guidance on your situation. If you need to be off/exclude yourself from placement please also make sure to notify the following people as apply to your placement/rotation: Preceptor/supervisor, professional/education leader, clinical coordinator, area leader/manager, and your contact at the school.

#### ➤ **FOR MEDICAL RESIDENTS AND STUDENTS**

Please follow the guidance on Sunnynet: <https://sunnybrook.ca/content/?page=return-to-work-clinical>



### **How do I self-monitor or self-isolate if I am told that I must do one or both?**

- Information on how to self-monitor can be found here: [How to Self-Monitor](#)
- Information on how to self-isolate can be found here: [How to Self-Isolate](#)

### **Extensions for lapsed Occupational Health & Safety or other placement requirements**

Most schools are supporting normal processes for Occupational Health and Safety or other placement requirements. If one of the requirements below has lapsed, or you were not able to acquire the appropriate documentation due to interruptions from COVID-19, please get in touch with your contact from the Education team and we will determine next steps.

Please note that current N95 testing is required for students involved in patient care. If you have been fit tested on a mask that is not available at Sunnybrook you will need to be re-tested. Please contact Students Services immediately if this applies to you.

***TB Testing***

***CPR (Re) Certification***

***Criminal Record Checks***

***Other Placement Requirements***

### **COVID-19 Wellness Resources (Be Well)**

- Sunnybrook's [COVID-19 Wellness Resources](#) are available to students and trainees.
- A [Student Assistance](#) page has also been created specifically for students/trainees.

## LIFE OUTSIDE OF PLACEMENT

### How can I keep my family and home safe?

See the infographic included in this package on 'ways to lower the risk for you and your family' (see appendices).

### Can I work at another job while attending placement?

There are no restrictions on working in non-health-care related jobs while attending placement. If you are employed elsewhere and an outbreak is declared please do not attend placement. You are asked to follow any guidance provided to you by Toronto Public Health. If you have questions please contact the appropriate member of the Education Team for further discussion (see contact information at the end of this document).

### Can I travel while attending placement?

**Please note that non-essential travel is not presently recommended**

#### TRAVEL WITHIN CANADA

There are currently no requirements to quarantine after returning to Ontario from another Canadian province, regardless of your COVID-19 vaccination status. Other provinces may have travel restrictions or quarantine requirements in place, which you should check before you travel.

#### INTERNATIONAL TRAVEL

All staff, physicians and learners must continue to follow testing requirements of [Canadian Border Services](#).

**You are no longer required to report to OHS after international travel unless you are experiencing symptoms.** If you are experiencing symptoms, please follow the steps listed on the [I or my household contact have COVID-19 symptoms: What do I do?](#) Sunnynet page.

A reminder that household contacts with recent travel need to follow direction from Canadian Border Services. Staff do not need to quarantine/be tested if they themselves have not traveled, unless their household contact is positive.

As always, anyone with COVID-19 symptoms must not come to work, or leave work as soon as it is safe to do so, and [get tested for COVID-19](#).

## PERSONAL PROTECTIVE EQUIPMENT (PPE)

### What PPE will I be provided with?

Students are provided with the same access to PPE as preceptors/supervisors, including masks, face shields, gowns and gloves. Details regarding required items as appropriate to the

profession will be reviewed with students by the lead for each profession (or preceptor where applicable).

It is important that students use hospital-provided and approved PPE. Masks, face shields and other individually acquired personal protective equipment should not be brought into the hospital.

**Medical-grade masks must be worn by all students** in all work/clinical areas, as well as common areas (e.g., hallways, elevators, etc.), and whenever physical distancing of 2 metres (6 feet) from others cannot be assured. In non-clinical locations where safe distancing can be assured, you are permitted to remove your mask (e.g., when alone in an office). Eye protection must be worn when within 2 metres (6 feet) of any patient when no Plexiglas barrier is in place.

Following the release of updated [PPE recommendations](#) for health-care workers from Public Health Ontario last week, the Chief Medical Officer of Health (CMOH) has now updated Directive #5. As an interim precautionary measure owing to uncertainty associated with the Omicron variant, the amended Directive #5 states that **health-care workers are required to wear a fit-tested, seal-checked N95 respirator, eye protection, gown and gloves when providing direct care to or interacting with patients with suspected or confirmed COVID-19.** health-care workers are also empowered to perform their own point of care risk assessment and determine if they need to use an N95, in any situation.

All health-care workers must have access to their fit-tested N95 respirator, and you should know within your unit or area of work where to find them. They should be easily accessible, so please speak to your team leader, unit manager or contact Students Services if you are uncertain of where to locate them. It is essential that there are no physical or procedural barriers that may prevent this access.

If you are uncertain of your N95 mask model, or you are looking for more information on N95 fit-testing, including online appointment booking, [please visit this page](#) or contact Student Services. If you were fit tested with your school on a model of N95 we don't presently have available you will need to be re-tested immediately.

**Please note several N95 models currently have limited availability. If you have been fit tested for any other mask besides the following 4 models you will need to be re-tested:**

3M 1860  
3M 1860S  
3M 8210  
3M 1870+

**N95 Mask fit testing appointments** can be booked on Sunnynet (see instructions below) at the following link: <https://sunnynet.ca/Default.aspx?cid=100829&lang=1>

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To access Sunnynet remotely and book an N95 fit testing appointment:

- 1) You need to have network access/login information to proceed. If you are just starting a placement it may take a few days to receive this (this is not the same login information as Nirvsystem)
- 2) Visit this page - <https://sunnybrook.ca/content/?page=staff>
- 3) Setup up multi-factor authentication (there are instructions posted)
- 4) Login using 'remote login RDP' (can be accessed from same page as above)
- 5) Visit this page to book an appointment: <https://sunnynet.ca/Default.aspx?cid=100829&lang=1>

If you require assistance with setting up MFA or VPN access, please contact Service Desk at ext. 4159 for Bayview Campus and Holland Centre, ext 7060 option #1 for St. John's Rehab or via <http://sunnynet.ca/default.aspx?cid=100434&lang=1>

**\*\*In addition to Sunnybrook, you are also welcome to be mask-fitted elsewhere and submit your new results back to the Education team.\*\***

While an N95 respirator is required, it is important to note that as per the directive and the CMOH office, it is not considered a high-risk exposure if an encounter with a suspect, probable or confirmed COVID-19 case occurs while using a well-fitted medical mask and eye protection, which is considered an acceptable minimum PPE required for interactions with these patients.

### **What is the process to pick up masks each day?**

- Students will require a mask upon entry to any Sunnybrook buildings. This may include a non-medical mask until they arrive at their work area where a medical grade mask will be donned.
- Students will obtain their medical masks/PPE from their unit or work area.
- Students arriving to work without any masks will need to enter through one of the patient and visitor entrances to pick up a mask from a screening station. There will not be separate staff/student lines at these entrances so students are encouraged to come with a mask to avoid delays.

### **Where can I get eye protection?**

Eye protection is available in clinical areas. Any PPE worn while attending placement must have been approved by the hospital, including eye protection. See appendices for more information on the care and use of approved eye protection at Sunnybrook.

### **What PPE training and education will I be provided with?**

Before beginning placements/rotations at Sunnybrook students are required to complete a number of online training requirements/eLearning modules. These include hand hygiene, routine practices and additional precautions, donning & doffing personal protective equipment (PPE), donning and doffing masks with integrated visors, and PPE conservation.

Details regarding required items as appropriate to the profession will be reviewed with students by the lead for each profession (or Preceptor where applicable). At the start of placement (and before providing care to patients) students must complete a return demonstration of PPE technique. Depending upon the profession of the student this may include: a simulation session, a small group training session, or an individual training session/completion of our Return Demonstration Checklist.

### **What policies are in place at Sunnybrook to conserve PPE?**

Sunnybrook has implemented mask conservation strategies which will involve wearing masks (including N95)/eye protection between patients and for more prolonged periods of time. View the videos assigned to you via our student registration system and consult the PPE Selection Guide (see appendices) included in this package for information and tips on PPE conservation strategies.

As always, gowns and gloves must be changed between each patient and hand hygiene must be performed according to the [4 moments of hand hygiene](#) (see appendices), as well as before donning and after doffing gloves.

***What are basic tips in caring for my mask (see appendices for more details)?***

- While wearing the mask, refrain from touching it with your hands and ensure that both nose and mouth are completely covered at all times.
- The mask can be worn for several hours until soiled, damaged, or hard to breathe through.
- Do not hang the mask around your neck or from your ear, or rest it on your head.
- Perform hand hygiene before and after donning and doffing the mask.

***How long can I wear the mask allocated to me by the hospital, and when should it be changed?***

- The mask should be worn continuously until it is soiled, damaged, or hard to breathe through. The same mask can be kept on while providing clinical care to multiple patients and when working in common areas.
- **Wear the mask in the correct position:** wire on bridge of nose, and white side towards face.
- The mask may only be removed outside of a patient care area, when physical distancing from others can be maintained, and only after performing hand hygiene.

**When do I need to wear a mask and/or eye protection when in the hospital?**

Masks are mandatory in all clinical and common areas. In locations where safe distancing (2 metres/6 feet) can be assured, you are permitted to remove your mask (e.g. when alone in an office).

Following the release of updated PPE recommendations for health-care workers from Public Health Ontario last week, the Chief Medical Officer of Health (CMOH) has now updated Directive #5. As an interim precautionary measure owing to uncertainty associated with the Omicron variant, the amended Directive #5 states that health-care workers **are required** to wear a fit-tested, seal-checked N95 respirator, eye protection, gown and gloves when providing direct care to or interacting with patients with suspected or confirmed COVID-19.

Eye protection is mandatory for every patient encounter, regardless of if the patient requires additional precautions or not.

**Should I wear two masks or ‘double mask’ while at Sunnybrook?**

No, the Centre for Disease Control (CDC) guidelines on double-masking are intended for people in the community who do not have access to medical-grade personal protective equipment. Sunnybrook provides students with medical grade masks to wear during placements. Wearing

two disposable, medical-grade masks at the same time may increase your risk of self-contamination by adding additional complexity and increasing discomfort and perspiration, making it more likely that you bring your hands up to your face to adjust your PPE.

Instead, use these tips from our Infection Prevention & Control team to ensure your mask fits properly:

- Clean your hands prior to donning/doffing, and after doffing
- Fit the wire securely over your nose
- If your mask is feeling loose, use an ear saver to create a better seal
- Only make adjustments to your mask while donning it. Once it's on, avoid bringing your hands up to your face to make further adjustments.

### **Do you have any tips on skin health in relation PPE and frequent handwashing?**

- Keeping the skin healthy starts with simple steps like maintaining hydration throughout the day, and ensuring a healthy diet and sleep routine.
- When performing hand hygiene, ensure hands are dry before applying gloves and use the unscented, water-based lotion available on the units frequently throughout the day.
- Attempt to remove your face mask every 2 hours for at least 15 minutes. Ensure that you are maintaining safe physical distancing and clean your hands before/after touching your mask.
- If you experience skin break down, irritation, rashes, or discomfort please contact OHS for further assessment and support

## **REMOTE ACCESS & VIRTUAL CARE**

### **Can I get remote access in order to support my placement?**

Students may set up a virtual desktop at no cost. Virtual desktop infrastructure (VDI) enables access to a virtual computer hosted on Sunnybrook's network. VDI is available from anywhere - onsite or offsite, wired or wireless, corporate, guest or Eduroam. The VDI desktop is installed with a set of pre-defined applications and no additional software can be installed. You can access your Sunnybrook virtual desktop from any computer/laptop (Windows, MAC, Linux, corporately owned or personal, etc.) connected to the Internet (Sunnybrook network, home or public Wi-Fi). In addition, virtual desktops are accessible via mobile devices such as iPhones, iPads or Android devices. If you require remote access/VDI please alert the lead for students as appropriate to your profession.

### **Is virtual care/virtual work an option as part of student placement/rotation experiences?**

Virtual care for patients/families may be an option to replace or minimize on site or face-to-face placement time. Virtual involvement in project work or other non-direct care activities may also help to support students in meeting learning objectives. Including virtual care and learning opportunities is encouraged in order to help minimize the number of people on site at Sunnybrook at any given time, and in support of physical distancing. Please speak to the lead

for students in your profession if you have questions about virtual care/work. Depending on the location of the placement/rotation and the profession a variety of options may be available. For privacy and security related reasons, only Sunnybrook approved platforms may be used. The Education Department has a select number of Zoom licenses available to support student education.

**Virtual care resources for teaching and learning:**

<a href="#">Primer for Teaching &amp; Supervision in Virtual Care</a>	Unity Health Toronto
<a href="#">Teaching &amp; Learning Resources</a>	UHN
<a href="#">Teaching &amp; Supervision in Virtual Care</a>	Unity Health Toronto
<a href="#">Virtual Teaching (Interactive Webinar)</a>	University of Toronto

**Please note: This FAQ addresses commonly asked questions but is not exhaustive. If you have questions that are not answered as part of this document, please contact the appropriate member of the Education Team**

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