

## Covid Resources

### 1. Covid-19 Educational Resources

- **Please consult provincial and local health authority guidelines for local protocols and procedures.**
- **\*\*Government of Canada Resource - Public Health Agency of Canada Summary of Resources for Healthcare Providers**
- If you have not yet had an opportunity to participate in SIM, please find a **virtual reality SIM** on intubation with the potential Covid-19 patient here.
- **\*\*\*\*\*The Society of Critical Care Medicine (USA) is hosting a free web-based series on critical care for the non-ICU practitioner in the context of Covid-19. This is a fantastic, in-depth resource!! Register here (ensures that you get updates as practice evolves) and access the resource here.\*\*\*\*\***
- Mechanical Ventilation Made Easy
- What is PEEP?
- ABGs/VBGs interpretation article
- COVID-19 (EMCrit) - This is a document that is constantly being updated. It is not necessarily reflective of provincial standards and protocols.
- PEEP video (GRAPHIC!)
- Alveolar Recruitment video
- In-depth (long) review of gas exchange
- ARDS article (written by a nurse)
- Guidance For influenza Vaccine Delivery in the Presence of Covid-19
- Free Palliative Care online modules
- Hospice Palliative Care Ontario online modules – Advance Care Planning and Goals of Care (promo code: MISC100 – course expires 4 months after registration)
- Government of Canada Memo regarding the promotion or sale of drugs in relation to Covid-19

### 2. Covid-19 Wellbeing and Support for Healthcare Workers

**Please note, some of these resources may have geographical limitations. ENAO is not responsible or connected to the providers of these web resources.**

Accessing Therapists:

<https://www.theroyal.ca/covid-frontline-wellness>

<https://www.theroyal.ca/covid-19-resource-list-healthcare-workers>

<https://www.ottawapublichealth.ca/en/public-health-topics/mental-health-and-covid-19.aspx>

<https://camh.echoontario.ca/echo-coping-with-covid/>

[https://www.ontarioshores.ca/finding\\_help/programs\\_and\\_services/adults/health\\_care\\_worker\\_assist](https://www.ontarioshores.ca/finding_help/programs_and_services/adults/health_care_worker_assist)

The Canadian Psychological Association provides a [contact list](#) of licensed therapists who have volunteered to provide pro bono support during COVID-19.

CAMH provides a [resource page](#) for healthcare workers who have been impacted by COVID-19 as well as a [self referral form](#).

The Ontario government has announced it is [increasing mental health support](#) during COVID-19.

The Ontario Hospital Association has a list of [free resources](#) for frontline healthcare workers.

Do not forget your local Employee Assistance Programs can also connect you with professionals!

**Additional Wellbeing Resources:**

Mental Health Commission of Canada: [Healthcare worker resources](#) during COVID-19

Canadian Mental Health Association: [Information, resources and tips](#) for health care workers dealing with COVID-19

CAMH: [Mental health and COVID-19 resources for health care workers](#)

[Mental Health and the COVID-19 Pandemic](#) (CAMH)

[Free Guide to Living With Worry and Anxiety Amidst Global Uncertainty](#) (Psychology Tools - downloadable link available in 15 different languages)

[Tolerance for Uncertainty: A guide to accept your feelings, tolerate distress, and thrive.](#) (Bay Psychology)

[Coping with Stress During the COVID-19 Outbreak](#) (World Health Organization)

[That Discomfort You're Feeling is Grief](#) (Harvard Business Review)

[Talking to Your Anxious Child About COVID-19](#) (Children's Mental Health Ontario)

[Helping Children Cope with Stress During the COVID-19 Outbreak](#) (World Health Organization)

[Quick Mental Health Tips for Families Stuck Indoors](#) (The Royal Ottawa)

**Wellbeing Apps:**

[Headspace](#) - offering free meditations during COVID-19 pandemic

[Balance](#) - offering a free one year subscription to meditation app

[HealthyMinds App](#) - primarily created for post-secondary students but may be appropriate for other ages as well, an app to track feeling and mood created by The Royal Ottawa