



**Clinical Nurse Specialist Association of Canada** CNS-C  
Association des infirmières et infirmiers cliniciens spécialisés du Canada ICS-C

Welcome to the CNS-C's *Newsletter*.

April 9, 2020

This CNS-C newsletter is unique because it is devoted to evidence-informed resources about the COVID-19 pandemic. It offers a broad range of topics, forums and research related to COVID-19. We expect as an advance practice nurse, you will find this information helpful in your clinical nurse specialist (CNS) role.

CNS-C would like to collect relevant COVID-19 resources that would be of interest to clinical nurse specialists related to their spheres of practice: direct complex care; education; research; leadership; policy; consultation and collaboration; and a health systems approach. Please share any of your publications related to COVID-19 and your work as a CNS.

Please send any relevant information to **infoCNScanada1@gmail.com** . Further information will be compiled and uploaded to the CNS-C website <http://cns-c-canada.ca/>

Stay informed, Stay Safe, Stay Well.

*Mary-Lou Martin*, RN, MScN, Med.

President, CNS-C / ICS-C

~~~~~      ~~~~~      ~~~~~  
~~~~~      ~~~~~      ~~~~~

## COVID-19 Resources

### COVID-19 Cases

#### Apps

\*\* Free **App** about coronavirus / **Application** gratuite sur le coronavirus \*officiel \* EN / FR <http://ow.ly/5M8D50z2bKk>

HEALTHLYNKED COVID-19 Tracker - Corona virus tracker HealthLynked Corp.

<https://apps.apple.com/us/developer/healthlynked-corp/id1389786959>



Government of Canada: Coronavirus Disease (COVID-19): Travel restrictions & exemptions

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html>

NeuroSens: Slide Deck COVID-19 – Epidemiology in Canada (April 7, 2020)

<http://neuro-sens.com/topics/covid-19/>

[Canadian Agency for Drugs and Technologies in Health \(CADTH\). CADTH & COVID-19](#)

[https://covid.cadth.ca/?utm\\_source=CONS%20List&utm\\_campaign=6716763cfb-pCODR-pending-08-02-2019-](https://covid.cadth.ca/?utm_source=CONS%20List&utm_campaign=6716763cfb-pCODR-pending-08-02-2019-)

[Lonsurf\\_COPY\\_01&utm\\_medium=email&utm\\_term=0\\_f3b3313866-6716763cfb-263027873](https://covid.cadth.ca/?utm_source=CONS%20List&utm_campaign=6716763cfb-pCODR-pending-08-02-2019-Lonsurf_COPY_01&utm_medium=email&utm_term=0_f3b3313866-6716763cfb-263027873)

## **Asthma**

Asthma Canada Publications

<https://asthma.ca/resources>

Canadian Paediatric Asthma & COVID-19

<https://www.cps.ca/en/documents/position/paediatric-asthma-and-covid-19>

## **Cardiac**

Elsevier: Infection Prevention in the Home

[https://www.elsevier.com/\\_data/assets/pdf\\_file/0010/997579/Infection-Prevention-in-the-Home-2020-03-13.pdf](https://www.elsevier.com/_data/assets/pdf_file/0010/997579/Infection-Prevention-in-the-Home-2020-03-13.pdf)

Fried, A. et al. (2020). The variety of cardiovascular presentations of COVID-19. Circulation, American Heart Association, April 3.

<https://www.ahajournals.org/doi/pdf/10.1161/CIRCULATIONAHA.120.047164>

Heart & Stroke (Canada). Coronavirus, heart disease & stroke

<https://www.heartandstroke.ca/articles/coronavirus-heart-disease-and-stroke>

Mayo Clinic April 3, 2020. Weiss, C. How does COVID-19 affect the heart?

<https://newsnetwork.mayoclinic.org/discussion/how-does-covid-19-affect-the-heart/>

Scientific American, April 6, 2020. Heart Damage in COVID-19, Patients Puzzles Doctors.

<https://www.scientificamerican.com/article/heart-damage-in-covid-19-patients-puzzles-doctors/>

## Caregivers

Public Health Ontario: Self-isolation: Guide for caregivers, household members & close contacts:

<https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-guide-isolation-caregivers.pdf?la=en>

## Centers for Disease Control & Prevention (CDC)

Kimball, A., et al. (2020) A symptomatic and presymptomatic SARS-CoV-2-Infection in Residents of a long-term care skilled nursing facility – King Country, Washington. Morbidity & Mortality Weekly Report, 69.

<https://www.cdc.gov/mmwr/volumes/69/wr/mm6913e1.htm>

The Cochrane Library

<https://www.cochranelibrary.com/collections/doi/SC000039/full>

Cochrane (COVID19), Cochrane Resources and News

<https://www.cochrane.org/coronavirus-covid-19-cochrane-resources-and-news>

COVID-19: Making Sense of Health Information by the Cochrane Collaboration

<https://www.cochrane.org/news/covid-19-making-sense-health-information>

Joanna Briggs Institute (University of Adelaide): COVID-19 Special Collection, Evidence-based Infection Prevention and Control

<https://jbi.global/ebp/covid-19>

Johns Hopkins University COVID-19 resource center

<https://coronavirus.jhu.edu/>

Harvard Health Publishing, Harvard Medical School

<https://www.health.harvard.edu/diseases-and-conditions/coronavirus-resource-center>

National Collaborating Centre for Determinants of Health (Canada)

[http://www.nccdh.ca/?mc\\_cid=1fe48b4187&mc\\_eid=e4d49e4b67](http://www.nccdh.ca/?mc_cid=1fe48b4187&mc_eid=e4d49e4b67)

Oxford COVID-19 Evidence Service, The Centre for Evidence-Based Medicine by University of Oxford <https://www.cebm.net/covid-19/>

Psychology Works Fact Sheet: Coping with and Preventing COVID-19 by Canadian Psychological Association

<https://cpa.ca/covid-19/>

## **Children**

How to Talk to Your Anxious Child about COVID-19 by Children's Mental Health Ontario

<https://www.cmho.org/blog/blog-news/6519918-talking-to-your-anxious-child-about-covid-19>

Talking to Children about COVID-19 and its Impact by CAMH

[https://www.camh.ca/-/media/files/camh\\_covid19\\_infosheet-talking\\_to\\_kids-pdf.pdf](https://www.camh.ca/-/media/files/camh_covid19_infosheet-talking_to_kids-pdf.pdf)

Canadian Pediatric Society: Caring for Kids

<https://www.caringforkids.cps.ca/handouts/the-2019-novel-coronavirus-covid-19>

Saskatchewan Health Authority: Moms & Kids

<https://momsandkidssask.saskhealthauthority.ca/>

## **Courses**

Clinical Care Severe Acute Respiratory Infection

<https://openwho.org/courses/severe-acute-respiratory-infection>

Pallium Canada, Advancing Palliative Care, - COVID- Response – **Free** On-line Modules

[www.pallium.ca/course/covid-19-response-free-online-modules](http://www.pallium.ca/course/covid-19-response-free-online-modules)

WHO online course - *Infection Prevention and Control (IPC) for Novel Coronavirus (COVID-19)*. <https://openwho.org/courses/COVID-19-IPC-EN>

## **Diabetes**

Diabetes Canada. FAQ about COVID-19 & Diabetes, April 8, 2020.

<https://www.diabetes.ca/resources/tools---resources/faq-about-covid-19-and-diabetes>

International Diabetes Federation: COVID-19 & Diabetes

<https://www.idf.org/aboutdiabetes/what-is-diabetes/covid-19-and-diabetes.html>

Pal, R. et al. (2020). COVID-19 Diabetes Mellitus & ACE2: The Conundrum

[https://www.diabetesresearchclinicalpractice.com/article/S0168-8227\(20\)30382-X/fulltext](https://www.diabetesresearchclinicalpractice.com/article/S0168-8227(20)30382-X/fulltext)

Zhou, J. (2020). Diabetes Patients with COVID-19 Need Better Blood Glucose Management in Wuhan China. *Metabolism in Clinical & Experimental J.*, 107.

<https://www.metabolismjournal.com/action/showPdf?pii=S0026-0495%2820%2930080-9>

## **Elderly**

Coronavirus & COVID-19: Caregiver for the Elderly by John Hopkins

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-caregiving-for-the-elderly>

COVID19 & Consequences of Isolating the Elderly in The Lancet

[https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667\(20\)30061-X/fulltext](https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667(20)30061-X/fulltext)

## Ethics

American Medical Association Journal of Ethics **COVID-19 Ethics Resource Center**

<https://journalofethics.ama-assn.org/covid-19-ethics-resource-center>

Canadian Nurses Association. 2017 Code of Ethics for Registered Nurses

<https://www.cna-aiic.ca/~media/cna/page-content/pdf-en/code-of-ethics-2017-edition-secure-interactive>

The Hastings Center <https://www.thehastingscenter.org/ethicalframeworkcovid19/>

Berlinger, N. et al. (2020). Ethical Framework for Health Care Institutions Responding to Novel Coronavirus SARS-CoVid-10), Guidelines for Institutional Ethics Services Responding to COVID-19, Managing Uncertainty, Safe Guarding Communities, Guiding Practice, March 16, 1-12.

<https://www.thehastingscenter.org/ethicalframeworkcovid19/>

The Hastings Centre. COVID-19: Supporting Ethical Care and Responding to Moral Distress in a Public Health Emergency. The Hastings Centre, March 20,

<https://www.thehastingscenter.org/guidancetoolsresourcescovid19/>

Scientific American: What if Two COVID-19 Victims Need Ventilators and Just One Is Available? <https://blogs.scientificamerican.com/observations/what-if-two-covid-19-victims-need-ventilators-and-just-one-is-available/>

The U.S. Centers for Disease Control: Ethical guidelines in Pandemic Influenza

[https://www.cdc.gov/od/science/integrity/phethics/docs/panflu\\_ethic\\_guidelines.pdf](https://www.cdc.gov/od/science/integrity/phethics/docs/panflu_ethic_guidelines.pdf)

World Health Organization: Managing Ethical Issues in Infectious Disease Outbreaks

<https://www.who.int/ethics/publications/infectious-disease-outbreaks/en/>

## **Journals**

The British Medical Journal <https://www.bmj.com/coronavirus>

Infectious Diseases Society of America (IDSA)

<https://www.idsociety.org/public-health/COVID-19-Resource-Center/>

JAMA

<https://jamanetwork.com/journals/jama/pages/coronavirus-alert#clinical-information>

The Lancet <https://www.thelancet.com/coronavirus>

New England Journal of Medicine <https://www.nejm.org/coronavirus>

New England Journal of Medicine: History in a Crisis — Lessons for Covid-19

<https://www.nejm.org/doi/full/10.1056/NEJMp2004361>

COVID-19 Novel Coronavirus Outbreak – Wiley On-line Library

<https://novel-coronavirus.onlinelibrary.wiley.com/>

## **Mental Health – Substance Use**

Managing Corona Virus – Tips & Strategies for Families (Video 34 min.)

<https://adaa.org/webinar/consumer/managing-coronavirus-anxiety-tips-and-strategies-families>

Canadian Centre on Substance Use & Addiction

<https://www.ccsa.ca/Impacts-COVID-19-Substance-Use>

Challenging Worries & Anxious Thoughts, Coping with Stress & Anxiety during COVID 19 Pandemic

[https://www.camh.ca/-/media/files/camh\\_covid19\\_infosheet-challenge\\_worries-pdf.pdf](https://www.camh.ca/-/media/files/camh_covid19_infosheet-challenge_worries-pdf.pdf)

Dealing with Problems in a Structured Way, Coping with Stress & anxiety during COVID-19 Pandemic

[https://www.camh.ca/-/media/files/camh\\_covid19\\_infosheet-dealing\\_with\\_problems-pdf.pdf](https://www.camh.ca/-/media/files/camh_covid19_infosheet-dealing_with_problems-pdf.pdf)



Face COVID: How to Respond Effectively to the Corona Crisis (Dr. Russ Harris)

<https://www.baps.org.uk/content/uploads/2020/03/FACE-COVID-by-Russ-Harris-pdf-pdf.pdf>

Ensuring Our Own Wellbeing as We Care for Others During the COVID-19 Crisis  
(Canadian Society of Physician Leaders)

<https://physicianleaders.ca/assets/covidarticle1.pdf>

JAMMA International, The Wellness Society, Coronavirus Anxiety Workbook

<https://thewellnesssociety.org/wp-content/uploads/2020/04/Coronavirus-Anxiety-Workbook.pdf>

Mental Health Commission of Canada

<https://www.mentalhealthcommission.ca/English/covid19>

### **Pregnancy, Birth, Breastfeeding & Fertility**

Academy of Breastfeeding Medicine (ABM): Statement on Corona Virus 2019 COVID-19 <https://www.bfmed.org/abm-statement-coronavirus> (List of IPAC measures for breastfeeding)

American College of Obstetricians & Gynecologists (ACOG): Novel Coronavirus 2019 (COVID-19) <https://www.acog.org/clinical/clinical-guidance/practice-advisory/articles/2020/03/novel-coronavirus-2019>

Atlantic Health System: COVID-19 FAQs & Message for Expectant Parents

<https://www.atlantichealth.org/about-us/stay-connected/news/content-central/2020/covid-pregnancy-qa.html>

Centre for Disease Control & Prevention: Coronavirus Disease 2019 (COVID-19), Update - Information for Clinicians Caring for Children & Pregnant Women, [Webinar]

[https://emergency.cdc.gov/coca/calls/2020/callinfo\\_031220.asp](https://emergency.cdc.gov/coca/calls/2020/callinfo_031220.asp)

Government of Canada: Pregnancy, childbirth & caring for newborns

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/pregnancy-advise-mothers.html>

Pregnancy & Breastfeeding

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html>

Di Mascio D, Khalil A, Saccone G, Rizzo G, Buca D, Liberati M, Vecchiet J, Nappi L, Scambia G, Berghella V, D'Antonio F, Outcome of Coronavirus spectrum infections (SARS, MERS, COVID 1 -19) during pregnancy: A systematic review and meta-analysis, American Journal of Obstetrics & Gynecology MFM (2020), doi: <https://doi.org/10.1016/j.ajogmf.2020.100107>.  
PDF link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7104131/pdf/main.pdf>

COVID-19 (coronavirus disease) - Fertility and Pregnancy

<https://cgf.cochrane.org/news/covid-19-coronavirus-disease-fertility-and-pregnancy>

Ontario Health, Toronto, Toronto Region COVID-19 Hospital Operations Table, Recommendations for Management of Pregnant Women & Neonates with Suspected or Confirmed COVID-19, March 17, 2020.

<https://www.pcmch.on.ca/wp-content/uploads/2020/03/Toronto-Region-COVID-19-Management-of-pregnant-women-and-neonates-with-suspected-or-confirmed-COVID-March-17-2020.pdf>

Royal College of Obstetricians & Gynecology – Coronavirus (COVID) Infection & pregnancy <https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/>

SafelyFed Canada: COVID-19 Infant Feeding Resources

<http://safelyfed.ca/covid19-resources/>

The Society of Obstetricians & Gynaecologists of Canada:

<https://sogc.org/en/content/featured-news/Updated-SOGC-Committee-Opinion-%20COVID-19-in-Pregnancy.asp>

## Toolkits

Coronavirus (COVID-19) Toolkit by Elsevier

<https://www.elsevier.com/clinical-solutions/covid-19-toolkit>

Prevention & Management of Skin Damage Related to Personal Protective Equipment (PPE). PPE Tool Kit by NSWOC [www.nswoc.ca/ppe](http://www.nswoc.ca/ppe)

## Videos

EBSCO Health Nursing Pulse: COVID19 (30 min.) <https://vimeo.com/400656219>

Coronavirus Pandemic Update: 42 by MedCram (18 min.)

<https://youtu.be/q4P91VrfPGw?t=3>

Let's Talk About Person-Centered Care During Pandemics. Video (59 min.) By Planetree International

[https://players.brightcove.net/1799386132001/H16bsBtjM\\_default/index.html?videoid=6142629557001](https://players.brightcove.net/1799386132001/H16bsBtjM_default/index.html?videoid=6142629557001)

## World Health Organization (WHO)

World Health Organization

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Emerging respiratory viruses, including COVID-19: methods for detection, prevention, response & control <https://openwho.org/courses/introduction-to-ncov>

WHO - Coronavirus disease (COVID-19) advice for the public.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public?amp%3Bqid=95944921>

Social Stigma associated with COVID-19 – A guide to preventing and addressing social stigma <https://www.who.int/teams/risk-communication>

## The World Health Organization

The World Health Organization – Situation Reports on COVID

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports>

Homepage for all WHO resources on COVID-19

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

WHO CORONAVIRUS 2019/COVID-19, Situation Report – 73

[https://www.who.int/docs/default-source/coronaviruse/situation-reports/20200402-sitrep-73-covid-19.pdf?sfvrsn=5ae25bc7\\_4](https://www.who.int/docs/default-source/coronaviruse/situation-reports/20200402-sitrep-73-covid-19.pdf?sfvrsn=5ae25bc7_4)

Tools Health Link BC – Stress Management: Breathing Exercises for Relaxation the Working Mind – COVID-19 Self-care and Resilience Guide

<https://www.cna-aiic.ca/en/coronavirus-disease/faqs-and-resources#sthash.XmdXqP8l.dpuf>

~~~~~      ~~~~~      ~~~~~  
~~~~~      ~~~~~      ~~~~~

## Clinical Nurse Specialist Association of Canada. CNS-C.

Association des infirmières et infirmiers cliniciens spécialisés du Canada. ICS-C.

Website – site internet: <http://cns-c-canada.ca/>

<https://www.facebook.com/cnscanada>

email/ courriel : [cnscanada1@gmail.com](mailto:cnscanada1@gmail.com)

CNS-Canada – Karelo, **link to become a member** for 2020:

ICS-Canada – Karelo, **lien pour devenir membre** en 2020 :

[https://www.karelo.com/enter\\_res.php?&BID=650&Ev=18950](https://www.karelo.com/enter_res.php?&BID=650&Ev=18950)

~~~~~      ~~~~~      ~~~~~  
~~~~~      ~~~~~      ~~~~~