What is Wellness Hub?
We want to help you and your LTCH!

WELLNESS HUB

What is the objective of the Wellness Hub Research Program?

Wellness Hub is focused on supporting LTCHs respond to COVID-19 by providing supports to promote the use of best practices in infection prevention and control and staff wellness in order to prevent and manage infectious disease outbreaks and promote well-being in LTCHs.

What can the program offer you?

- Through the Wellness Hub Program, we are offering infection prevention and control and wellness resources and supports including additional COVID-19 screening and testing strategies (such as saliva, dried blood spots, wastewater surveillance) to LTCHs and their staff, staff household members, and essential care partners.

- We know that results from biweekly nasopharyngeal swabs for SARS-CoV-2 testing can take several days- even in outbreak situations. Together with a network of collaborative partners, we are identifying ways to provide additional testing options.

Why join Wellness Hub?

The following Wellness Hub resource bundle is available to ALL interested LTCHs who register:

- $10,000 in seed funding to support infection prevention and control at your site

- 3 hours of virtual coaching from an LTC+ facilitator designed to support the implementation of promising practices in your LTCH

- Access to resources, including:
  - Ongoing access to educational resources
    - LTC+ webinar series on next steps in COVID-19 response in LTC
    - National LTC informational huddles
  - Resources to promote wellness in LTCH (such as compiled resources to facilitate quarantine such as resources on grocery assistance, rent subsidy, childcare, and more)

- Resources to support vaccine implementation including materials to address vaccine hesitancy

- IPAC+ Resource Repository for easy, centralized access to the latest information and tools to support the implementation of IPAC best practices in your setting

- IPAC+ Self-Assessment Tool, which is an online fillable version of the Public Health Ontario IPAC checklist that can help you identify where your LTCH wants to focus IPAC efforts and links you to resources from the repository that can support your efforts
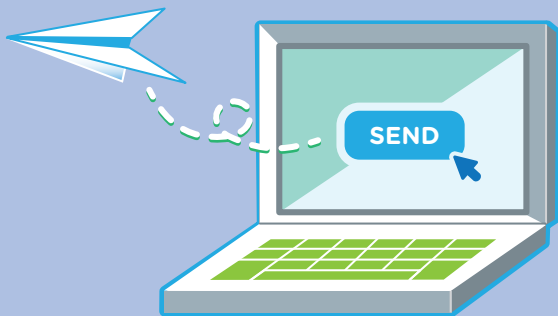
While all components are available, you can choose which components you want to participate in.

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Additional Resources

There is an additional opportunity for certain LTCHs in the Greater Toronto Area (including Hamilton and surround regions) and Ottawa/Champlain Regions to have optional and tailored access to the following:

- Onsite Saliva Testing (PCR for SARS-CoV-2) for symptomatic or high-risk exposure LTCH staff and their household members as well as essential care partners with prioritized test results (~24 hours) to provide reassurance

- Dried blood spot testing (antibody testing using finger prick for collection) to provide you and your staff with information about their COVID exposure

- Wastewater Surveillance of SARS-CoV-2* to provide you with results within 12 hours to tailor your IPAC strategies

- Access to an Online Symptom Tracker to help families/essential care visitors, LTCH staff and their household members to monitor relevant symptoms

- Optional In-Person AND/OR Virtual Support from a trained facilitator who will work collaboratively with you and your site to use tailored, evidence based strategies to increase the uptake of best practices in infection prevention and control and staff wellness. The support platform (i.e., in-person AND/OR virtual) will be determined based on your site's needs.

Who is leading the Wellness Hub program?

This initiative is led by many hospital, public health, government, and non-profit groups across Ontario. More information on who these groups are is available upon request.

How do I register?

To participate in the Wellness Hub research program OR for more information on the study, please email **Oswa Shafei** from the Knowledge Translation Program, St. Michael's Hospital, Unity Health Toronto at oswa.shafei@unityhealth.to.