



ST. MICHAEL'S  
UNITY HEALTH TORONTO

# Wellness Hub

Project Coordinating Centre:  
The Knowledge Translation Program  
St. Michael's Hospital

Key Partners: Healthcare Excellence Canada, Family  
Councils Ontario, Ministry of Health and Long-Term Care,  
Public Health Ontario, and more

# Our Study Partners:



**COVID-19 IMMUNITY  
TASK FORCE**



**Project Co-PIs:** Drs. Sharon Straus, MD MSc FRCPC, Tina Fahim, PhD, Allison McGeer, MD MSc FRCPC, Sharmistha Mishra, MD, PhD, Stefan Baral, MD, FRCPC, CCFP, Adrienne Chan, MD, MPH, FRCPC, Jennifer Gommerman, PhD, Anne-Claude Gingras, PhD, Mario Ostrowski, MD.

# Background:

In Canada and globally, there is still a need to:

1. Identify risk factors associated with COVID-19 infection and spread
2. Understand both natural and vaccine-associated COVID-19 immunity
3. Support LTCH/RH staff with their occupational health, mental health and wellness
4. Support LTCH/RHs and shelters with vaccine uptake and other IPAC-related needs

# Background:

- **The aims of the project are to:**

1. Learn more about factors associated with COVID-19 infection and immunity to **better understand how to prevent the spread of COVID-19 (and other infectious diseases) in LTCH/RHs**
2. **Support key stakeholders in LTCHs and RHs to prevent and manage infectious disease outbreaks and optimize physical and mental wellness** both during and beyond COVID-19 through delivering and evaluating the Wellness Hub support program.

## Phase 1 - Site-Level Eligibility:



- **72 LTCHs and/or RHs in the Ontario region**  
\*Availability of some supports dependent on geographic location.

## Phase 2 - Individual-Level Eligibility:

The individual-level component of the Wellness Hub program will be implemented at any site that has chosen to enroll in the WH program.

**LTCH/RH Staff**



**LTCH/RH Staff's Household Members**

**LTCH/RH Residents**



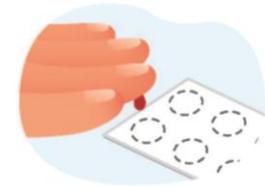
**LTCH/RH Residents' Families/Caregivers/Essential Care Partners**

## 1

## What is the prevalence of previous COVID-19 infection and what factors are associated with infection?

On an **individual level**, the four study populations (e.g., LTCH/RH staff and their household members, as well as residents and their caregivers) have the option to contribute to answering this research question by:

- **Completing a demographic questionnaire**, now and in 6-9 months (depending on enrollment timeline)
- **Providing dried blood spot samples** for COVID-19 antibody testing, now and in 6-9-months (depending on enrollment timeline)
  - Participants have the opportunity to receive their individual antibody results with interpretation and supports
- **Providing their OHIP number** to link their study information to ICES provincial administrative healthcare data



## 1

## What is the prevalence of previous COVID-19 infection and what factors are associated with infection?

On a **site level**, LTCH/RHs engaging in the Wellness Hub program will be asked to contribute to answering this research question by:

- **Completing a 10-15 minute site level questionnaire** (1 designated staff member)



## 2

**What resources and supports are most useful to LTCH/RHs during and beyond the pandemic, and how can we implement them effectively and sustainably?**

**On a site level**, LTCH/RHs and shelters have the opportunity to contribute to answering this research question by participating in:

- **An initial 15-20 min needs assessment interview** to discuss any challenges the setting might be facing (1-3 staff member[s])
  - **For homes in the Facilitated Access arm only**
- **The Wellness Hub Support Program**, including site-level and group-level activities
- **A 15-20 min exit interview** to evaluate the impact of the supports at the end of the implementation period (1-3 staff member[s])

# Impact of Participating in Wellness Hub program at a site-level:

## IMMEDIATE IMPACT

We hope that you will immediately benefit from the supports offered through the Wellness Hub program



## LONG-TERM IMPACT

You are informing how to effectively and sustainably support LTCHs and RHs moving forward in preventing and managing infectious disease outbreaks



**Our primary role is implementation support** - We want to build capacity to ensure that once our program is over, homes can continue to sustainably implement the supports and subsequent practice changes in their site.

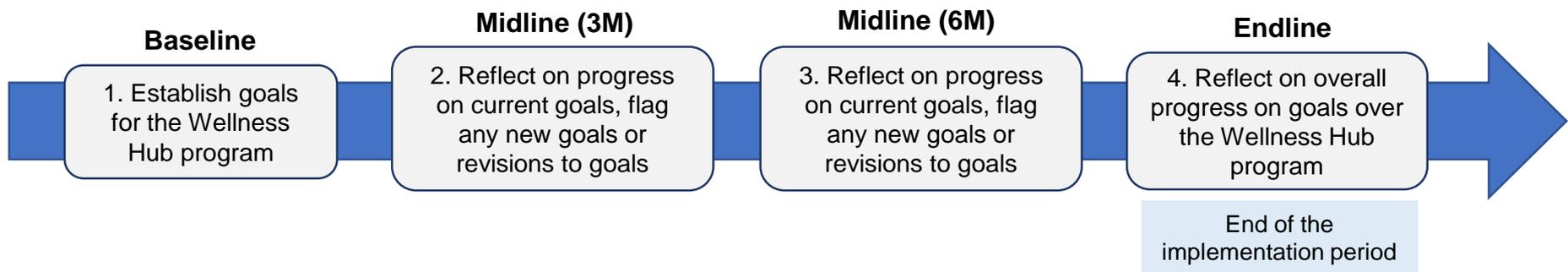
# Application of Baseline Needs Assessment:

- **Needs assessment interviews will be used to:**
  - Contribute to a greater understanding of the key challenges and opportunities that LTCHs and RHs experienced throughout the pandemic
  - Inform Wellness Hub program supports
- **The supports that will be informed include:**
  - Topics that will be discussed in the monthly Community of Practice webinar
  - Most relevant resources in our core resources packages for your setting's needs
  - Will provide helpful context for 1:1 calls

# Setting Goals for the Wellness Hub Program

## Purpose:

1. To ensure the Wellness Hub program is helping you make meaningful progress on your goals
2. To evaluate the overall impact of the Wellness Hub program on LTCH and RH goals



- **Examples of goals:**

1. I would like to increase vaccination rates of staff at my site beyond the current plateau
2. I would like to decrease burnout levels among staff at my site

- **What measures might indicate success:**

1. Quantitative increase in vaccine rates; perceived increase in knowledge of benefits of vaccine and attitudes towards the vaccine
2. Perceived improvement in staff engagement levels, attitude towards being at work

What specific supports are offered through the Wellness Hub Program?

# Wellness Hub Support Program:

Wellness Hub is comprised of **3 main branches:**



- Focus on promoting staff wellness



- Focus on creating healthy environments through infection prevention and control



- Focus on promoting vaccine confidence

## Participation options:

- Facilitated resource access
- Self-directed resource access

General educational resources located on <http://wellness-hub.ca>

Facilitated access to Healthcare Excellence Canada (HEC) \$10K + educational supports (see email)

Weekly Wellness Hub Newsletter

Monthly Wellness Hub Community of Practice (CoP) webinar

Option of 1:1 (i.e., site-specific) support with goal setting and implementation of core program resources - site initiated

C19 gargle saliva testing for select study populations when symptomatic or following high risk exposure (available for certain regions only)

Available only for sites enrolled in the facilitated access arm

# Educational Resources



- Access to educational resources to promote vaccine confidence and best practices in wellness and IPAC

## IPAC+ Resource Library

A resource library to support the implementation of infection prevention and control (IPAC) practices in long-term care facilities (LTCFs) and retirement homes (RHs)

IPAC+ is an initiative led by the Knowledge Translation Program at St. Michael's Hospital, Unity Health Toronto, in partnership with over 20 long-term care facilities (LTCFs) and retirement homes (RHs). We refer to this library to assess IPAC preparedness and to access resources to support the implementation of evidence-based IPAC practices in their settings.

For more information, please email [Keelia.Quinn@unityhealth.on.ca](mailto:Keelia.Quinn@unityhealth.on.ca)

If you are a long-term care home or retirement home, please fill out the [Interactive Infection Prevention and Control Checklist](#)

### Financial Supports in Self-Isolation



Detailed information regarding the financial aids available for COVID-19 relief for eligible Canadians. Find out how to apply for income support, employment insurance, pensions, and more assistance for low-income households.

[VIEW](#)

Type one or more keywords

### Resources for Self-Isolation

Collated by the Knowledge Translation Program at St. Michael's Hospital  
Updated: March 2021

### CARE+ Resource Library

#### Mental Health and Wellness Through Covid-19 Webinar



Recording of a Mental Health and Wellness

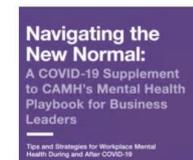


April 28th, 2021 OPSWA Vaccine Town Hall with Dr. Theresa Tam

292 Views • Apr 30, 2021

4 Likes 3 Comments SHARE SAVE ...

#### Navigating the New Normal



A COVID-19 Supplement to CAMH's Mental Health Playbook for Business Leaders

#### Wraparound Resources Package



Resources for Self-Isolation

# Partnership with HEC LTC+ program

- Access to **seed funding and education supports through HEC LTC+ Program**

## Group Coaching

A coach is paired with a group of teams from different organizations that would like to work together to discuss specific topics and receive coaching for implementing promising practices and changes in their organization.

## Virtual Learning Series

Webinars, huddles, workshops and discussion forums to support learning from people with lived experience and subject matter experts on a variety of topics.



## 1:1 Coaching

## Seed Funding

Source: Healthcare Excellence Canada (HEC).  
For more, see: <https://www.healthcareexcellence.ca/>

## \$10,000 in seed funding

- Courtesy of Healthcare Excellence Canada's LTC+ Program, LTCH/RHs and Shelters can access \$10,000 to support costs related to improvement initiatives, including:
  - **Personnel** (salary replacement costs to allow providers to participate in the improvement initiative, backfill positions)
  - **Equipment** (cost of equipment directly required for the improvement initiative)
  - **Supplies and services** (cost of photocopies, printing, office supplies, meetings, videoconferences)

*This is not an exhaustive list. Reporting requirements are minimal.*

**Funding must fit within the following six overarching categories:**

- Preparation, COVID-19 Prevention, People in the Workforce, Pandemic Response & Surge Capacity, Plan for COVID and non COVID Care, Presence of Family

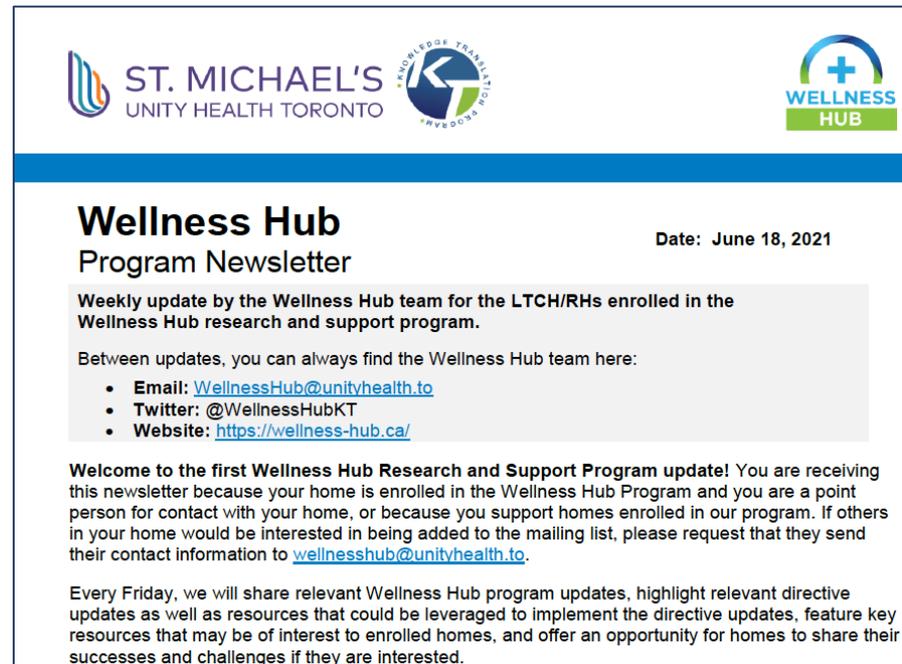
# Weekly Wellness Hub Program Newsletter

All home liaisons are added to the newsletter automatically once the home is enrolled in the Wellness Hub Program.

## Distributed every Friday

### Content includes:

- Program announcements
- Summary of directive updates and key resources to support homes with their uptake
- Featured resources
- Home highlights



# Monthly Wellness Hub Community of Practice

- Available for sites engaging with the facilitated resource and support access arm of Wellness Hub
- 60-min monthly Community of Practice

## Core purpose of meeting:

- Review key implementation strategies and supporting resources that can be leveraged to address challenges homes are experiencing
- Provide an opportunity to share implementation challenges and successes in categories of wellness, vaccine and IPAC
- Allow homes to inform the direction of the meetings as the true experts in the field



+ Option to engage with a Wellness Hub facilitator 1:1 to receive support with tailoring and implementing Wellness Hub resources in your unique setting

# Additional Resources and Supports

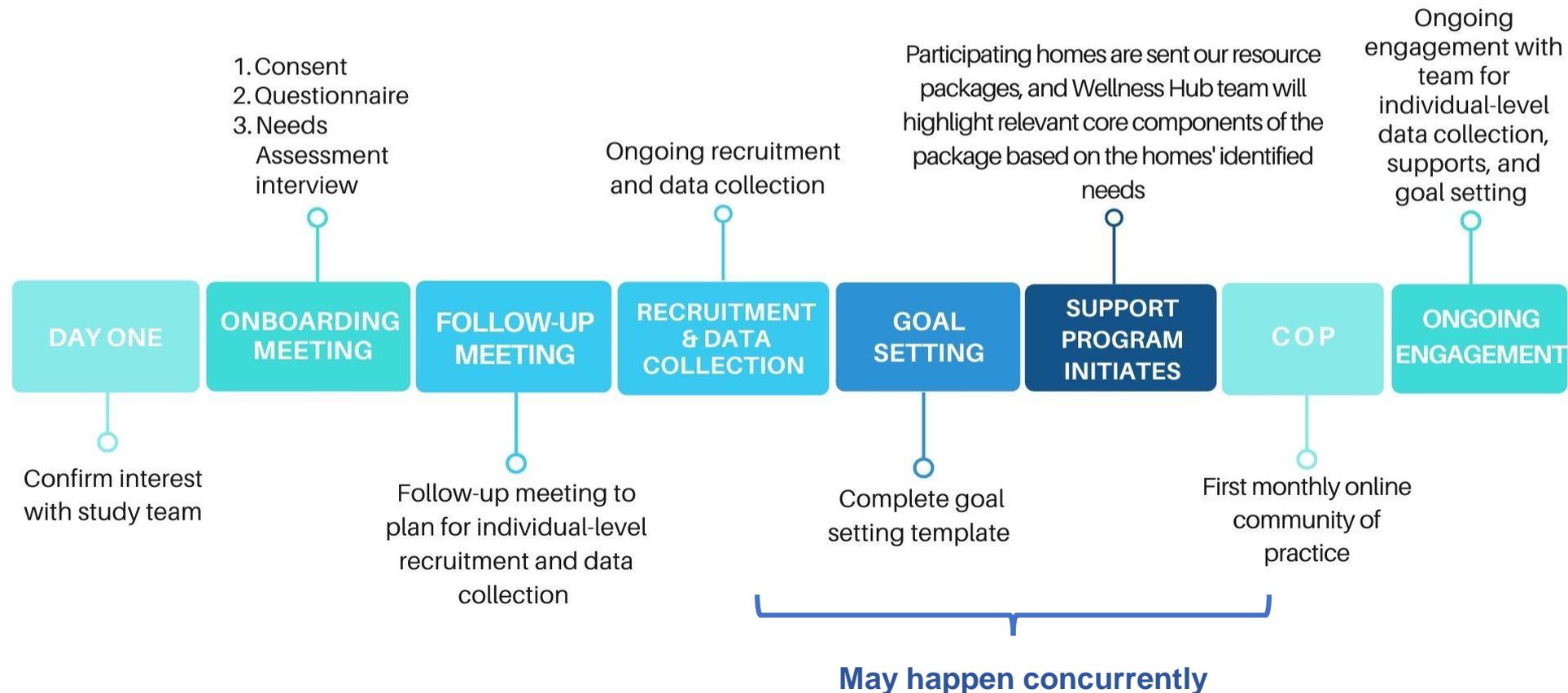
- **Swish and Gargle PCR saliva testing for COVID-19 diagnosis** with results within 24-72 hours for symptomatic or high-risk exposure LTCH/RH staff, their household members, and residents' essential care partners  
**\*Currently available for homes in the GTA regions only**

**Wellness Hub**  
**COVID-19 Saliva Test Instructions (For Parents or Caregivers of Children or Patients Requiring Sample Collection Assistance)**

Please read all the instructions before starting.  
 Do not eat, drink, vape, smoke, brush your teeth or chew gum at least 1 hour before the test.

- 1** Make sure you and the child or patient to be tested are wearing face masks if possible.
- 2** Both you and the child or patient should wash your hands with soap and water or hand sanitizer.
- 3** Take the clear container and pink tube of salty water. Write the child or patients full name on the provided label and attach to the tube.

# Next Steps for Participation in Wellness Hub Program



## Contact us:

Email: [wellnesshub@unityhealth.to](mailto:wellnesshub@unityhealth.to)

Website: <https://wellness-hub.ca>

Twitter: @WellnessHubKT 



# PCR Saliva Testing for COVID-19 Diagnosis

- Available for symptomatic or high-risk exposure LTCH/RH staff, their household members, and essential care partners for all enrolled homes in the GTA
  - Swish and gargle C19 diagnostic test; 98% sensitivity (Goldfarb, April 2021; JCM)
  - Helpful demo from the BC group:  
<https://www.youtube.com/watch?v=V9xonNTtApY>
  - **Only available to sites in the Greater Toronto Area**
- **How to sign up:**
    1. Complete the online registration form for each individual requiring a test at  
[https://redcap.link/wellnesshub\\_c19salivatest](https://redcap.link/wellnesshub_c19salivatest)
    2. Select your method of receiving a test (pick-up at LTCH for a family member OR have kit couriered to your home)
    3. Complete the swish and gargle test at home
    4. Using our pre-paid courier service, ship your test the Mount Sinai lab
    5. Access your COVID-19 diagnostic results online within 24-72 hours



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