



Adult Bleeding Disorders Program of British Columbia

St. Paul's Hospital

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COVID 19 UPDATE: Edition #2

DATE: March 23, 2020

We hope everyone is keeping well and self-caring through this unprecedented challenge. As we enter a more rapidly growing phase of the pandemic, the health care system is preparing to meet the additional demands. For now, the clinic remains open, accessible and committed to ensuring your bleeding disorder care is a priority. As the environment changes, some of our clinic staff may need to work from home and internet surge issues may require some staff to work hours in the evenings. As usual, after hours and weekends there is a hematologist on call.

For the latest COVID 19 information: [BCCDC](#) and [Health Canada](#)

If you are thinking you need to present to the hospital in person, please call us first so we can provide guidance. Now more than ever, please be mindful of the potential for injury with the activities you choose.

When do you need to see us in clinic at St Paul's Hospital?

1. If you are having an acute bleed that requires assessment by a healthcare provider.
2. If you are having an urgent procedure that cannot be delayed and you require an in person visit or review prior to the procedure.
3. For urgent lab work that can only be done at St Paul's Hospital

***** **BREAKING NEWS** *****

Important messages from WFH and Canadian Hemophilia Society.

In case you have not already received these, please find attached the messages to the Canadian Bleeding Disorder Community regarding the impact of COVID-19 on their health care and treatment products. [WFH](#)



Message from CHS

Ordering factor

We have been informed that manufacturers currently foresee no interruption to the normal supply of factor concentrates or infusion supplies. Please continue your prophylaxis as usual. We are requesting that people request factor with at least 2 weeks' notice. This also includes refills of DDAVP or Tranexamic Acid prescriptions. As much as is possible, we will attempt to limit the number of trips you need to take to your local blood banks over the next 2-3 months. To ensure we don't see supply problems please do not hoard, please record accurately and request the amount you would under usual circumstances.



What is the best way to pick up inventory while maintaining “social distance”?

Please follow the guidelines on “social distancing” stay 2 meters or 6 feet apart from other people. These instructions are for everyone (old and young) and include staying at home as much as possible and avoiding crowds except for essential grocery shopping and picking up medications.

Hospital Access: Hospitals are implementing variable hospital access restrictions to visitors and the public. When you pick up factor ensure you **bring the attached authorization letter** with you to the hospital. Please inform us immediately if you experienced an issue with the pickup of your factor.

Someone else is picking up my factor: If you are unable to pick up your factor, you will need to complete the **attached authorization letter for someone else to pick up your factor** indicating the designee who is to pick up the factor on your behalf. If you are not able to have face-to-face communication with the designated person, you can email or text the person a picture of your BC Care Card and signed letter. If you anticipate any barriers to picking up factor product or receiving care please let us know.

What if I am self-quarantined due to recent travel or symptoms?

Please go to the [BCCDC](#) website for up to date recommendations, Stay home! If you need to pick up factor, ask a friend or family member to go (see above). Please contact us should you need to present to ER to ensure we are aware and can make any necessary recommendations related to your bleeding disorder.

Ordering your infusion supplies from the Product Distribution Centre (PDC).

When ordering from PDC, please only order if you actually need to as PDC currently has an extreme backlog and may need extra time to fill your order. Please understand PDC will NOT fill requests for masks or alcohol based products for home use at this time, this is to ensure that supplies are available for hospitals.

Does my bleeding disorder put me at a higher risk of the serious effects of COVID-19?

We have seen no indication that people with bleeding disorders who have no other underlying conditions, are at an increased risk for contracting COVID-19 or developing severe symptoms. For more information: [WHF](#) and [NHF](#)

I read nonsteroidal anti-inflammatories (NSAIDs) should not be used to treat symptoms of COVID-19.

There is insufficient evidence that NSAIDs negatively impact morbidity or mortality of COVID-19. If you are already taking NSAIDs that are prescribed to you on a regular basis, we have no evidence to suggest that it should be discontinued at this time. If you are not currently taking any NSAIDs and you have signs or symptoms of a viral illness, acetaminophen is the safest medication. For more information please refer to [WFH website](#).

If you are wondering can I still donate blood..

While our current blood and factor supply in Canada is robust, there will be continued need for products in the coming weeks, and so it very important to sustain donations during the COVID-19 pandemic. Blood donation centres have taken extra precautions to protect the health of donors. If you have friends and family that are eligible to donate, please encourage them to do so. Please note that



due to recent publicity about the need for blood donors, many donation clinics no longer have available appointments in March, however potential donors can book appointments in April and beyond to ensure the sustainability of our blood supply. Donors should book appointments online or via telephone rather than dropping in. For further information about blood donation, COVID-19 and our blood supply, and appointment booking, please refer to Canadian Blood Services: <https://blood.ca/en>

COVID19 self-assessment tool.

This self-assessment tool, developed with the BC Ministry of Health, will help determine whether you may need further assessment or testing for COVID-19. You can complete this assessment for yourself, or on behalf of someone else find it at: [COVID19](#)

***** **ONGOING INFORMATION** *****

What if I have an upcoming appointment?

Social distancing is an effective way for all ages to limit the rate of spread of coronavirus. The Bleeding Disorder Clinic at SPH, like other outpatient clinics, has moved to virtual appointments and is rebooking non-urgent new patient appointments. Blood tests will be triaged and non-urgent tests typically done in clinic will be deferred to a later time. If urgent labs need to be completed, the clinic will advise you of the steps to take to gain access, as hospital outpatient labs are currently closed. We are aiming to have all disciplines attend scheduled appointments. We look forward to having your feedback as to whether this may be a good option in the future.

Over the coming weeks we will be trying a few virtual platforms for telehealth please be patient as we find the best way to connect with you. The clinic will provide directions to you prior to the appointment via email. If you have individual appointments with only physiotherapy or social work, these meetings will also be held via phone or virtually. We may need to change the visit format and/or date of the planned Outreach clinic to Kelowna in May, with updates to follow.

What if I have an upcoming procedure/labour and delivery?

PHC and VCHA hospitals are prioritizing emergent and urgent patients for surgical procedures as well as cancelling elective surgical procedures. This is to increase capacity to the system to care for sick patients, and to keep well patients away from facilities. Urgent procedures or deliveries will be managed with ongoing coordination between your Bleeding Disorders team and other medical teams. We request that patients that are not able to self-infuse factor do not schedule non-urgent procedures. The need to limit exposure to a hospital/clinic setting and the limitations to home infusion resources may exist.

What if I have a difficult bleed and would normally go to the ER?

Please contact us and we will triage and provide recommendations. In these unusual circumstances, we may offer different advice than usual, taking into account what is best for you and what care is available in the ER/urgent care centers.

Please read this important message from the Physicians of BC

[Read the Urgent request to all British Columbians](#)



SOCIAL DISTANCING

or 'physical distancing' means reducing close contact with other people to slow the spread of the coronavirus.

When you stay at home and avoid contact with other people as much as possible you can prevent other people from becoming sick, and help make sure our hospitals have room and supplies for patients who need care.

STOP!



Stop meeting in groups

- House parties
- Outdoor parties
- Beach crowds
- Mingling with friends
- Public gatherings
- Playdates
- Playgrounds
- Non-essential travel
- Malls
- Church Services
- Sleepovers
- Group Hangouts
- Celebrations
- Bars, Restaurants, Gyms

USE CAUTION / LIMIT



If you have no symptoms and need to go out, stay at least 2 meters (about 6.5 feet) apart from other people - about the width of a car. Wash your hands after.

- Grocery shopping
- Picking up medications
- Walking in a public area
- Transportation to a job
- Take out food / food delivery

Drop off essential supplies for friends or relatives at the door (wash your hands before handling)

SAFE TO DO



Stay at home. Do these things with your household members or alone.

- Play in your yard
- Yard work, gardening
- Meet with friends online
- Work from home
- Take classes online
- Cook
- Read, TV, movies, music

Keep space between you. Wash your hands frequently. Wipe down packages and surfaces. Clean your space, wash your clothes.

Together, let's choose kindness and connection in the face of chaos and physical-social distancing!

Kind Regards,
The Adult Bleeding Disorder Team

Links:

1. <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>
2. <https://www.ti.ubc.ca/2020/03/18/acetaminophen-vs-nsaids-during-covid-19-pandemic/>
3. <https://www.pharmacists.ca/cpha-ca/assets/File/cpha-on-the-issues/Use-of-NSAIDs-in-patients-with-COVID-19-FINAL-EN.pdf>
4. <https://news.wfh.org/world-federation-of-hemophilia-statement-update-to-covid-19/>
5. <https://www.hemophilia.org/Newsroom/NHF-Community-News/Health-and-Wellness-Update-from-Dr-Valentino>
6. <https://covid19.thrive.health>
7. <https://news.wfh.org/covid-19-coronavirus-disease-2019-pandemic-caused-by-sars-cov-2-practical-recommendations-for-hemophilia-patients/>



Message from CHS

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