

# primary cares

News & updates from the Calgary Zone



## Webinar: Primary care hot topics

Join Dr. Rick Ward and Dr. Christine Luelo next week as the latest [Calgary Zone webinar](#) in the series tackles some of the hottest issues affecting local primary care physicians.

On Monday, September 12, from 6–8 p.m., a panel of family physicians and experts will discuss some of the pressures facing family medicine in 2022 as clinics grapple with the challenging post-pandemic landscape.

Speakers include Dr. Matthew Mazurek, who will lead a segment on tips and tricks for getting in to see a gastroenterologist, and Dr. James Kellner, who will explore COVID-19, immunization, monkeypox and influenza. The mental health portion of the webinar will focus on helpful apps for physicians and patients. [Register](#).

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## Monkeypox resources

The number of monkeypox cases locally remains very low, but resources are available to support clinics with testing, infection prevention and control and immunization. A total of 34 cases had been confirmed in Alberta as of Wednesday, September 7.

**Monkeypox testing:** [Testing](#) is recommended for patients presenting with acute rash or ulcers with or without systemic symptoms (fever, headache, myalgia, arthralgia, back pain or lymphadenopathy) who had one or more [risk factors](#) in the last 21 days. Albertans aged 18 and older who self-identify as meeting the eligibility criteria can book appointments by calling 1-866-301-2668.

**Infection prevention and control:** Clinics dealing with suspected or possible cases are advised to review the [infection prevention and control measures](#). It is worth noting the following:

- If measles, varicella or airborne infections other than Monkeypox are NOT part of the differential diagnosis, clinics are advised to use [modified respiratory precautions](#).
- Healthcare workers are advised to use a fit-tested N95. However, when using modified precautions there is the choice of using a well-fitted surgical mask instead.
- Air clearance time is not required for these cases; use routine cleaning/disinfection protocols.

- However, if measles, varicella or other airborne infections are included in the differential diagnosis, clinics are advised to use [airborne precautions](#) with or without [contact](#) or [contact and droplet](#) precautions.

**Vaccine eligibility:** A reminder that vaccine appointments for those aged 18 and older can be booked by calling Health Link at 1-866-301-2668. [More details](#).

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## 56<sup>th</sup> annual Mackid lecture: Anti-Indigenous bias

On Tuesday, September 27, from 5:30–9 p.m., the 56<sup>th</sup> annual Mackid lecture will focus on identifying and challenging our anti-Indigenous bias as physicians.

The event, which will be held at the Best Western Premier Calgary Plaza Hotel, includes a dinner and the Department of Family Medicine Physician Awards.

The lecture will be led by Dr. Pam Roach and Dr. Lindsay Crowshoe. [More information](#).

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## Rainbow draws to be phased out

Alberta Precision Laboratories is changing its policy on the collection of extra tubes from patients, also known as “rainbow draws.”

Effective Monday, September 19, labs will begin a two-week transition to the new discarding process. Full implementation is scheduled for Monday, October 3. [Read the memo](#).

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## Boosters available for children

Appointments are [now available](#) after Alberta approved the use of a booster dose of Pfizer COVID-19 vaccine for children aged five to 11 years old.

The move was based on recommendations from the National Advisory Committee on Immunization and the Alberta Advisory Committee on Immunization. The booster should be administered at least five months after the last dose, or five months after a COVID-19 infection.

Appointments can be made via the [Alberta Vaccine Booking System](#) or via [participating pharmacies](#). It is recommended for:

- Children (aged five to 11) with underlying medical conditions placing them at high risk of severe illness due to COVID-19, including those with certain immunocompromising conditions who have received a three-dose primary series (recommended).
- All other children of the same age who do not have underlying medical conditions that could place them at higher risk of severe illness due to COVID-19 (discretionary).

Children aged six months to five years are eligible for the Moderna Spikevax COVID-19 vaccine. Appointments can be [booked online](#) or by calling 811.

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## Safe infant sleep policy

The Alberta Health Services safe infant sleep policy has been updated to reflect policy evaluation and emerging evidence related to safe sleep practices and environments for infants under one year old. Policy and resources, including a related accredited eLearning module, are available online. [More details](#).

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## Urinalysis reagent shortage

Primary care providers are being asked to restrict the ordering of urinalysis tests to the urgent management of patients. The change is due to supply shortages. Please indicate “urgent” on the requisition. It is likely that utilization controls will be needed for the foreseeable future. [More details](#).

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## CanREACH registration

Registration has opened for upcoming CanREACH virtual training programs, starting in January 2023.

The patient-centred mental health in pediatric primary care program consists of a two-day workshop and either six months of biweekly calls or three months of weekly calls. [Register](#).

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## Quick links

### Virtual diabetes prevention program

On Tuesday, September 13, from 6:30–7:30 p.m., the Physician Learn Program hosts a virtual diabetes program webinar. [More details](#).

### Western Canada Nutrition Day

On Saturday, October 22, from 8:15 a.m.–3:15 p.m., AHS will host the 28<sup>th</sup> annual Western Canada Nutrition Day virtual conference. The theme is *Optimizing Assessment to Enhance Nutrition Care*. [More information](#).