

COVID-19 / Mental Health Questions & Answers: Calgary Zone

Date Updated: June 7, 2021

Presenters: Drs Rick Ward, Christine Luelo, Margie Oakander, Charles Samuels, Ted Jablonski, Amanda Berg, and Elaine Bland

Question	Answer
Topic: Insomnia	
Is there anyway to improve CPAP tolerance in people with trauma and anxieties/trigger by facemask?	(Awaiting response)
Is Seroquel a reasonable adjunct for insomnia when a patient is already on an antidepressant for their anxiety?	We don't use quetiapine for primary insomnia, it is useful as an add on for incompletely managed depression or anxiety when sleep is a residual symptom.
If there is no anxiety issue, what is the best medicine for insomnia?	(Awaiting response)
Should a patient have base line ECG before starting trazadone?	No, we do not need to do ECGs.
How do you spell the drug name?	Dayvigo or Lemborexant is a new novel medication for sleep that is not a sedative but rather working by turning off wakefulness. It takes up to 4 weeks to see the benefit unlike sedative – so patients need to well counselled when starting.

<p>How expensive is Dayvigo?</p>	<p>(Awaiting response)</p>
<p>Topic: Transgender Medicine</p>	
<p>How do we send a referral to you?</p>	<p>For Dr Jablonski specifically: Jablonski Health (tele-consults) 403-910-5317</p> <p>Additional referral resources:</p> <p>For children/adolescents- METTA Clinic at the Children’s Hospital has SW, psych, endo support- a great resource for trans use. The Alex Clinic and Dr Jablonski will take 16 years and up</p> <p>There is Trans Health e-referral advice request available (under-utilized service that has existed for years) as an easy way to get “an answer” to any trans related question</p> <p>Alternative: is to talk (tele-consult) with trans MDs at the Alex or Dr Jablonski- more than happy to help out answering questions</p>
<p>I have a patient in their late 20s who says they didn’t have gender dysphoria as a child/teen, but started feeling this in the past 3 years. Would this change anything with your approach?</p>	<p>This can happen. Approach nonjudgmentally. I would strongly encourage exploring this with an experienced counsellor (SW/psychologist who does gender work)</p> <p>If they fit DSM-5 criteria (ie. You diagnose Gender dysphoria), you can safely move forward if you are comfortable</p>
<p>Where can parents of adolescents get support, specifically in case the child does not formally pursue treatment but makes drastic changes to her/his life?</p>	<p>Skipping Stone Foundation (https://www.skippingstone.ca/), ACH METTA Clinic</p> <p>Ashleigh Yule (private psychologist)</p>

<p>It would be difficult for gay/lesbians/transgender to go to the public bathroom when there's only male or female bathrooms. I wonder how they manage this?</p>	<p>All public places should have non-gender/gender free washrooms- unfortunately we're not there yet (consistently). This is a transgender issue (generally not an issue for lesbian/gay population).</p>
<p>Are most psychology supports uninsured?</p>	<p>Everything aside from private psychologists is covered but there is a long waitlist. Most expert gender psychologists are unfortunately private.</p> <p>Skipping Stone Foundation will offer "free" counselling (from expert counsellors) out of their budget.</p>
<p>If the 16 year old child does not ask to see FD and only opens to parents, should parents just suggest or push a little to book them in with GP?</p>	<p>Would strongly endorse Skipping Stone Foundation in this context</p>
<p>Is it still "required" to have patients assessed by psychology or psychiatry prior to hormone treatment? If so, how long is the wait in public system?</p>	<p>If they fit DSM-5 criteria, ie. You diagnosis Gender dysphoria- you can safely move forward if you are comfortable</p>
<p>Do you know if there's a psychologist directory stating which areas they specialize in?</p>	<p>Most psychologists define their area of expertise if they have a web presence- online contact</p>
<p>Topic: COVID Update</p>	
<p>What about our unvaccinated staff? How to manage workflow?</p>	<p>Find out what the reason for hesitancy is, and try to convince them. May need to take a business stance.</p>
<p>Any comments on variants and vulnerable (vaccinated) patients who are very afraid, especially with decreasing restrictions?</p>	<p>No one is forcing anyone to stop restrictions if they choose not to</p>

<p>Anyone dealing with patients requesting COVID antibody testing to support their decision not to be vaccinated?</p>	<p>COVID antibody testing is available privately, but is not useful in making a vaccine decision because we do not have data on length of time for protection etc. Ratehr explore what the hesitancy is about the vaccine in general.</p>
<p>How DO we educate patients that protection starts mostly 2 weeks after the shot? Many report not knowing this. ?Social media campaign</p>	<p>Current paperwork from AHS after vaccine does not include this detail, though Dr. Hinshaw has repeated this in her press conferences numerous times. We will escalate this request to our partners at AHS/ AH.</p>
<p>Where do we send COVID questions for future answers?</p>	<p>info@calgaryareapcns.ca</p>