

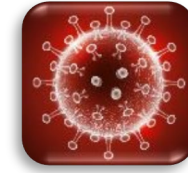
# Testing times

Primary care &  
the fourth wave



Calgary Zone  
COVID-19 &  
mental health  
webinar series





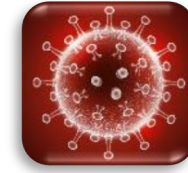
**Dr. Christine Luelo**

Family Physician

## Disclosures

- Family Physician:  
McKenzie Family Practice (fee for service)
- Medical Director:  
South Calgary Primary Care Network (contract)
- Co-Chair:  
Calgary Zone Operations Coordinating Committee (contract)
- College of Physicians and Surgeons of Alberta: Assessment  
Program Advisory Committee (honorarium)
- Pharma: Nil
- 19toZERO Ambassador (volunteer)
- **My job is operations not advocacy**

# TESTING TIMES: A MOMENT OF PAUSE



Calgary Zone  
webinar series  
Mental health  
& COVID-19

## Emotional check in ....

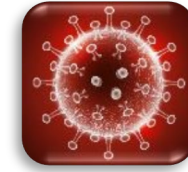
- Freaked out
- Demoralized
- Angry
- Empty
- Embarrassed
- Understanding
- Determined
- Resolute
- Honoured



[queensu.ca](https://queensu.ca)

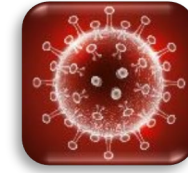
# TESTING TIMES: PRIMARY CARE TESTING

---



Calgary Zone  
webinar series  
Mental health  
& COVID-19

- Currently, continued mass testing by self-referral — 1-3 days turnaround, depending on location in province
- Primary care is NOT expected to step in and take the place of AHS mass testing centres as we move towards future endemic state
- Testing will shift in its focus:
  - Surveillance through TARRANT viral watch ([tarrant@ucalgary.ca](mailto:tarrant@ucalgary.ca)) and through wastewater
  - For clinical need for patient care planning
  - In high-risk situations
- Types of testing in community
  - PCR: NP or throat swab sent to lab for analysis by testing centre or community office
  - POCT or “rapid testing”: Gives you answer quickly on site — *stand by for more information for using in community primary care*
  - Serology: For very select clinical situations ONLY, beware fraudsters!
  - Private testing i.e., for travel requirements



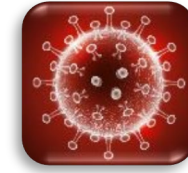
“Almost all Albertans can receive the COVID-19 vaccine, and should.”\*



\*<https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-covid-19-sag-medical-exemptions-to-mandatory-vaccination-rapid-review.pdf>

# TESTING TIMES: VACCINE EXEMPTIONS

---



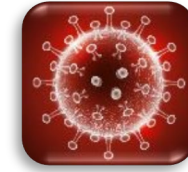
Calgary Zone  
webinar series  
Mental health  
& COVID-19

- CPSA:
  - You cannot have a blanket “I don’t write/discuss exemption letters” policy
  - You cannot grant all requests as a baseline, either
  - Document your conversation and rationale for your decision
  - What would your peers do?
- AMA:
  - Vaccine positive toolkit
- COVID CORNER: September 8, 2021
  - Ethics and legal analysis





# TESTING TIMES: VACCINE EXEMPTIONS



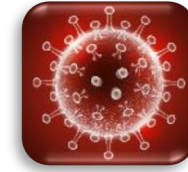
Calgary Zone  
webinar series  
Mental health  
& COVID-19

## SAG review September 7, 2021:

- There were almost no medical reasons that mean someone is not able to get one of the COVID-19 vaccines:
  - Documented severe allergic (anaphylactic) reaction to a first dose of vaccine or to a known vaccine ingredient (rare)
  - Developed a very rare reaction such as myocarditis to the first dose of the vaccine; should wait to receive their second dose until advised to do so by their specialist
  - Some individuals should only receive an mRNA vaccine



# TESTING TIMES: VACCINE EXEMPTIONS



Calgary Zone  
webinar series  
Mental health  
& COVID-19

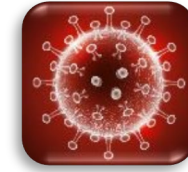
## Calgary Zone PCN Peer advice, September 2, 2021:

1. Medical:
  - See SAG
2. Psychological:
  - Emphasize that treatment principle for anxiety is 'exposure'
3. Philosophical/religious:
  - This is not a clinical conversation and convictions do have down sides
4. Misinformation:
  - Provide evidence-based information and encouragement regarding immunization





# TESTING TIMES: A FEW QUICK REMINDERS



Calgary Zone  
webinar series  
Mental health  
& COVID-19

- Third doses:
  - For vulnerable populations
  - For travellers
- Proof of immunization:
  - myhealthrecords and myhealthrecords app
  - Reminder that this is an uninsured service
- PPE:
  - Continuous masking
  - Point-of-care risk assessment is really critical!!
    - Add your eye coverage back in for extra protection as appropriate

