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# MSACW NEWSLETTER

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November 2020

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## AGM & Board Elections

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The C&W MSA and MASES AGMs will be held during the MSA General Meeting on Dec. 7th (via Zoom). Board Elections will also be held at this meeting. The positions of President, Vice President and Secretary/Treasurer are open for nominations, which may be submitted to our team at [engagement@msacw.ca](mailto:engagement@msacw.ca) in advance, or at the meeting.

Current officers Linda Casey (Pres.), Jugpal Arneja (VP) and Sadiq Abdulla (Secr/Treas) are eligible for re-election to serve in 2021.

## Parking for Medical Staff

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Effective the week of October 19th, there are now new reserved parking stalls for C&W medical staff.

- 20 new designated parking stalls in the 1982 Building Underground Parkade
- 5 new designated parking stalls in the TACC Underground Parkade

## President's Message

As the days get shorter, darker, cooler and wetter, we are all adapting to the arrival of fall in this COVID era. In February, it would have been difficult to imagine how much our personal and professional lives would change over the months that followed. Many of us now spend much of our days in front of the computer with headphones on and realize how much we value our face to face interactions. As we resume our non-clinical work, we realize that our days are becoming more "full", with less time for thinking, processing and the creativity that drives the very best change in any organization.

As an MSA Executive and engagement team, we see at least two major concerns for the coming months. First, while we are a resilient bunch, the stresses of our work and home lives are likely to push us to new limits through the rest of 2020 and into 2021. While the MSA cannot change many of the challenges that we are all facing, there are some things that we can do to help support each other as we continue on this journey. Stay tuned, new initiatives coming very soon!

Second, we are very concerned for the sustainability of all of our engagement efforts. We have invested many hours to developing relationships with our operations partners and trying to forge a new future built around collaborative planning and decision making. However, creating this new way of working requires creative thinking and discussion and cannot be done quickly. Recognizing that the operations leadership is facing the same workload pressures as we are, the tendency may be to fall back into the old familiar ways of doing things in the interests of simply trying to get things done. We have raised these issues for discussion, and we're continuing to look for opportunities to nurture the engagement that we believe is so important to a successful future. I am reassured by the progress that we've made so far, and believe that the operations team truly wants our engagement and input. With that shared objective, I am confident that we can come through this time of unexpected challenge with some strengths that we will carry forward into the future.

As always, if there is anything that you need from the MSA, or you have ideas about how we could better support the medical staff or engagement, please reach out. We'd love to hear from you.

## Provider Champions and Subject Matter Experts (SMEs)

Thank you to everyone who came out to the provider engagement fairs and to those who have expressed interest in helping with CST. We have now identified over 80% of the needed champions and many SMEs. If you're still interested or have questions, please feel free to contact Alain Gagnon or Jonathan Wong. Work is quickly ramping up!

## Tap N Go

Tap n Go is a bundle of solutions to improve the overall logon experience. The solutions will be introduced in stages and the initial stage that you will see rolled out at C&W in the near future will include:

- The Ability to log-in to the computer/WOW by using your employee ID badge
- Removing the need to repeatedly re-enter credentials throughout a single shift

## Parking for Medical Staff

Effective the week of October 19th, there are now new reserved parking stalls for C&W medical staff.

- 20 new designated parking stalls in the 1982 Building Underground Parkade
- 5 new designated parking stalls in the Teck Acute Care Centre Underground Parkade

All questions related to parking tickets must be submitted to [Imcparking@fraserhealth.ca](mailto:Imcparking@fraserhealth.ca). Kindly include a copy of your violation ticket, contact information and description of event.



## Front End Speech Recognition (FESR)

FESR is available for your use now for clinical documentation. It will be an integral part of CST and will replace traditional phone dictation. Microphone installation for FESR is now complete and training is starting. A roll out plan will be communicated to divisions, but please register now for training here: <https://bit.ly/FESR-Flex>. If you have any questions, please contact Cathy Jensen, FESR Project Change Lead, at [cjensen1@providencehealth.bc.ca](mailto:cjensen1@providencehealth.bc.ca)

## Medical Staff Wellness



In these uncertain times along with the shared experience of 'Covid-19' fatigue we can be left to question 'what can I do?' It is hard to imagine one thing we can do to turn back the dial.

Considering what is within your control at this moment in time is an investment in wellbeing. Mindful self-compassion is a portable self-care option accessible 24/7. Choosing what you do by preserving healthy boundaries can give you just a little more physical and psychological room to choose the next small step for your wellbeing.