

## Joint Health and Safety Committee

**November 1, 2022**

**3:00 pm – 4:00 pm**

**Online Meeting via Zoom**

### Minutes

Regrets:, Rosa Fabiano, Hannah Campbell, Vicki TeBrugge

In Attendance: Theresa (T-Bird) Prisciak, Chris Gouett, Nanda Kanavillil, John Siecker, Allison Brooks, Carolyn Rimkey, Tim Rowe, Tiffany Moore (Thunder Bay Health and Safety), Chris Glover

Guest: Cynthia Hodgson

1. Approval of Agenda

Approver Nanda

Secunder John

Moved

2. Approval of the Minutes from last JHSC meeting – August 2, 2022

Approver Nanda

Secunder Chris Gouett

Moved

3. Housekeeping Item: Elana Weber has resigned from Lakehead University. Thank you to Elana for serving on the Joint Health and Safety Committee. Cynthia Hodgson is a guest at today's meeting. Welcome Cynthia.

4. COVID 19 Updates

- No current items to discuss
- Regarding those who become ill, according to the Ontario Public Health Measures and Advice:

If you are sick, stay home to prevent transmission to others, except to seek testing or medical care if required.

You should stay home until **all** of the following apply to you:

- your symptoms have been improving for at least 24 hours (or 48 hours if you had nausea, vomiting and/or diarrhea)
- you do not have a fever
- you do not develop any additional symptoms

When your symptoms are improving and you are no longer isolating at home, doing the following can provide extra protection against the spread of COVID-19 and other respiratory viruses circulating in the community.

For **10 days** after your symptoms started:

- wear a [well-fitted mask](#) in all public settings
- avoid non-essential activities where you need to take off your mask (for example, dining out)
- avoid non-essential visits to anyone who is immunocompromised or may be at higher risk of illness (for example, seniors)
- avoid non-essential visits to highest risk settings in the community such as hospitals and long-term care homes

(Source: <https://www.ontario.ca/page/public-health-measures-and-advice> November 1, 2022)

## 5. Items Arising from the Minutes (last meeting)

- Fire Plan
  - No updates at this time
- Student Health and Wellness
  - Student Health and Wellness is providing the following services:
  - **Naturopathic Doctor**
    - Dr Alison is on campus on Thursday's for in person or virtual appointments with students. Appointments must be booked in advance.
  - Naturopathic Doctors can provide:
    - An individualized approach to health care, as every patient is unique
    - Time with patients, in order to better understand the issues at hand
    - A physical exam much like a medical doctor
    - Requests for, and review of lab tests
    - Diagnosis and treatment of acute and chronic health concerns
    - Cost: Free for current Lakehead Students
  - **Counselling**
    - Counselling appointments are available at the Wellness Centre on Tuesdays. Licensed/registered, professionally trained counsellors provide short-term, client centered, non-judgmental one-to-one counselling to students. Virtual appointments are available any day of the week.
    - Cost: Free for current Lakehead students
  - **Chiropractor**
    - On campus chiropractor appointments with Dr. Tara from Back to Function are available on Wednesday evenings in the Wellness Centre. Appointments must be booked in advance
    - Cost: A student rate of \$55/appointment applies. Costs are covered by most health benefit plans

- **Nurse Practitioner**
  - Lakehead students with an OHIP card can access virtual appointments with the Huronia Nurse Practitioner Led Clinic. Appointments must be booked in advance.
  
- **Physician**
  - SHW has a partnership with a local doctor (Dr Kinga) who welcomes Lakehead Students to her practice in Orillia. She can accept domestic and international students. Appointments must be booked in advance
  
- Other Key Health Promotion Activities/Events
  - **WellU Key** – a one-stop hub to find resources, services, and supports available to students on and off campus. It includes a brief, self-report mental health assessment that highlights the different types of supports and services available, allowing you to make your own care decisions and seek the care that is best for you.
  - **Stop the Stigma Campaign** – Campus wide campaign aiming to reduce the stigma associated with mental health
  - **Yoga** happening weekly
  - **Flu shot clinics** Oct 31 and Nov 1
  - **Go Vaxx Bus** returns Dec 10
  - **Take 10's:** drop in activities encouraging students to take a break from their busy days to relax, unwind and support their health with activities like colouring, puzzles, a walk outside, meal planning, etc.

- AED at Heritage Place
  - Location has been chosen for the unit. Chris Glover to address funding
  
- Door Cards Update
  - Waiting for parts arrive
  - Blank door plates have been installed on classroom doors as a temporary measure so the doors can be closed
  - Hoping parts arrive in early December so installation can begin

6. Injury and Accident Report

- Staff
  - None to report
  
- Sports related
  - None to report
  
- Contractors

- None to report
- Students
  - Accident with Injury – medical aid. Student was at field school having lunch when they were stung on the thigh and stomach by a wasp. Applied two EPI pens and transported to the hospital by ambulance. Hospital monitored the student’s heart and made sure they were OK. Follow up by Lakehead University during the next week to ensure they were OK.
  - Accident with injury – no medical aid. Rolled ankle while walking back to the bus. Supported by Faculty. Worked with the rest of the Field School team to make sure they student was comfortable and able to participate safely in Field School
  - Accident with injury – no medical aid. Getting into a friend’s car, the student hit their hand on the door and felt finger bend towards their other fingers. Injury is broken or sprained pinky finger. Injured finger was iced and splinted.

7. Lab Update

- No updates at this time

8. Items for Discussion

- Student Field School Injury Follow up
  - Inquiry was made regarding Field School
    - Are the students given instruction and documentation prior to Field School regarding proper footwear and safety practices?
    - Are the student who are injured followed up with?
    - Nanda spoke that students are given information prior to field school and Vicki has followed up with any students who are injured during the trips
    - After the meeting Vicki produced the pre-field school information that goes to the Provost and the safety information that is sent to the students. This information is signed by the students prior to going to field school
- Regarding the reporting of injuries – the selection “Accident with injury – medical aid” is to be selected only when care from a General Practitioner or a Nurse Practitioner is required.

9. Adjournment/Next Meeting.

- Next meeting February 7, 2023
- Meeting adjourned