O3 Release Pipeline & Dockerization Improvement Project

- Timeline: ~Sept 2022
- Docker images for 3.x RefApp to be updated so they work appropriately in a CI environment (basically, we should publish a version of the images that has all the data and metadata preloaded so that CI jobs run as efficiently as possible)
- Update the demo data module to generate a fixed list of patients so that tests can rely on certain patients existing or not existing.
- Add tags to 3.x tests to appropriately identify which frontend features are tested by each test
- Add a task to CI for each frontend monorepo to: (1) Start the Docker containers; (2) run the appropriate command to serve the apps from the current repository using the Docker containers as the backend; (3) checkout the 3.x test repository; and (4) run the appropriately tagged tests on each PR. This task will be required to pass before a PR can be merged.
- Ensure that the process in Bamboo to promote Docker images from dev3 -> test3 -> o3 work correctly
- Nice-to-have: Each merged commit to a 3.x repo will trigger the CI build of the images for dev3 rather than deploying to the Digital Ocean cloud.