

## Today's Take-Aways

### Regional Updates

- We are excited to announce that a new Regional Paediatric Surgical Initiative Steering Committee has been formed, co-chaired by Sabine and CHEO's Chief of Surgery. Part of the early work of this group will be to look at regional surgical capacity for our paediatric patients. There will be a media event taking place around this on April 4th so more to come as this moves forward.
- The province will share its latest budget information on March 27th. We, along with other health care facilities are hopeful that their announcements will contain some news around hospital funding. PRH representatives will participate in a call with the Ontario Hospital Association March 28th around what might be in the details for us.

### Strategic Plan

- Our strategic planning process is in its final phase with the draft scheduled for Board approval March 27th. We are so pleased to have had so much input into this document which will help guide us for the next five years and we plan to do extensive rollout and communication on this, both internally and externally so stay tuned!

### Departmental Updates

#### PRH Foundation

- This message isn't just Pie in the Sky! Thank you so much to Jenny Hodgson of Milano Pizza Petawawa and Liam Poirier of Royal Lepage Realty for teaming up to make nearly 200 pizzas on March 20th, raising nearly \$700 for the *Community Challenge for Healthcare* which will see these funds going towards the highest priority equipment needs at the Pembroke Regional Hospital. The staff at PRH did not miss the call for pies, ordering dozens of pizzas to feed their hard working front line workers. Thank you to ALL who took part! We love our community!

### Human Resources

- Welcome to the team! Please extend all new staff a very warm welcome.

February 2024: Diana Avila (Diagnostic Imaging), Joanne Ballantyne (Mental Health Services), Marcus Boyce (Medical Records), Gurfateh Brar (Rehabilitation), Tanya Cabanaw (Medical Records), Ashley Campbell (Medical), Emily Clark (Surgical), Macayla Cullen (Mental Health Services), Sydney Ferguson (MDR), Aryn Fyke (Respiratory Therapy), Edesiri Oghotomo (Environmental Services), Noel Poitras (Respiratory Therapy), Jennifer Tremayne-Pengelly (AMH)

### Infection Prevention and Control (IPAC)

- The IPAC team would like to remind everyone that the current outbreaks in Renfrew County are posted and updated regularly on the Renfrew County and District Health Unit website. To help guide staff in finding the Current Outbreak Status, the IPAC team has developed a standard work. It will soon be uploaded to the Intranet under Policies and Procedures. Please let the IPAC team know if you have any questions.

## Today's Take-Aways

- Measles is a serious respiratory infection that is highly contagious and health care workers are amongst those at greatest risk of exposure. Getting vaccinated is the best way to protect yourself against this infection. Information and important reminders about the Measles-Mumps-Rubella (MMR) vaccine will soon be posted on the departmental health and safety boards. If you have questions about your vaccination status or the MMR vaccine, contact a member of the Occupational Health team at ext. 7202 or by email [OccHealth@prh.email](mailto:OccHealth@prh.email).

- As some of you may have heard, long-term care transitioned from universal masking to “mask friendly” a couple of weeks ago. This change has triggered hospitals to take a look at current masking requirements and see if changes are due. With further discussions taking place over the next several weeks regionally, we are hoping to have some decisions made as well so more to come.

### Occupational Health and Safety

- Please help us ensure that instances of violence are all accurately captured in our reporting system. Whether it is physical, verbal, aggressive behaviour or sexual, these should all be classified as “violence” when reporting. By categorizing it as “violence”, we also capture the patient information so that we can see if we have repeat events. All acts of violence need to be recorded in OHS, even if there are injuries to staff. The only time Patient Safety RIMS should be used for violence is when the violence is patient to patient, but even then, their event should also be recorded in OHS. Thanks for your assistance with this.

### Pharmacy

- A bittersweet milestone in Pharmacy history - Now that ADU implementation is complete, “Charlie” was officially unplugged March 21st.

“Charlie” has been an integral part of the medication delivery processes since about 1984. Pharmacy staff regularly filled “Charlie” to ensure that nurses had access to the medications they needed after hours. Over the years, “Charlie” has been accessed more times than one can count and he was nearing end-of-life. With the Automated Dispensing Units now in place, “Charlie” has been put to rest. Fittingly, “Charlie’s” last days fell within Pharmacy Appreciation Month. A celebration of life to follow!



### Spiritual Care

- Everyone is welcome to attend a Holy Week mass in the chapel, Wednesday, March 27th, 10 a.m.

**GovDeals**<sup>®</sup>  
A Liquidity Services Marketplace

**PRH Sells Surplus Items  
on GovDeals.ca. Check it  
out to find great deals!**

# Connecting with the CEO - In Case You Missed It

March 8, 2024

*I would like to start this week's CEO message with an International Women's Day tribute to all women on our health care team for supporting, in every way, the care of our patients and their families.*

*This year's Women's Day theme is "Invest in women: Accelerate progress", one that highlights the importance of investing in women's education, healthcare, economic empowerment, and leadership development to accelerate progress towards gender equality.*

*We have many incredible female leaders within our organization and many others who lead in their own way each and every day, and each of you deserves to celebrate and be celebrated for your contributions. Thank you!!!!*

## **Celebrating Our Professions**

*By the same token, I would encourage all of you to take an opportunity to showcase your roles and responsibilities when we celebrate your professional days, weeks and months. Our EDI (Equity, Diversity and Inclusion) committee supports broad and inclusive recognition throughout the year but there are a lot of recognition dates and we need your help to highlight your roles and professions and show the broader community the great people we have providing their care.*

*Please be sure to review the recognition calendar on our EDI website page and plan to submit some photos and a small writeup about your profession and team when the time comes! Carolyn will incorporate what she receives into the messaging on The Loop and our social media sites. In addition, if your profession or role is not represented on this list, please let us know if there is a date we should add.*

## **On Site Child Day Care**

*Over the years, we have had a number of you ask about the feasibility of offering onsite day care for your children. This topic has also been raised at some of my recent Lunch with the CEO sessions.*

*We have done some exploration on this to the end that, for a number of reasons, it is not something that we would be able to provide at an affordable cost to those who need it. As you can imagine, there are lots of factors that require consideration for this including legislation around day care operations, space requirements, staffing, and more. Plus, given that we are a 24/7 facility, the needs would not only require care for children of all ages, but also care at all times of day.*

*While we recognize that securing safe and affordable child care can be a challenge for many of you, I do not see a potential path forward that would enable it to be offered at PRH at this time. However, we are always open to hearing your thoughts or innovative suggestions on this and other topics.*

## **Tower C Main Entrance Renovation Project**

*As I've mentioned before, and as you know, there's a lot of construction and renovation work going on throughout the hospital and we are excited to share that the long-awaited Tower C Main Entrance Renovation Project will get underway this coming Monday!*

*This project valued at approximately \$2.3 million will completely transform the ground floor of Tower C, creating a distinct main entrance for Pembroke Regional Hospital as well as beautiful new space for The Sunshine Gift Shop and a new location for Mulvihill Drug Mart.*

*Work will start with the creation of a construction office for Jumec, our General Contractor, next to the elevator on the ground floor then we anticipate arrival of hoarding material and creation of infection control barriers towards the middle of next week.*



## **Connecting with the CEO - In Case You Missed It (Continued)**

*The good news is that access to the ground floor will not be impacted although things may look a little different.*

*The total timeline from start to finish for this project is anticipated to be about 12 months so we will be keeping our team and the public updated as things progress!*

*Have a great weekend and for those of you who are taking some time off for March break, enjoy!*

*Sabine*

### **March 15, 2024**

*For those of you who have taken some time off to enjoy March break activities with your families, friends and loved one, I hope that it has been restful and that you were able to get outside with the extended daylight and milder day time temperatures.*

#### **Construction Update**

*When you return to work, you will likely notice an increased flurry of activity and more people on site as both the Tower C and Tower D construction projects are getting underway.*

*This week, we saw construction tarps go up on the ground floor of Tower C in preparation for the work which will create a new main entrance to our hospital and facilitate the co-location of Mulvihill Drug Mart, the Sunshine Gift Shop and our Foundation office.*

*You will notice that new signage has been posted in order to help guide our patients to the Tower C elevator and, when possible, we have volunteers on hand to assist with wayfinding and navigation. However, I would ask that if you are in the area and see someone is having some difficulty, please assist in guiding them to their destination. Much appreciated!*

*Starting next week our newest construction team will move into Tower D, 1st floor to start the renovations in our Chemotherapy and Medical Day Care unit.*

*Initially the Tower D construction will focus on preparing a "temporary" chemotherapy treatment space for our patients to ensure that we do not disrupt their treatment schedule and can continue to provide our high-quality service while the renovations to the permanent space are underway.*

*As you can imagine, with three major construction projects on the go, we are anticipating there could be some challenges with on site parking for all involved. We are working closely with SP+ and our contractors in order to facilitate the best way to address this and accommodate all parking needs.*

#### **Palliative Care At PRH**

*Over the years, our health care team has worked collaboratively with partners to ensure that compassionate, high-quality, end-of-life care and support is provided for our palliative patients.*

*Achieving this has involved collaborative efforts with others, specialized training for our team and a culture shift to a point where we now identify, early on, those patients who would benefit from a palliative approach to care which involves a team of professionals who have palliative care training and skills such as hospitalists, social workers, physiotherapists, nurses, and others.*

*Our hospital has a long-standing practice of hosting weekly Palliative Care Rounds to discuss the palliative care needs of our patients and to identify ways to improve the care we provide. These rounds bring together a team of people including the hospital's discharge planners, spiritual care coordinator, unit-specific managers, representatives from the County of Renfrew community paramedic services, Marianhill, Home and Community Care, a nurse specialist from the Champlain regional palliative consultation in partnership with Elisabeth Bruyere Continuing Care and local physicians who specialize in palliative care.*

*We are also a member of the Renfrew County Palliative Care Network which includes representatives from across the County, a broad range of community partner representation, the Ottawa Valley OHT (Ontario Health Team), Hospice Renfrew and others.*

## Connecting with the CEO - In Case You Missed It (Continued)

*Together, we are in the process of completing the 2024-25 action plan for palliative care for the County.*

*In addition, we are always looking for ways to enhance our team's palliative care skillset through a variety of training opportunities. In fact, we are excited to share that we have recently been allocated funding that will allow five additional staff or physicians to receive LEAP Core training through Pallium Canada. This training will afford participants the opportunity to connect with palliative care experts. Through LEAP, learners will gain increased knowledge in the palliative care approach, advance care planning and goals of care discussions, pain assessment and pain management, essential conversations in palliative care and the many treatment options available for a variety of patients who may come to our hospital needing a palliative approach to care.*

*On March 22nd we are also streaming a Virtual Palliative Care Conference in C142 which is open to staff and physicians – we welcome anyone to stop by for a session or two as*

*Topics include pain management, goals of care, palliative approach, empathy and team building. Please refer to The Loop for the full agenda and feel free to come and go throughout the day.*

*And as part of future planning, we are also looking at some exciting ways to partner with Algonquin College for training opportunities, so more to come!*



Everyone is welcome to join Shawn's family, friends and co-workers for this special tribute.

Anyone wishing to speak as part of the celebration is welcome to contact Garry Engler at extension 6264.

# Remembering Shawn Buske

A time to celebrate and  
remember  
our EVS co-worker

MARCH 26, 2024 2:30 PM  
IN THE PRH CHAPEL  
1ST FLOOR, TOWER A



*Save the date...*

*On April 16, 2024,  
we will come together to  
remember  
Brittaney Fraser-McCann  
Always in our hearts.*



## CELEBRATIONS

To include a special message in this section, email [celebration&recognition@prh.email](mailto:celebration&recognition@prh.email).

• Thanks to **Kelly and Tracey** for your support with covering the Hospital Charge Nurse role March 13th. You took on the role without question and your contributions made it a very successful day!  
*Laurie Menard*

• Andrew Keck celebrated **Patti Keon** for the great job she did during a family meeting. He said she was very knowledgeable and stayed calm in answering the questions. He was truly impressed with her professionalism and caring attitude. Thank you for doing a great job!  
*Sabine*

• I'd like to celebrate **Erin, Caroline and Greg** for all the great work that they are doing in getting ready for the launch the new elearning platform.  
*Rachel Robertson*

• Great work to our "**Clinical Scholar**" team, **Allyssa and Kerri** for identifying a need of nurse to physician communication. They created a form for nurses to help guide them in gathering patient information, before calling a physician. They worked with Dr. Needham to help create the tool.

### Welcome to Telus Health

Feel supported and connected with your confidential 24/7 Employee Assistance Program, a trustworthy, innovative wellbeing resource. Check out the on-line platform!

Did you know that the Pembroke Regional Hospital offers you access to TELUS Health? TELUS Health blends the best user experience and clinical expertise together to help people everywhere achieve total mental, physical, social and financial wellbeing.

#### Why you should join TELUS Health

1. Get support 24-hours/7 days a week, 365 days a year with our free, confidential employee assistance program (EAP).
2. Accessing TELUS Health has never been easier! Visit TELUS Health on-line, download the TELUS Health app and schedule an appointment on-line; or call the toll-free number.
3. TELUS Health has both EAP and personalized well-being resources that can support you and your family with issues related to work, life and everything in between. Access the self-guided well-being modules or join one of the many CareNow Programs such as Tobacco and Nicotine Cessation, Anxiety or Setting Up a Household Budget.

Ready to get started? Visit [www.one.telushealth.com](http://www.one.telushealth.com) or

Download the **TELUS Health One** app. Scan the QR code or search your device's app store for TELUS Health One.



Password: pembroke  
Username: EAP

Toll free: 1-844-671-3327



**All Staff, Physicians & Volunteers**

**Wednesday, March 27th**

**As A Token Of Appreciation**

**For All That You Do**

**We're Expressing Our Thanks With An  
Easter Treat For You!**



**Join us for a slice of Easter cake,  
a beverage and a chocolate egg or two  
in the PRH Chapel (1st Floor, Tower A),  
between 1 p.m. and 3 p.m.**

**While you're there, enter your name in  
our Easter basket draw!**

**If you can't make it to the chapel,  
forward your name to [pr@prh.email](mailto:pr@prh.email)  
to be included in the 3:30 p.m. draw!**

**For those working  
evenings, nights or offsite,  
packaged Easter cookies  
and eggs will be delivered!**



# Emergency Preparedness

## March Code of the Month - Code Brown

**What is Code Brown?** Code Brown is called to identify an internal hazardous spill and respond in a timely and appropriate manner to protect the health and safety of staff, patients and visitors as well as the property and affected environment.

**Code Brown Procedure:** Should an accidental spill or release of a hazardous material (solid, liquid, or gas) occur in an area of work you are familiar with, the user/generator shall be responsible to ensure all safety and notification procedures are followed:

- Stop all work in the area of the spill.
- Remove unnecessary personnel from the area.
- Leave the immediate area and close the door if possible.
- Notify Manager/ Supervisor of immediate department during regular hours or Clinical Resource Hospital Charge Nurse after hours when a spill occurs.
- Review SDS for detailed chemical information.
- Assess whether minor or major spill in consultation with your manager/supervisor during regular hours and Clinical Resource Hospital Charge Nurse after hours.
- If minor spill follow minor spill clean up procedures.
- If major spill, call code brown.
- Complete Hazardous Spill Report If you are not familiar with the spill/release immediately find a person who works in the area to report the spill/release.

# MARCH IS Pharmacy Appreciation Month



*We would like to take the time, during Pharmacy Appreciation Month, to publicly celebrate the entire Pharmacy Team, some of whom are pictured here!*

*This exceptional group of individuals dedicate themselves to providing optimal pharmaceutical care to all of our patients each and every day. Our dedicated staff conduct a variety of activities including procurement of pharmaceutical products, packaging of medications, processing of physician orders, assessing therapeutic appropriateness, advising, preparing sterile products, verifying and preparing chemotherapy for our outpatient clinic for TOH, preparing best possible medication histories, participating in ICU patient care rounds, participating in committees and the list goes on!*

*It goes without saying that our organization has just undergone a massive transformation in medication distribution. This would not have been possible without each and every member of our team going above and beyond! Thank you for all you do!*

*Tina, Grace, and Laurie*



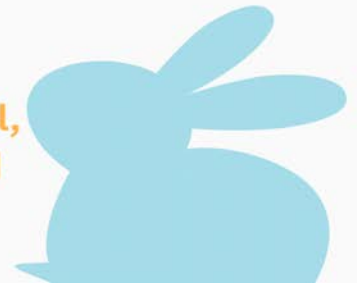


# Easter Food Drive

In support of  
**St. Joseph's Food Bank,**  
our Food Services Team  
is hosting an  
**Easter Food Drive**  
**March 18th-25th**

All non-perishable  
and cash donations  
can be dropped off in  
the cafeteria during  
regular cafeteria  
hours.

Items of greatest need include:  
pasta/pasta sauce, peanut butter, cereal,  
school lunch snacks, canned goods and  
personal care items.



**HIS & HERS**  
Gourmet Grazing



## **PRH Staff Association Treat Day**

**Featuring An Easter-Themed Treat Bag From  
His & Hers Gourmet Grazing  
Distribution**

**Monday, March 25th**

**11:30 - 1 p.m. The Lunch Box**

### **Pre-Order Deadline**

12 noon Friday, March 15h

**Please send all pre-orders to  
[prh.staffassociation@prh.email](mailto:prh.staffassociation@prh.email)**

#### **To Assist With Pre-Order Process, Please Note The Following:**

1. Everyone needs to pre-order - either as part of a group or individually.
2. Be sure to include correct and current last names on pre-order lists.
3. Alphabetize all pre-order lists if possible.
4. Ensure that those on your list are still in your department.
5. Confirm that those on your list want to pick up their treat as part of your group order.



# Foundation News

Pembroke Regional  
Hospital Foundation



Fondation de l'Hôpital  
Régional de Pembroke

## Guardian Angel



Dr. Leslie Needham



## Returning April 11th!



# Week #11

# \$81,000.00

[www.PRHcatchtheace.ca](http://www.PRHcatchtheace.ca)

Draw date March 27th at 10am  
Deadline to purchase tickets  
11:59pm on March 26th

Presented By  
**OK TIRE**

Estimated Jackpot if the Ace of Spades is caught!

## Saturday, May 11th, 2024



Canadian Nuclear  
Laboratories  
Laboratoires Nucléaires  
Canadiens  
Presents



**Mike's Hardware**  
2KM Super Heroes Run Sponsor



Registration now opened!

[www.HeroesRunForHealthcare.ca](http://www.HeroesRunForHealthcare.ca)



# YOU DID IT!

# \$3,500,000.00

## Raised for local cancer care!

The Cancer Care Campaign will fund the expansion, upgrades and overall improvements for the Pembroke Regional Hospital's Chemotherapy and Medical Day Care Unit! Renovations are now underway!

*Thank you!*



# New Fall/Winter: PRH Clothing



**Softshell Vest - Navy/Black** (Women's/Men's styles)  
**\$60 including tax and PRH logo**  
 • Optional embroidery on the right sleeve \$5 extra

**Long Sleeve Shirts** (Women's and Men's styles)  
**\$45 including tax and PRH logo**  
 • Optional embroidery on the right sleeve \$5 extra

*Spring/Summer items are still available to order as well.*

Please note that all PRH items are sold at cost. As a result, no additional discounts will be applied.



PEMBROKE REGIONAL HOSPITAL  
SUNSHINE GIFT SHOP

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**SPRING TEA &  
FASHION SHOW**

TICKETS \$20 AT THE GIFT SHOP

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FRIDAY, APRIL 26

DOORS OPEN AT NOON FOR SANDWICHES & TREATS

FASHION SHOW BEGINS AT 1:00

OUR LADY OF LOURDES CHURCH

Call 613 732-2811 ext 6180 to reserve tickets and pick up at door (cash only)

## Equity | Diversity | Inclusion

### Upcoming Recognition and Celebration Dates

#### March

- Pharmacy Appreciation Month
- Francophonie Month
- Holi - March 25
- Good Friday - March 29
- Easter Sunday - March 31

#### April

- World Health Day - April 7
- TGLN Green Shirt Day - April 7
- National Medical Laboratory Week  
April 14-20
- National Volunteer Week - April 14-20
- Health Information Professionals Week  
April 15-19
- National Organ and Tissue Awareness Week  
April 17-27
- Administrative Professionals Day - April 24

# BRING A NATURAL BALANCE TO NUTRITION



## March is **NUTRITION MONTH!** Healthy Habits for a Balanced Diet – From Your PRH RD's!

### Plan Meals and Snacks Ahead

Good planning makes meal preparation easier and saves you both time and money. Ask your family members or draw inspiration from cookbooks or online recipe sources. This also makes it easy to write up a shopping list!



Check out specials for the week and include something new – this will save you money and introduce variety into your menu.



Take advantage of extra time on a day off to prepare freezable, homemade snacks (i.e. chewy bars, muffins) and/or to cook meals that require more preparation time but can be used for multiple meals (i.e. lasagna).



### Eat with Others

Eating with others is a great way to stay connected and provides many health benefits! Meals eaten with others are often more balanced and prepared with more nutritious foods.



The conversation, positive emotions and memories you create will strengthen your connections while you fill up on satisfying, nutritious meals!



### Focus on How You Eat

While eating, create a calm setting by putting aside any distractions like your smartphone, computer, or television and find pleasure in eating in the company of others.



By focusing on the food in front of you, you will be more in tune with your hunger and fullness cues, and appreciate and enjoy every bite.



**BOTTOM LINE...** incorporate habits in your routine that promote a well balanced, varied pattern of eating, which is beneficial for both your physical and emotional health!

**Stop by The Lunch Box before the end of March to pick from a selection of recipes to try!**