

Today's Take-Aways

Regional Updates

- With Renfrew County's COVID-19 positivity rate sitting at around 5.5%, and community transmission of the virus at the lowest it has been in at least the past year, hospitals and health care facilities in the region are gradually lifting safety measures that have been in place for the past three years. While the biggest changes are being made in the non-clinical areas, these changes are being made based on risk assessment and with the caveat that measures can be re-implemented at any given time based on the circumstances.

A number of regional committees put in place to manage the pandemic are also reducing the frequency of their meetings or disbanding given the direction things have gone at this point.

Human Resources

- A memo will be issued next week with regards to the need for ONA and CUPE staff to transition from signing in to their shift by exception, to the need for sign-ins each day they work.

Infection Prevention and Control

- Based on a recommendation from regional Infection Prevention and Control (IPAC) and in alignment with other hospitals in our region, further reduced measures around masking will be announced next week. We will continue to monitor and align with regional guidance as it becomes available.

• Hand Hygiene: Why, How and When?

Why? Every day, thousands of people die around the world from infections acquired while receiving health care. Hands are the main source of germ transmission in health care. So, hand hygiene is the most importance measure to reduce transmission of germs and keep our staff, volunteers and patients safe.

How? Clean your hands using alcohol-based hand rub. This is the preferred method for hand hygiene when your hands are not visibly soiled. It is faster, more effective and better tolerated by your hands than washing with soap and water. Wash your hands with soap and water when they are visibly soiled and after exposure to spore-forming pathogens, such as C.difficile.

When? Perform hand hygiene according to the 4 Moments:

Moment 1: Before patient / patient environment contact

Why? To protect the patient against colonization and, in some cases, against infection, by harmful germs that may be carried on your hands.

Moment 2: Before clean / aseptic procedures

Why? To protect the patient against infection with harmful germs, including their own germs, entering their body.

Today's Take-Aways Continued

Moment 3: After Body Fluid Exposure / Risk

Why? To protect you from colonization or infection with patient's harmful germs and to protect the health-care environment from germ spread.

Moment 4: After Patient / Environment Contact

Why? To protect you from colonization with patient germs or germs that may be present on surfaces / objects and to protect the health care environment against germ spread.

Occupational Health and Safety

• It should be noted that, at any given time, a personal safety plan could be in place for an employee that helps ensure they have a safe environment while they are at work. These plans are put in place for a variety of reasons that may not be known to co-workers.

While we appreciate staff being helpful, there could be instances where that could put one of your co-workers at risk. As a result, if you are in a situation where someone approaches you or you receive a phone call asking where to find a co-worker, please be cautious how you answer. In these cases, the best reply might be to take a message or get a phone number where that person can be called.

Some signs to watch for:

- A spouse asking what shift their partner is working
- Someone asking what unit a specific person works on as opposed to looking for a physician's office or department/unit
- Agitation in actions or in the voice of the person asking
- Someone asking where an employee parks

Emergency Preparedness

• May's Code of the Month is Code Yellow, with a mock exercise scheduled to take place May 30th involving a dementia patient scenario. We encourage everyone to visit their Emergency Preparedness station or Policy Medical to review their requirements for a Code Yellow.

Projects

• Automated Dispensing Cabinet Update - Last week, representatives from Becton Dickson (BD) visited PRH to start the process of determining what size of cabinets will be required on each unit. In preparation for this visit, the Pharmacy team prepared lists of medications that are used on each unit. Thank you to the ED, LDRP and OR teams for your input in preparing and revising these lists for your not-so-straight-forward departments! This knowledge was essential for the next phase in planning where each unit will go through a 5S exercise to "sort, set in order, shine, standardize, and sustain" items stored and used.

Unit Clerks, Nurses, CAPE team and Pharmacy staff have been ironing out processes for dealing with automatic substitution of non-formulary drugs – those that are not on the list of medications carried in our Pharmacy. We hope to solidify processes to implement our new medication list (formulary) in June.

Departmental Updates

Clinical Education / Human Resources

• PRH is currently extending a warm welcome to approximately 19 Clinical Externs throughout the hospital. Clinical Externs (CEs) are an excellent addition to the PRH team and are employed as Unregulated Care Providers under the supervision (direct and indirect) of a regulated health care professional.

Today's Take-Aways Continued

Eighteen of the students are currently enrolled in nursing programs and one is in the Advanced Care Paramedic program. Clinical Externs will help PRH provide excellence in patient care by assisting with direct patient care, activities of daily living such as hygiene and mobility and help with unit tasks and rounding.

Nurses should refer to the CNO Practice Guideline Working with Unregulated Care Providers (2013) and CNO Practice Guideline Authorizing Mechanisms (2022) for additional information.

Currently, front line nurses who supervise UCPs should do so according to the "teaching," "assigning" and "supervising" columns below. Delegation is not currently authorized at PRH.

For any questions please reach out to clinical education or the unit manager.

Expectations for Nurses Who Work With UCPs

	Teaching	Delegating	Assigning	Supervising
What is it?	Deciding to teach, providing instruction and determining competence to perform a procedure	Transferring the authority to perform a controlled act procedure to a person not authorized to perform that act	Allocating responsibility for providing care	Monitoring and directing performance of specific activities for defined time period; may be direct or indirect
What does it apply to?	Any procedure	Controlled act procedures only	Any procedure	Any procedure
Who may do it?	A nurse who meets the six requirements discussed on page 5	A nurse who meets the requirements in <i>Authorizing Mechanisms</i>	A nurse with the necessary knowledge and judgment	A nurse with the necessary knowledge and judgment

For additional information on teaching, delegating, assigning and supervising, see the *Authorizing Mechanisms* practice document at www.cno.org/docs and any other relevant legislation.

Diagnostic Imaging

- The department is working towards implementation of the new Pocket Health service with a planned launch of the service this summer.

Emergency Department

- The team is working collaboratively with the Lab on opportunities to improve “Door to ECG” times for patients.

Environmental Services / Medical / Surgical

- A lot of work and collaboration is taking place around the move of all Medical patients to 3rd Medical so that Surgical patients can be moved to the 2nd floor, Tower A.

Pharmacy

- The team is aiming for a June 13th start of production in the newly-constructed sterile rooms following a very successful open house last month.

Rehabilitation

- The team is excited to have patient exercise classes back up and running as well as in-person dining in our dining room.

Connecting with the CEO - In Case You Missed It

May 5, 2023

As many of you are aware, there continues to be a flurry of construction activity at PRH as various renovation and expansion projects are moving forward towards completion. With this in mind, I thought it might be a good opportunity to provide some updates on the major projects and their current status as follows:



Cancer Care Project

Phase One, Tower A, 5th Floor - Now that Phase One of the Cancer Care Project is complete, and the Pharmacy's new sterile rooms will soon be ready for occupancy, we will be moving forward with some additional work in this area which will involve the installation of infection control barriers and the demolition of three rooms in the Pharmacy corridor which will be retrofitted with new ventilation, ceilings, lighting and fresh paint. This work is expected to take less than two months and will result in additional storage and office space.

Phase Two, Tower D, 1st Floor - This will involve the upgrading of the Medical Day Care/Systemic Therapy unit. The consultants are currently reviewing the existing services in this area as they work on completing the project's drawings. It is anticipated that this project will go out to tender with construction to begin this fall and should be completed next spring. The end result will be increased capacity in Medical Day Care/Systemic Therapy to accommodate 10 chairs, two exam rooms, a large meeting space and a waiting room.

Surgical Redevelopment Project

Almost a full year into this project and we are happy to report that we have come a long way!

Demolition in the north and east wings of Tower A, 3rd floor has taken place and work is underway to complete the rough-in of the mechanical and electrical services. In addition, connection to hot and cold water mains has taken place and next in line will be work necessary to connect the new medical gas air and vacuum pumps. The installation of steel stud walls is nearing completion and the new mechanical room is moving along as expected.

With warmer weather on the way, we will be removing the old heating lines from the kitchen and cafeteria ceilings and reworking them for the floor above.

While pandemic-related supply chain issues have caused some delays in the delivery of vital equipment for this project, the hospital and our contractor, Hein Construction, have reworked the phasing in order to try and ensure that we are still on track for a late spring 2024 completion date.

As part of this redesigned phasing, the contractors anticipate moving into the third floor south wing and nursing station in early June which will necessitate a move of the Surgical inpatients to Medical 2A for approximately one year.

Tower C Ground Floor Renovations

I am pleased to share that we will be going to tender by mid-June with plans to revitalize the Tower C main entrance. Project completion is scheduled for the summer of 2024. This project will completely change traffic flow into our buildings by creating a new "main" entrance in the area that is currently a staff access door.

As part of this project, Mulvihill Drug Mart will be relocated to the current lobby area and the Auxiliary's Sunshine Gift Shop will relocate to the present location of the pharmacy once the floor has been raised.

The PRH Foundation office will also be moving to space at the new main entrance. A new large, fully accessible universal washroom will also be constructed in that area.

Connecting with the CEO - In Case You Missed It...Continued

May 12, 2023

As National Nursing Week comes to a close this weekend, I wanted to take a moment to express my gratitude to the more than 300 nurses – both those in traditional roles and those in leadership, who are an integral part of the health care team at Pembroke Regional Hospital.

To say that the last three years have been difficult is truly an understatement. Not only did you have to navigate and adapt to rapidly changing safety measures and health care protocols as a result of an unprecedented global pandemic, but you have also had to step up and support each other and our hospital as we have been challenged by a staffing crisis never before seen in the health care sector.

While we are hopeful that the work we are doing, coupled with government-led initiatives, will result in a more stable workforce, these results can't come soon enough and I want you to know that your efforts have not gone unnoticed and have helped maintain the level of care our community expects and deserves.

To our broader health care team members, please know that our Senior Leadership Team sees how hard you work and sees how well you work with others, support each other and welcome each other, particularly in areas where we have introduced new classifications of health care professionals who bring important skillsets to the programs and services we deliver.

I would also like to commend each of you for the way you have embraced and adapted to change. Change and evolution is one constant in the health care environment and while change can be difficult and not without some level of frustration, I want to thank all of you for being part of our journey – whether it be through new technologies, new procedures or new additions to our workforce.

It has been said that it's always the human factor in a situation that leads to greatness. I want you each to know and value that you are the "human factor" that makes our hospital great. You are the people our patients and their families turn to when they need us most and they count on us to always be at our best when they are at their most vulnerable.

It's not easy, but we do it. We do it as a team and I'm proud of all of you.



The PRH Staff Association Presents **Treat of the Month - Bubble Tea** **Monday, May 29th, 1:30 - 4 p.m.** **The Lunch Box (cafeteria)**

SA members will receive their choice of Bubble Tea from the following flavour options (while supplies last):

Milk Tea - Taro, Strawberry or Mango

Fruit Tea - Strawberry or Passion Fruit

Each topped with fresh tapioca pearls or strawberry and passion fruit juice balls

Please note that, given the format of this month's Treat Day, pre-orders **WILL NOT** be required.

Instead, staff are invited to pick up their drink and drinks for co-workers, teams etc. anytime during the two-and-a-half-hour distribution window.

If you are picking up for others, please ensure you have their names too so they can be crossed off the membership list.

If transporting multiple drinks, bring a box, cart or tray - all drinks will have lids.



Foundation News

Pembroke Regional
Hospital Foundation



Fondation de l'Hôpital
Regional de Pembroke

SPRING LOTTO

FOR HEALTHCARE



Pembroke Regional
Hospital Foundation
Fondation de l'Hôpital Regional de Pembroke



PRHSPRINGLOTTO.CA

BUY TICKETS

Main Draw LL #1305221 | 50/50 Draw LL #1304407



Week #32 You Could Win over
\$120,000!

www.PRHcatchtheace.ca

Guardian Angel



Dr. Gregory Mosdossy

"Thank you so much for being so amazing with my son, you have been his doctor a couple of times in emerg and you are so compassionate and so wonderful with him. It absolutely does not go unnoticed how great you are with kids."

Giving GARDEN

Helping our garden grow, helps our Hospital grow

Purchase a garden plaque in memory or in honour of someone you love and support quality healthcare close to home!



Each plaque will be placed in our Giving Garden for one - three years. The garden is located on the ground floor of tower B next to our Donor Appreciation Wall.

4.5"		4.5"
3"	Examples	3"
<div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #333; color: white;"> <p>In Memory of MOM</p> <p>Dedicated by the Smith family</p> </div>		<div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #333; color: white;"> <p>In Honour of Baby ALICE</p> <p>Dedicated by Grandma & Grandpa</p> </div>
Honour someones memory	Pricing	Great welcome for new baby!
	<p>\$100 / 1 year</p> <p>\$200 / 3 years</p>	

LEAN IN

On May 17th, members of our Senior Leadership Team visited Medical Records to learn about recent improvements to the Request for Information process.

Implemented in early April, and now aligned with similar services provided by other hospitals, those requesting a copy of their records no longer have to pay a \$30 administration fee. Now, any requests that are under 100 pages are complimentary and that includes any that need to be mailed through Canada Post. For record requests that are over 100 pages, a charge of 25 cents per page for any overage is levied. Requests that require courier delivery are charged a \$5 flat rate.



Another patient-centred improvement is the speed with which requests are processed. Now, in most cases, Release of Information requests are processed and fulfilled within a target of five days. Staff explained that in some cases, depending on the type of request, patients could be provided with their record immediately, while others could take a few days depending on the type and volume of information required. Through their Lean huddles, the Medical Records team regularly tracks and benchmarks process times and any challenges or barriers to achieving their target of five days.

Staff also shared with SLT that consolidating all Release of Information staff and services in the former Finance office on 5th Floor, Tower A, has increased process efficiency as has the fact that all records are now scanned and easily accessible for printing versus the lengthy photocopy process that used to have to take place.

Overall, patient feedback has been positive and while everyone is looking forward to the addition of a MyChart service that a new Electronic Medical Record will bring to PRH, the most recent improvements have resulted in a much better, patient-centred approach.

Tour de BONNECHERE

Sunday
August 27, 2023

Four Scenic Routes from Wild to Mild

- 100 km Monarch of the Mountains ~
- 65 km Bonnechere Beauty ~
- 50 km Gravel Grinder ~
- 20 km Cave Coaster ~

OR Create your own virtual route

Celebrate after with Live Entertainment
BBQ ~ T-shirts ~ Door Prizes

Money raised will support mental health initiatives throughout Renfrew County, the Eganville Food Bank as well as the vital work of other partner community agencies.

For more information and to register online visit: tourdebonnechere.blogspot.com/

Missing Photo Storage Box

Have you seen a dark green photo storage box - the size of a shoe box that looks like the one below?

It will be half to two-thirds full of PRH photos from the early 2000s.

Someone borrowed it within the last several months from the Foundation office to look for some old photos and we haven't seen it since!

If you borrowed this item or have seen it somewhere at PRH, please call Carolyn at ext. 6165 as soon as possible or return it to A128 (next to the Foundation office)



Thank you.



Did you know...

Brought to you by PRH IT

Phishing emails remain the third most popular means for criminals to gain access to sensitive corporate information or your personal accounts. Did you know that worldwide, there are over **6.4 billion phishing emails sent every day.**

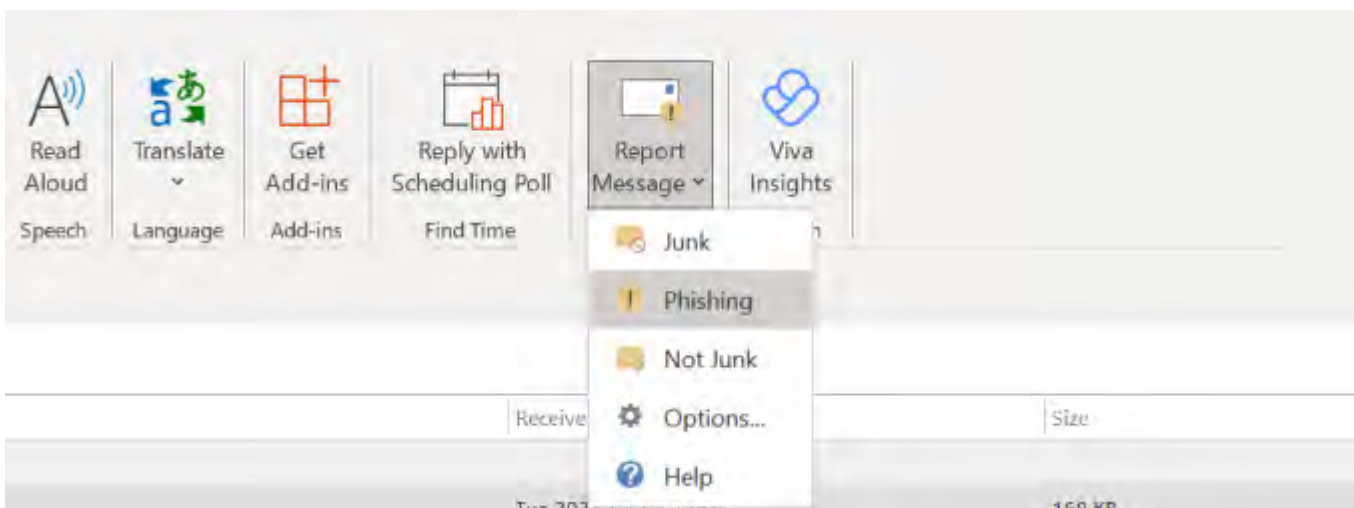


Read and re-read every message. Don't click suspicious links, and of course, never share your password.

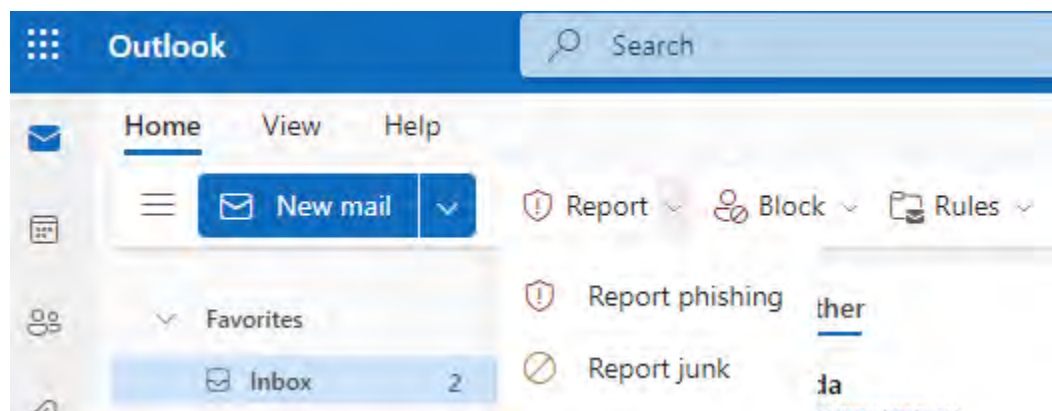
Phishing emails can appear to be from a government organization, banks, phone providers, people you know, online stores and streaming services.



If you are using Outlook on your desktop for email, we have a button available to us to report phishing. Look for the **Report Message** button (task bar at the top, on the right-hand side.)



If you use Outlook through the portal (portal.office.com it will be on the top left)



By reporting an obvious phishing attempt, it will be investigated by both Microsoft, and by the Champlain SOC (security operations center) in our 365 tenant group and if it's verified as a phishing attempt, it will be blocked for all in our tenant group and it will be removed from all mailboxes, saving others from perhaps falling for the same malicious attempt.



Some of the signs

- *Urgent or threatening email* (pressure to respond quickly, threats to close accounts)
- *Request for sensitive information* (should never come through email)
- *Too good to be true* (lottery winnings, prizes etc.)
- *Unexpected email* (receipts for items you didn't purchase, updates on deliveries you did not order)
- *Information mismatches* (incorrect but very similar email addresses, spelling, or grammar beyond the odd typo)
- *Suspicious attachments* (attachments you did not request, weird file names or uncommon file types)
- *Unprofessional design* (Incorrect or blurry logos, company email with little, poor or no formatting)



Our diligence in screening every email is a critical piece to maintaining our cyber security and our patients' information. Let's all do our part!



CELEBRATIONS

To include a special message in this section, email celebration&recognition@prh.email.

- Sarah Selle recently celebrated **Kaley Lapierre**. “I really admire and appreciate the effort that she puts in to move the Lean Daily Management system forward in her departments. She is engaged and so positive. She is focused on improving processes, keeps her scorecard up to date (and is interested in the data), talks to her teams about how they contribute to the QIP drivers and puts the feedback that she gets into practice.” Thank you for everything you do! *Sabine*

- Sonya Silver and Lisa Bradley recently celebrated **Kim Combdon (Rehab)** for assisting our Rehab inpatients with lunch in the dining room. “I am sure there were lots of smiling faces among the patients. I was so happy to hear that our team has started again with this activity, and we are getting back to our pre-COVID rehab program! Thank you for your caring and compassion.”

- Scott Coombes celebrated **Lauren Theberge** for her tremendous contributions to PRH. Specifically, he mentioned her work around one of our large contracts. Thank Lauren for your diligence and focus, great job! *Sabine*

- Melanie Henderson celebrated **Scott Coombes** for leading the charge on the *Heroes Run for Healthcare* event and doing such a great job!

- In celebration of the **Rehab team** after receiving feedback from a spouse regarding a projected discharge date, Lisa consulted the team and a new discharge plan was created to accommodate the patient’s needs.

- In celebration of **Jesse from Diagnostic Imaging** who is always very pleasant with staff and patients, takes initiative to come and bring patients for imaging, ensures that patients are comfortable and given the call bell.

- The Surgical department recently celebrated **Megan (PT)**, for thinking of an alternate way to have a patient with a disability participate in physio.

- Special shout out to **Robbie (Resource Team)** who took time to chat with a patient to learn that reading is important to her, but due to vision she couldn’t read any more. Thank you for then spending the last bit of your shift to read to her, it meant so much to her. This patient mentioned many other staff and how attentive and kind the care is. Way to go team!

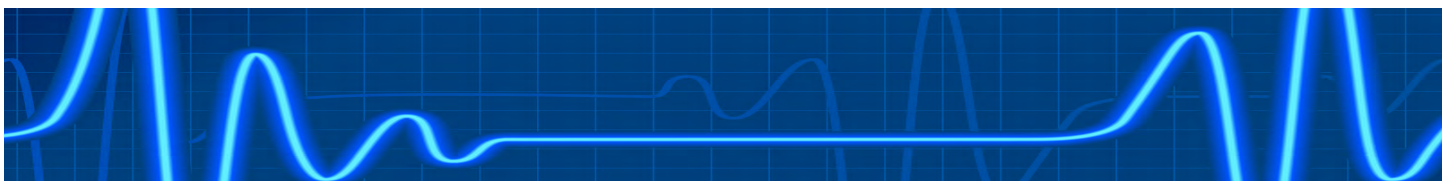
- In celebration of **Carley (Food Services)** who assisted with a patient who is deaf and mute by creating their menus using sign language. Thank you Carley, it was greatly appreciated.

- In recognition of **Josie in ICU** for excellent communication and coordination of care (and education and resources) for a patient with a new diagnosis of diabetes.

- Celebrating **Marie from ICU** for obtaining and printing off educational material regarding diabetes form up-to-date / clinical skills for a patient newly diagnosed with diabetes.

- Celebrating **James from Environmental Services** for his Housekeeping work in Diagnostic Imaging. James worked evenings in DI on May 1st. He went above and beyond in the clerk/registration area. He swept the stacks, wiped all the chairs and desk areas plus his regular duties. I’ve never noticed anyone do these things. Hard work doesn’t go unnoticed. *Shannon*

- I would like to recognize the effort of the **E.D. nursing staff** who worked together supporting a patient with Dementia during her visit on May 17, 2023. Alex, **Brittany, Linda, Jeris, Heather, Sarah, Jessi and Karen to name a few**, well done! Senior Friendly Care with a team approach. Your kindness and compassion did not go unnoticed. *Laura-Lee Andrews GEM RN*





Tower A:

- All the main issues have been resolved for the sterile rooms for the *Cancer Care Project*. Planning is underway to move into the new rooms and to get the next part started on renovating the old rooms.
- Regarding the *Surgical Day Care Project*, work continues with terrazzo floor repairs and the rough-in of the mechanical HVAC and electrical services. We are planning for the replacement of the dietary exhaust fan. The 3rd floor Stairwell E door next to the elevators is now temporarily closed for a period of one month in order to relocate the door. Plant Services has started the process of relocating the 3rd Surgical unit to the 2nd floor.
- On the 4th floor (LDRP), the installation of the new HVAC system for the Nursery and in the south corridor is almost complete. New medical oxygen, air, vacuum, and nitrous oxide lines were installed in the three patient labour rooms. The asbestos abatement and the rough-in for the sprinkler system were completed. Work continues on the plumbing upgrades.
- In the 5th floor A537 washroom and in the A536 Housekeeping room, the drywall was installed and the mudding was completed. Painting starts there on May 15th. The sprinkler rough-in was also completed in these rooms.
- Work started on the installation of a ventilation and heat recovery system for the bike storage room and for the corridor storage room on the 1st floor north wing.

Tower B:

- Patient room B375 was repaired following water leaks.
- The roof replacement was awarded to Irvcon and work has already started with the temporary removal of the solar panels.
- The last of the heating controllers have been replaced throughout the building in the difficult access areas. This project is now complete.
- The nurse call contractor completed the installation on the Ground floor and is planning on upgrading AMH next.

Tower C:

- The Ground floor renovation tender drawings and documents are being reviewed before going out to tender.



Upcoming Recognition and Celebration Dates

Victoria Day (Statutory Holiday) - May 22

Pride Month

World No Tobacco Day - May 31

Canadian Armed Forces Day - June 7

June

Father's Day - June 19

National Indigenous History Month

Canada Day - July 1

PRH Staff Association 2023 Survey Summary

Thanks to all who took part in this year's annual Staff Association Survey. Results have now been summarized and will assist in planning events/activities for the remainder of the year. In addition, those who expressed interest in joining our Executive will be invited to our June meeting.

Total responses: 242 – 87.6% were Staff Association members.

Treat Days: 81.74% participated in Treat Days

- **Top three:** Hugli's Blueberries, Smith's Corn and Cottage Cup Butter Tarts

Barriers or perceived barriers to Treat Day participation:

- Working offsite, evening, or night shifts
- Need for Gluten Free items
- Pre-order process

Suggested treat ideas (those that were suggested more than once):

Poutine, strawberries, Ottawa Valley Roast House tea or coffee, chips & salsa/tacos, Zaytouna, pizza, candles, Beaver Tails, Pickle Vixen dips, various fast food items, ice cream, soap, Courtyard Bistro cheesecake, 7th Heaven Sweets, plants

Summer Event: 77.1% said they would participate in a family picnic/BBQ

Activity Suggestions (those that were suggested more than once):

Wellness sessions (yoga, meditation, mindfulness sessions), paint night, trivia night, return of annual staff Christmas party, Drive-In movie night, golf/ball tournament, workout challenges/weight loss challenges, bring back bus tours, return of the family Christmas party,

A Few Notes In Response To Survey Comments/Questions/Suggestions:

- Where possible, we do try to offer gluten free options on Treat Days where the item is not gluten free, however this is not always possible.
- In terms of the Treat Day pre-order process, everyone is welcome to individually pre-order and arrange for pickup of their item – you don't have to be part of a group and where possible, non-perishable items can be held for pick up for a day or two by request. This also applies to staff who don't have a "home" unit.
- The pre-order process for Treat Days is necessary, in most cases, since we can't afford to automatically order enough items for every member each month (our membership is just over 500 staff). Instead we want to ensure that those who would like a treat in a given month get theirs and we usually do have a few extras for those who forgot to pre-order.
- Treat days are advertised, on average two to three weeks in advance and there is usually a one to two-week window for pre-ordering. Advertising is done through email, posters, *The Pulse* newsletter and *The Loop* Facebook group.

The best way to ensure you don't miss Treat Day is to regularly check these lines of communication for this and other hospital news!

- We do appreciate that it is challenging to ensure our Staff Association members working in other parts of the region get their items in a timely way and would appreciate any suggestions on how to improve what is being done in this regard.
- We do plan to return to our in-person Christmas events this year. Our Christmas Dinner and Dance is scheduled to take place December 2nd and the Family party date has not yet been determined.
- Thanks to everyone who made suggestions around activities to try. As you can imagine, these events do take time and effort so we will be going forward with ones that we hope will attract more participation.

The Christmas parties, while impacted by the pandemic the last several years, do continue to be popular, well-attended events which is why these will continue as well. Some of the suggestions for wellness-type activities will be forwarded to the hospital's new Wellness Committee.

- Membership eligibility – everyone is eligible to become a Staff Association member. Full or part-time staff can register through Human Resources to join via payroll deduction (\$2/pay).

New or existing casual or temporary staff and physicians can also enroll in the Staff Association by paying for a full year up front (\$52). These payments can be made by cash or cheque made out to the PRH Staff Association. Those in this category should contact carolyn.levesque@prh.email to make these arrangements.

- Thank you to the six staff members who offered to join and/or contribute to the work of the Executive Committee!
- Don't forget that monthly minutes from the Executive meetings are regularly posted on the Staff Association bulletin Board in the staff corridor and can be found on Common/Staff Association/Minutes. These detailed minutes include event planning, cost discussions, event debriefs etc. Feedback is always welcome!

Next Steps:

- We are exploring vendor options for strawberries for our June Treat Day.
- We are going to look at planning a summertime PRH Night at the Drive-In featuring at least one, if not two family friendly movie selections. More details to come on this!
- We are also looking at planning a PRH day at a local attraction such as Hugli's Blueberry Ranch including a meal/BBQ. This will likely be timed for late summer or early September. Stay tuned for more information!

Pembroke Regional Hospital - Joint Health & Safety Committee

Did you know...Risk Assessments

The term Risk Assessment is used quite broadly and can come in a variety of shapes and forms.

Individual Risk Assessment: As soon as we get up in the morning we start assessing risks. We scan our surroundings looking for hazards so that we can go about our day safely. COVID highlighted the PCRA or *Point of Care Risk Assessment*, the process of doing an evaluation of risks before approaching a patient.

Organizational Risk Assessments: An evaluation of risks at a corporate level. For example, a Violence Risk Assessment is conducted to look at overall security of buildings, parking lots, lighting etc. Another example is the IPAC ORA which looks at what infection control measures are in place for the type of infectious risks we can anticipate to encounter in the hospital.

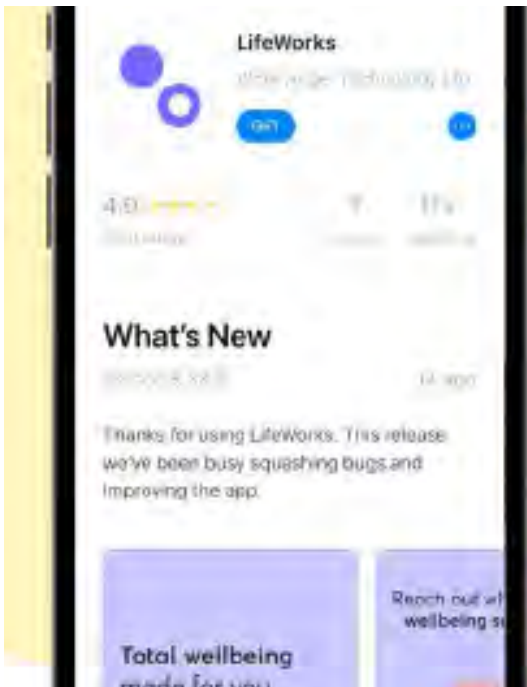
Unit/Area Specific: A deeper dive into processes or procedures specific to the area. Violence Risk Assessments are a common example. This is a legislated risk assessment that requires a formal evaluation of an area, taking into account the types of violent risks that an employee could potentially encounter and what measures are in place to mitigate those events.

Construction Pre and Post Audits: These are two audits conducted by IPAC and OHS before and after construction projects. Part of the Pre Audit is to conduct a risk assessment of the area, evaluating what patient demographic is affected along with the type of construction being done so that preventive measure can be put in place to protect patients and staff. The Post Audit is to evaluate the area to determine if it can be released / cleared for use.

Pre-Start Reviews: Are a formal evaluation of a piece of equipment that meets certain criteria such as electronic means of guarding (i.e. light curtains). These are conducted by an engineer that not only evaluates the equipment but also the process of how it is used.

Your JHSC takes a role in most of these assessments. Even if they don't take part in the actual assessment, they are still consulted to be able to provide input and feedback.





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With the innovative LifeWorks app, you can access qualified support for your mental, physical, social and financial well-being, any time, from anywhere.

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- Work out from home with **LIFT Virtual Session Fitness**. The virtual fitness classes make working out exciting, easy and efficient.

What's more, the app acts like your digital wallet card. You can call a LifeWorks **Employee Assistance Program (EAP)** advisor with just one tap – toll-free, 24/7 – for expert advice, resources and referrals.

Download the LifeWorks app today for convenient access to well-being support!

1. Download the free app on Android or iOS – simply search for "LifeWorks".



2. Open the app, click on 'Log In' and enter your log-in credentials.

Username:

pembroke

Password:

EAP





New Spring Line: PRH Clothing and Accessories



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

Yoga Jackets (Women's and Men's styles) **\$60**
• Optional embroidery on the right sleeve \$5 extra

T-Shirts (Women's and Men's styles) **\$30**
• Optional embroidery on the right sleeve \$5 extra

Ball cap **\$38**

** Tax and PRH embroidered logo included in price. Spring/Fall jackets and fleece sweatshirts are still available to order as well.*





2023
As a member, you can

SAVE UP TO 25%

on your next stay at Great Wolf Lodge

Members save up to 20% on a 1 night stay & up to 25% on a 2+ night stay.

You're going to love winding down our waterslides, dining in one of our fantastic restaurants and building family traditions. All of our lodges include a colossal, 28° indoor waterpark, daily activities, spacious family suites and much more. So clear your calendar and head to your nearest Great Wolf Lodge.

To take advantage of this offer, simply provide your unique offer code when booking, and present a valid work ID, member ID or documentation at check-in.

PEMBROKE REGIONAL HOSPITAL
Offer Code: PEMBTG8

For more information, visit greatwolf.com or call 800.905.9653

Based on a 2 per night basis and must be redeemed on time of booking. Limited number of rooms available for each stay. They must be used during holiday and seasonal periods, or combined with any other discount or promotional offer. Multiple night minimum stay may apply. Offer based on four guests per room and must have one individual 21 years of age or older staying in each room. Offer may be restricted to any time without notice. Offer is not transferable and is not redeemable for cash. Most present valid work ID, member ID or documentation at check-in or regular rates apply. Limit of two rooms per valid ID. Additional charges may apply for themed and premium suites, workshops and/or holidays.









Pleo and Partners Mobile Support Group

For parents/caregivers of youth up to age 25 who are living with mental health/addiction challenges

3rd Tuesday of Every Month from 6:30pm - 8pm



Upcoming sessions

- 01 April 18, 2023 - Eganville**
Bonnehore Union Public Library (74 Maple St)
Partner: Pembroke Regional Hospital
- 02 May 16, 2023 - Petawawa**
Health Centre (154 Civic Centre Road)
Partner: Petawawa Centennial Health Centre
- 03 June 20, 2023 - Cobden**
Anglican Parish Hall (29 Crawford St)
Partner: ConnectWell
- 04 July 18, 2023 - Deep River**
Deep River Public Library (55 Ridge Road)
Partner: North Renfrew Family Services

Visit pleo.on.ca for more information

More than 90% of parents we support feel:

- ☑ better able to cope
- ☑ better able to support their child
- ☑ better able to access the services they need
- ☑ less anxious, isolated and stressed

Still have questions? Please call 1-855-775-7005 or email bonnie@pleo.on.ca