

## Today's Take-Aways

### Occupational Health and Safety / Infection Prevention and Control

- Following the recently announced changes to universal masking (as outlined in the May 3rd memo), we are going to be allowed to walk around more freely. However, if your travels take you outside of your area, think ahead. If there is a chance that you will run into a patient along your path, make sure you take a mask with you, and please remember that masking remains mandatory in all clinical areas, hallways, waiting rooms and elevators.

- While spring, and nicer weather, may be just around the corner, we are still dealing with a number of "bugs" including COVID. As a result, please remember to continue self- screening before coming to work and taking appropriate precautions if you are symptomatic for any illness.

### Maintenance

- Please note that the Tower A Stairwell E door next to the elevators on the 3rd floor will be temporarily closed for a period of one month starting May 11th. This closure is part of the Surgical Redevelopment Project and will enable relocation of the door. Signs will be posted.

### Rehabilitation

- On April 17th, the Occupational Therapy department initiated a Gardening Group for patients which meets for a half hour every other day to seed, water, and eventually harvest plants. Once the weather is suitable, the plants will be transplanted outdoors to the Rehab patio. Currently, the group consists of several patients who need to work on various skills such as fine motor control, balance, planning and executing a task, and strength. Some of the patients are avid gardeners at home and they are already sharing their wisdom and enthusiasm with others. Marilyn Richards, pictured at right, was a recent participant, and asked to take one of the tomato plants home with her upon discharge. She promised to send the group a picture once her plant has grown and has tomatoes.



# National Nursing Week May 8-14



May 8th to 14th is National Nursing Week, an annual celebration of those in the nursing profession that takes place the same week as nursing pioneer Florence Nightingale's birthday which falls on May 12th. This year's Nursing Week theme, "Our Nurses. Our Future", showcases the many roles that nurses play in a patient's health care journey.

While the pandemic challenged us in ways we never imagined, it also served to highlight the courage and the commitment that we have seen in our nurses, all of our staff and our physicians. On behalf of the entire Senior Leadership Team, thank you to our unified hospital teams for your dedicated service to our patients, their families and their loved ones.

Each day, you ALL make a difference in the lives of others. Please know that the compassion and care you show with every encounter does not go unnoticed.

Take time to celebrate each other and on May 12th, enjoy a muffin and a beverage as we take a moment to honour our entire health care team.

Happy Nursing Week!

*Beth Brownlee, VP Clinical and Support Services and Chief Nursing Executive*



In Recognition of *Canada Health Day*  
and Celebration of  
*National Nursing Week*,  
**Join us Friday, May 12th For  
Muffins And A Beverage  
From 8-11 a.m. In The Lunch Box**

### For Those On Day Shift:

**Your choice of muffin from an assortment of flavours (while supplies last) and a cup of coffee or a container of milk (white or chocolate - while supplies last).**

Please note that pre-packaged orders for the Materials Management team and the Carefor Mental Health Services team will be available for pickup in the cafeteria.

**MHS Managers Will Make Arrangements For Similar Snacks For Those Working At Satellite Offices.**

### For Those On Evenings/Nights:

**Assorted muffins will be delivered to units later in the day.**





# Connecting with the CEO - In Case You Missed It

**April 21, 2023**

*In recognition of Volunteer Appreciation Week, I would like to take a moment to pay tribute to the volunteers affiliated with our hospital and express my heartfelt gratitude to each for the contributions they have made to date.*

*The 2023 Volunteer Week theme is Volunteering Weaves Us Together. This reveals the importance of volunteering to the strength and vibrancy of our communities through the interconnected actions we take to support one another. These diverse forms of sharing our time, talent and energy strengthen the fabric of our community, and in our case, strengthens our health care team.*



*As you will recall, the pandemic impacted many of our programs and services, and the work of our volunteers, in many areas of the hospital, was also put on pause. While our hospital-based Volunteer Program took a real hit and we continue to feel the loss of those individuals and the services they provided, most aspects of volunteering have resumed at PRH and for that, we are truly grateful.*

*In fact, we currently have nearly 200 volunteers who assist Pembroke Regional Hospital in various capacities including:*

- 96 volunteers with the PRH Auxiliary who assist with BINGO, and provide key services through the Sunshine Gift Shop and Mural Café*
- 15 volunteers who serve on our Board of Directors and sit as Community Representatives on Board Committees*
- 61 volunteers with the PRH Foundation who support their Board, the Heroes For Healthcare Run, the Black & White Gala and more*
- 7 volunteers who sit on our Patient and Family Advisory Council and lend support to our Leadership Teams from a patient and family perspective*
- 3 volunteers in our Spiritual Care department*
- 3 volunteers who provide service within the hospital including way-finding*

*We recognize that there are many worthy organizations in our region who rely on volunteers and that there are plenty of opportunities for those wishing to give back which is why we are particularly grateful for those who have chosen to give at least some of their time, to us.*

**April 28, 2023**

*Thank you to the Pharmacy Team who provided an excellent and informative Pharmacy Open House April 26th, so much exciting progress that is happening on the 5th floor!*

*Today I want to provide further updates on next steps in our transformation of the medication delivery system.*

*Having received Board approval for an investment of \$2.2 million for this project, we are pleased to announce that BD Pyxis has been selected as the preferred vendor for the purchase of Automated Medication Units for PRH. The vendor evaluations and valuable staff feedback have led to a strong belief that the BD Pyxis ADUs will help transform our medication delivery system to:*

- Ensure that medications are readily available*
- Improve medication safety*
- And streamline medication inventory*

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

Medication Transformation working groups have been established and those groups are now working through the planning process for configuring the ADUs and developing the IT interfaces, processes and education required to make the system work well.

As part of this, clinical unit visits are taking place to determine where the ADUs will be placed, what renovations will be required to ensure adequate working space, and how the flow of medication delivery will change. We want your feedback during these visits to assist in the planning process.

Other work taking place includes a review of bar coding technology to ensure that medication information can be captured for inventory and tracking purposes, and the Pharmacy team is looking at efficiencies in medication packaging.

Over the summer months, "Medication Transformation Super Users" will be recruited. This is your opportunity to be involved with this exciting project so stay tuned!


With all this work, we are currently on track for full implementation of the new ADUs and the new processes that will transform the way we deliver medications to our patients by next spring.



## DID YOU KNOW?

The blood transfusion documentation forms have been updated to accommodate the small label sticker that comes from blood bank.

Each unit should now have the new form, which is also available in the policy and procedure manual under "Blood Transfusion Record"



Hospital Regional de  
Pembroke  
Regional Hospital

### BLOOD TRANSFUSION RECORD

**Note:** Intake and Output to be documented on flow sheet only.

	Start	15 min	30 min	End	
<div style="border: 1px solid black; width: 100%; height: 60px; margin-bottom: 5px;">Place Transfusion Label Here</div> Product Administered by: _____ RN/RPN Completed at: _____ Time Infused amount: <input type="checkbox"/> All <input type="checkbox"/> Incomplete: _____ mLs	Time:				<b>Transfusion reaction?</b> <input type="checkbox"/> Yes Type: <input type="checkbox"/> No  <b>Medications given for reactions:</b> <input type="checkbox"/> Yes (see MAR) <input type="checkbox"/> No
	Temp:				
	P:				
	RR:				
	B/P:				
	SpO <sub>2</sub> %:				
Initial:					

# Foundation News

Pembroke Regional  
Hospital Foundation



Fondation de l'Hôpital  
Régional de Pembroke

## SPRING LOTTO

FOR HEALTHCARE



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



### PRHSPRINGLOTTO.CA

**BUY TICKETS**

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



Week #30 You Could Win over  
**\$103,000!**

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



Saturday, May 6th—Downtown Pembroke

9am—2K Superhero Run

10am—5K Timed Run

## This Saturday!

Register Friday 4-7pm at the  
Best Western Hotel or

**Saturday morning 8am—9am  
at the event.**



# Pembroke Regional Hospital - Joint Health & Safety Committee

## Did you know?

In Canada, about 250,000 people (that is one in nine patients admitted to hospital), will pick up an infection while being treated for something else?

Also, every year, more than 8,000 patients will die from those infections!

## So what is the impact of Health Care associated infections?

Health care associated infections can cause:

- More serious illness
- Prolonged hospital stays
- Increased wait times
- Long-term disability
- Increased mortality rates
- Increased cost of providing health care (up to three times greater than an uninfected patient!)
- High personal costs for the patient and their families

## What is the single most effective measure to help reduce health care associated infections?

Hand hygiene

## What are two methods of cleaning your hands?

- Alcohol Based Hand Rub – this is the preferred method in all clinical situations when hands are NOT visibly soiled.
- Handwashing with soap and running water should be used when hands are visibly dirty or following visible exposure to bodily fluids. Handwashing should also be performed when caring for a patient with CDiff infection.

## What are the 4 Moments of Hand Hygiene?

- Before initial patient/patient environment contact
- Before an aseptic procedure
- After body fluid exposure risk
- After patient/patient environment contact

## How does the IPAC (Infection Prevention and Control) Team complete their monthly audits?

Each month, the IPAC team completes their audits by observing 200 hand hygiene moments throughout the hospital. A minimum of 20 observations are completed on each unit. "On the Spot" feedback is provided in a positive and discrete manner.

## Where do the results of these monthly audits get distributed to?

Upon completion of the monthly audits, reports are posted on the Health & Safety boards found on the units. Results are also distributed to all unit managers, the Senior Leadership Team, the Joint Health and Safety Committee, the Board Quality and Patient Safety Committee, and the Organizational Quality and Patient Safety Committee.

On an annual basis, a report is submitted to HQO (Health Quality Ontario) and the annual rates are posted on the Pembroke Regional Hospital Website.



# Pembroke Regional Hospital - Joint Health & Safety Committee

## Did You Know...Continued

### What is done with the information collected?

Data collected from the hand hygiene audits allow for further insights on the following:

- Corporate/Nursing Orientation
- Infrastructure concerns (eg placement of ABHR)
- Monitoring the conditions of equipment (ABHR, sinks, etc.) and determine if repairs are required
- Improvements on our eLearning module

**Do you have suggestions for ways to improve hand hygiene compliance at PRH?**



## Accelerate action together. SAVE LIVES – Clean Your Hands

Each year, on May 5th, we celebrate World Hand Hygiene Day.

This year's global campaign, "Accelerate action together", highlights that together we can accelerate action to prevent infections and antimicrobial resistance in healthcare and build a culture of safety and quality in which Hand Hygiene is a high priority.

Hand Hygiene saves millions of lives every year when performed at the right moments during health care delivery. Clean care is also a sign of respect to those who seek care, and it protects the workers who deliver that care.

Join the IPAC team in some activities on May 5th. You may find us "Glowing" on your unit...come and see what's going on....and get a ballot to enter a draw to win an amazing prize from Uline. Or complete an IPAC quiz and submit it in the ballot box at the cafeteria entrance for a chance to win! Good Luck!



**Within our stories is  
the mental health  
care we all need.**

CMHA Mental Health Week  
May 1 – 7, 2023

# CELEBRATIONS

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

- Carolyn Levesque recently celebrated **Nancy Lounsbury (MHS)** for her motivational and encouraging support and feedback, often in response to her postings or emails. Thank you for supporting the hospital and Carolyn in our communication efforts! *Sabine Mersmann*

- Celebrating **Josie Huntley in ICU** for providing excellent care to her patient during a recent Code Blue. She was calm, efficient, knowledgeable and demonstrated strong critical thinking skills. We're grateful to have her as part of our team! *Kaley Lapierre and Dr. Quirion*

- PRH has been recognized regionally as consistently being a top performer in ensuring that patients are repatriated back to PRH within 48 hours once they are ready to come back. A big thank you to **Annette Davidson** for her leadership in this area!

- A special thanks to **Dr. Roy and Rita Amodeo** for coordinating with the ED physician group and hosting Dr. Segeren from Dynamic Simulation. The ED physicians learned using life-like neonatal, infant, pediatric, and adult mannequins in a realistic simulation environment. PRH resources and equipment were also incorporated, keeping the training PRH specific. Great work team!



DYNAMIC SIMULATION

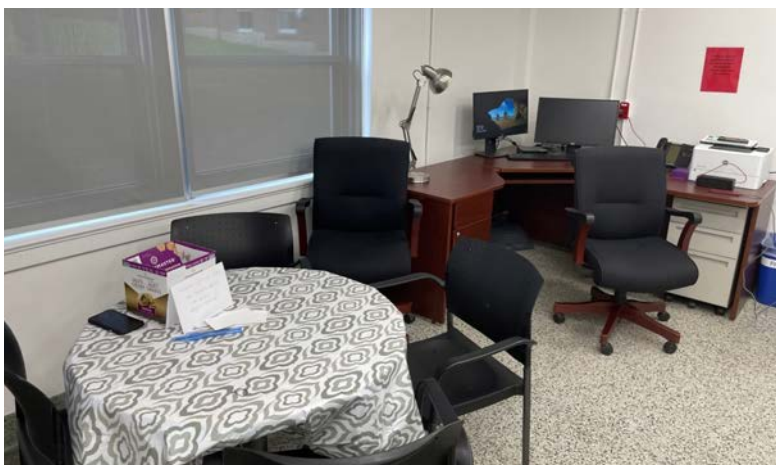
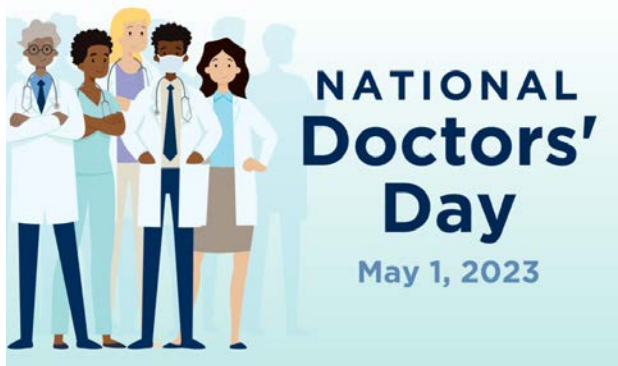


The Professional Staff Association of PRH would like to thank the Senior Leadership Team and many departments involved in helping to officially open the Physician Lounge May 1st, Doctors' Day 2023.

While there are still some items that the PSA would like to purchase to complete the Lounge, the space has already been praised for being a comfortable location for the physicians, who often don't have in-person contact with each other, to meet and build relationships.

We hope the lounge will serve to demonstrate our commitment to physician recruitment and retention.

Taking part in the ribbon cutting were, from left, Dr. Sanjeev Chander, Dr. Mylene Gagne, Dr. Margarita Lianeri, Sabine Mersmann, Mike Godbout, Katie Hollahan, Scott Coombes, Tyler Graveline, Dr. Raluca Antonescu and Beth Brownlee.



MAY IS.....  
**NATIONAL  
PHYSIOTHERAPY  
MONTH**





# Educational Open House Celebrates New Pharmacy Space

A huge thank you to all who came out for the Pharmacy Open House this past Wednesday featuring the department's NEW Sterile Rooms!

Thanks to the Cancer Care Project, the Pharmacy department was able to build two state-of-the-art Clean Rooms (hazardous and non-hazardous), each with their own ante (small outer) room. The previous rooms had one shared ante room so space was limited. The previous rooms also had only one biological safety cabinet in the hazardous room and one laminar airflow workbench in the non-hazardous room – both required in the production of the sterile products. The new space has two in each room allowing for room to grow.

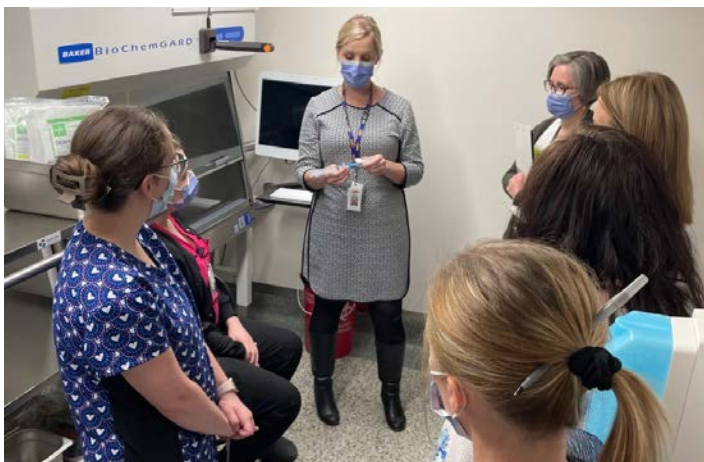
The Pharmacy team is proud to share that, as a result of the renovations, they are now one of the region's first hospital-based pharmacies to be completely compliant with the standards of the National Association of Pharmacy Regulatory Authorities (NAPRA) and the Ontario College of Pharmacists (OCP).

They would like to thank the CHEO Regional Shared Services Program for all their knowledge and input throughout their journey, as well as the hospital's Senior Leadership Team and the PRH Foundation for their support and investment in the Pharmacy department, which is part of the current Cancer Care Campaign of \$3.5 million. To donate, visit: [www.prhfoundation.com](http://www.prhfoundation.com).

The team would also like to extend their gratitude to other members of the PRH team (maintenance, housekeeping, stores), to the Pharmacy staff for always stepping up, and to everyone else who had a role to play in bringing this phase of the project to completion.

Some important dates and numbers...PRH started providing closer-to-home chemotherapy treatments for cancer patients in 2011. In that first year, there were 338 patient visits for which 482 chemotherapy medications were prepared in our sterile rooms.

By 2021-2022, PRH had grown to 1,265 patient visits for which 2,156 chemotherapy medications were required!





# Equity | Diversity | Inclusion

## Upcoming Recognition and Celebration Dates

National Physiotherapy Month - May

Asian Heritage Month - May

Cinco de Mayo - May 5

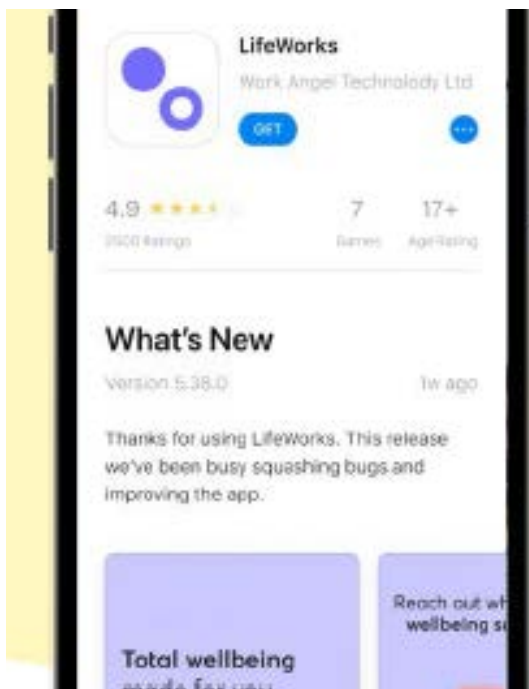
National Nursing Week - May 8-14

Canada Health Day - May 12

Mother's Day - May 14

Victoria Day (Statutory Holiday) - May 22

World No Tobacco Day - May 31



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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



# Fashion Show Success As Auxiliary Resumes In-Person Event

The PRH Auxiliary's Sunshine Gift Shop hosted a successful Unleash Your Spring Fashionista Fashion Show April 28th at Our Lady of Lourdes Church Hall. With approximately 100 in attendance, all the latest fashions, footwear and accessories were on display at the event which also featured music by Peter Boczar and an assortment of refreshments, and light desserts.

As part of the evening's program, the Auxiliary presented a total of \$28,000 (\$16,300 Operating Fund and \$11,700 from Delta Bingo and Gaming) to the hospital representing another payment towards their \$500,000 commitment in support of the orthopaedics program and improvements to the hospital's in-patient Surgical unit. Forty thousand dollars remains to be paid off, an amount the Auxiliary hopes to donate to the hospital by the end of this year.







# New Spring Line: PRH Clothing and Accessories



**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.*

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





**2023**  
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### 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**  
Bonnechere 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

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More than 90% of parents we support feel:

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

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