

A Christmas Message From Pierre Noel



Dear Pembroke Regional Hospital Staff, Physicians and Volunteers,

As we head into the Christmas holidays and the start of a new year, I would like to take a moment to thank each and every one of you for your dedication, commitment and strength this past year.

It's been a year filled with uncertainty, fear, and stress but you have risen to the many challenges and found ways to deliver excellent patient care while balancing your personal and professional lives. I am very proud of the work we have done together and I know that our community is thankful for all of our efforts in providing care while keeping people safe.

As we head into another provincial lockdown on Boxing Day, we know that there are challenges still ahead and we know that we cannot let our guard down for the time being. However, I'm hopeful that the new restrictions and continuing safety practices will be somewhat easier to bear knowing that safe and effective vaccines are on the horizon.

As much as COVID has challenged us, as you know, in adversity there is always opportunity. You have all worked so hard to find ways to provide services at a distance and from this has come some new practices that may very well survive the pandemic. Virtual care, in certain circumstances, can be convenient and effective for patients and more efficient for providers. While face to face interactions will always be the mainstay of delivering high quality patient-centred health care, we need to identify those instances where virtual care is preferable and embed this in our future practice. There will be lots of such things to think about and work on in the new year.

With the holiday season now upon us, I hope you find ways to connect with family and friends in a safe way. Please continue to be responsible as our community depends upon us in so many ways. Not the least of which is to model good behaviours and to help lead the way.

I'm very proud of our team here at PRH and I look forward to working with you all in the coming year – a year of hope for better things to come.

Please have a safe and merry Christmas. Pierre Noel

Today's Take-Aways

Regional Updates

- In terms of the provincial lockdown which commences on December 26th, our programs and services including Ambulatory Clinics and elective surgeries will NOT be impacted. Mental Health Services of Renfrew County have noted that while their group activities will cease during the lockdown, their other services will continue as usual.

There will also be no impact on the current hospital Visitor Policies in Renfrew County.

Today's Take Aways...Continued From Front

- EORLA turn-around times continue to be good – on average 24 to 36 hours and there is a lot of capacity for testing at this time.

- The COVID-19 vaccination program through The Ottawa Hospital is going well right now with 600-900 vaccines being given daily in the Long-Term Care sector.

- In terms of the COVID-19 mutation that has been seen in the United Kingdom, there are currently no reports of this mutation being found in positive cases in Ontario.

- The Ottawa area is currently reporting availability of mental health beds for admission which is good news.

- As a result of imminent production within Ontario of N95 masks, Ontario Health has informed hospitals that there is no longer a need collect N95 masks for the purpose of recycling. There will be further communication on this as lead up to removal of the collection bins.

Occupational Health and Safety

- A second Flu Shot Clinic for PRH family members will be held December 30th. Once again, bookings must be made online via the link below:

<https://outlook.office365.com/owa/calendar/FluShotClinic@prh.team/bookings/>

- Please review memo: PPE and Universal Eye Protection issued December 22nd. Appropriate use of PPE not only protects staff and physicians from patients and visitors but from co-workers as well. Please evaluate each individual circumstance and don appropriate PPE. If you are spending time on a clinical unit or at a nursing station, you must maintain a hospital grade mask and eye protection. If you are NOT wearing PPE (ie. breaks, office spaces) six feet physical distance must always be maintained between individuals.

You may see that some positive COVID cases are managed differently than others. Each case is evaluated on its own circumstances. Infection Prevention and Control, Occupational Health and Safety and Renfrew County Public Health work closely together to evaluate all cases. There are many variables in each circumstance such as symptom onset, last day worked, exposures, PPE usage, day of test, risk to the hospital/unit/department, etc. that all must be considered in each case.

Clinical Updates

- Thanks to lots of amazing discharge planning, our hospital currently has just six ALC (Alternate Level of Care) patients – the lowest ALC rate in a long time.

- Our new COVID vaccination group has met for the first time and is anticipating possible receipt of vaccine doses around mid-January which will be rolled out to the Long-Term Care sector in this first phase.

- Diagnostic Imaging continues to accept CT and MRI referrals from hospitals in the Ottawa area to assist them with their waitlists.

Other News

Environmental Services

- An additional 22 TVs are being purchased so that every patient room will have a TV. Currently TVs have to be moved to rooms where they are needed as there are not enough.

- Work is underway to find a new heated home for the green bins in the winter so that they don't have to be stored in the staff entrance.

Food Services

- Please note that The Lunch Box will be closed for Christmas on December 25th.

Today's Take Aways...Continued

Gift Cards for Staff Working All Shifts Christmas Day and New Year's Day

• As a small token of recognition for staff working all shifts Christmas Day and New Year's Day, it's tradition to provide a \$5 gift hospital gift card to be used in the Café, the Gift Shop or the cafeteria. Due to a delivery issue with the gift cards this year, it's likely that the cards, especially for those working Christmas Day, will be delayed in distribution but they will be given out by management once available to those who are scheduled to work those shifts.

PRH Auxiliary

• Due to the lockdown, please note that The Mural Café and The Sunshine Gift Shop will be closed effective December 26th until further notice. However, in order to facilitate TV rentals, the Gift Shop will be open Mondays, Wednesdays and Fridays from 1-4 p.m. for TV rentals only.

PRH Foundation

• Although we're not obligated to close, we've made the decision to err on the side of caution for the health and safety of all our volunteers and close the Drive Thru Kiosk until January 11th. This decision will be reassessed as things change. Ticket sales at the Mural Café will also be temporarily suspended. We'll update everyone regarding a reopening date once we have more information. In the meantime, you're still able to purchase your tickets online at www.prhcatchtheace.ca.

Guardian Angels

Dr. Pawel Stefanski & Gina Waito



Pembroke Regional Hospital Foundation



Fondation de l'Hôpital Régional de Pembroke

THE PRH GIFT SHOP PRESENTS THE

12 DAYS OF CHRISTMAS SALES

50% OFF REGULAR PRICES UNLESS MARKED LOWER

SUNDAY, DEC. 13 MITTS/GLOVES

MONDAY, DEC. 14 HATS

TUESDAY, DEC. 15 SCARVES AND SETS

WEDNESDAY, DEC. 16 PURSES/WALLETS

THURSDAY, DEC. 17 CLOTHING

FRIDAY, DEC. 18 WATCHES/JEWELLERY

SATURDAY, DEC. 19 SHOES/SLIPPERS

SUNDAY, DEC. 20 BABYWEAR/TOYS

MONDAY, DEC. 21 SLEEPWEAR

TUESDAY, DEC. 22 ORNAMENTS

WED., DEC. 23 GIFTWARE

THURS, DEC. 24 ALL STORE MERCHANDISE (10:00-2:00)

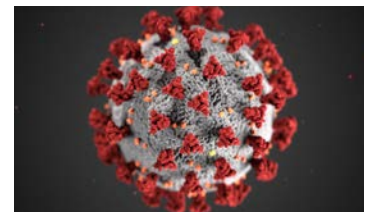
Current Facts and Figures

• Renfrew County:

- 15 active cases, 1 death
- 45,398 tests completed

• Ottawa:

- 329 active cases,
- 390 deaths



• Ontario:

- 23,653 active cases, 4,229 deaths



Week #23 Winner

Congratulations

Larry

Okum

Weekly Pot \$4,415

Winning ticket
#W-7687154
Card #6 - King of
Spades

Catch the Ace
Drive Thru
Sponsors
DECEMBER

McCrea
EXCAVATING

RONDIAU
Roche
407 BOUNDARY RD.
613-732-2481

THANK
YOU!

Week 24 Draw is now LIVE!

Jackpot is estimated to be over \$75,000 next week!

PRHcatchtheace.ca

PRH Auxiliary Gifts \$40,000 To Our Hospital

The Pembroke Regional Hospital Auxiliary recently made a very special presentation to the hospital - a cheque in the amount of \$40,000 representing their fundraising proceeds for 2020.

The funds were raised through donations from Delta Bingo and Gaming, and proceeds from The Sunshine Gift Shop, The Mural Cafe, TV rentals, and the hospital's ATM machine.

With this donation, the Auxiliary now has \$119,000 remaining to pay off in order to complete their \$500,000 pledge in support of Surgical Floor upgrades and orthopaedic equipment.

Taking part in the presentation were Auxiliary Treasurer, Helene Giroux, left, PRH President and CEO Pierre Noel, Auxiliary President Diana Gagne and Gift Shop Manager Brenda Long.

In the background from left are Mural Cafe volunteers Geraldine Levesque and June Carmody.



Merry Christmas From Materials Management



Santa's helpers continue to keep busy in Santa's workshop (warehouse), keeping stockings filled with goodies (PPE) for all the good girls and boys (healthcare workers).

Wishing everyone a safe, happy and healthy Holiday Season. From all Materials Management staff.

The Lunch Box

WHAT'S ON the MENU

For The Week Of
December 28– January 1

December 28: CLOSED

December 29: BBQ Chicken Drumsticks with Rice
Pilaf & Carrots

December 30: Sweet & Sour Meatballs with Scalloped
Potatoes & Green Beans

December 31: Flatbread Pizza

January 1: CLOSED



WISHING YOU A MERRY
CHRISTMAS

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



GRATITUDE

• A BIG THANK YOU to **Mark Popke, Tower D, Environmental Services**. Thanks for being such a warm, friendly, approachable, willing and most of all HELPFUL staff member. You went out of your way and over and above your workload to help me on Dec. 18th. *Angela Stiller, Geriatric Day Hospital Team.*

• The Housekeeping Team wanted to pass on a big thank you to the **Maintenance Crew** for completing the folding walls and new curtain rails in the ED. It makes a huge difference for the Housekeepers in that department.

• Huge thank you to **Connie Young** for her support with SPC/HFC during Karen Schaffel's absence. Thanks also to Vascular Health and Ambulatory Clinics for your help during this time as well. *Lisa Keon and Dr. Debbie Timpson*

• Thanks to **Lexi in the Chemotherapy Unit** for ensuring that a symptomatic patient didn't come to the unit for a COVID swab and was sent to the proper place, therefore reducing any possible exposure risk for staff and immunocompromised patients.

• Celebrating **Janna DesRoches in HR** for her leadership and positive attitude and willingness to embrace new changes.

• Thank you so much for your very quick response to support setting up an office space in Rm 414 for our IPAC team on very short notice. **Jeremy (IT) & Steven(Plant Services)** – great teamwork!

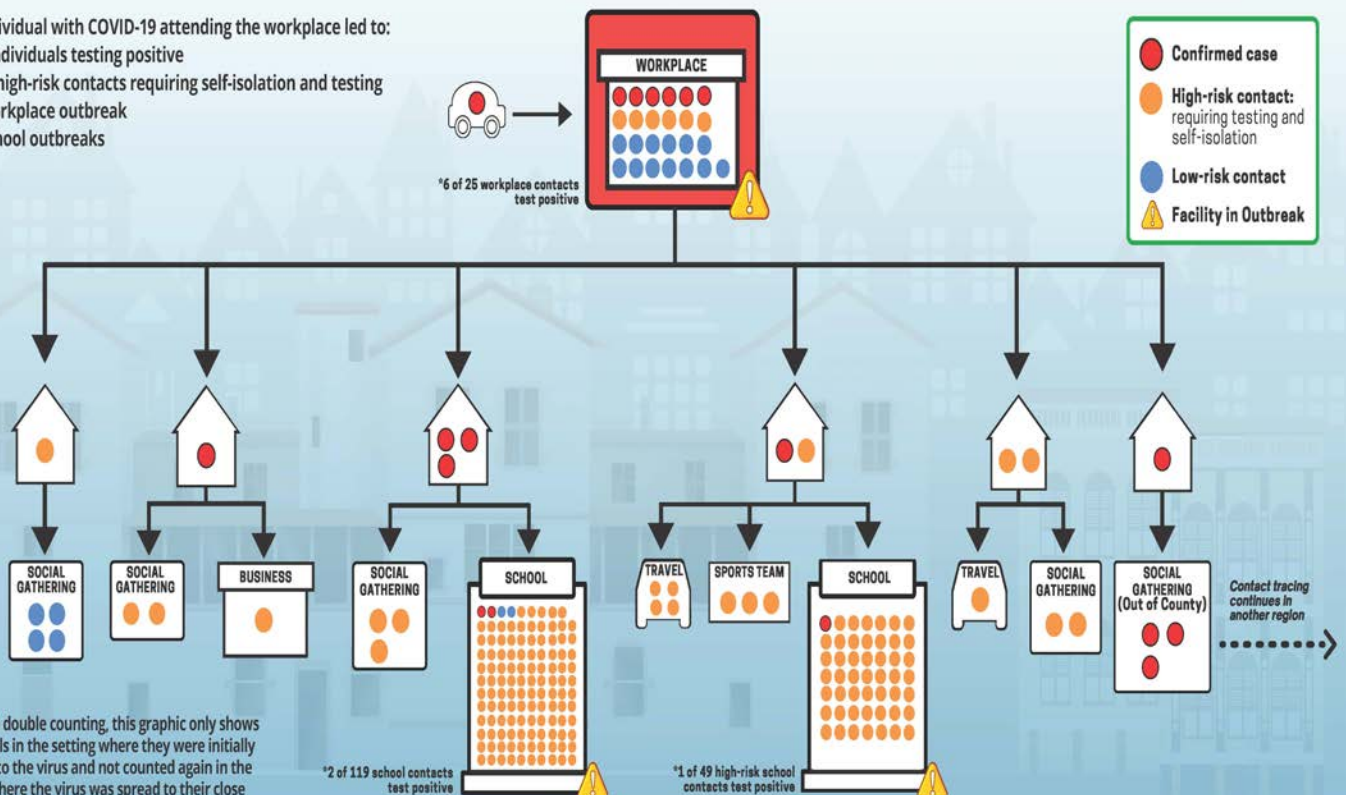
A Real Example of COVID-19 Contact Tracing: IN THE WORKPLACE

Renfrew County and District Health Unit



One individual with COVID-19 attending the workplace led to:

- 18 individuals testing positive
- 189 high-risk contacts requiring self-isolation and testing
- 1 workplace outbreak
- 2 school outbreaks



*To avoid double counting, this graphic only shows individuals in the setting where they were initially exposed to the virus and not counted again in the setting where the virus was spread to their close contacts (e.g. household)

"Optimal Health for All in Renfrew County and District"

Holiday Gathering Recommendations

Due to COVID-19, Renfrew County and District Health Unit strongly encourages residents to celebrate the holiday season in-person with members of their household only.

Gathering In-person

If you choose to attend or host a gathering in-person with those outside of your household, please follow public health guidelines:

- Observe the provincial private **gathering limits** of 10 indoors or 25 outdoors. Keep your gathering as small as possible.
- Consider hosting **outdoor** gatherings where maintaining a physical distance is easier. Enjoy a bonfire, sledding or skating instead of traditional meals or indoor gatherings.
- Plan ahead to ensure that **physical distancing** is possible for all guests. Space out seating arrangements and have members of the same household sit together.
- Promote proper **hand hygiene** by providing access to hand sanitizer, soap and water.
- Clean and disinfect high touch surfaces often, such as door handles, railings and washroom facilities.
- When possible, open windows to increase air flow.
- Ensure that guests have been **screened** for symptom(s) of COVID-19 prior to arrival and inform those who may have symptom(s) not to attend the gathering.
- Keep contact information for all of your guests as public health may need this information for contact tracing.
- Remind guests to follow **public health recommendations**, like maintaining physical distancing, wearing a face covering, frequent hand hygiene, and avoiding close physical contact like shaking hands, hugs and/or kisses.



Serving Food or Drinks

It is recommended that you **avoid** gathering for holiday meals, as this requires face coverings to be removed and increases the use of shared items.

If serving food or drinks at your gathering, please note the following recommendations:

- Avoid potluck or buffet-style food service, to minimize the number of people touching serving utensils and dishes. Have one person serve meals or use pre-portioned meals.
- Serve food on individual plates to prevent guests from touching the same objects.
- Wash your hands often before and during preparation.
- Ask guests to clean their hands before and after eating.
- Plan how you will ensure physical distancing throughout the gathering, including seating and while serving food.



CONSTRUCTION CORNER

Tower A:

5th floor - the terrazzo floor repair work is progressing well in the pill packaging (Pac Med) room.



Joint Health & Safety Committee Celebrates Successful Year

The Joint Health and Safety Committee recently celebrated another successful year of promoting and overseeing workplace health and safety, while responding to the challenges that COVID brought.

At the committee's year-end meeting, they said "Hello" and "Goodbye" to key committee members and each participant received a certificate in recognition of their contributions.