

Today's Take-Aways

As the situation regarding COVID-19 continues to change, please note that the most recent information, guidance and updates can be found in the weekly Pulse newsletter which is archived in the Staff Resources section of the hospital's website. Important COVID-related memos are also archived in this location and can also be found on the Intranet.

Regional Updates

- The recent outbreak in one of our communities is now considered to be under control and thankfully did not have widespread transmission beyond that group. County-wide, there are some new cases and outbreaks occurring but for the most part they are under control with limited spread.

- In terms of vaccine distribution, our health unit is meeting three times a week with the province with regards to planning for this and the regional flu shot committee has transitioned to a COVID vaccination committee. Our internal Flu Shot Committee will also be transitioning to COVID vaccine focus in order to plan for rollout however it should be noted that as our region is in a "green" state, we likely won't see vaccine distribution early in the new year. It should also be noted that we will be following the province's guidance on priority for who receives the vaccine first in our region and may have to provide some assistance to long-term care homes on this matter as well.

- Ontario Health has asked all hospitals in the province to ensure plans are in place for surge capacity if required. Specifically they have asked that each hospital be able to have a plan in place to expand by a minimum of 10-15%. Our hospital will finalize this plan next week including potential for ramp-down, but we are confident that this would not be difficult to achieve given our current situation.

Occupational Health and Safety

- Please note that a second health care worker at PRH has a laboratory-confirmed case of COVID-19. It has been determined that this case is not related to the first case that was reported on December 11th and was not acquired in hospital. Because of this, staff and physicians are once again reminded of the importance of ensuring the wearing of proper PPE and distancing appropriately when not protected in common areas like break rooms.

With the increased risk of transmission among co-workers, plans are underway to implement expanded hospital-wide eye protection guidelines for all staff and physicians.

A memo regarding this will be issued early next week.

- A very successful Family Flu Shot Clinic was held last weekend with 74 staff and family members vaccinated. Due to some individuals needing a second shot, a second clinic will likely be held in January. Stay tuned for more details.

- Due to weather conditions, the screening stations in Tower B and Tower C have been moved to just inside the second set of doors at each entrance.

Today's Take Aways...Continued From Front

Visitor Policy (Visiting Family Caregiver/Care Partner Presence During COVID-19)

- Just a reminder that this policy applies to all visitors, staff and physicians. For the safety of patients and staff, each patient is allowed one visitor/caregiver per day. In addition to this visitor/caregiver, each patient may also have a visit from their clergy/faith leader.

To clarify, patients who are Approaching End of Life are patients who are expected to die in coming weeks or short months.

PPE Supply Status

- We've recently acquired a large one-time purchase of Level 3 masks which puts us in a good position with over 200,000 of these in our stock. Additionally, we are working to ensure that our MRI area has a supply of masks without metal nose clips for use by patients.

Other News

Pharmacy

- Some exciting news for 2021 – new medication carts equipped with computers will be trialled on the Rehabilitation and Medical units starting in January. These new carts will enable staff to access patient information directly from the cart. It is anticipated that the new carts will be rolled out to the remainder of the clinical units sometime in February. Stay tuned for more details!

- In an effort to enhance safety and infection prevention and control, an investment in new equipment for the Pharmacy will allow for the introduction in January of individually packaged unit doses of medication. These unit doses will become part of Ward Stock and will be delivered in real time improving the medication distribution process. More to come on this as it rolls out!

Mental Health Services of Renfrew County

- As a COVID-friendly alternative to the Christmas dinner for clients that is annually hosted by Community Mental Health staff, more than 200 Christmas care packages were delivered to clients with sponsorship from local businesses.

In addition, some clients have been provided with technology platforms to be able to connect with family and friends over the holiday.

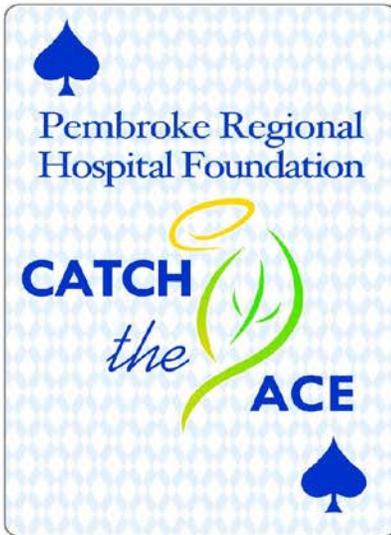
Holiday Activities

- While COVID safety measures have prevented us from having visits by local choirs this holiday season, there are a couple COVID-friendly Christmas activities taking place this Saturday (December 19th). Sometime between 3:30 p.m. and 4 p.m. The Chillin' Flamingo and his "flock" will be stopping by the parking lot outside of the Emergency Department with their decorated vehicles to sing a few Christmas carols for those able to pop out and watch, or watch from inside.

In addition, the City of Pembroke let us know that Santa will be driving by the hospital as part of his city tour which begins at 4 p.m. It is anticipated that he will be passing by PRH escorted by a fire truck sometime between 6 and 7 p.m. on Saturday.



Foundation News



Catch the Ace tickets are available:
Online at www.prhcatchtheace.ca
At the Mural Café, 9:30am - 2pm,
 Mondays, Tuesdays and Thursdays
Drive Thru at 775 Pembroke St East,
 Mondays 10am - 8pm, Tuesdays 8am -
 3pm, Thursdays 5 - 8pm,
 Saturdays 10am - 2pm



All staff are welcome to join us for our
 next Mindfulness session

Friday, Dec. 18th

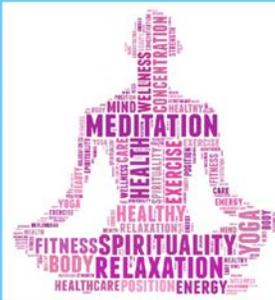
In The PRH Chapel (3rd Floor, Tower A)

At 12 noon (20 minutes in length)

Facilitated by Kate Mooney

Due to COVID safety measures, there will
 be limited space in the chapel, however
 the session will also be broadcast on
 Zoom and shared for personal use.

Zoom coordinates can be found on
 The Loop or in your PRH email "inbox".



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)

CLOSED DECEMBER 25, 26, 27

DEC. 28, 31 HOURS (10:0-2:00) & DEC. 29, 30 (10:00-4:00)

Week #22 Winner

Congratulations

Scott

Murray

Weekly Pot \$3,494



Winning ticket
 #V-3659338
 Card #22 - 9 of
 Diamonds

Catch the Ace
 Drive Thru
 Sponsors
 DECEMBER



THANK
 YOU!

Week 23 Draw is now LIVE!

Jackpot is estimated to be over \$67,000 next week!

PRHcatchtheace.ca

Current Facts and Figures

• Renfrew County:

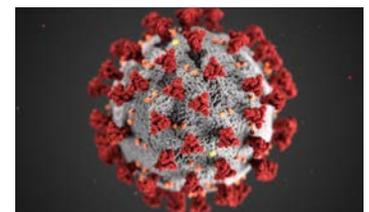
- 16 active cases, 1 death
- 44,019 tests completed

• Ottawa:

- 379 active cases,
- 388 deaths

• Ontario:

- 21,542 active cases, 4,058 deaths



Guardian Angels

Dr. Sarah Leavey and the Respiratory Therapy Team



Pembroke Regional
Hospital Foundation



Fondation de l'Hôpital
Régional de Pembroke

GRATITUDE

Miscellaneous

- Thank you to **Occ Health** for providing flu shots to family members this weekend. *Kelly Adams*
- Recently, PRH was asked by the Provincial Geriatrics Leadership Office to provide several years' worth of data and patient success stories as part of a provincial mapping exercise. The three programs reporting were Geriatric Medical Day Hospital, Geriatric Emergency Manager (GEM) Nurse and the Geriatric Psychiatry Outreach Teams. Thank you to all who coordinated the information to ensure this reporting was accurate and complete. A special shout-out for data collection to **Kelly Furgoch, Suzanne Kramer-Martin, and Mindy Ritza. Carolyn Levesque** also interviewed a patient, as did **Melody Dickson. Laura-Lee Andrews** drafted her own patient story. *Jennifer Kennedy*

Environmental Services

- Celebrating **Mary Giberson** who did an excellent job cleaning the soiled room in the laundry at offsite.
- Thanks to **Betty Hartwick** for decorating the break room!
- Kasey would like to celebrate **Mark Popke and Shannon Wara** for their excellent guidance during her orientation on 2nd Medical. She was very pleased with all the information they provided.
- A huge Thank You to **all staff** for working so hard and going the extra mile to cover all the shifts we are trying to fill!

Emergency Department

- Thank you to **Sue** for the amazing job she has done as Clinical Educator.
- Thanks to **Linda Dombroskie** for organizing the documentation in the black cabinet!
- **Chantal Kingsly** worked very hard to try and provide services for a patient to prevent an admission that was not necessary.

CONSTRUCTION CORNER

Tower A:

Work is progressing in the 1st floor North wing. The electricians started this week and conduits were installed outside in the ground between the new electrical room behind the decommissioned freight elevator and the North wing.

5th floor:

Work started in the new Pharmacy pill packaging (Pac Med) room which was previously John Wren's A508 and Carmelita Pilatzke's A506 offices. The wall was taken down in between these offices. The vinyl flooring was removed and the previous concrete patching was jack hammered out so that new terrazzo can be reinstated.



Holiday Safety COVID-19 Guidance



While planning your holiday season, please assess the level of risk associated with the activity. **Protect each other this season by making safer choices.**

Renfrew County and District Health Unit recommends the following:

- Celebrate the holidays at home this year with members of your household. Remember that close contact and travel increases the spread of COVID-19.
- Plan and enjoy holiday meals with only those who live in your household. Instead of hosting meals, consider safely dropping off meals to those who are not part of your immediate household.
- Connecting virtually, through telephone and video chat, is the safest way to connect with those who are not part of your immediate household.

In-person activities

If planning in-person holiday activities, please note the following:

- Observe provincial private gathering limits of 10 indoors or 25 outdoors.
- Always maintain **physical distancing** and **hand hygiene**. Wear a **mask/ face covering** when indoors, and outdoors if distancing is a challenge. Connect with others **outdoors** where it is easier to maintain distancing.
- Avoid attending or hosting **gatherings**, like work or family events. Avoid pot lucks or group meals where face coverings are removed and shared items are touched, like serving utensils.
- If you are experiencing any symptom(s) of COVID-19, **stay home and self-isolate**. Complete Ontario's online **COVID-19 Self-Assessment Tool** for further direction.
- **Plan ahead** for safer shopping. Visit local stores at quieter times, shop online, or arrange for curbside pickup options. Avoid shopping in groups as this increases risk of exposure.

● Just because you know someone, it does **not** reduce the risk of transmitting COVID-19. ●

Renfrew County and District Health Unit
"Optimal Health for All in Renfrew County and District"



Stressful

Scary

Exhausting

Busy

Sad



COVID Frontline Wellness

provides confidential access to services and tools to support your mental wellbeing.

Just book an appointment online and one of our clinicians will call you to discuss your needs and connect you with the supports that are right for you.

For more information and to book go to:
www.theroyal.ca/covid-frontline-wellness

It's simple. It's confidential. It will help.

If you are a health care worker* impacted by stress related to COVID-19, please reach out.

Healthcare workers are at the front lines of the COVID pandemic. Increased feelings of stress, worry and anxiety are normal under these conditions. Support is available to help you cope.