

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

- In consultation with Public Health, staff can expect to see some upcoming communication surrounding holiday season celebrations including direction on gifts delivered for patients, holiday gatherings and decorating. All guidance will be delivered with the hope that extra vigilance in advance of Christmas will enable people to have small gatherings with loved ones over the holidays.

As some internal assessment is made about what we can safely do to celebrate the festive season, please note that there will be a short delay in delivery of decorations to the buildings. In the meantime however, the hospital has hired Paula Troutman to initiate some festive décor outside our facility.

Senior Leadership Team

- Over the past two weeks, Pierre Noel has been visiting departments, delivering snack baskets and brought a message of thanks to staff at huddles for all of the work they are doing, while acknowledging that everyone is facing both personal and professional challenges nine months into the pandemic. To date, he has visited DI, Rehab (inpatient and outpatient), Plant Services, Finance, Vascular Health, ICU, ED, Patient Services, PRH Foundation, Clinics, IT, Pharmacy, Medical 3B, Surgical, OR, HR/Staffing, Maternal Child Care, Environmental Services and some of the Mental Health Services groupings via Zoom. The remainder of his visits will take place over the next couple of weeks.

Supplies

- Staff will notice that alternate wipes are being used due to a back-order of our regular supply. It should be noted that there are a number of delays in the manufacturing sector which are resulting in back-ordered supplies. Staff will be notified when changes are being made because of this.

Occupational Health and Safety

- The roll out of the flu vaccine to our health care team continues. As of November 24th, 50% of staff have received their vaccinations. A special shout out to the Vascular Health program as 100% of their staff have received their flu shot.

There is still plenty of vaccine available. If you would like to get a flu shot, call 7202 to book appointment. Departments can also arrange to have flu shots available at huddles if that is more convenient. If you have received a flu shot in the community, please advise Occupational Health by email occhealth@prh.email and if possible, attach a copy of your proof of vaccination.

Today's Take Aways...Continued From Front

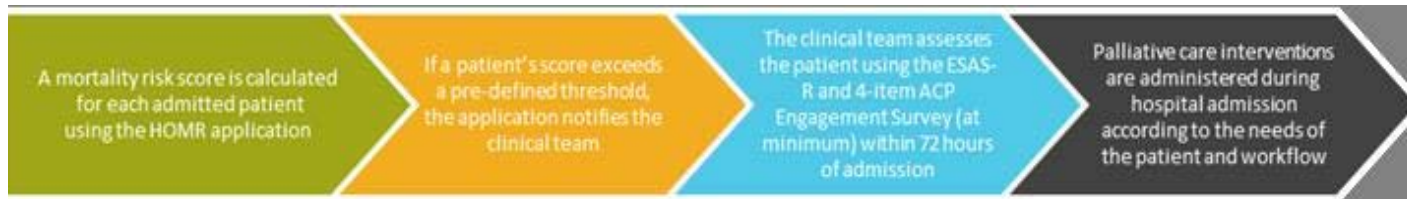
- Please note that the Staff Tracing Sheets posted outside patient rooms have been revised. Please ensure that you are filling these out consistently as this is an important process as patients are moved within the hospital.

Infection Prevention and Control

- Please note that the COVID-19 test kits provided by EORLA for patients, staff and family member swabbing have changed. The new collection kits contain a nasal swab only. A throat swab will no longer be an additional requirement for testing.

Clinical Updates

- Intensive Care Unit – The ICU is taking the lead in incorporating the HOMR (Hospital One-Year Mortality Risk) flag into their workflow. They are developing a standard work for the unit, and reporting back to the HOMR project team about their experiences with the tool.



At the November 13th Grand Rounds, PRH physicians and staff learned that we can accurately predict whether a patient has unmet palliative needs by automatically analyzing data surrounding their admission. Patients identified through the HOMR algorithm often have an elevated risk of dying within one year. The electronic flag allows clinicians to have patient and family centred conversations to discuss what is important in their lives. These Goals of Care conversations can also help the care team work at improving the patients' quality of life by focussing on improving bothersome symptoms.

And on November 20th, the PRH HOMR project team participated in a virtual re-engagement session with 12 HOMR project teams across the province. The team was encouraged to hear that it was in the top four teams in terms of having successfully implemented HOMR and testing the changes as part of quality improvement.

Food Services

- Starting next week, The Lunch Box will be selling Whole Bean Engine House Coffee (Locomotive) at a cost of \$20 for a 1lb bag. A great Christmas gift idea or a treat for yourself!

Information Technology

- As more meetings move to virtual platforms, staff will notice that our IT department is enhancing and expanding the available technology in our meeting rooms to better meet the requirements of platforms like Zoom.

eLearning

- Please be advised of the NEW process for eLearning comments, concerns, requests, trouble shooting and/or questions. In an effort to streamline all eLearning requests, a direct email has been created – elearning@prh.email.

PRH Staff Association 2020 Family Party In A Bag

A reminder that registration for this COVID-friendly initiative closes Monday, November 30th at 4 p.m. **NO EXCEPTIONS!**

Party In A Bag Pickup will take place Dec. 7th, Lunch Box, 2-4

Bags are \$10/SA member, \$25/non-member. Limit 1/person.





**In Appreciation For All That You Do,
Staff, Physicians And Volunteers Are
Welcome To Enjoy A Festive Turkey Meal
With All The Trimmings!**

Wednesday, December 9th



11:30 a.m. to 1 p.m. For Day Shift (packaged for take-out)
4:30 - 5:30 p.m. For Evening Staff (packaged for reheating)
Evening Delivery to Units for Night Staff (packaged for reheating)

Menu: turkey, dressing, carrots, mashed potatoes, gravy, cranberry sauce and seasonal cookies (vanilla shortbread and gingerbread).
Gluten Free option is available upon request.

Thanks to our own Food Services staff who will be preparing and serving these festive meals.

**COVID precaution measures are in effect.
GROUPS OF 10 OR MORE MUST PRE-ORDER.**

Pre-Order Requirements:

Department/Group name, number of meals required, pickup time (between 11:30 a.m. and 1 p.m.).

Pre-orders MUST be emailed to pr@prh.email no later than DECEMBER 8 @ 11 a.m.



How was your day?

- Stressful
- Scary
- Exhausting
- Busy
- Sad

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.

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.

WHAT'S ON the MENU

**For The Week Of
November 30—December 4**

- November 30:** Pork Chops with Mushroom Sauce & Baby Red Potatoes
- December 1:** Beef Lasagna with Caesar Salad
- December 2:** Sweet & Sour Meatballs with Scalloped Potatoes & Green Beans
- December 3:** Cabbage Rolls with Rice & Steamed Mixed Veggies
- December 4:** Haddock, Baby Potatoes & Coleslaw

Our Most Recent Guardian Angels

Dr. Sylvie Cantin and Corinne Clarke



Pembroke Regional
Hospital Foundation



Fondation de l'Hôpital
Régional de Pembroke

Going Home Checklist

1. Take a moment to think about today.
2. Some days at work are difficult. Take a moment to acknowledge this.
3. Think of three things that went well today and know that you made a difference.
4. Check in on yourself. What support do you need?
5. Take care of yourself. Do what you need to do to come back refreshed.



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

Friday, November 27th

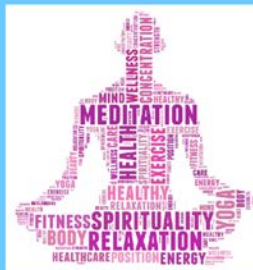
In The PRH Chapel (3rd Floor, Tower A)

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".



PRH Staff Association Christmas Give-Away

In lieu of a regular "Treat Day" in December and due to the fact that COVID caused cancellation of our annual dinner and dance at Germania Hall, the PRH Staff Association will be gifting ALL of its members with a six-inch poinsettia plant on December 2nd.

We're just in the process of finalizing plans for distribution of the 515 plants we will be receiving. Stay tuned for more details!



GRATITUDE

• November 5 - Celebrating **Food Services staff** for putting on a really nice pulled pork meal in the cafeteria.

• November 10 - Thank you to **Jeris, RN and Tyson RN, Courtney in Medical Records and Brandon in Maintenance** for your quick response when we were stuck in the elevator. You kept us very calm and reassured. P.S. Jeris' "Mission Impossible" strategies were very entertaining!

Shannon and Colleen from Housekeeping.

• October 23 - Thank you to **Rachel Recoski** who kept our unit together when it was very busy on Sunday. Rachel assisted with Labour Room and organization of the unit. Much appreciated.

• October 28 - Thanks to **Lisa** for delivering the pre-op books to the surgeons' offices.

• Celebrating our newly certified Joint Health and Safety Committee members: **Greg Tate, Michelle Giles, Janna DesRoches, Erica Mulligan and Dianne O'Connor.**

• November 24 - Thanks to **everyone** for their help in getting the compactors up and running again! Great team work! *Lisa Bradley*

Employee Discounts



Looking for staff discounts?

All staff discounts, employee offers, promotional codes and other PRH perks can now be found on the Staff Resources section of the PRH website:

<https://www.pemreghos.org/staffdiscounts>

What discounts are there?

PRH Staff Association / Insurance Providers
Local Health and Fitness Facilities / CAA
Scrubs / Access Perks / Perkopolis
Park 'n Fly and more...

Do You Have A COVID-19 Question?

Email: covid19questions@prh.email

Would you like to celebrate or express gratitude to a group or individual?

Email: celebration&recognition@prh.email

For other questions/concerns, contact Infection Prevention and Control (ext. 7106) or Occupational Health and Safety (ext. 7202).



Week #19 Winner

Congratulations

**Kelly
Malley**

Weekly Pot \$2,601!

Winning ticket
#S-1013638
Card #21 -
Queen of Spades

Catch the Ace
Drive Thru
Sponsors
NOVEMBER



THANK
YOU!

Week 20 Draw is now LIVE!

Jackpot is estimated to be over \$52,000 next week!
PRHcatchtheace.ca

Current Facts and Figures

• Renfrew County:

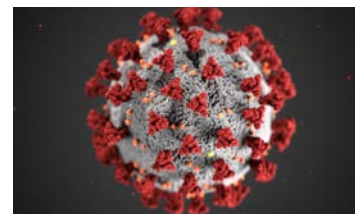
- 10 active cases
(2 DR, 3 PEM, 4 PET, 1 RENFREW & Area)
- 0 in hospital, 1 death
- 38,787 tests completed

• Ottawa:

- 287 active cases,
372 deaths

• Ontario:

- 16,333 active cases, 3,554 deaths



Foundation News



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

AUTO LOTTO
CAR LOTTERY FOR HEALTHCARE

RC Dick Plummer
RC Dick Plummer

EARLY BIRD WINNER:
MARCEY STEFANSKI

Congratulations to our

**Auto Lotto 2nd Early Bird Draw Winner:
Marcey Stefanski!**

**Tickets are still available for the
Grand Prize, a 2020 Toyota Supra!**

Get yours today at www.autolotto.ca