

## Today's Take-Aways

*Please note that, due to the Christmas holidays, the next edition of The Pulse will be published on Monday, December 20th and then we will return to our regular bi-weekly schedule starting Thursday, January 6th.*

### COVID-19

- There has been lots of ongoing discussion at both the provincial and regional levels with regards to amending recommendations and mandates around COVID safety measures. Our hospital is waiting for these to be finalized before rolling out any revised information and notes that any changes will be vetted with the Renfrew County and District Health Unit as well.

In the meantime, if anyone has questions or concerns with regards to work-based or personal holiday activities, please contact Infection Prevention and Control or Occupational Health for further advice.

- The message we are receiving from the Health Unit is that now, more than ever, with increased community transmission, it's never been more important to get vaccinated – whether it be the third dose, children now eligible or those in other age groups who have not yet received their vaccination.

### COVID-19 Staff Vaccination (3rd Dose)

- In order to assist in getting eligible staff in for their third dose of the COVID-19 as soon as possible, PRH will be looking to host a weekly onsite walk-in style clinic for staff. More details to come.

### Occupational Health and Safety

- It is imperative, especially with the increased local transmission of COVID-19, that EVERYONE, including staff, enter PRH wearing a mask and ensuring that hand hygiene (sanitizing) is performed upon entry. Both of these actions will help prevent the spread!

- The department has been challenged with staffing issues and an increase in swabbing appointments as a result of increased community transmission of the virus. Everyone's patience is very much appreciated.

- It should be noted that we are anticipating new guidance with regards to international travel which will impact screening questions and other COVID safety measures. Stay tuned for more information with regards to this.

### Emergency Preparedness

- Thanks to everyone who participated in a successful CODE Red/CODE Green exercise yesterday in collaboration with the Pembroke Fire Department which occurred at the same time as a real CODE Grey with relations to a loss of wifi service in the building.

- Effective 9 a.m., Friday, December 10th, the Primary Command Centre will be relocated to the Tower A Chiefs' Office, First floor, Room A119.

## Today's Take-Aways Continued

The Alternate Command Centre remains in the Tower C Boardroom, First floor, Room C142 and will be used if the Primary Command Centre A119 is not safe to respond to for an emergency code. If you are unsure of either location please ask your supervisor for guidance so you are prepared to respond in an emergency code situation.

### Human Resources

- The department is pleased to be rolling out a new practice for staff picking up extra shifts. The new ONA shift bidding process will be introduced in early 2022 with a number of improvements over the existing practice.

### French Language Service

- Our hospital will be working towards meeting additional criteria for offering French language services in 2022. This will include a review and update of public signage where appropriate and looking at other ways in which the hospital can provide a more standardized offering of these services.

### Parking

- With the ongoing work related to the Cancer Care project and future renovation projects, a parking area has been created next to the heliport facing Tower D. This parking area is designated contractor parking only and staff are asked not to park in this area.

As a reminder, the following parking lots are designated parking for anyone with a PRH hangtag:

- Main parking on the south side of Deacon Street in the section closest to Cecilia Street
- Small lot behind Tower C – Lorrain Building on the north side of Deacon Street.
- Small gravel parking lot located on the corner of Deacon Street and Mackay Street
- Lot accessed off of Bell Street behind PRH (west side)

Please check all these lots for available spaces and if there are no available spaces contact our parking contractor SP+ at 613-635-7275 for further direction.

### Departmental Updates:

#### Maintenance

- Please note that plants that were located in the Tower B links have been removed and have been replaced with a more standardized look. If you had a plant in one of the links and would like it back, please contact Michelle Giles at extension 8050 for pick up before the end of day December 10th.

- Once again, the hospital has contracted a decorator to make the facility holiday ready and to look at improving the look of many of our common areas such as the links in Tower B. Thank you to Paula Troutman for making everything look so festive!

#### Maternal Child Care

- Thanks to a local donor, the floor is in the process of renewing all of its artwork to better reflect modern depictions of moms and babies.

#### Clinics

- More programs and services are seeing the return to in-person visits.

#### Pharmacy

- Staff continue to provide our inpatients with both flu shots and COVID-19 vaccinations upon request.

#### Emergency Department

- The department is working in collaboration with physicians to complete a Lean PDSA reviewing department flow.



**THE PRH AUXILIARY IS HOSTING A  
Pre-Christmas  
Staff Appreciation Event  
Monday, December 13th**

**9 a.m. to 4 p.m. in the Mural Café  
\$1 Coffee and Muffin Special**

**10 a.m. to 4 p.m. in the Gift Shop  
Special Sales throughout the day!**

**Your place to shop for all your  
holiday gift-giving!**

**THE PRH STAFF ASSOCIATION PRESENTS  
A Christmas Skating Party For  
Staff Association Members  
And Their Families**



**Participants Will Be Joined On The Ice  
By Members Of The Pembroke Lumber Kings  
As Part Of Our Festive Season Fun!**



**Saturday  
December 18th,  
9:30-11:30 A.M.  
Pembroke Memorial Centre**

**This event is FREE for Staff Association Members and  
their families, however, due to COVID safety measures,  
advance sign up is required no later than 2 p.m.  
Wednesday, December 15th.**

**To participate, you must submit the name of each person taking  
part along with a contact number for the individual or family to  
[carolyn.levesque@prh.email](mailto:carolyn.levesque@prh.email).**

**Due to provincial government mandate, those 12 years of age and older  
must show proof of double vaccination (+14 days) and a piece of  
government ID in order to skate and/or spectate in recreation facilities.**

**Masks will be mandatory in the facility,  
but are not required during on-ice time.**

**The Staff Association will also provide participants with snack  
vouchers to use in the community after their skating session or  
on another day of their choosing.**

# Guardian Angels

## Dr. Leslie Needham



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

**Catch the Ace**  
PROGRESSIVE LOTTERY

**Congratulations**  
WEEK #20 WINNER  
**Diana Dockman**  
**\$2,540**  
TICKET #T-4946112  
Card #22  
Revealed: 8 of Spades  
[www.prhcatchtheace.ca](http://www.prhcatchtheace.ca)

Next weeks ESTIMATED Jackpot,  
if the Ace is caught is over: **\$61,000!**

**Catch the Ace**  
PROGRESSIVE LOTTERY

**\$61,000**  
ESTIMATED JACKPOT

[WWW.PRHCATCHTHEACE.CA](http://WWW.PRHCATCHTHEACE.CA)

Lottery License RAF#1210463



## Current Facts and Figures

- Renfrew County: 59 active case, 11 deaths
- Ottawa: 451 active cases, 618 deaths
- Ontario: 8,661 active cases, 10,054 deaths

## Foundation News

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

**AUTO LOTTO**  
FOR HEALTHCARE

The Grand Prize Winner is ...

**Congratulations!**



**Irene Coulombe**  
of Nepean  
Ticket #101572

WISHING YOU A MERRY  
**CHRISTMAS**

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



LOTTERY LICENSE RAF#1210463

**CATCH THE ACE AND WIN BIG**

**CATCH THE ACE** 

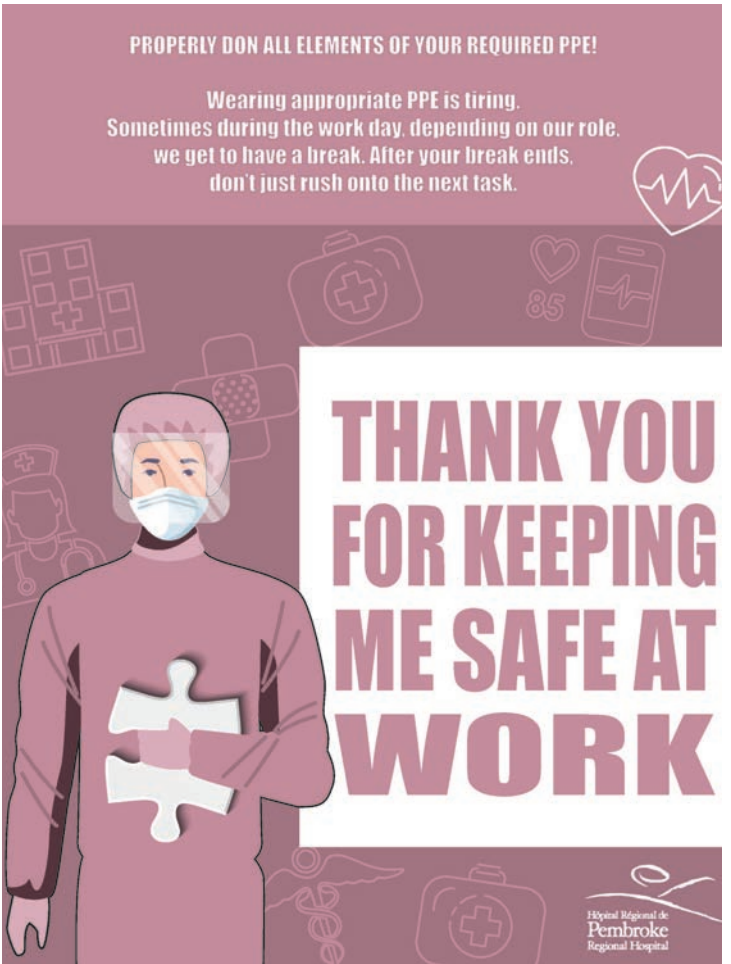
Cancer Care CAMPAIGN 

Play PRH *Catch the Ace* to win BIG and support the Hospital! Get your tickets at the Mural Café on Mondays and Tuesdays from 9:30am-2:00pm or online anytime at [www.prhcatchtheace.ca](http://www.prhcatchtheace.ca). Draw closes at midnight on Tuesdays.

# GRATITUDE

- Celebrating the exceptional care that was provided to my fiancé by **Dr. Gagne and Dr. Chander**. With much appreciation. *Michael Peters*
- Annette and I would like to celebrate **Shelley Sykes and Sharon Allain** for the great progress they are making on our QRS system. You have been so helpful in keeping us on track and identifying the actions and next steps to keep everything moving forward. We appreciate your sense of humour and positive attitude. *Lisa Bradley*
- Cheryl and I wanted to send a “shout out” to the group who supported our visit from SLT for the Gemba walk. Thank you to **Donna, Chester, Kim, Amelia and Kirsten** who did a great job highlighting all of the work Environmental Services has been doing to create a respectful workplace culture. *Lisa Bradley*
- Rachel and I would like to recognize **Brandon and Connie** for their calm and supportive leadership over the past weekend as Hospital Charge. Thank you. *Lisa Bradley*
- Celebrating everyone who was involved in ensuring a young patient safely received a specialized injection recently in Tower D.
- Congratulations and thank you to all who did a wonderful job at the Vulnerable Occupancy drill yesterday (see photos below).





WHAT'S ON  
— the —  
**MENU**

---

**MONDAY**  
*BEEF STEW & A BUN*

---

**TUESDAY**  
*BBQ CHICKEN DRUMSTICK WITH RICE AND CARROTS*

---

**WEDNESDAY**  
*SWEET AND SOUR MEATBALLS WITH SCALLOPED POTATOES AND GREEN BEANS*

---

**THURSDAY**  
*FLAT BREAD PIZZA WITH CAESAR SALAD*

---

**FRIDAY**  
*BREADED FISH & WEDGES WITH COLESLAW*

---

**DEC 13 TO DEC 17, 2021**



## PRH Helps To Brighten The Holidays For 42 Local Children

A heartfelt thank you to everyone who chose to sponsor one of the Angel Tree children this year and contributed to the gift collection. Our hospital sponsored a total of 42 local children!





## What's NEW

IPAC electronic documentation

Med Carts to Surgical

## What's Coming

Baby and Mother ID bands

Electronic smoking cessation form with HL7 connection to Ottawa Heart Institute

Allergy and Medical Alert electronic documentation

Lab order entry from BEDBOARD

Web Request for OR Bookings (GE OPERA)

## What's Next

- ID Bands by registration type  
Blue = Acute; Pink = Rehab; Green = AMH
- Electronic Vitals & Progress notes

## SEASONS GREETINGS FROM THE CAPE OFFICE

Samantha Moreau, Thea Nicolai, Garry Hartlin & Sharon Allain

For Questions Contact  
CAPE Project Office in D202.2 extension 8302

# A Special Thank You To Our Food Services Team

A very special THANK YOU and gratitude is extended to all members of our Food Services team who worked very hard to plan for, prepare and distribute hundreds of festive holiday turkey meals with all the trimmings as part of our hospital-wide staff appreciation event on Wednesday. Planning and coordination took a tremendous amount of effort that was greatly appreciated by all who had the opportunity to enjoy the result!



## CONSTRUCTION CORNER

### Tower A

- Work is ongoing on the 5th floor for the Cancer Care Project for Pharmacy. The terrazzo floor repairs are now completed. Core drilling through floors for new water lines is taking place and some air ducts have been installed.
- Waiting on the approval from the Ministry of Health on the submitted last stage plans and costs for the Surgical Day Care project so that the hospital can go to tender.
- Quotes have been received for asbestos abatement for 1A west (former admin offices), 4th floor rotunda and south wing corridor, and some steam pipes requiring repairs in the old boiler room.
- Work is starting on renovations for a new physician lounge on the 1st floor across from the Foundation office in some of the former admin offices.

### Tower B

- Work started with minor renovations on the ground floor in B042 (former Systemic Therapy) for the relocation of Cardiac Stress Testing and in B044 for a new Echo room.
- Site visit from Siemens regarding the planning of the installation of a new Spect CT (Nuclear Medicine) in the spring of 2022.

### Tower C

- Renovation work started on the ground floor behind the elevator for the relocation of the Geriatric Day Hospital program from Tower D.
- The installation of the new vinyl flooring on the 2nd floor is complete and painting has started.

### D'Youville Warehouse

- New copper water main piping was installed in the ceiling area so that the rusted galvanized water line in the concrete slab can be abandoned.





# PRH CHRISTMAS SPIRIT WEEK 2021

## It's Time To Have A Little Holiday Fun

Send selfies/team photos to [pr@prh.email](mailto:pr@prh.email) or  
schedule a photo by calling extension 6165



- December 13 - Red and Green Day
- December 14 - Holiday Sweater Day
- December 15 - Door Decorating Day
- December 16 - Christmas Accessory Day
- December 17 - Christmas Hat Day



Candle Shoppe, Gifts & Home Decor  
Home of the original Ottawa Valley Collection  
183-B PEMBROKE ST, PEMBROKE ON • 613-602-1665



Pure Canadian  
Candle Co.

Largest Selection in the Valley  
• Soy Candles & Melts •  
Follow and Like us on    
Locally Owned • Locally Made

### The PRH Staff Association Presents: A Christmas Gift For Its Members

This year, **ALL** active Staff Association members will receive a  
4oz hand-made soy Christmas candle in one of three  
holiday scents:

**Vanilla Bean Noel, Cranberry Joy, Christmas Cheer**

*Please note that while distribution of scents will be random,  
recipients are welcome to trade with co-workers.*

**NO PRE-ORDERS ARE REQUIRED.**

In addition, extra candles, while supplies last, will be sold for \$8.

Candle distribution and sale will take place in The Lunch Box:  
**Wednesday, December 15th from 9:30 a.m. to 11:30 a.m.**

During that time, department representatives are asked to pick up the candles along with a  
department-specific list of all Staff Association members who are eligible to receive one.

Please note that the list I have categorizes members by their "Home" department.

# CONTEST – WRAP RECIPES

*Open to all PRH staff*

## Please provide the following:

- a trendy name,
- a list of ingredients with quantities,
- *optional*: preparation steps and picture.



## General Silver criteria framework *(as applicable)*:

- Mindful of calories, sodium, fat and sugar.
- Reduction of processed meats.
- Increase in vegetables and whole grains.
- Removal of deep-fried foods.

## Special notes:

- Preference will be given to submissions that follow Silver Guidelines\*.
- Ingredients need to be sourced by reasonable means.
- The winning wrap will be featured in the hospital's cafeteria.

*\*Please note, modifications to the winning wrap suggestion may be brought to meet the Silver criteria and according to product availability.*

Please submit all recipes to [claudia.coutu@prh.email](mailto:claudia.coutu@prh.email) by 4 p.m. December 10th

Questions? Email: [andre.renaud@prh.email](mailto:andre.renaud@prh.email) or [claudia.coutu@prh.email](mailto:claudia.coutu@prh.email)  
*Food service Supervisor                      Food service Dietitian*