



*They shall grow not old, as we that are  
left grow old:  
Age shall not weary them, nor the years  
condemn.  
At the going down of the sun and in the  
morning,  
We will remember them.*

## Today's Take-Aways

Please note that, in addition to lowering the hospital's flag and having a minute of silence in recognition of Remembrance Day via the overhead paging system at 11 a.m. on Thursday, a simple Remembrance Day ceremony will take place in the chapel (3rd floor, Tower A), from 10:45-11:15 a.m. Everyone is welcome to attend but will be required to wear a mask and ensure physical distancing is respected.

### COVID-19

- There continues to be some COVID activity in the hospital's patient population and some community-based risk of virus transmission – a reminder of the importance of maintaining proper PPE, adhering to COVID safety measures within the community and completing the online COVID-19 screening prior to every shift.

- Regionally, there have been some increased case numbers in the Ottawa area, possibly attributed to gathering at Halloween, and there has also been some increase seen in congregate settings such as shelters. The Ottawa Hospital is also experiencing a number of COVID outbreaks impacting both patients and staff.

### Mandatory Vaccination Policy Rollout

- To date, approximately 99% of our staff and physicians have complied with the new mandatory vaccination policy. There continue to be a few staff that the hospital is supporting with the hope of having them vaccinated.

### COVID-19 Vaccination Third Dose Rollout

- Now that healthcare workers are eligible to receive the third dose of the COVID-19 vaccine, so long as 168 days have passed since receiving the second dose (ie. if you received your second dose May 13th, you would have been eligible for your third dose Oct. 28th), plans are underway to have some in-house clinics at PRH in order to make receiving the third dose easier. In the meantime however, staff who are already past the 168 days and wishing to receive the third does are encouraged to book their appointment in the community via Renfrew County and District Health Unit website ([www.rcdhu.com](http://www.rcdhu.com)).

## Today's Take-Aways Continued

It should be noted that as eligibility requirements expand, and once approval is announced for the vaccination of children aged 5-11, appointment availability within the community may be greatly reduced.

### 2021 Flu Shot Campaign

- This year's internal flu shot campaign is off to a great start. To date, 315 staff and physicians have been vaccinated.

### Occupational Health and Safety

- PRH is almost at a 99% vaccination rate – well done everyone! However we would like to remind everyone that being vaccinated is only one layer of a multi-layer approach in protecting one's self. As the vaccination rate has increased and the community increasingly opens up, we have noticed a decline in the adherence to the safety measures put in place. What happens in the community doesn't translate to what happens in a hospital setting. Measures have to be in place that not only protect our staff but our vulnerable patients as well. Occ Health and IPAC would like to remind everyone of the following:

- Masking remains mandatory in all clinical areas and most non-clinical areas. A mask must be worn when coming into the hospital and then changed into a medical grade mask once you have arrived at your place of work. The medical grade mask must be worn in a manner that covers your mouth and nose. Masks must only be removed if you are in a dedicated break area consuming food/ drink, in an office space by yourself or if otherwise approved by the Occupational Health/ Infection Control teams.

- Eye protection must be worn for all patient and visitor interactions and be appropriate to your Point of Care Risk Assessment.

- COVID-19 Screening must be completed prior to entering the hospital. All questions must be reviewed and answered appropriately. If you fail the COVID-19 screening questionnaire, you must contact extension 8200 for further direction. Failing the COVID screening does not automatically mean that you cannot work. Contacting Occupational Health/ Delegate with the results of your failed screening is an important next step. Please remember, cold and flu season is upon us and there are other illnesses circulating in our community. We do not want staff attending work if they are sick.

**NOTE** - Ensure you click "Submit" at the end of your screening to ensure your completion is logged.

COVID is still here and circulating. As winter approaches and indoor activities increase, we are seeing a rise in COVID positive cases around the province. So far our rates in Renfrew County remain low and we want to keep them that way. Let's do our part by being diligent, protecting ourselves, our patients and our hospital.

- If you are in a position where an N95 mask may be required to do your job, you have to be prepared to use it at any time. Being assigned to an airborne precaution room is not the time to try and find out what mask you were fit tested on. Or worse, not remembering what your mask number is when asked to assist in an emergency. Be prepared by thinking ahead. Fit testing is required every two years or when there has been a weight loss or gain or change in facial structure that affects the fit of the mask. And once fitted, remember your model number, write it down or take a picture of it.

### Emergency Preparedness

- Staff can expect to see some communication in the coming weeks around a location change for the hospital's main Command Centre which is being relocated from the west wing of Tower A to the Chief's office located in Tower A's north wing. Stay tuned for more details!

- With an influx of new staff within the organization, education around emergency preparedness will be stepped up in the coming weeks so that everyone is familiar with roles and responsibilities during codes and other emergency situations.

## Today's Take-Aways Continued

### Departmental Updates:

#### Project Updates

- Medication Transformation - All medication carts have been implemented on the Medical, Surgical and Rehab units. We look forward to having staff fully utilize their functionality!
- Surgical Renovation Project - After many months of planning, the hospital has successfully submitted the Ministry document called Stage 4.1, which is the last stage of approval before the tender process. This document required detailed information about the project's equipment, architectural, mechanical and electrical specifications. It was a significant amount of work and required the input of many. Thank you again to all who have been involved in moving this project forward!
- Please note that we are still on target to have a spring 2022 start date for the Surgical Renovation Project.

#### Emergency Department

- A working group has been brought together to review flow and improve the processes in the department. Stay tuned for more details on improvements to come out of this initiative.
- The department is also making use of internal expertise to make care in the Emergency Department more "senior friendly". More to come!

#### Plant Services

- Please note that the parking lot on the corner of Mackay and Deacon Street across from the paramedic building will be closed on Friday, November 12th for repairs. A contractor will be filling the holes and raising the lot with gravel in order to try to slope it away from Deacon Street towards 801 Mackay which the Hospital owns. This will help keep water away and minimize future pot holes. Also a gravel path will be built to connect the lot to the sidewalk on Deacon Street. The area will be barricaded off on Thursday evening. As a result, we are asking staff to park in other lots on Friday.
- The storage garage next to the staff parking lot on Bell Street will be demolished on Friday, November 12th. The contractor will be installing fencing and deliver the heavy equipment tomorrow (November 11th). The demolition is to make way for the future expansion of the parking lot. Please avoid this area if possible and exercise caution.

## CONSTRUCTION CORNER

### Tower A:

- Work is ongoing on the 5th floor for the Cancer Care Project for the Pharmacy. The terrazzo floor repairs are almost completed.
- We had a site visit from asbestos abatement contractors for quotes for the 1A West former Admin offices, 4th floor rotunda and South Wing corridor, and some steam pipes requiring repairs in the old boiler room.
- Holes in the pavement in front of the Emergency entrance were patched along with some edge sections of the sidewalks grinded down to prevent tripping hazards.
- A ramp was built with asphalt in front of the outside container for storing Housekeeping green carts.

### Tower C:

- The flooring on the second floor is being replaced in the corridor and in a few offices where the carpet was removed.

### Tower D:

- Following a fire drill last month, speakers were installed in the ceilings on the fourth floor.

# Guardian Angels

Shawn Silver & Annette Gorr



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

## Congratulations

WEEK #15 WINNER  
**Bob Irvine**

**\$2,104**

TICKET #O-5332051  
Card #1

Revealed: King of Hearts

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



## Congratulations

WEEK #16 WINNER  
**Brady Turner**

**\$2,303**

TICKET #P-2632556  
Card #46

Revealed: 6 of Diamonds

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



Next weeks ESTIMATED Jackpot,  
if the Ace is caught is over: **\$45,000!**



## Current Facts and Figures

- **Renfrew County:** 9 active case, 10 deaths
- **Ottawa:** 312 active cases, 609 deaths
- **Ontario:** 4,040 active cases, 9,912 deaths

# Foundation News

Pembroke Regional Hospital Foundation



Fondation de l'Hôpital Régional de Pembroke

**AUTO LOTTO**  
FOR HEALTHCARE

IS YOUR DRIVEWAY  
READY FOR THIS?

BUY TICKETS



Auto Lotto is in full swing! Get your tickets now to get entered into the Third and final Early Bird Draw on November 25th for a Trip to the Barbados! The grand prize draw is on December 9th for the brand new 2022 Mitsubishi Outlander ES SUV. You don't want to miss this! Get your tickets now at [www.autolotto.ca](http://www.autolotto.ca)

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 and the winner is announced live on Facebook on Wednesdays.



3 TICKETS \$5  
10 TICKETS \$10  
40 TICKETS \$20  
[WWW.PRHCATCHTHEACE.CA](http://WWW.PRHCATCHTHEACE.CA)

# GovDeals<sup>®</sup>

A LIQUIDITY SERVICES MARKETPLACE

The Finance Department has started to auction off excess assets through a new portal.

Go to [www.govdeals.ca](http://www.govdeals.ca) over the next few days to see what special deals are available to all members of the public.

Of particular interest will be furniture, both antique and nearly new!

Items currently for sale include:



## HALLOWEEN 2021



## The Pulse

Please note that, due to planned vacation time, the next edition of The Pulse will be published in three weeks on December 2nd.

A week later, The Pulse will be published on December 9th and then we will be back on the bi-weekly publishing schedule.

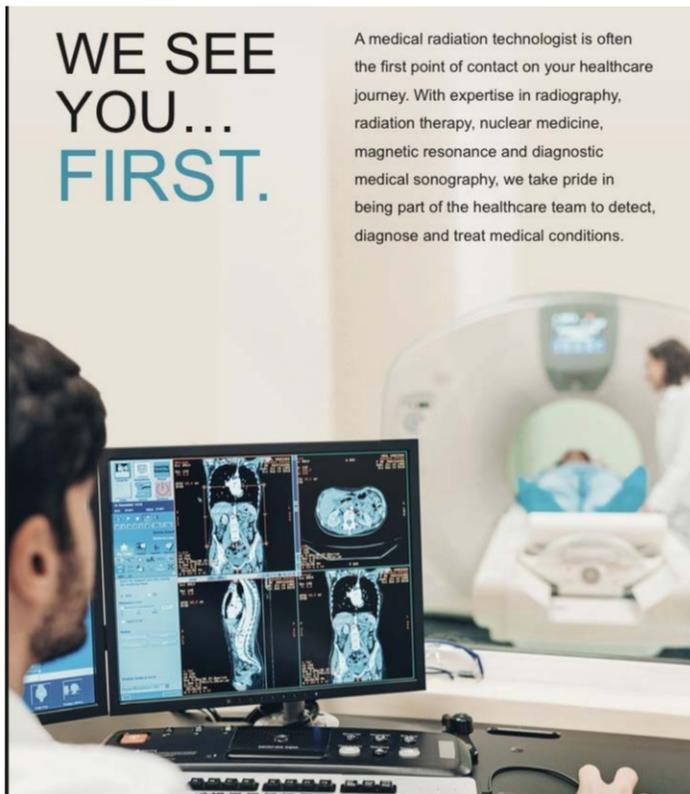
# Celebrating Medical Radiation Technologist's Week

Submitted by our MRT team

This week, Nov 7-13, 2021 we celebrate our Medical Radiation Technologist's (MRT) and the vital work they do at here at Pembroke Regional Hospital.

Whether it is an x-ray, CT, MRI, nuclear medicine or ultrasound scan, these knowledgeable and skilled professionals use sophisticated medical imaging and treatment technologies that have revolutionized the identification and diagnosis of pathologies and the treatment of disease.

Our MRTs provide the essential link to the power of technology in magnetic resonance, nuclear medicine, radiological technology and sonography in our hospital.



**WE SEE YOU... FIRST.**

A medical radiation technologist is often the first point of contact on your healthcare journey. With expertise in radiography, radiation therapy, nuclear medicine, magnetic resonance and diagnostic medical sonography, we take pride in being part of the healthcare team to detect, diagnose and treat medical conditions.

**AUTO LOTTO**  
FOR HEALTHCARE



**Congratulation**  
The winner of our 2nd Early Bird Draw is

**Kimberley O'Connor**

Ticket #108509

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

## GRATITUDE

• "Huge shout out to **Kaitlyn and Matthew** for going above and beyond standard practice. Thank you both for seeing a patient a couple times today while carrying a heavy caseload.

Your collaboration is very much appreciated."

*Michael Peters*

• Christine from GDH wanted to give a shout out to **Dr. Davies** for being so thorough and utilizing our GDH upon discharge from PRH.

• "Thank you to **Jennifer Kennedy** for offering her expertise screening on November 3.

You offered your assistance without even being asked, your hard work and effort is truly appreciated." *Dianne O'Connor*

• Medical 3B would like to celebrate Kyle (PT) and Jordan (RA) for all their hard work in helping a patient reach her goals to regain her independent mobility to return home.

## Sunshine Gift Shop

*Another Auxiliary Project*

*The Volunteers at the PRH Sunshine Gift Shop are*

**SENDING WARM WISHES YOUR WAY**

*and would like to invite staff and volunteers to our*

**CHRISTMAS PREVIEW SALE**

**NOVEMBER 12, 13, & 14 FROM 10 TO 4\***

*\*(PLEASE NOTE EXTENDED WEEKEND HOURS)*

**There will be a 20 + 10 percent discount during our Preview Sale**

*You will find new items in every department and boots and shoes will have arrived.*

*We will be **CLOSED** on Thursday, Nov. 11*

# 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

## Sunshine Gift Shop Receives Christmas Cake Donation From Civitan Club

The PRH Auxiliary is extremely grateful to the Civitan Club which has once again generously donated 10 cases of Christmas cakes (light and dark) to the Sunshine Gift Shop to assist in their fundraising efforts.

Cakes are on sale now and are priced at \$8 for a single cake or \$22 for a box of three cakes.

Left, Auxiliary members Pierrette Phillion, left and Leona Haley, right accept the donation from Isaac Tarrant, centre, of the Civitan Club.



In Appreciation For Your Hard Work And Continued  
Efforts In All That You Do, Pembroke Regional Hospital  
Is Saying Thank You And Merry Christmas  
With A Festive Holiday Meal For All  
Staff, Physicians And Volunteers!

## Wednesday, December 8th

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 cookies.

Gluten Free option is available upon request.

Everyone is welcome to pick up individual meals during the scheduled times.

IF PICKING UP FOR A GROUP OF 10+, YOU MUST PRE-ORDER.

Pre-Order Requirements: Group name, # of meals, desired pickup time  
(11, 11:10, 11:20, 11:30, 11:40, 11:50, 12, 12:10, 12:20, 12:30, 12:40, 12:50, 1)

Note that we can only accommodate a certain number of meals per timeslot.

Pre-orders MUST be emailed to [pr@prh.email](mailto:pr@prh.email) no later than  
DECEMBER 1st @ 12 noon.



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



# HALLOWEEN 2021

