

Today's Take-Aways

COVID-19 Vaccine Distribution

- The Renfrew County and District Health Unit has received word that, starting next week, our region is anticipating receiving shipments of the COVID-19 vaccine. We will have 24-48 hours' notice of the exact timing. This will allow for the completion of vaccinations for long-term care residents and the start of vaccinations for long-term care home staff and essential caregivers. As a result, PRH will be running its first COVID-19 vaccination clinic next week for Marianhill staff and essential caregivers for long-term care in our region.

- In addition, PRH has been asked to facilitate a mobile vaccination clinic for a priority retirement home in Renfrew County.

- And, most recently, a new provincial prioritization structure has been announced. **We now have to initiate preparations for all in our organization who wish to be vaccinated.**

To facilitate this we are now asking anyone who works at PRH (staff, physicians, volunteers, students, EORLA staff etc.) to complete the consent form (linked below and in the body of the email). If you answer "yes" to any of the health screening questions on the consent form you need to speak with your health care provider and complete the attestation form which must also be handed in with the consent form. The consent form and attestation form (where applicable) must be returned to Occupational Health and Safety (located on Tower C, Ground Floor, C021) as soon as possible. The document(s) can also be scanned and sent by email to OccHealth@prh.email.

Consent Form

https://www.pemreghos.org/uploads/Common/COVID-19_Screening_and_Consent_form-Vaccine.pdf

Attestation

https://www.pemreghos.org/uploads/Common/COVID-19_Documentation_of_Attestation.pdf

All consent forms will be appropriately prioritized based on the provincial and regional prioritization guidelines and everyone will receive notification when their time for vaccination has come – **this could be as early as next week or sometime within the next couple of months**. Please note that the call to receive your vaccine may be short notice. When clinics are running, any leftover doses at end of day will be given to prioritized health care workers from the highest priority category who will have been asked to be on standby.

- With clinics starting soon, the PRH Vaccination Committee continues to welcome interest from all PRH employees who are interested in **volunteering** for numerous non-clinical roles. Please fill out the survey to have your name added. <https://ncv.microsoft.com/2pAD1aKgLd>

Regional Updates

- The regional incident management structure around patient transfers has now been enacted a few times for patients in the Champlain region. Continued on Page 2.

Today's Take-Aways...Continued

There are daily meetings to discuss issues and pressure points at the regional level and given our increased capacity recently our hospital has been part of those discussions.

- Provincial and regional direction has been received around the topic of inpatient masking for the purpose of further protection from fast-spreading variants of COVID-19. There are a lot of exceptions to the rule and there will be processes put in place around when patients should be wearing masks during their stay with us. A memo with more details on this will be coming out and education will be done around this as well. These changes will also impact outpatients in our Mental Health Services program who receive home visits.

- Long-term care has initiated point-of-care testing which means that essential care givers will be tested on the day of their visit which will provide real-time results.

Occupational Health and Safety / Infection Prevention and Control

- Areas associated with substantial transmission risk of COVID-19 include break rooms and other spaces where staff congregate to eat or drink. Careful attention must be paid to ensure that all staff maintain 6 feet physical distancing during breaks, particularly when removing masks to eat or drink. Masks must be removed for the minimum amount of time required and should be worn even in break rooms when not eating or drinking. Eye protection must be appropriately cleaned, disinfected and safely stored prior to eating and drinking and not placed on surfaces where food and drink are also located.

Breakroom Safety Tips:

- *Practice physical distancing at all times (6 feet/ 2 metres)*
- *Wear a mask when you are not eating or drinking*
- *Clean your hands before entering and when leaving the breakroom*
- *Bring your own utensils and dishes and remove them immediately when finished. For items that are supplied in your breakroom (forks, spoons), ensure they are individually wrapped or dispensed.*
- *Disinfect your break area before and after use.*
- *Keep the area de-clutter to allow for proper cleaning, especially high touch areas.*
- Staff should be aware that in terms of variant testing, any time there is a positive test result for COVID, the sample is sent to the Public Health labs for variant testing. However, regardless of outcome, existing PPE guidelines apply whether it is a variant or not.
- As shared by Dr. Tom Hurley, a recent study based out of Ottawa has demonstrated that when PPE is properly used, the rate of transmission to health care workers from COVID positive patients is extremely low. This scientific data should reinforce the confidence that our staff and physicians have in their PPE.

Supply Status

- We have learned that the new Canadian-made N95 masks from Brockville should be making their way into our supply chain in April or May.

In other news...

Parking (SP+)

- With winter weather conditions upon us, a kind reminder to those using staff parking lots that the parking spaces remain the same size in winter as in summer when the yellow lines are visible. When parking, please do your best to park appropriately in order to maximize the number of parking spaces available. In addition, where possible, select the lot you park in based on the area of the complex you need to access. For example, staff who don't need to access change rooms and lockers should consider parking in the Deacon Street lot.

Foundation News

Pembroke Regional
Hospital Foundation

Fondation de l'Hôpital
Régional de Pembroke



CATCH THE ACE 2.0

HAPPENING NOW



Connect to Care
Radiothon


BECOME A COMMUNITY AMBASSADOR

Catch the Ace is back! *Catch the Ace 2.0* has one change to note, ticket sales will open online Wednesday each week at 10am and ticket sales will close each week on Tuesday at 11:59pm.

Weekly winners will be announced at 10am on Wednesdays live on Facebook.

Visit www.prhcatchtheace.ca to purchase tickets.


Get involved in the *Connect to Care Radiothon* today by raising funds as a Community Ambassador. Register as an individual or department by Feb. 15th by calling the Foundation office at (613) 732-2811 extension 7408 or email leigh.costello@prh.email



Staff/Physician Electronic Self-Screening

<https://www.pembrokeregionalhospital.ca/staff-screening>

- Before arriving at work, complete the online self-screening questionnaire using the link above. The link is also available on The Loop, the Staff Resources section of the PRH website, or by using the QR code below.
- After completing the electronic self-screening tool, submit your response and an email will be sent to your email address.
- If you pass screening, you will be able to come in to work, if you fail screening, you are asked to stay home and contact Occupational Health and Safety at ext. 8200.
- When entering the hospital kindly show the email to the screener to confirm clearance to come to work or answer the screening questions.



Current Facts and Figures

• Renfrew County:

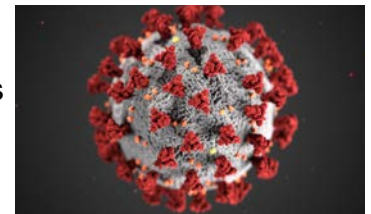
- 8 active case, 2 deaths
- 59,441 tests completed (as of Feb. 17)

• Ottawa:

- 445 active cases
- 435 deaths

• Ontario:

- 17,475 active cases, 6,773 deaths



Your Employee and Family Assistance Program (EFAP) provides you with **immediate and confidential help** for any work, health or life concern. We're available anytime and anywhere. Let us help.

Access your EFAP 24/7 by phone, web or mobile app.

1.844.880.9142
TTY 1.877.338.0275
workhealthlife.com

Download My EAP app now at your device app store or scan the QR code.



Let us help

Everything you need to know about the COVID-19 vaccines

Q: How does the vaccine work? Will the vaccine give me COVID-19?

The vaccine does not contain the virus and cannot give you COVID-19; instead, the vaccine tells your body's cells to make "spike proteins". The spike proteins are specific to the virus that causes COVID-19. Your immune system will then respond to the spike proteins by making antibodies that will fight off infection. Your new antibodies will break down the spike proteins and get rid of them. In clinical trials, the vaccine was shown to be 95 per cent effective in preventing COVID-19 beginning one week after the second dose.

Q: I had COVID-19, should I get the vaccine?

Yes, it is still recommended that you get the vaccine as long as you have recovered, are no longer symptomatic and you have no other contraindications to receiving the vaccine. The immunity someone gains from having an infection, called natural immunity, varies from person to person. Some early evidence suggests natural immunity may not last very long; therefore, receiving the vaccine may provide additional protection from getting re-infected.

Q: Can I mix and match vaccines?

Even though the Pfizer and Moderna vaccines rely on the same mRNA technology, ideally you won't change vaccines between your first and second dose. After your first dose, you'll receive a vaccination receipt indicating which vaccine you were given and the recommended date of the second dose. You'll also receive an information sheet telling you more about the vaccine. To avoid delays, set up your second appointment at the same location where you got the first shot. That way you'll know you'll get the same vaccine. In most cases, health workers will not give you a different second dose than the one indicated on your vaccination receipt. If you start with the Pfizer vaccine, you should get the second dose of the Pfizer vaccine three weeks later. If you start with the Moderna vaccine, you should get the Moderna vaccine four weeks later.

But the Centers for Disease Control and Prevention has recently updated its guidance, allowing doctors to mix and match the two mRNA vaccines between doses "in exceptional situations." An exceptional situation includes running out of one vaccine or not being able to remember or determine which vaccine you got for the first dose. Britain also quietly updated its vaccination playbook to allow for a mix-and-match regimen if the second dose of the vaccine a patient originally received was not available, or if the manufacturer of the first shot was not known.

Q: What type of problems should be reported as an adverse event after I've been vaccinated?

Any serious health event that requires medical treatment or hospitalization in the days or weeks following vaccination should be reported. But even less serious problems should be reported, too. If you experience a health concern that isn't considered a typical side effect, or something unusual or weird happens that you haven't experienced before, or you have a health concern and you simply wonder if it might be related to the vaccine, just report it.



PRH Staff Rewarded For Perfect Attendance

Please note that a staff member was missed from last week's publishing of the list of staff who achieved perfect attendance in 2020. A belated congratulations to Sharon Schilkie, Medical Records.

GRATITUDE

Acute Mental Health

- Celebrating **IT** for rearranging the monitors.
- **Jeff Dermann** who recently spent most of the day dealing with a challenging patient and many family members calling in multiple times. He was caring and comforting to all and kept the best interest of the patient at heart. Well done Jeff!
- Julie recently expressed her gratitude that PRH came out of “Outbreak” status with everyone safe and healthy.
- The unit recently welcomed **Jennifer Kennedy!** We are happy to be working with you.
- Staff are very appreciative to have a new Vitals machine which will help improve patient care.
- Recognizing **all staff present Jan. 25th at 3 p.m. during a Code White** on the unit that happened at shift change. Both outgoing and incoming staff worked together to quickly get the situation under control.

Diagnostic Imaging

- Recognizing **Katie Fadock from Nuclear Medicine** for her idea and work in providing great financial and administration savings in DI.



THE NEXT PRH STAFF ASSOCIATION
TREAT DAY WILL FEATURE
COTTAGE CUP BUTTER TARTS -
BACK BY POPULAR DEMAND!

SAVE THE DATE...MARCH 9TH
MORE DETAILS COMING SOON!



Guardian Angels

Crystal Scott



Pembroke Regional
Hospital Foundation



Fondation de l'Hôpital
Régional de Pembroke

 **stand up
for mental
health**

Comedy Show:
The Lighter Side
of Mental Health!

**FEATURING
DAVID GRANIRER**

Come laugh your head off as David and his comics explore the
lighter side of mental health!

What's so funny about mental health? As far as Stand Up For Mental Health (SMH) is concerned - everything! Founded by award-winning counsellor and stand-up comic David Granirer who himself suffers from depression, SMH teaches stand-up comedy to people with mental health issues.

**FEBRUARY 24, 2021
7:00-8:30 PM
FREE - VIA ZOOM**

<https://us02web.zoom.us/join/zoom/register/tZAvfugupzsvGdLaqXpV0Gal5atcCbyeXY4>

