

## Today's Take-Aways

### Regional Updates

- The COVID-19 incident rate – or the number of positive COVID-19 cases per 100,000 population over a seven day period is approximately 100 in Ottawa and 5.5 in Renfrew County. Thank you to everyone for adhering to COVID-19 safety measures and helping to maintain a low number of cases.

### Senior Leadership Team

- A reminder to all staff and physicians that Ontario's Chief Medical Officer of Health strongly advises that individuals and families only travel out of the province if it is essential and that they self-isolate for 14 days when returning to Ontario after non-essential travel.

In addition, under the guidelines for Ontario's current Stay at Home Order, all Ontario residents have been directed to forego travel outside their region or the province unless absolutely necessary. People who have to cross provincial borders for essential travel such as work are exempt from this.

Please note that while the Stay at Home Order remains in place, Public Health is recommending that those travelling outside of Ontario for non-essential reasons may need to self-isolate for two weeks upon return. Any need for self-isolation post non-essential travel is not paid for by the employer.

If you have travel plans or are considering travel, please connect with your manager or Occupational Health to discuss.

### COVID-19 Vaccine

- The three identified priority long-term care homes in Renfrew County have received and completed vaccination of their residents. The second shipment of vaccine was delayed and it is hoped that this will be received in the coming days so that the remainder of long-term care residents in the county can receive their first vaccination.

- A 30-page document detailing COVID-19 vaccination distribution in Renfrew County is now in draft form from the regional working group.

- We are now tasked with creating a plan in partnership with primary care, pharmacies, EMS, hospitals and municipal representatives for vaccine distribution within the Pembroke/Petawawa area. This document is expected to be ready for rollout by March 1st.

- The PRH Vaccination Committee is in the process of finalizing a plan for a COVID-19 vaccination clinic which would be the site to initially vaccinate essential caregiver for long-term care and retirement residences, and then staff and physicians based on vaccine availability and approved provincial timelines and priorities. We will be seeking staff who are interested in volunteering for non-clinical roles with these clinics – stay tuned for more details.

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# Today's Take-Aways...Continued

## Human Resources

- For those of you who may not be aware, our hospital has a Bereavement Recognition policy located in the Intranet's Policy and Procedure Manual that details the process that is followed when one of our staff experiences the loss of a close or immediate family member. This policy also describes the process in place for the death of an employee, Board member, physician or volunteer.

Please note that it is the responsibility of the staff member to share information of their loss with their manager in order to initiate this process. In addition staff members are required to give permission if they wish to share notice of their loss on the "In Memoriam" board, on *The Loop* and on the digital screen in The Lunch Box.

## Occupational Health and Safety

- Occupational Health will be offering sessions on Safe Client Handling on a drop-in basis in ICU room #7 on Thursday afternoons during the month of February from 1300-1500.

- Occupational Health has received some reports about vinyl gloves ripping during use. To help determine if there is an issue, we are asking that if this happens to you, please take a picture of the box with the lot number visible and send it to OccHealth@prh.email. If the rip results in an exposure, please fill out a RIMS report as well.

- Maximum occupancy signage is posted in all staff break areas and meeting rooms. This signage identifies the maximum number of people that are allowed in the space with physical distancing (6 ft/ 2 metres) and the removal of PPE (masks). If the number of people in the space exceeds the posted maximum occupancy, masks must be worn by everyone in the room.



## Infection Prevention and Control

- The Government of Canada has a monitoring program in place with the provinces and territories to identify new COVID-19 variants in Canada, such as the ones identified in the United Kingdom and South Africa.

While early data suggests that these new variants may be more transmissible, to date there is no evidence that they cause more severe disease or have any impact on antibody response or vaccine effectiveness. More research is required to confirm these findings and the Canadian and global medical, public health and research communities are actively evaluating these mutations.

The best way to prevent infection with any variant of COVID-19 is to follow public health measures.

<https://www.canada.ca/en/public-health/news/2020/12/statement-on-the-variants-of-covid-19-virus-found-in-ontario.html>

To better manage and control the spread of these variants of concern, Public Health Ontario has released interim guidance. This guidance contains intensive individual case and contact management which includes applying lower thresholds for identifying high risk of exposure contacts for quarantine. When screening, staff must pay particular attention to risk related to international travel.

## In other news...

### Food Services

- The department is working on a variety of new recipes and seeking feedback. A Protein Snack Pack has been added to the "to-go" options and next week they will be testing out some new soups (butternut squash soup on Monday and Coconut Curry Lentil with Sweet Potato on Thursday).



# The Lunch Box Donning/Doffing Station

The PPE donning/ doffing station has been relocated to the cafeteria entrance. These are the expectations when using the cafeteria for break:

Staff Following Extended use masking (wearing a mask up to 4 hours in the clinical setting)	Staff Following Limited Re-use (wearing a mask up to one shift)
<ul style="list-style-type: none"> <li>• Perform Hand Hygiene (HH)</li> <li>• Remove and discard <u>used</u> mask at entrance to the cafeteria</li> <li>• Perform HH</li> <li>• Put on a new/ clean mask before entering the cafeteria                             <ul style="list-style-type: none"> <li>✓ This mask can be put back on and used for extended use (up to 4 hours) after break time.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Perform HH before entering cafeteria</li> <li>• Continue to wear extended use mask inside the cafeteria</li> </ul>

- Staff must wear their mask at all times while moving around inside the cafeteria. Masks can only be removed once the staff member is seated at a table.
- Once seated, staff can remove their mask and place it on a dedicated clean surface on the table (either in a re-usable container or on a piece of paper towel).
- Before leaving their seat, staff must put their mask back on.
- Use a disinfectant wipe to clean your area after use.
- 6 feet physical distancing must be maintained when masks are removed.



## PRH Staff Association Treat Day Featuring Hot Chocolate Bombs Tuesday, February 9th, 11:30 am - 1 pm and 3 - 4 pm (The Lunch Box, Tower A, 2nd Floor)

Staff Association members who wish to have this treat will receive one individually packaged Hot Chocolate Bomb.

### COVID-19 MEASURES / Treat Day Etiquette

1. Pre-orders are strongly advised, especially for groups. Individuals can pre-order too.
2. Pre-order lists must be emailed to [carolyn.levesque@prh.email](mailto:carolyn.levesque@prh.email) by Friday, February 5th.
3. Pre-orders can be picked up by group representatives during the distribution times on February 9th.
4. If you don't pre-order, you CAN still pick up your treat on distribution day WHILE SUPPLIES LAST.
5. Please note that groups who pre-order are responsible for ensuring staff on their lists get their treats.

**Nutrition Facts** Servings: 1,  
**Serv. size: 1 Package (45g),**  
 Amount per serving: **Calories 260, Total Fat 16g** (21% DV), **Sat. Fat 10g** (50% DV), **Trans Fat 0g**, **Cholest.** 10mg (4% DV), **Sodium 135g** (6% DV), **Total Carb.** 28g (10% DV), **Fiber 1g** (4% DV), **Total Sugars 27g** (Incl. 20g Added Sugars, 40% DV), **Protein 2g**, **Vit. D** (0% DV), **Calcium** (0% DV), **Iron** (0% DV), **Potas.** (0% DV). % DV = % Daily Value.  
 INGREDIENTS: SUGAR, COCOA BITTERS, WHOLE MILK POWDER.

# Foundation News

Pembroke Regional  
Hospital Foundation



Fondation de l'Hôpital  
Régional de Pembroke



Our *Connect to Care Radiothon* is coming up on March 4th and we need Community Ambassadors!

Interested in fundraising?  
We will send you your own personalized link for easy sharing!

Email: [leigh.costello@prh.email](mailto: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.



## Guardian Angels

Dr. Margarita Lianeri



Pembroke Regional  
Hospital Foundation

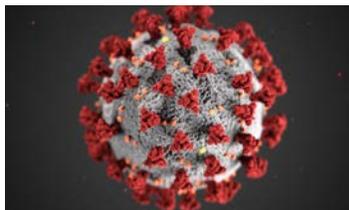


Fondation de l'Hôpital  
Régional de Pembroke

## Current Facts and Figures

- **Renfrew County:**
  - 5 active case, 2 deaths
  - 54,512 tests completed (as of Feb. 1)

- **Ottawa:**
  - 457 active cases,
  - 422 deaths



- **Ontario:**
  - 22,723 active cases, 6,393 deaths

## WE NEED COMMUNITY AMBASSADORS

Our *Connect to Care Radiothon* is coming up on March 4th and we need your help! We are looking for Community Ambassadors to fundraise for a great cause with your family, friends, business, workplace or by yourself! You will have until Monday, March 1st to fundraise and on March 4th all day we will be announcing the donations and successes via MYFM radio and socialmedia.

**WE'VE MADE IT SUPER EASY:** You will be given a personalized link to your fundraising page for easy sharing online.

# Everything you need to know about the COVID-19 vaccines

## Q: Will PRH receive any of the other vaccines in development or in the approval process?

Information about the various vaccines currently in the Health Canada approval process, or in development, will be provided as it is made available.

## Q: Will I be able to bring my family to be vaccinated at the same time as my vaccination?

The Ministry of Health is prioritizing the distribution of vaccines to various segments of the population within the province. Further details will be released at a later date.

## Q: Are staff required to get the COVID-19 vaccine?

While we encourage all eligible healthcare workers to get the vaccine in order to protect themselves, their loved ones and their patients, the COVID-19 vaccine will not be mandatory and is not a condition of employment.

## Q: If I get the COVID-19 vaccine, am I still required to wear personal protective equipment (PPE)?

Yes. There is a small chance that you may still get COVID-19 after being vaccinated or be a source of transmission. As such, it is very important to continue with public health measures such as physical distancing, wearing a mask, and staying home if you are sick. Healthcare and other staff must still wear PPE even after they have been vaccinated.

## Q: How can I determine if symptoms I may be displaying are due to side effects from the vaccine or symptoms of COVID-19?

Healthcare workers who have received the vaccination should be screened as per usual prior to entering the workplace for their shift. All though it is not uncommon to experience side effects after a vaccination, if you fail your pre-shift screening or start to experience symptoms within 48 hours of receiving the vaccination, please contact the Occ Health 8200 number and discuss your situation.

If the symptoms last longer than 48 hours post vaccine, the healthcare worker must report to Occupational Health for further direction.

 <p><b>WHAT'S ON the MENU</b></p> <p><b>For The Week Of February 8-12, 2021</b></p> <p>February 8: Beef Stew</p> <p>February 9: BBQ Chicken Drumsticks with Scalloped Potatoes and Carrots</p> <p>February 10: Sweet &amp; Sour Meatballs with Rice &amp; Mixed Vegetables</p> <p>February 11: Chicken Quesadillas</p> <p>February 12: Beef Stroganoff with PEI Vegetables</p>	 	<p><b>Food Services Is Hosting A Basket Raffle</b></p> <p>In Support Of Retired Co-Worker Cathy Hagarty Whose Husband Is Battling A Serious Illness. Proceeds will help with medication and travel expenses as they drive to Ottawa five days a week for treatments.</p> <p><b>Tickets:</b> <b>3/\$5 or \$2 each</b></p> <p>Tickets can be purchased in The Lunch Box or through Food Services staff member Amanda Schneider.</p> <p><b>The Draw Will Be Held February 12th.</b></p> <p>Thanks to everyone for their support of Cathy and her family during this difficult time.</p>
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# GRATITUDE

• We would like to recognize the **staff on Medical 3B**. When we assessed their breakroom for capacity, we had to limit it to two people because of the amount of “stuff” in the room. Staff took this as an opportunity to clean house and created space to be able to accommodate three staff with no PPE and six feet apart. It’s our understanding they took out two carts of unneeded items. Their next challenge is to get rid of the shoes in the area and they are already working on that!

*Sheldon Higginson and Kirsten Johnson*

• *Dean Quade* recently celebrated **Katie Hollahan** for being helpful in creating a template to share the action items for the Forms committee ahead of time which helped him to feel and be much better prepared for the meeting. The Admin group is working on an improvement to help with this type of action item notification to support our management team overall. Thank you Katie for all of your great work everyday. We are so lucky to have you. *Lisa Bradley*.

• Kudos to Tasha from Environmental Services from Dave of Stericycle who shared that Tasha is doing an excellent job and he is very impressed with her organization and having everything ready when he comes in to bring supplies and take away full containers on Wednesday mornings.

• Thank you to **Brenda Ward from Environmental Services**. One of the students who is staying at 801 Mackay St. said that Housekeeping came by and did a fantastic job! *Rita Amodeo*

• We want to celebrate the installation of our PACMed & PACVision machines. **Pharmacy** has been working very hard on that project so congratulations to the whole team. Pharmacy would also like to thank our **Maintenance and IT staff** who have been doing a lot of work “behind the scenes”.

*Frederique Desbiens*

## Pharmacy Staff Mark Arrival Of New Equipment

Staff in the Pharmacy department are very excited to have their new PACMed and PACVision machines installed and working.

Prior to having these new pieces of technology, the Pharmacy staff would create specific labels for each wardstock medication and then manually count the tablets, put them in a bottle and deliver them to the unit.

Their new PACMed machine now packages each pill individually printing the required information on the pouch while the PACVision verifies that the correct medication is in the pouch and matches the label so that the medication can be delivered to the unit. Full rollout is expected to take place on March 1st.

