

Today's Take-Aways

Regional Updates

- Residents of three long-term care homes in Renfrew County have received their first COVID-19 vaccination and it is anticipated that the remainder of long-term care residents in the county will receive their vaccines by February 5th.
- The number of COVID-19 outbreaks in the Ottawa area have seen a significant decline, in part, thanks to the vaccination of long-term care residents. There continue to be outbreaks in retirement homes in the Ottawa area as well as shelters in the inner city.
- Thanks to good hygiene practices by the community at large and a greater uptake in the influenza vaccine, Public Health has reported that there have been very few cases of influenza during the current flu season.
- Regionally, the introduction of pre-op testing for COVID-19 for all elective surgeries is now being explored.

Senior Leadership Team

- The end of January marks the retirement of John Wren, our exceptional Senior Vice-President of Finance and Corporate Services and CFO, after 35 years of exemplary service to the Hospital.

While a picture says a thousand words, this video <https://youtu.be/VbzBEDWra3g> with lots of pictures and clips begins to express the many thousand words of thanks we have for John. He is part of the bedrock upon which our Hospital sits. Thank you John for dedicating your career to the PRH!

Human Resources

- A formal follow up into the circumstances surrounding the COVID-19 outbreak at PRH is underway.

Occupational Health and Safety

• Active staff screening has been in effect since January 18th when it was reinstated to meet a Ministry of Labour, Training and Skills Development order. We would like to thank everyone for their patience and understanding as we continue to investigate alternative screening methods but at the same time, caution staff that this will be in place for the foreseeable future. Some reminders to make your entrance go as smoothly as possible:

- Wear a mask into the hospital. This helps protect you and those around you.
- Use the electronic screening app before lining up and have the reply email visible for the screener to verify.
- If you get screened by the screener, wait for the question and answer clearly. Don't try to rush through as it will delay the process.

Today's Take-Aways...Continued

- Be patient and respectful. Screeners are staff, just like you and are doing an important job in helping PRH to meet their legal obligations and keeping all of us safe. If you have any questions, concerns or comments, direct them to your manager, OccHealth@prh.email or InfectionControl@prh.email.

- Occupational Health and Safety has moved and is now on the main floor in Tower C (beside our Dialysis unit). Starting Monday, February 1st the Employee COVID Swab Clinic will be run out of this location. When you call to book testing, you will be directed to come to the employee parking lot behind Tower C. There will be an Employee COVID Swab Clinic sign to park in front of and it will have a number to call when you arrive. When called, a nurse will come out to take your information and perform the swab test.

- Active and regular audits of break room capacity and configuration are now underway.

COVID-19 Vaccination Clinic

- Lots of work is being done behind the scenes to prepare for the opening of a COVID-19 vaccination clinic at PRH when vaccine becomes available. Some of the work includes looking at patient flow, documentation, electronic registration as well as roles and responsibilities. The clinic will be housed in outpatient Rehabilitation with entrance through Tower C. The clinic will be run during evening and weekend hours and initially will be set up to vaccinate essential caregivers for long-term care residents. Paramedics will be partnering with us to provide after care.

COVID-19 FREQUENTLY ASKED QUESTIONS

Q: If I receive my negative COVID-19 test result in the evening, can I come to work the next day?

Before assuming that you can just come ahead to work, it's important to contact Occupational Health at extension 8200 (Mon-Fri 7:00am to 4:00pm/after hours it will be redirected). They will go over your circumstances and ensure you are cleared to come to work. Also they will ensure the right people are notified so that they are expecting you and are prepared for your return.

SLT Learns About MDR Improvements



Our Senior Leadership team visited MDR during their monthly Gemba walk to hear about an MDR workflow process improvement that was recently implemented.

The team highlighted how this new process has significantly decreased inventory discrepancies, improved the efficiency of their daily work, enhanced collaboration with the operating room and contributed to building a positive team environment.

Stay tuned to see which area SLT will be visiting next month!

Foundation News

Pembroke Regional
Hospital Foundation

Fondation de l'Hôpital
Régional de Pembroke

Connecting to Care Radiothon



Our *Connect to Care* Radiothon is coming up on March 4th! Interested in becoming a Community Ambassador?

Email Leigh at
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

Brian Plinke (Military RN)



Pembroke Regional
Hospital Foundation



Fondation de l'Hôpital
Régional de Pembroke

GRAND PRIZE WINNER!



Congratulations

Elizabeth

Rosamond

\$121,088

Winning ticket
#BB-2160463
Card #10 -
Ace of Spades

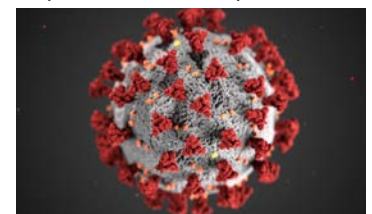


\$187,831 *Thank you all for your support!*

Raised for the hospital!

Current Facts and Figures

- **Renfrew County:**
 - 1 active case, 2 deaths
 - 53,152 tests completed (as of Jan. 25)
- **Ottawa:**
 - 703 active cases,
 - 420 deaths
- **Ontario:**
 - 27,492 active cases, 6,014 deaths



Everything you need to know about the COVID-19 vaccines

I don't need a vaccine. I am not at risk. COVID-19 isn't that bad.

- COVID-19 is much more serious than the flu. In Canada, the flu kills roughly 3,500 patients per year. In less than a year, COVID-19 has killed 4 times that many.

- Even if a young and healthy person does not die of the COVID-19 infection, they may have long term complications from COVID-19, affecting multiple organ systems. Long-term effects include memory loss, fatigue, body aches, unexplained breathing difficulties, and damage to the lungs and heart. Clinics have already been set up to support the many COVID-19 patients who, although they are no longer infected, cannot go back to work or live a normal life.

- Even if you do not develop severe a COVID-19 infection, you may still pass on the virus to someone who will. If you are vaccinated, you're helping protect the people around you.

There are not enough vaccines to go around. I want to see what happens to others who have received it.

Canada has ordered more than enough vaccines - we have purchased more shots per person than any other country in the world! We will be getting those vaccines delivered over time. The implementation plan of those vaccines is designed to most efficiently end this pandemic. You can feel confident that when you are offered one, it is because it is the right time for you to get it. This is your chance to do your part to end the pandemic and get back to normalcy quickly.

Did scientists and the government skip steps to rush vaccine production and approval?

- No steps were skipped in the process of developing, testing, approving, and producing the vaccine.
- Canada's best independent scientists have thoroughly reviewed all the data before approving the vaccine as safe and effective for Canadians.

- The vaccines were produced faster than before not because of skipped steps but because of never-before-seen levels of collaboration and funding around the world invested in this effort. Normally, vaccine clinical trials need 6,000-8,000 people for the approval process. The Pfizer-BioNTech trial had over 45,000 people and the Moderna trial over 30,000.

How can the vaccine have been developed so quickly?

- The use of mRNA for vaccines and treatment of disease has been around for a while – that's one of the reasons why these vaccines could be developed so quickly. mRNA vaccines have been used in animal models for influenza, Zika, Rabies, CMV and others, and in humans for cancer treatment and cancer vaccine clinical trials.

- mRNA vaccines are like CD players that can play any kind of CD - classical music, rap or pop. The scientists had the CD player before COVID-19 hit. Once they figured out the Coronavirus CD, they could place it into the player and make the vaccine a lot faster than before, since they used what was known and built on it.

Can mRNA vaccines mess with genes or change DNA?

- mRNA vaccines do not change your DNA. Human beings do not have the enzymes to convert RNA into DNA. In fact, our cells have enzymes that destroy the mRNA after the protein is made – which is why the vaccine doesn't stay in your body for long.



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 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.
6. To ensure we have enough treats for those who want them, please refrain from taking a portion if you don't want one. *Thank you*

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 BUTTER, WHOLE MILK POWDER, MARSHMALLOWS, SUGAR, GLUCOSE SYRUP, GELATIN, SORBITOL, MODIFIED CORN STARCH, DEXTROSE, ARTIFICIAL FLAVOR, TETRASODIUM PYROPHOSPHATE, ARTIFICIAL COLORS (YELLOW 5, RED 40, BLUE 1), COCOA MASS, SOY LECITHIN (AN EMULSIFIER), VANILLA EXTRACT. CONTAINS: MILK, SOY. MANUFACTURED IN A FACILITY THAT PROCESS PEANUTS, ALMONDS, HAZELNUTS, WALNUTS AND WHEAT.



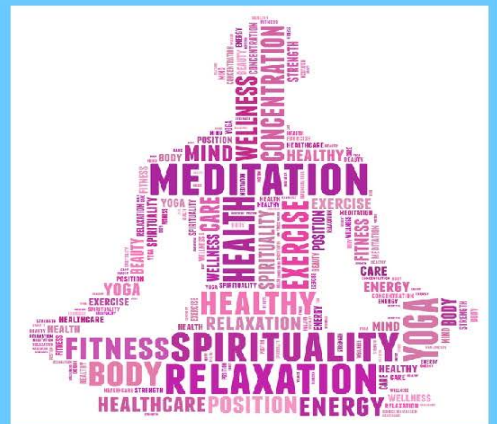
All staff are welcome to join us for our next Mindfulness session

Friday, February 5th

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.

Zoom coordinates can be found on The Loop or in your PRH email "inbox".



GRATITUDE

Rehabilitation, from Lisa Bradley and Dean Quade

Celebrating **Chris Seabert and Liam Corrigan from Rehabilitation** for all of their assistance in the physiotherapy department and their positive approach to covering a variety of patient care areas in the hospital for both inpatients and outpatients, as well as supporting our community partners.

Thank you to **Alex, our new physiotherapist** who is doing so well learning the ropes at PRH and taking everything in stride. Welcome to our two **new Rehab assistants Kateri and Matthew**.

Celebrating the **Plant Services team and Environmental Services staff** who worked together to find a better spot for our screeners who are working at the staff entrance. It can get pretty chilly back there when the doors are open for our deliveries. Thanks for coming up with a better plan and cleaning out the supply cupboard to have a warmer, protected location. *Lisa Bradley*

Environmental Services would like to recognize **Colleen Gruntz** who always goes above and beyond all the time. Thanks for being part of our housekeeping team! *Lisa, Dave, Donna, Kirsten and Chester*.

IPAC would like to recognize **Dr. Williamson** for "perfect" PPE doffing when coming out of a patient room recently for a patient who was on droplet precautions. We wish we had captured the moment on video because we could have used it as a teaching resource. Thank you for keeping our patients and all of us safe! *Kirsten*

Rehab and out Designate On-Call group would like to recognize **Julie Howarth (Clinical Resource)** and **Carson Ragot (ICU)** for great problem-solving thinking and teamwork when assisting Jan. 20th with a challenging staffing situation on Rehab. We appreciate your dedication and support. *Dean and Lisa*

Celebrating **Wade MacPherson (paramedic)** for assessing the mental health of a geriatric client and arranging weekly visits "just to chat". This is a lifeline for a very vulnerable shared client. *The Diabetes Education Team*

Kelly Malley (Medical) has gone above and beyond to plan safe transitions home for two patients with high care needs. Your hard work and dedication didn't go unnoticed.

Celebrating **Matthew and Jordan from physiotherapy** for their help and enthusiasm with our patients and encouraging them to move!

Celebrating **Lindsay Streeter, Emma Ouimet, Briar Cookson and Doreen Lewis from Medical 3B** for checking in and offering to help during a very busy shift. With the help we got out on time and patient care was completed in a timely manner.

Celebrating **Morgan Desgroseilleurs, Leslie Heggart, Emeli Siwa and Carol Froment** during a CODE Blue on Medical 3B. Emeli came to help from break. Morgan responded quickly to get help for her patient. Leslie had set up suction and O2 in the patient's room earlier that morning and is always willing to teach and assist. Carol displayed great technique in assisting the patient. All helped save a patient's life!



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/joinMeeting/register/tZAvfuqupzsvGdLaqXpV_oGal5stcCby_eXY4

A FREE EVENT SPONSORED BY:
**MENTAL HEALTH SERVICES
& THE PHOENIX CENTRE**



CONSTRUCTION CORNER

Tower A

- All the renovation work was completed in the pill packaging (Pac Med) room A508.
- In 1A North, the walls were all prepped to receive drywall and the electrical work is progressing well.
- A “C can” container was installed outside to store the green food waste carts due to the smell and to prevent them from freezing.
- In the Staff Entrance, a Housekeeping storage room was converted into a warm area with a Plexiglass window for the screeners.



The Auxiliary is now working to complete payment of its \$500,000 commitment in support of orthopaedic equipment and upgrades to the hospital's Surgical inpatient unit.

Delta Bingo & Gaming has been an integral partner for this initiative as well! Thank you!

DID YOU KNOW...
 THE PRH AUXILIARY
 CONTRIBUTED
 ONE MILLION DOLLARS
 TOWARDS THE
 PURCHASE OF OUR
 REGION'S MRI.
 FUNDS RAISED TO
 ACHIEVE THIS GOAL
 WERE, IN PART, RAISED IN
 PARTNERSHIP WITH



Food Services Is Hosting A Basket Raffle

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.

Tickets:
3/\$5 or \$2 each

Tickets can be purchased in The Lunch Box or
 through Food Services staff member
 Amanda Schneider.

**The Draw Will Be Held
 February 12th.**

Thanks to everyone for their support of Cathy and her
 family during this difficult time.