

Today's Take-Aways

Regional Updates

- Renfrew County's COVID numbers are stabilizing and even reducing a bit at this point. This has allowed for the re-opening of schools for in-person learning in Renfrew County starting January 25th.

COVID-19 Vaccine

- Lots of work is underway behind-the-scenes to prepare for the rollout and distribution of the COVID-19 vaccine. Renfrew County has created a steering committee that will lead vaccination in our area and ensure that all distribution is aligned with guidelines from the province.

- At PRH, our vaccination committee and sub-committee, which is making preparations for a vaccination clinic, continues to move forward with planning work. We have also been meeting with Public Health and representatives of our regional long-term care homes to see what role the hospitals will have in terms of vaccination for their populations.

Human Resources

- As essential workers, staff are encouraged to find alternative options for childcare. Attached to today's email distribution of The Pulse is a list of Emergency Child Care Centres within Renfrew County, as well as the list of individuals eligible for Emergency Childcare. These documents will also be posted in the COVID-19/Staff Resources section of our website. While we recognize in-person attendance at school is resuming on Monday, this information may still be helpful.

Infection Prevention and Control

- Due to a backorder in our normal supply, the 1,000 mL alcohol-based hand rub (wall dispenser) has been substituted with a product sourced from the U.S.

The product label identifying alcohol content (62%) is by weight, a U.S. method of calculation. The volume concentration (v/v) is equal to 70% alcohol, the recommended concentration for health care settings.

- Did you know that...the Infection Prevention and Control Team have started random auditing and feedback for PPE use. Random audits allow the team to assess adherence to PPE protocols during normal work flow and provide immediate feedback to frontline staff. Auditing results are shared with the departmental Manager and Director.

In the coming weeks we will be looking at a more structured approach to PPE audits.

- Did you also know that...the *Just Clean Your Hands* (JCYH) program was developed and launched by the Ministry of Health and Long Term care in 2008 to help reduce health care-associated infections and the spread of infection by providing focused education and tools for promotion, evaluation and auditing to health care providers.

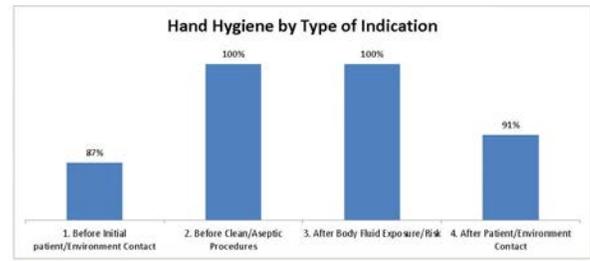
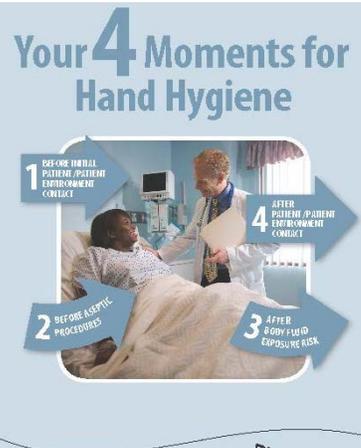


Today's Take-Aways...Continued

As a part of this program, the PRH Infection Prevention and Control Team complete 200 observations/ audits of hand hygiene each month. These audits are used as an opportunity to provide on the spot feedback and teaching. Each month, the audit results are compiled and shared with all staff.

1	BEFORE initial patient / patient environment contact	WHEN?	Clean your hands when entering: - before touching patient or - before touching any object or furniture in the patient's environment
2	BEFORE aseptic procedures	WHEN?	Clean your hands immediately before any aseptic procedure
3	AFTER body fluid exposure risk	WHEN?	Clean your hands immediately after an exposure risk to body fluids (and after glove removal)
4	AFTER patient / patient environment contact	WHEN?	Clean your hands when leaving: - after touching patient or - after touching any object or furniture in the patient's environment

Adapted from WHO poster "Your 5 Moments for Hand Hygiene", 2009.
For more information, please contact handhygiene@phsa.gov.ca or visit publichealthontario.ca/CHH



HH moment	Hand Hygiene by Type of Indication	#times HH was performed	# observed HH indications
1. Before initial patient/Environment Contact	87%	69	79
2. Before Clean/Aseptic Procedures	*100%	4	4*
3. After Body Fluid Exposure/Risk	100%	7	7
4. After Patient/Environment Contact	90%	100	110

Note a star (*) denotes 5 or less observations

Occupational Health and Safety

- The team is going to be re-evaluating break room capacities in the coming week so staff can expect to see new signage on the outside of break room doors.

COVID-19 FREQUENTLY ASKED QUESTIONS

Q: Why do I have to wear my mask into the hospital when I am getting a new one from the screener?

In this case, entering the hospital is no different than entering a store. Too many times, employees have been observed coming to the screening station, unmasked, being too close to co-workers and conversing with each other while waiting to be screened. You need to protect yourself from those around you, so you need to wear a mask until you get your medical grade mask on.

Q: I'm afraid that if I fail the screening questions I may not get paid.

If you are asked to stay home from work for COVID reasons, such as symptoms, exposure or isolation, you will be paid for any pre-scheduled shifts missed until a negative result is obtained or while you are on isolation. This is why it is important to contact Occupational Health as quickly as possible to discuss the specifics of your situation.

Q: I don't know if I should be wearing a medical mask or N-95 mask?

When it comes to COVID you are only required to wear an N-95 when the patient is having an aerosol generating procedure (Respiratory Procedures Generating Droplets Aerosols in Policy Medical). However, in all cases, the health care worker needs to perform their Point of Care Risk Assessment to determine their level of protection.

Q: What do I do when I see co-workers in the cafeteria line up and at the microwaves without their masks?

Not wearing a mask while going through the line up has the potential of contaminating surfaces, food products and co-workers. A mask should only come off when you sit down at a table to eat. Once you are finished eating, please remember to clean your area. If you see a co-worker who isn't wearing a mask, kindly let them know as they likely forgot to put it on or keep it on.



WEEK 27

ESTIMATED JACKPOT

\$105,000

www.prhcatchtheace.ca

PRH Catch the Ace Week 27
Estimated Jackpot is at \$105,000!

Get your tickets online here:
www.prhcatchtheace.ca



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. George Mathew



Pembroke Regional
Hospital Foundation



Fondation de l'Hôpital
Régional de Pembroke



Week #27 Winner

Congratulations

Schuyler

Schroeder

Weekly Pot \$6,916

Winning ticket
#AA-3372129
Card #2 - 7 of Spades

Catch the Ace
Drive Thru
Sponsors
JANUARY



THANK
YOU!

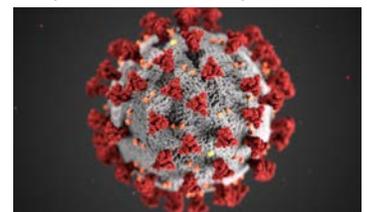
Week 28 Draw is now LIVE!

Jackpot is estimated to be over \$118,000 next week!

PRHcatchtheace.ca

Current Facts and Figures

- **Renfrew County:**
 - 5 active cases, 2 deaths
 - 51,243 tests completed (as of Jan. 18)
- **Ottawa:**
 - 1,056 active cases,
 - 415 deaths
- **Ontario:**
 - 31,677 active cases, 5,614 deaths



GRATITUDE

Celebrating **Grace and Jen from Pharmacy and Teena and Patty (Clinic Nurses)** for going above and beyond for one of our RSV clinic families - their time and care was so appreciated.

Everything you need to know about the COVID-19 vaccines

As we get closer to receiving the COVID-19 vaccine in our region, we will be providing information about the vaccine and the vaccination process as well as Q&A type information that might be helpful in upcoming editions of The Pulse so stay tuned to keep informed!

VACCINE ROLLOUT BEGINS IN RENFREW COUNTY

*Note: As Renfrew County is a “green” zone, it is expected that Phase 1 of the roll out will begin sometime in February.

Things are moving quickly to roll out the COVID-19 vaccination across Ontario. PRH will be working with federal, provincial and local authorities to ensure the vaccine is given safely and efficiently in our area.

The provincial government is responsible for the deployment of vaccines and identifying which groups get vaccinated when. It has laid out a three-phase rollout strategy and released an ethical framework, which includes:

Phase 1 - Health care workers in Long-Term Care homes, retirement homes, hospitals and other congregate care setting and remote indigenous communities

Phase 2 - Increasing stock of vaccine available to all health care workers, residents in Long-Term Care homes, retirement homes, home care patients with chronic conditions and additional indigenous communities.

Phase 3 - When supply allows: Vaccine available widely across Ontario to anyone who wants to be immunized.

IN A NUTSHELL

We are fortunate that COVID-19 vaccines have been developed and tested in record time. Studies show they are safe, and they work. The Moderna and Pfizer vaccines — the only two approved in Canada - are among the best vaccines ever created, with effectiveness rates of about 95 percent after two doses. That’s on par with the vaccines for chickenpox and measles.

While we have firm details and evidence about the vaccine itself, there is much work still happening on the rollout plans. This means that some of the information about where, when and how might change. But we’ll update you frequently and are here to answer questions. It will take many months for everyone to be vaccinated - this will be rolling out over much of 2021.

What is the Moderna COVID-19 vaccine (mRNA-1273)?

The Moderna COVID-19 vaccine (mRNA-1273) is an approved vaccine in Canada for people who are 18 years of age and older. Its safety and effectiveness in people younger than 18 years of age have not yet been established.

Everything you need to know about the COVID-19 vaccines

Continued...

What is the medication is used for?

The vaccine is used to prevent the COVID-19 disease caused by the SARS-CoV-2 virus.

What does it do?

The Moderna COVID-19 vaccine (mRNA-1273) is an mRNA. mRNA vaccines teach our cells how to make a protein that will trigger an immune response without using the live virus that causes COVID-19.

Once triggered, our body then makes antibodies(fighter cells). These antibodies help us fight the infection if the real virus does enter our body.

HOW WELL DOES THE VACCINE WORK?

In a large study, people who received the Pfizer vaccine were 95% less likely to become sick with COVID-19 compared to the group that did not receive the vaccine.

Based on the results of the clinical trials, the best protection is not achieved until seven days after the second dose, but it remains unknown how long the protection will last.

The Moderna vaccine, which is the second vaccine, is also proven to be 95% effective.

Side effects and what to do about them?

Like all vaccines, the Moderna COVID-19 vaccine (mRNA-1273) can cause side effects, which are mild to moderate and usually only last 1-2 days.

Very common

- pain at injection site
- fatigue
- headache
- muscle pain
- chills
- joint pain
- fever

Uncommon

- enlarged lymph nodes

These are not all the possible side effects you may have when taking the Moderna COVID-19 vaccine (mRNA-1273). If you experience any side effects not listed here, tell your healthcare professional.

IS THE VACCINE SAFE?

You can be confident. Top experts, scientist and medical professionals carefully reviewed all the scientific data and evidence for the vaccine, for safety and effectiveness.

This is not a live vaccine and does not contain the virus; therefore, the vaccine cannot give people COVID-19.

More than 40,000 doses were administered, with minimal side effects reported to date. However, you may experience some mild symptoms on the day or two after receiving the vaccine.

Paid French Courses



French Language Training Reimbursement Program

I work in a health care organization that is designated or identified to provide French language services in Ontario



I have direct contact with patients and clients



I want to improve the experience of my French-speaking patients and clients



I want to improve my French language skills



I have already reached the intermediate level



Take a **French course** online or in person at an approved institution and receive up to **\$300 reimbursement per course.**



For more information:

Please consult the tab "Our Programs" at www.accueilfrancophone.com
Liliane Breiland | Program Coordinator
program@accueilfrancophone.com | 1-888-382-6452

The French Language Training Reimbursement Program is funded by the French Language Services Office of the Ontario Ministry of Health.



WHAT'S ON the MENU

For The Week Of January 25 - 29

January 25: Beef Stew & Bun

January 26: Beef Lasagna with Steamed Broccoli

January 27: Sweet & Sour Meatballs with Scalloped
Potatoes & Green Beans

January 28: Pulled Pork with Coleslaw

January 29: Beef Stroganoff with California Mixed
Vegetables



Upcoming blood donation event

Germania Club Pembroke

15 Bennett Street

Main Hall

Tuesday, February 9

1:00 pm to 4:00 pm & 5:30 pm to 7:30 pm

Join Canada's Lifeline

Book now to donate at blood.ca

Collecte de sang

Germania Club Pembroke

15, rue Bennett

Hall principal

Le mardi 9 février

13 h à 16 et 17 h 30 à 19 h 30

Rejoignez la chaîne de vie du Canada

Prenez rendez-vous maintenant à sang.ca

