

Today's Take-Aways

Regional Updates

- As the number of active cases of COVID-19 increases in the Ottawa area, there is some concern in their hospitals about over-occupancy in both acute care and ICU. In addition due to physician shortages they are experiencing a shortage of mental health beds.

- In the Champlain region, there are some changes taking place in terms of the incident management structure including the addition of a branch to oversee bed flow. Part of the work on this will include the requirement for hospitals to work together to repatriate patients to an “area” versus a specific hospital. More to come on this.

- The Renfrew County and District Health Unit is reporting that while there are currently 29 active cases, they are seeing the number of contacts of those cases decreasing which represents some improvement and validation that safety measures working.

Occupational Health and Safety

- As a follow up to the hospital's COVID-19 outbreak over the holidays, an inspector from the Ministry of Labour paid a visit to PRH yesterday, accompanied by an infection control specialist. Both spent time in the facility reviewing the outbreak situation along with the hospital's COVID-19 practices and safety measures. A Field Visit Report will be delivered in the coming days.

- As a matter of interest, the Pembroke Regional Hospital has swabbed 1,350 staff and their family members to date for COVID-19. Of those, there have only been eight positive cases – four staff and four family members.

COVID-19 Vaccine

- Vaccine distribution committees at the regional level and within PRH have had several meetings now and are starting to build the framework for working groups which will focus on specific areas of the rollout, including prioritization.

- The Renfrew County and District Health Unit received notification that our area should be receiving the Pfizer vaccine in early February.

Vaccination will be based on Ontario's two-dose strategy. The first ones to receive the vaccine in Renfrew County will be staff and residents in long-term care and essential caregivers associated with that group.

It is anticipated that hospitals will be asked to assist with vaccinating the essential caregivers.

To achieve this, our hospital is looking at establishing a COVID vaccination clinic that will be used to assist with vaccinations in each phase of the rollout.

COVID-19 FREQUENTLY ASKED QUESTIONS

As with anything COVID-related, please note that information can change very quickly so we ask that you stay in the communication loop by reading all memos, and weekly editions of The Pulse for the latest updates.

Q: Who is responsible for cleaning the break areas?

Even though Housekeeping regularly cleans these areas, we are all expected to do our part. If you see the area is dirty, use a wipe to clean up for the next person. If the room doesn't have any wipes, get some if you can, or talk to your manager.

CONSTRUCTION CORNER

Tower A:

- Work slowed over the Christmas holidays in the 1A North Wing. The carpenters have completed all the wall repairs where possible until the electricians get caught up.
- In the staff elevator, the defective vinyl flooring was replaced under warranty.
- In the 1st floor West Wing, a new door operator was installed on the middle corridor door. It is equipped with sensors that open the door before walking through from both directions. With the door now being closed all the time, this will cut down on the heat loss whenever both entrance doors by the Foundation are opened in the winter.
- The 5th floor rotunda was painted over the holidays.
- Renovation work started in the new Pharmacy pill packaging (Pac Med) room, formerly the offices of John Wren and Carmelita Pilatzke. The wall between the offices and the vinyl flooring was removed. The previous concrete patching was jack hammered out and new terrazzo was put in. The room will now be painted and new ceiling tiles will be installed.
- New data cabling was installed on the 5th floor for the IT Department.

Tower B:

- A 208-volt electrical receptacle was installed in Nuclear Med for the new Technegas equipment.

Tower C:

- Work started in cleaning out the Ground floor East Wing behind the elevator.
- Demolition plans were received for the Ground floor renovation project.

Please note that the process for replacing damaged or stained ceiling tiles is that the tiles that have been reported for change are marked with a black circle but will not be changed as there is a leak that first requires an investigation and/or repair. Some tiles are located in areas that contain asbestos and need to be replaced using an abatement procedure.

Foundation News



The PRH Foundation has launched the



The total goal of the Campaign is \$1.65 million.

For more information visit www.prhfoundation.com/cancercare/



WHAT'S ON the MENU

For The Week Of January 18–22

- January 18: Beef Stir fry with Rice
- January 19: Vegetarian Lasagna with Caesar Salad
- January 20: Sweet & Sour Meatballs with Scalloped Potatoes & Green Beans
- January 21: BBQ Chicken Drumsticks with Scalloped Potatoes & Carrots
- January 22: Chicken Parmesan with Rice

Guardian Angels

Dr. K.C. Li & Kevin Heideman



Pembroke Regional Hospital Foundation



Fondation de l'Hôpital Régional de Pembroke



Week #26 Winner

Congratulations

David Smith

Weekly Pot \$6,438

Winning ticket #Z-2195351 Card #11 - 2 of Diamonds

Catch the Ace Drive Thru Sponsors JANUARY



THANK YOU!

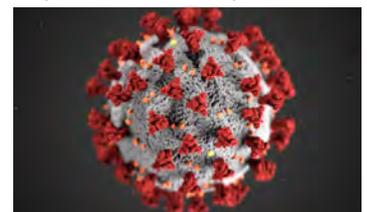
Week 27 Draw is now LIVE!

Jackpot is estimated to be over \$105,000 next week!

PRHcatchtheace.ca

Current Facts and Figures

- **Renfrew County:**
 - 29 active cases (includes 1 hospitalized)
 - 50,464 tests completed (as of Jan. 14)
- **Ottawa:**
 - 1,243 active cases,
 - 398 deaths
- **Ontario:**
 - 34,496 active cases, 5,189 deaths





PRH Staff Association Treat Day

Featuring Macarons From 7th Heaven Sweets

Thursday, January 21st,

11 - 12:30 pm and 3 - 4 pm

(The Lunch Box, Tower A, 2nd Floor)



Staff Association members will receive a package containing two freshly-baked macarons - one Salted Caramel and one Chocolate Ganache.

7th Heaven Sweets' kitchen has passed inspection by the Renfrew County and District Health Unit, and is fully insured and registered.

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, January 15th.
3. Pre-orders can be picked up by group representatives during the distribution times on January 21st.
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*



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

Tuesday, January 19th

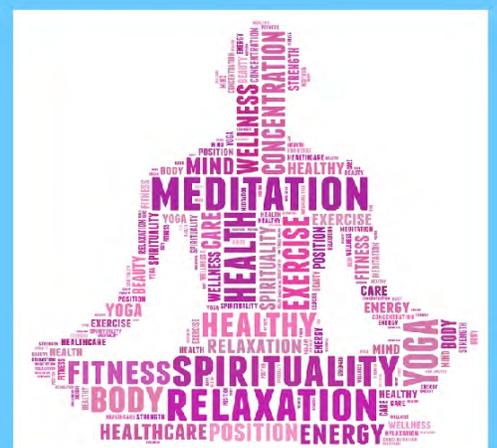
In The PRH Chapel (3rd Floor, Tower A)

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".





PEMBROKE REGIONAL HOSPITAL Christmas Season Summary 2020

The Christmas season is always an exciting and busy time at PRH as we celebrate the holidays in various ways meaningful for both the patients and staff. However, given the status of the pandemic this year, things were quite different. With safety measures in place, we were able to adapt some activities so that they might continue. We also came up with some new and innovative ways to spread holiday cheer without spreading the virus.

Here is a summary of holiday events which took place during the 2020 festive season.

FOR PATIENTS

- In early December, Christmas decorations were put up and strung up throughout the complex, with each department being responsible for its own decorating. Specific guidance was given regarding areas where décor had to be minimal due to COVID safety measures. In addition, the hospital hired local decorator Paula Troutman to create some natural festive holiday displays at all of our entrances.
- Parents of newborns were offered new festive stockings to wrap newborns in for photo – a longstanding tradition in our Maternal Child Care program.
- As is tradition, we also celebrated the birth of the first baby born on Christmas Day and New Year's Day by providing the media with information on the special births and enabling them to connect with the families for further publicity if they wish.
- On Dec. 16, our Recovery Outreach staff (Mental Health Services of Renfrew County) delivered approximately 190 gift basket to our clients across the county. These baskets were filled with items clients might need such as hats, mitts, socks, a home made Turkey pot pie and gift card among other items.

Staff working over Christmas in the community also assisted The Zion Lutheran Church and The Grind with delivering a Christmas meal of turkey and all the trimmings to many of our clients as well.

- Throughout the month of December, our Recreation Therapist provided in-room Christmas crafts for patients on the Acute Mental Health and Rehabilitation units.
- On the Acute Mental Health unit:
 - Patients assisted in decorating the unit for Christmas with COVID safety precautions in place.
 - Christmas Bingo games were held.
 - On Dec. 23, a physically distanced Christmas sing-along activity was held.
 - On Christmas Day staff handed out small wrapped gifts to all patients on the unit.
- On Dec. 23, our Recreation Therapist delivered wrapped Christmas gifts to all patients on our Rehabilitation unit.

FOR STAFF

- We welcomed “Jingles” our new hospital Elf on the Shelf who toured the organization getting into mischief along the way. His adventures were posted on The Loop, our staff Facebook group and we also included his antics in a special holiday video we created and shared depicting some of our holiday festivities. <https://youtu.be/F4wxONM87kM>
- In lieu of our Staff Association’s annual Children’s Christmas Party, we offered a “Family Party In A Bag”. Members could purchase a bag for \$10 that included a pizza voucher, gingerbread kit, game, crafts, hot chocolate and treats. A total of 118 bags catering to 256 children were created for this event.
- Instead of hosting the annual Christmas Dinner and Dance at Germania Hall, the Staff Association purchased six-inch poinsettia plants for each of its members – a total of 515 plants that were distributed by department to all Staff Association members.
- The Staff Association hosted a special “12 Days of Christmas” draw, giving out 12 gift cards, each valued at \$100 for local restaurants and businesses.
- All staff working all shifts on Christmas Day and New Year’s Day received a \$5 PRH gift card.
- On Dec. 9 our Food Services team prepared and served approximately 600 holiday turkey meals with all the trimmings for our health care team. This free meal was in appreciation for all the work that everyone has done. To ensure adherence to COVID safety measures, all meals were served in take-out containers and departments were encouraged to pre-order and pick up for their group to avoid long lineups and gathering in the cafeteria.
- During the week of Dec. 14-18 we hosted a Christmas Spirit Week featuring: Red & Green Day, Holiday Sweater Day, Christmas Character Day, Christmas Accessory Day and Santa/Elf Hat Day.

FOR OUR DONORS

- The PRH Foundation ran two newspaper ads thanking the community for its support in 2020 through donations, volunteering and online events.
- The PRH Foundation Board members were each given a list of donors from 2020 to call and personally thank for their gifts in the month of December.
- The Foundation finalized its first ever Auto Lotto in December selling a total of \$147,500 worth of tickets.
- A special Christmas message ran on myFM Pembroke wishing the community a Merry Christmas and thanking donors for their support in 2020.
- The Foundation sent our nearly 1,600 mail outs thanking Cutting Edge donors and announcing the completion of the Cutting Edge campaign and announcing the Cancer Care Campaign.

- The Foundation sent our approximately 150 Christmas cards to sponsors, Board members and volunteers.

GIVING BACK TO THE COMMUNITY

- Once again staff and physicians teamed up Family and Children’s Services to support 40 children from the area through the organization’s Angel Tree gift program. Everyone enjoyed being able to help fulfill the children’s wish lists while giving back to the community!

COMMUNITY GIVING

- Once again, Pembroke resident Carole Mask presented a selection of hand crocheted baby blankets to staff in the Pembroke Regional Hospital’s Maternal Child Care program to distribute to those having babies on Christmas Day and New Year’s Day. Mrs. Mask embarked on her “Project Little Heart” on December 25, 2000 and has returned each year.
- Another annual donation by the Catholic Women’s League from Our Lady of Sorrows continued as they safely delivered 25 layettes packed with items for newborns for families in need.
- Local resident Darrell Trafford donated some new toys to our hospital for children in need.
- Jazz Mathon from BrixToyz in North Bay dropped off a dozen Lego sets for the holidays in case some children need some cheering up!!
- On Dec. 19, the Chillin’ Flamingo Flockers stopped by the hospital parking lot to perform a few Christmas carols. We posted a short video of their visit on our social media channels.
- Also on Dec. 19, the City of Pembroke ensured that Santa didn’t miss the hospital during his drive-by tour of the city. We also shared this on our social media sites.
- MyFM teamed up with local businesses to sponsor the Project Poinsettia Campaign which was responsible for the delivery of poinsettia plants to add to the seasonal decor in common areas and some of our patient rooms.

