



## Today's Take-Aways

### COVID-19 – Regional Updates

• Regionally, community transmission of COVID-19 is on the decline which is great news and we are seeing this reflected both in the number of COVID-positive patients and staff in our organization. As a result, we are anticipating some updated guidance with regards to COVID measures and policies, but we have not yet received anything.

• The Ottawa Hospital is in the process of piloting a new passive screening process for patients and visitors that it hopes to fully implement by the end of the month when the province will no longer reimburse hospitals for COVID-related expenses. Other hospitals, including ours are looking with our regional partners to a standardized approach to passive screening but as of yet, there are no regional timelines for everyone to reduce and/or eliminate active screening.

It should also be noted that, at this time, there are no plans to remove the requirement for visitors to be fully vaccinated. TOH anticipates having this requirement in the form of an attestation should they move to electronic screening for everyone.

### Infection Prevention and Control

• As part of internal guidance from Occ Health and IPAC, we will now be able to use available meeting rooms for the consumption of food and drink in addition to space in the cafeteria and on the cafeteria deck as long as current restrictions and guidelines are adhered to. This includes removing masks only during the time you are eating and drinking, maintaining the required distance from others while unmasked and performing hand hygiene. There are also plans to make the Rehab deck available for staff during the lunch hour for this purpose. Stay tuned for more details.

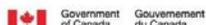
• We are also anticipating updated guidance on the mandatory admission testing for patients which could result in some changes in the coming weeks.

• While our COVID outbreak on 3rd Medical continues, we are hoping to be able to lift that status as of June 10th so long as there are no further cases.



NATIONAL  
INDIGENOUS  
HISTORY  
MONTH

#NIHM2022



Canada



# Today's Take-Aways Continued

## Occupational Health and Safety

• With the nice weather now here (barring a derecho!), and people getting out to enjoy it, it almost seems that COVID is behind us. Unfortunately, it is still present in the community and staff within the hospital are still becoming positive, so we have to continue with some precautions:

- Staff screening is still a requirement and needs to be done before every shift.
- Wear the appropriate PPE. Masking is a requirement at a minimum and eye protection is needed with patient interactions and at all times on COVID outbreak units.
- Symptomatic staff, even those who previously had COVID, should not be coming to work. If you have symptoms, you need to contact Occ Health (extension 8200) for direction.
- Keep your distance. Maintain 6' when taking a break with co-workers.

The good news is that there will be changes over the next few weeks that should bring us even closer to normalcy. It is anticipated that there will be further guidance issued by the province in the coming weeks so stay tuned.

• Please note that weekend COVID swabbing for staff and their family members has been paused due to a decrease in COVID transmissions.

## Staff Engagement Survey

• A big thank you to everyone who took some time to complete the recent Staff Engagement Survey. A total of 598 staff participated. Congratulations to the following departments who won prizes for both Early Bird completion of the survey and highest participation rates overall:

- Small Group (<25 staff)– Patient Services, Corporate Services, Medical Affairs, PRH Foundation & Plant Services – 100% Participation
- Medium Group (25-39 staff) – HR, Occ Health & IT – 100% Participation
- Large Group(>40 staff) – Mental Health Services- 98% Participation

In the coming days and weeks, survey results will be compiled and rolled out to departments for sharing with staff and discussion at leadership meetings and huddles. Survey feedback will help form a Lean roadmap and help to measure Lean revitalization going forward.

The next Staff Engagement Survey is scheduled to take place next winter in advance of our Accreditation process.

## Departmental Updates:

### PRH Foundation

- Later this month, the new digital donor wall will be installed on the ground floor of Tower B.

### Environmental Services

- A new pilot project is being trialed that will introduce a group leader position during evening and weekend coverage.



**NATIONAL  
STROKE  
AWARENESS  
M O N T H  
MAY**

# Foundation News

Pembroke Regional  
Hospital Foundation



Fondation de l'Hôpital  
Régional de Pembroke



Lisa Keon, we wanted to thank you for being such a wonderful discharge planner on the Rehab unit. Your compassion, expertise, and willingness to go above and beyond to care for staff, patients, and physicians is so appreciated. You rock those FIGS and flat shoes!

We also wanted to wish you a happy birthday. Thanks for all you do! *The PRH Rehab Team*



I would like to nominate Sandra Dick, in Telehealth Medicine. Being very timid and fearful that day, I was having difficulty forming a sentence. Sandra greeted me and we proceeded to a room, and almost immediately there was such calm understanding. Even though I was worried about my situation, Sandra guided me through the process so I could understand. Sandra was sincerely worthy of Guardian Angel recognition. She also walked me to the elevator or I would have been lost for sure.



Thank you, Joey Allen, for always going above and beyond for our patients.

I wanted to highlight the effort you made to ensure that an outpatient who presented to you for a head CT who had had an unrecognized stroke received the immediate care that he needed. Thanks for all that you do. *Dr Debbie Timpson*



Week #6 Estimated Jackpot \$12,000!

[www.PRHcatchtheace.ca](http://www.PRHcatchtheace.ca)



## SPRING LOTTO

Tickets are available online at  
[www.prhspringlotto.ca](http://www.prhspringlotto.ca)

OR

At the Foundation office  
CASH ONLY.

The Grand Prize winner will  
take home a  
2022 Princecraft Pontoon Boat

OR

\$35,000 in cash!

Deadline June 16th 11:30am!

# CONSTRUCTION CORNER

## Tower A:

- Work on the 5th floor *Cancer Care Project* for Pharmacy is ongoing. Most of the drywall finish work in both sterile rooms has been completed. Work continues in assembling and connecting all the lines from the heat exchangers in the penthouse to the rooftop units outside.
- The 3rd floor *Surgical Redevelopment Project* is starting this month with the general contractor, Hein, mobilizing onsite. The first phase renovation work will consist of a new electrical room in the 4th floor west wing, a new chapel and office in the CEO's old office, a new staff room and washroom in the Clinical Resource Office on the 3rd floor link and a new IT room in the back of the 3rd floor kitchenette.
- The asbestos abatement was completed in the 4th floor LDRP A442 Nursery. The entire scaffold was taken down and removed.
- Lead-containing floor paint abatement took place in the office of the PRH Executive Director in preparation for new floor covering.
- The terrazzo floor repairs were completed in the new Physician Lounge. Work started on upgrading the electrical and data wiring. The HVAC work continues.

## Tower B:

- The wall and ceiling were repaired in patient room B376 following a water leak from the roof.

## Tower C:

- The renovation work for the ground floor Geriatric Day Hospital is almost complete. New cabinets and a counter top are being installed in C017 and the data wiring is left to be connected in the IT cabinet.
- We are in the process of pre-qualifying general contractors for upcoming renovation work for the rest of the ground floor.
- Roof replacement work is starting this month - tentatively scheduled for Monday, June 13th, weather permitting.

## Tower D:

- We are finalizing the details of the *Phase 2 Chemotherapy Project* on the 1st floor.
- Roof restoration work is starting this month - tentatively scheduled for Monday, June 6th, weather permitting.

## June Is Stroke Awareness Month

When someone is having a stroke, every second counts.

If you recognize any of the signs, call 9-1-1 immediately. An ambulance will get you to the best hospital for stroke care. Don't wait, and don't drive to the hospital. Learn the signs. Act FAST.

<http://www.heartandstroke.ca/FAST>

Did you know...

- A stroke happens when blood stops flowing to a part of the brain or bleeding occurs in the brain, leading to damage to brain cells.
- For every minute delay in treating a stroke, the average patient loses 1.9 million brain cells.
- More than 89,000 strokes occur in Canada each year.

Learn the  
signs of stroke

**F**ace is it drooping?  
**A**rms can you raise both?  
**S**peech is it slurred or jumbled?  
**T**ime to call 9-1-1 right away.

Act **FAST**. Lifesaving treatment begins the second you call 9-1-1.

© Heart and Stroke Foundation of Canada 2009

# GRATITUDE

To include a special message in this section, email [celebration&recognition@prh.email](mailto:celebration&recognition@prh.email).

- A shared compliment for the **Food Services team** expressed by a patient on 3B Medical: "5 stars to the chef and team. The meals have been great!"
- The Food Services department would like to send out a special Thank You to **Matt Ott** for purchasing pizzas for lunch for his co-workers on the Cancer Care Day. Not only was it a generous donation but a very thoughtful act of kindness towards his co-workers.
- The Food Services team would also like to congratulate **Claudia Coutu** who has accepted the job as our permanent Dietary Dietician. Congratulations and welcome!!
- 2nd Medical would like to thank both **Betty Ann Spence, Erin Van Allen, Caroline Sabourin, and Patti Keon** for their support during a very busy shift!
- Thank you to **Micayla Sewell (HR)** for her expertise and for assisting us with our most recent recruitment efforts. *Laurie Tomasini, Clinical Administration*
- Thanks to **ALL Pembroke ICU staff** who made me feel very welcome and part of the team. Kudos specifically to the **ICU nurses and RTs who did an absolutely amazing job stabilizing a drowning victim and working together to manage a difficult situation.** The skills at the bedside were exemplary and no doubt this patient would not have survived the night without their hard work and commitment to excellent patient care. *Dr. Iyengar*
- It has been such an honour to receive this Guardian Angel. My heart is full and overflowing with gratitude. Thank you all for your most caring words and support. Truly blessed to have you in my life. *Sandy Dick*

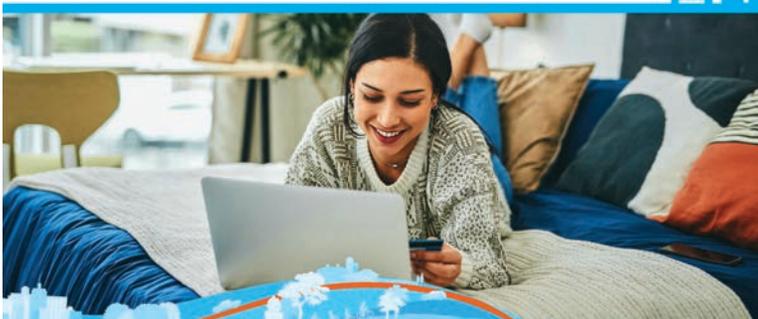


**Staff Appreciation BBQ Catered By Harvey's  
Wednesday, June 29th...Stay Tuned For More Details!**

Get a quote today and receive a  
\$20 gift card of your choice on us!

When you choose The Co-operators Group Auto and Home Insurance for your insurance needs, you'll enjoy:

- > Great savings! when you combine your Auto and Home insurance
- > Our unique Claims Guarantee, with risk-free advice on submitting claims
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gift of your choice on us.  
1-800-387-1963

**co-operators**

Group Auto and Home Insurance

Connect with us

Hurry! This offer is only valid until June 17, 2022. If you are already insured with The Co-operators, we appreciate your business.

## EMPLOYEE DISCOUNTS

Looking for hotel and attraction discounts for your summer vacation plans?

**Looking to see if we have any discounts for phone plans?**

Need a cheaper rate for Park 'N Fly?

**Looking for group insurance rates?**

Want to learn more about the PRH Staff Association?

**Looking for discounted attractions for summer vacation excursions?**

Visit **Staff Discounts** on the PRH website!

<https://www.pemreghos.org/staffdiscounts>



## Your donation matters

It matters to every patient across Canada. Because it's something we can do today to help others wake up healthier tomorrow.

### Upcoming blood donation events

**Germania Club Pembroke**  
15 Bennett St. Pembroke

**Thursday, June 16**  
2:00 pm to 7:00 pm



Join Canada's Lifeline  
Book now at [blood.ca](http://blood.ca) or call **1 888 2 DONATE**

K0201

# de TOUR BONNECHERE

## Sunday, August 28, 2022

A timed self-supported road ride  
celebrating cycling in the Ottawa Valley

#### FOUR ROUTES

- 100 k Monarch of the Mountains
- 65 k Bonnechere Beauty
- 50 k Gravel Grinder
- 20 k Cave Coaster Family Ride

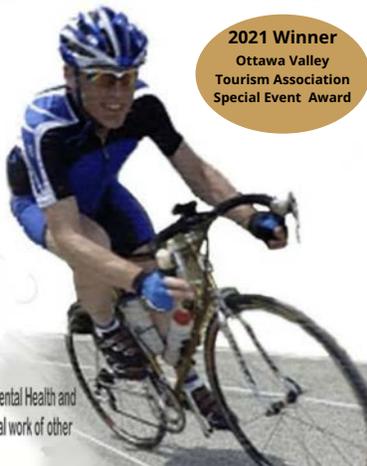
*OR: Create your own virtual tour and ride it anywhere*

#### LOCATION

All routes depart from Legion Field, Eganville

#### REGISTRATION

online at [tourdebonnechere.blogspot.com](http://tourdebonnechere.blogspot.com)



2021 Winner  
Ottawa Valley  
Tourism Association  
Special Event Award

Money raised will support initiatives driven by the Renfrew County Mental Health and Addiction Planning Table, the Eganville Food Bank as well as the vital work of other partner community agencies.



present

## A Virtual Trivia Fundraiser

benefitting

### The Carefor Stroke Peer Support Group of Renfrew County

Saturday, June 11, 2022 @ 7pm (EST)

Visit @topdogfundraisingottawa on Facebook to register

\$20 per player 19+  
Questions? Contact us at [topdogtriviafundraising@gmail.com](mailto:topdogtriviafundraising@gmail.com)  
(sorry no refunds, no rainchecks)



*Congratulations*  
Week #4 Winner

**Luc Fleurant**  
**\$1,065!**

Ticket #D-1758740  
Card#51- 10 of Clubs

Week #5 Estimated Jackpot  
If the Ace of Spades is caught is over: **\$10,000**

[www.PRHcatchtheace.ca](http://www.PRHcatchtheace.ca)

# LifeWorks

Access your  
Employee and Family  
Assistance Program  
24/7 by phone or website.

English: 1-844-880-9142

French: 1-844-880-9143

[www.workhealthlife.com](http://www.workhealthlife.com)

LifeWorks offer a full breadth of services for your work, health and life.



# PRH Staff Association Treat Day

Featuring A 100 mL bottle of maple syrup  
from Mapleside Sugarbush

## Distribution Details:

**Wednesday, June 8, 11:30 a.m. - 1 p.m.**  
**Room A128 (Next to PRH Foundation)**  
**1st Floor, Tower A**

**EVERYONE (groups/individuals) MUST pre-order.**  
Please email pre-orders to [carolyn.levesque@prh.email](mailto:carolyn.levesque@prh.email)  
by **4 p.m. Wednesday, June 1st.**

### PLEASE NOTE:

1. Pre-orders must be picked up between 11:30 a.m. and 1 p.m. June 8th.
2. Groups are responsible for ensuring staff on their lists:
  - are active members of the Staff Association in their department
  - wish to receive this month's treat
  - receive their items after pickup



The Pembroke Regional Hospital's Sunshine Gift Shop is having a

## FATHER'S DAY SALE

MONDAY, MAY 30<sup>th</sup> to SATURDAY, JUNE 18<sup>th</sup>

**20% off all store  
Merchandise**

Check out our draw items on display in  
the gift shop for Father's Day

1<sup>st</sup> prize: 2 Hardwood chairs \$400 Value

2<sup>nd</sup> prize: Wood Burning Fire Pit \$300 Value

3<sup>rd</sup> Prize: Planter box \$200 Value

**TICKETS \$2 EACH OR 3 FOR \$5**

Gift Shop is OPEN Monday to Friday from 10 to 4 and Saturday & Sunday from 1 to 4

THANKS FOR YOUR CONTINUED SUPPORT



*Congratulations*  
Week #5 Winner

**Judy St. Cyr**  
**\$1,372!**

Ticket #E-1060143  
Card#8 - 7 of Hearts

Week #5 Estimated Jackpot  
If the Ace of Spades is caught is over: **\$12,000**

[www.PRHcatchtheace.ca](http://www.PRHcatchtheace.ca)