

Today's Take-Aways

COVID-19 – Regional Updates

- Once again there has been an increase in the number of COVID-19 outbreaks in Renfrew County and the Ottawa area. Many of these are occurring in long term care settings, hospitals and post-secondary institutions.
- Hospitals are not anticipating the implementation of any drastic changes to COVID-19 safety measures in the near future due to the increasing case numbers.

Visitor Policy

- Effective March 28th, and aligned with hospitals in Renfrew County, our Visitor Policy will shift to “Low Pandemic Restrictions”. This will mean that admitted patients will be able to have two individuals (visitors or essential caregivers / care partners) present at the bedside at the same time, and will not need to designate a specific individuals in these roles for the duration of their stay.

Along with maintaining physical distancing, these individuals will still need to be masked for the duration of their visit and they will need to provide proof of vaccination and pass screening upon entry to the hospital.

- Regional discussions have been taking place around the topic of visitor screening. No changes to this practice are anticipated until at least the end of April and even then, hospitals may choose to maintain the practice of screening everyone who enters.
- We continue to express our gratitude to our screeners who have been experiencing some challenges in communicating the need to continue safety measures and screening processes for non-patients at this time.

Acute Care

- While we are pleased to share that we have had less than five COVID-positive patients admitted per day over the last four weeks, we continue to be very busy with close to 100% occupancy.

Supplies

- We continue to experience challenges with backorders and required items that are in short supply. Kudos to our Materials Management team who are on top of things and working closely with departments to source out alternatives and attain products from other facilities.

Human Resources

- Please ensure that you are completing your electronic COVID-19 screening prior to entering the building to begin your shift. This should be a routine practice, and is vital under the Occupational Health and Safety Act where the Hospital must take every precautionary measure reasonable to protect the health and safety of our workers and patients. This practice is critical in allowing us to meet our obligations under the Act, and to greater the PRH community.

Today's Take-Aways Continued

Occupational Health and Safety

- Following the lifting of many COVID-19 safety measures within the community, we are seeing an increased number of staff and physicians testing positive and being identified as high risk exposures. Working in a high risk setting we need to do what we can to avoid exposure and keep ourselves healthy. Continue to practice physical distancing and wear a mask in certain public settings.

Infection Prevention and Control

- Effective March 28th, aligned with Renfrew County hospitals, we will be making a change to the Universal Eye Protection policy which will mandate the use of eye protection only in settings involving direct patient interaction. Some Ottawa hospitals have already transitioned to this change. A memo outlining this change in further detail will be issued on March 25th.

Departmental Updates:

Acute Mental Health

- AMH welcomes Tasha Johnston to the unit as our Health Care Aide. This trial position is a welcome addition to our team and will be a great support to our patients.

Diagnostic Imaging

- The department's new Nuclear Medicine equipment has been installed and a ramp up of testing volume is underway. The replacement of the hospital's mammography equipment is also underway and recently the Echo Room has been relocated.

- Please note that CT will be down from 8 a.m. to 12 p.m. on March 25th so that the cooling unit for the x-ray tube on the CT scanner can be replaced. While Code Stroke will not be affected, CTA will not be available during this time period. The CT department will notify Clinical Resource when the service work has been completed and the scanner is fully functional.

Maintenance

- The parking lot in the back of Tower C off Deacon Street will be temporarily closed on Sunday afternoon and evening. A boom truck will be set up at 6:30 a.m. on Monday morning to replace an HVAC cooling condenser on the Tower C roof. This should be completed by 8 a.m.

Barriers will be set up on Sunday afternoon and those who usually park in this lot are asked to park somewhere else.

Surgical

- The team is gradually ramping up service volume based on availability of human resources. Currently the department is operating at about 70%.

Mental Health Services of Renfrew County

- Our program is pleased to share that it, in partnership with the Upper Ottawa Valley and Renfrew OPP detachments has received grant funding to increase the number of crisis staff who are co-located at each detachment. Specifically, the additional staff will help provide coverage of evening and weekend hours in order to capture a larger number of individuals needing the support.

The collaboration between Mental Health Services and the OPP has evolved in a positive manor. Responding to a call for service where someone is in distress emotionally, the presence of a mental health professional is key to helping de-escalate the situation, provide resources and community follow up. In many cases, this also helps to divert a trip to the emergency room, and has the potential to reduce the need for police involvement in the future when a community connection has been made.

Today's Take-Aways Continued

PRH Foundation

• As part of the Foundation's 20th Anniversary celebration, the Board of Directors has given the green light to digitize the Donor Wall on the ground floor of Tower B. Sponsorship funds raised through a new Giving Garden located beneath the donor wall will pay for the new technology.

The new Donor Wall will give our current and future \$5,000+ donors more prominent recognition on the TV screens which will rotate through various levels of giving. The New Donor Wall will also digitally advertise current fundraisers and feature a QR code-based Donation Station so that visitors can selectively scan an area of fundraising they would like to support and be taken on their mobile device to that section of the Foundation's website.

The wooden pointer boat from the former donor wall will remain in its current location as artwork once the new wall is operational. We are all super excited to see this transformation in the coming months.

Pembroke Regional
Hospital Foundation



Fondation de l'Hôpital
Régional de Pembroke



THANK YOU FOR
YOUR SUPPORT
MERCI POUR
VOTRE SOUTIEN



"Keeping Health Care Close to Home"

COMING SOON

Chick Chick Boom Wrap



Picture included by the contestant
upon recipe submission

Featuring:

- Buffalo Chickpea salad
- Romaine lettuce
- Shredded Red Cabbage and Carrots
- Thinly sliced Cucumber, Red Onion, and Celery
- Hummus



Congratulations again to
Tonya Chandler for winning
the Wrap contest

*Recipe adapted from the Wrap contest submission which stated being
initially adapted from: Buffalo Chickpea Sandwich by Peas and Crayons

Nutrition Month - March 2022

Food Sustainability

“Sustainable diets are those diets with low environmental impacts which contribute to food and nutrition security and to healthy life for present and future generations. Sustainable diets are protective and respectful of biodiversity and ecosystems, culturally acceptable, accessible, economically fair and affordable; nutritionally adequate, safe and healthy; while optimizing natural and human resources.”

- *Food and Agriculture Organization of the United Nations (FAO), 2010, Sustainable Diets and Biodiversity.*

Over the past number of years, more countries have started to incorporate sustainability considerations into their food policies and education programs. These recommendations aim to promote specific food practices and choices to address sustainability from a nutrition and environment perspective.

While it may not be new to you, some of these recommendations include:

- choosing seasonal and local foods,
- using plant-based ingredients more often,
- reducing fast food intake,
- choosing fish from sustainable stocks only,
- reducing intake of red and processed meat,
- decreasing intake of processed foods and sugar-sweetened beverages

- *FAO, 2010, Sustainable Diets and Biodiversity.*

You might be wondering...

“How can I be more sustainable in my choices?” because let’s be real, it’s overwhelming at times.

Start by educating yourself on what’s available to you.

Aside from the recommendations mentioned previously, you may consider these:

How can I make beans/legumes more tasty?

A great recipe resource: <https://pulses.org/nap/>

Still thinking of starting that small garden of yours?

Chat with your friends/families/colleagues! You’ll be amazed how knowledgeable they are with growing food!

- As an amateur, I started with growing fresh mint and cilantro in a pot!

No room for garden? What about the local community garden?

Take a stroll through the local markets when you get a chance, it’s great to see what produce is available and meeting your community!

Ever wonder what’s in season when you’re in the grocery store?

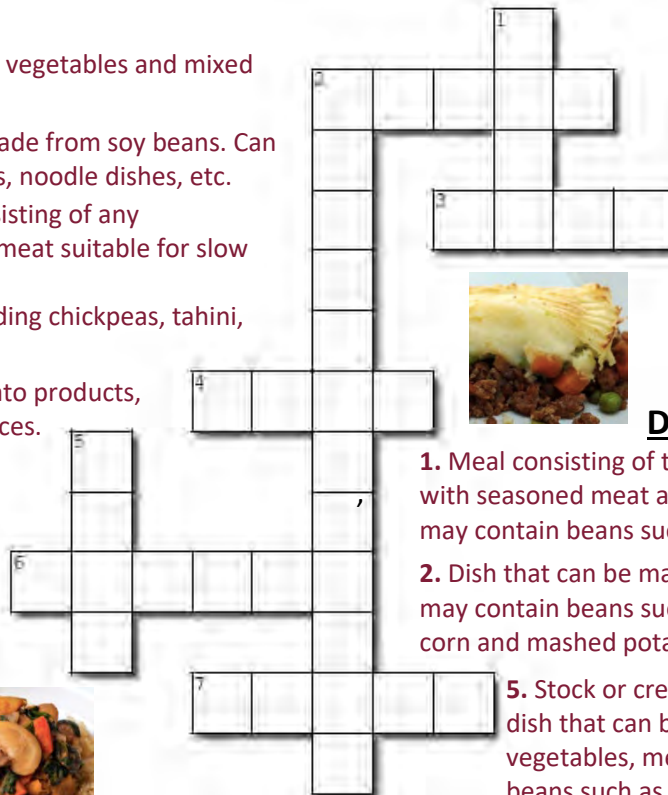
Check out the FoodLand Ontario Availability Guide:

<https://www.ontario.ca/foodland/page/availability-guide>

Complete the crossword below and send your filled-out copy/list of answers to claudia.coutu@prh.email (i.e Across 2- Answer) or drop it off at the cafeteria by **April 7th** for a chance to WIN 1 of 3 prize baskets from the PRH Nutrition Team!

Across

2. Cold dish that can be made from diced vegetables and mixed beans such as edamame.
3. White coloured plant-based protein made from soy beans. Can be used in many ways from stir-fry, soups, noodle dishes, etc.
4. Dish served warm and commonly consisting of any combination of vegetables, may include meat suitable for slow cooking and beans such as lima beans.
6. Spread or dip usually made from blending chickpeas, tahini, lemon, garlic, and olive oil together.
7. Spicy stew commonly containing tomato products, meat, peppers, red kidney beans and spices.



Down

1. Meal consisting of tortilla commonly filled with seasoned meat and vegetables cheese and may contain beans such as black beans.
2. Dish that can be made with ground meat, may contain beans such as lentils, topped with corn and mashed potatoes.
5. Stock or cream-based primarily liquid dish that can be made by combining vegetables, meat, and may contains beans such as white kidney beans.

Created using the Crossword Maker on TheTeachersCorner.net

For hints, search the recipes associated to the images above at: <https://food-guide.canada.ca/en/recipes/>

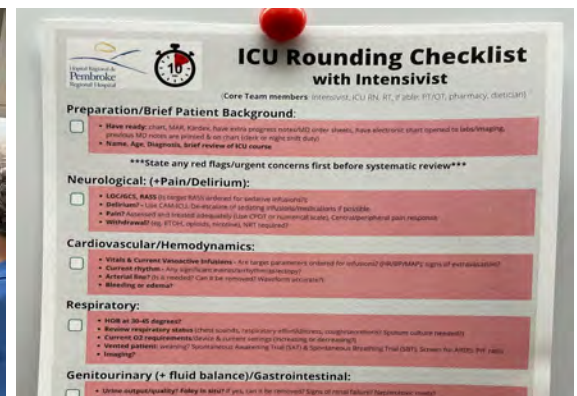
LEAN IN

As part of their monthly Gemba walk, members of our Senior Leadership Team met with the interdisciplinary team in the Intensive Care Unit on Wednesday to learn how new standardized Bedside Rounds are improving patient care.

The ICU staff provided an overview of the new Best Practice process that takes place each morning at the patient's bedside and involves the use of a checklist to standardize the information being shared.

Those in attendance included ICU registered nurses, respiratory therapists, one of our pharmacists, and one of our Home and Community Care partners who spoke about the fact that the new process helps ensure everyone is on the same page with regards to the status and care plan for each patient. It was also noted that a mini bedside round also happens in the afternoon, ensuring everyone is up to date on any changes that may have taken place throughout the day.

Feedback to date from families and staff have reflected a sense of comfort from the new process knowing that not only is an entire team taking care of their loved ones but that they are all focused and aligned in the communications around the care that is needed, while staff feel reassured and supported through the new process and feel that they have improved timely access to other members of the health care team should aspects of care need to be addressed.



GRATITUDE

• Thank you to **all the team members in the staffing office** for their hard work and dedication to staffing the entire organization.

The team is tasked with ensuring all areas of the organization are adequately staffed and this effort has increased ten-fold over the pandemic. They tirelessly place phone calls day in and day out and do so with smiles on their faces. They adjust schedules on a moment's notice without batting an eye.

During the height of the pandemic, the team attempted to fill on average 50 to 60 vacancies on a daily basis. This equates to over hundreds of phone calls every day. What an amazing feat.

Thank you to our Staffing team! *Sandra Griffiths, Abilities Management Coordinator*

• I would like to give a shout out to **Brie Schizkoske** who was caring for a vented patient in ICU on March 18th. We had to contact her quite often about the patient she was always positive, helpful, understanding and thorough! We are very grateful for her. *Grace Weisenberg*

• Celebrating **Caitlin Morrison in the ICU** for her strong team work and leadership skills. *Kaley Lapiere*

• We would like to recognize and thank **Dr. Clarissa Sugeng (anaesthesiologist)** as she returned early this week from maternity leave to help with some unexpected staffing challenges. Her return ensured that we were able to avoid OR cancellations and continue providing patients with much needed surgical services. We appreciate your support and dedication. Welcome back!

PRH Auxiliary Receives Funds From Delta Bingo & Gaming



The Pembroke Regional Hospital Auxiliary was pleased to receive a recent allocation of funds in the amount of \$1,622.05 from Delta Bingo & Gaming Pembroke. The Auxiliary is one of many local charities supported by Delta Bingo & Gaming's Pembroke location. Accepting the funds were, from left, Auxiliary members Dolores Armstrong, Diana Carver, Auxiliary President Diana Gagne, and member Juliana Wong.



Thanks to everyone who got into the Irish spirit for St. Patrick's Day and either dressed up, wore green or decorated their workspaces.

It was great to see some of the creativity on this special day.



Guardian Angels

AMH Team

"Thank you so much for your great care and support. You are the wind beneath my wings. You are all angels."



Pembroke Regional
Hospital Foundation



Fondation de l'Hôpital
Régional de Pembroke

Congratulations

WEEK #34 WINNER

Jennifer Nickerson

\$7,564

TICKET #HH-6021106

Card #39

Revealed: 9 of Hearts

www.prhcatchtheace.ca



Congratulations

WEEK #35 WINNER

Allison Neilson-Sewell

\$8,668

TICKET #II-4046331

Card #40

Revealed: Queen of Hearts

www.prhcatchtheace.ca



Next weeks ESTIMATED Jackpot,
if the Ace is caught is over: **\$200,000!**

Current Facts and Figures

- Renfrew County: 90 active cases, 37 deaths
- Ottawa: 843 active cases, 760 deaths
- Ontario: 16,831 active cases, 12366 deaths

Foundation News

Pembroke Regional
Hospital Foundation



Fondation de l'Hôpital
Régional de Pembroke

Catch the Ace
PROGRESSIVE LOTTERY
ESTIMATED JACKPOT
\$200,000
WWW.PRHCATCHTHEACE.CA

Catch the Ace tickets are on sale at the Mural Café on Mondays and Tuesdays from 9:30am-2pm.

Thank you to our volunteers who make this possible. You can also visit www.prhcatchtheace.ca to purchase your tickets. Proceeds support our *Cancer Care Campaign*.

HEROES RUN FOR HEALTHCARE
In memory of Dr. Kim Armstrong
Join us Saturday, May 14th for the 1st annual Heroes Run for Healthcare event supporting the Pembroke Regional Hospital Foundation's Cancer Care Campaign!
5K TIMED RUN
5K SUPERHERO THEMED KIDS RUN
Coming to Beautiful Downtown Pembroke
May 14th, 2022
Registration opens March 30th!
www.prhfoundation.com

Coming on May 14, 2022, our *Heroes Run for Healthcare!* A 2km hero themed kids run and a 5km community run event that will bring our community together for a common goal of raising money to support local healthcare. Registration opens on March 30th online.

A Reintroduction To Our Hospital's Employee And Family Assistance Program

The Pembroke Regional Hospital's *Employee and Family Assistance Program (EFAP)* has a new look!

Our EFAP, offered through Morneau Shepell, known as Shepell FGI, has been rebranded to LifeWorks. LifeWorks offers the same amazing services and access to our EFAP is unchanged.



LifeWorks is a confidential and voluntary support service that helps you (the employee) take the first step towards change. They assist you and your immediate family members in finding solutions to the challenges you may face at any age and stage of life. You can access immediate and confidential support in a manner which is suited to your preferences, comfort level and lifestyle. LifeWorks is a completely confidential service.

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

Active wellbeing:

Mental Health and Stress concerns, Crisis situations, Grief and loss

Manage Relationships and Family:

Communication, Separation and Divorce, Parenting

Deal with Workplace Challenges:

Stress, Performance, Work-life balance

Addictions:

Alcohol, Drugs, Tobacco/Nicotine, Gambling

Find Child and Elder Care Resources:

Child care, Schooling, Nursing/Retirement Homes

Get Legal and Financial Advice:

Family Law, Separation/Divorce, Custody, Debt Management, Bankruptcy, Retirement

Access your Employee and Family Assistance Program (EFAP), LifeWorks, 24/7 by phone or website.

English: 1-844-880-9142 / French: 1-844-880-9143 / <http://www.workhealthlife.com>

MARCH (PRICE) BREAK

From March 1st to March 31st

Take 20% off ALL store merchandise

(BOTH SALE & REGULAR PRICED)

Thanks for your continued support!



Another Auxiliary Project

Congratulations!

2021 Perfect Attendance Recognition

Oops...we missed a couple people!

Congratulations to the Judy Hartwig and Thea Nicolai who achieved perfect attendance in 2021.

Professional Staff Who Achieved Long Service Milestones In 2021

5 Years of Service

Dr. Chris de Jesus, Dr. Daniel Duggan, Dr. Natasha Holder,
Karen Menashe (Midwife), Ashley Bennett (midwife)

15 Years of Service

Dr. Heather Castillo, Dr. John Davies, Dr. Adel El Fitori, Dr. Wasantha Ratnayake, Dr. Nishka Vijay

45 Years of Service

Dr. J. A. Munro (Dentist)



PRH Staff Association Treat Day

Featuring A Slice Of Soap From Wild Irish Rose Soaps

Please Note: Selection Will Be Random With A Mix Of
Lemon Meringue And Unscented Oatmeal Honey

ONLY THOSE WHO REQUIRE AN UNSCENTED BAR DUE TO ALLERGIES
ETC. SHOULD SPECIFY OATMEAL/HONEY ON THEIR PRE-ORDER.

Distribution Details:

Tuesday, April 12, 11:30 a.m. - 1 p.m.

A128 (Next To Foundation Office)

EVERYONE (groups/individuals)

MUST pre-order.

Please email pre-orders to
carolyn.levesque@prh.email
by Friday, April 8th.

PLEASE NOTE:

1. Pre-orders must be picked up between 11:30 a.m. and 1 p.m. April 12th.
2. We are making Treat Day pre-orders mandatory so that we order just the right amount of treats and don't run out or over-order.
3. 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

