



## Today's Take-Aways

**Please note that, due to scheduling, the next edition of The Pulse will be published on October 31st instead of November 2nd.**

**Please ensure that all submissions are made by October 30th.**

### Strategic Planning

- As you are aware, the Pembroke Regional Hospital is beginning the development of its strategic plan for 2024-2029.

The last few years in health care have been transformational and this process of strategic plan renewal will be an important exercise for our hospital, our staff and volunteers, our partners and the public. Our goal is to review our vision and mission as we move forward; determine core strategic goals and objectives and create a pathway to achieve them. We want to base our plan on the voices of those we care for, those who provide services to our patients, and those we collaborate with in our community.

We are now inviting you to participate in a virtual staff focus group in order to share your expertise and perspective and to influence our strategic plan development. The perspective you provide in this focus group session will help us determine our focus for the next five years. Virtual sessions have been scheduled for Friday, October 27th from 12 p.m. to 1 p.m. and Monday, October 30th from 7 p.m. to 8 p.m.

Santis Health, an organization that specializes in health care and strategic planning will facilitate all focus group discussions. Your input will remain confidential and Santis will compile all input into high-level themes.

To participate, please email [pr@prh.email](mailto:pr@prh.email) with your name and date selection. You will then receive an Outlook invitation for that selection with a Zoom link attached.

- We are also inviting you to complete a brief survey. We want to hear from you - your thoughts on what we do well, how we can improve, and what steps we should take to better support our staff, physicians and community in the future. Your perspectives and experiences are important to us as we continue this journey together.

You will not be asked to provide your name, and all responses will be anonymous. The survey window will close at noon November 3rd.

<https://www.surveymonkey.com/r/K2KYWGW>

### Medication Transformation Project

- In preparation for the ADU (Automated Dispensing Unit) implementation, the Medication Transformation Project Team has been working on a few projects to make the transition smoother. A new process for delivering medication orders to the Pharmacy will go into effect Monday, October 30th at 7 a.m. This process uses a cell phone to capture an image of the physician order sheet.

## Today's Take-Aways Continued

The image is then uploaded into Anzer and is readily available for the Pharmacy staff to validate and process. One special feature of this new Anzer module is a prompt for nurses and unit clerks to enter a patient's allergy status, height and weight. This new module also eliminates the need for carbon copies of physician order sheets.

- In order to accommodate the new Medication Automated Dispensing Units in the Emergency Department, the current medication and physician workstation areas require some renovations. Starting the week of November 6th, a temporary medication room and physician workstation will be set up in Room 30 of the ED. This temporary location will be in place for approximately four weeks. During this time, the areas that house the medication room, the physician workstation and the ambulance entrance will be cordoned off to reduce dust and debris in the Emergency Department. In addition, the ED's stretcher capacity will be reduced by two during this time as well and may cause some delays in the Emergency Department. The renovations may also result in increased construction noise in the area. We ask for everyone's patience as our teams work diligently to continue to provide safe and efficient care.

- The ICU is also undergoing renovations to their current medication room in preparation for the Automated Dispensing Units. Pictured on the right are members of the ICU team in their temporary medication room. A special thank you to Deidra and Amy for their support with the move.



- Pictured to the left are Katie and Page showcasing the new space where the ADU in AMH will go. Thank you Mark and Todd (Maintenance) for your expertise in renovating and providing the appropriate electrical requirements.

### Departmental Updates

#### Acute Mental Health

- A successful virtual education session on the Mental Health Act facilitated by Dr. Mark Kaluziński from The Ottawa Hospital was held October 17th. The session which was well-attended by a diverse group of staff featured information on the Mental Health Act including Forms (1, 2, & 3), consent and capacity, and CTO's (Community Treatment Orders). The session included insightful question and answers, discussions, and learning for the attendees. Feedback from participants was overwhelmingly positive, with valuable knowledge and skills gained. We hope to plan another session soon for those who were unable to attend this one.

#### Diagnostic Imaging

- The soft launch of Pocket Health, a platform which will enable patients to access their diagnostic images and reports will take place in early November. Stay tuned for more information as this is rolled out!

#### District Stroke Centre

- After a year of planning, we officially welcomed Tenecteplase (TNK), replacing Alteplase (tPA) as our IV thrombolysis agent of choice in treatment of Acute Ischemic Stroke. This change will impact stroke patients who meet the clinical criteria, as determined in consultation with Telestroke Neurology.

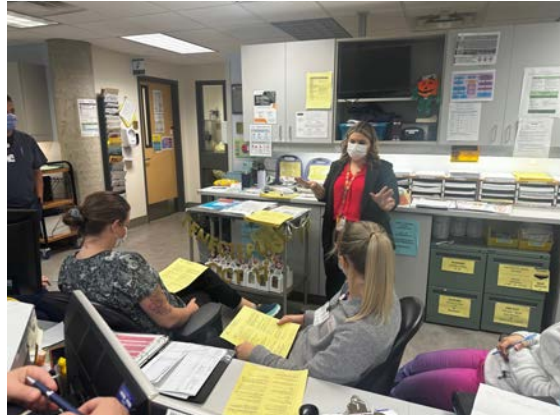
We have made this change with the support of our Regional Stroke Centre and in alignment with the Canadian Stroke Best Practice Recommendations (2022).

## Today's Take-Aways Continued

It's counterpart, tPA, has been around for nearly 20 years of stroke care as the thrombolytic of choice... the change is a big deal in stroke care and we made sure we welcomed TNK with a celebration and a retirement party for tPA!

Special thanks to Stroke Educator Hope Weisenberg for spearheading this work, to everyone who was involved in reviewing the orders and those who supported the launch in dedicating time to learn about our new ordersets and IV thrombolytic policies.

For those interested in learning more, Dr. Dylan Blacchiere, Telestroke Neurologist and Medical Director for the Champlain Regional Stroke Network (CRSN), will be presenting at Grand Rounds on November 10th from 8-9 a.m. to discuss Tenecteplase for treatment of Ischemic Stroke and answer any questions at that time.



### Medical Affairs

- Welcome to the team! Please give a warm welcome to some of the newest members of our professional staff.

Dr. Rony Greemberg (Family Medicine - Peds/NRP Department) effective October 23rd

Dr. Karen Bailey (Internal Medicine) effective November 6th

### Occupational Health and Safety

- This year's vaccine campaign has started off strong and we are close to having 20% of staff receive their flu shot. The COVID shot, though not as popular, is also off to a good start. Between static and roaming clinics, and those offered in the Occ Health office, it is easy to get a shot.

For anyone who has received their flu vaccination externally, please send your proof of immunization to [OccHealth@prh.email](mailto:OccHealth@prh.email) so that your name can be entered into the draw for two Senators tickets.

- We are still finalizing details, but we are also planning a family immunization clinic for November 4th. Stay tuned for more details in your inbox or on The Loop.

### Spiritual Care

- As we recognize Spiritual Care Week October 23-29, we reflect on our hospital's Mission Statement which says, "We will meet the physical, emotional and spiritual needs of all". It is so important to remember that the people we serve are just that, whole people, and that our care here is so much more than biological, technical and medical interventions. Spiritual Care seeks to help patients, families and staff with their emotional, spiritual and religious needs.

Spiritual Care at PRH involves not only Garry Engler in his role as Spiritual Care Coordinator, but also an on-call roster of both Roman Catholic priests and Protestant pastors from the community, along with the regular involvement of many community clergy supporting patients and families, and also Spiritual Care volunteers providing weekly visits to patients from the same faith background.



# Connecting with the CEO - In Case You Missed It

October 6, 2023

As we head into Thanksgiving weekend, there are a couple of things I wanted to share with you in terms of updates.

## **Facility-Wide Visual Audit**

As you may recall, we received a report this past summer that outlined recommendations regarding our hospital's public areas and how we can visually improve them through reduced clutter, improved signage, enhanced branding and better wayfinding.

A small committee has now met several times to not only review and prioritize the recommendations, but also to start actioning a number of easy to implement improvements throughout our four towers. In fact, some of you may have noticed the removal of outdated and tattered signage, and better placement of items that may have previously been blocking wayfinding information etc.

In addition to this, we are also developing a policy that will ensure a standardized approach to signage within the organization. This policy will also outline a clear process to follow when determining if new signage is required and where it should be placed.

Most people are coming to our hospital when they are in distress, distracted and not able to clearly process all of the information that they are given. When we look at it from this perspective, ensuring that the information we do provide is clear, concise, relevant and easy to find will help reduce the potential of added stress.

As we continue to make improvements on this front, I ask each of you to look at things in your own areas or as you travel the corridors. If you see that something is blocking an important message, let someone know that it has to be moved or move it yourself if possible. If you notice that something is broken, or tattered or unkept, do the same. Look at our facility with the eyes of patients, families and visitors. There may be some things we cannot change, but where change is possible, let's tackle this together.

## **Supporting Our Regional Partners**

While we typically anticipate busy fall and winter months, made worse by the transmission of multiple respiratory illnesses, we are already seeing increased admission numbers and critical bed shortages within the region.

The Ottawa Hospital and other regional health care facilities have been hit very hard and as a regional partner, we are doing what we can to assist through the early repatriation of some of our patients and by offering care for those who are agreeable to coming to our facility.

I want to personally thank all of you for doing what is right and offering to help our partner hospitals.

I know that we don't have a lot of capacity for additional patients either. Multiple renovations at PRH have made it difficult to find additional room, and we also have staffing shortages in some areas.

However, we know that the Ottawa hospitals, and especially their patients, appreciate all that we are doing to assist. And in fact, when our patients become critically ill and require a higher level of care than we can provide, these efforts are helping ensure that they will have access to the care they need at The Ottawa Hospital and other regional facilities. Thank you for being such great partners !

Have a very Happy Thanksgiving, take some time to rest while you can and enjoy the holiday with loved ones.

Sabine



# Connecting with the CEO - In Case You Missed It (Continued)

October 13, 2023

*As we move towards the adoption of a new Electronic Medical Record (EMR) for our hospital, I was reflecting on how far we have already come in digitization and how important it is to recognize and celebrate the many steps that have already been taken throughout our organization as part of our digital advancement journey.*

*There are some initiatives that are more familiar to most of you, like the work being done to implement Automated Dispensing Units for medication and all the electronic transfer of information that will go along with this. What an incredible transformation this will be for our nurses, physicians, our Pharmacy team, our patients and many others throughout the organization. We are planning for a February start of the new process and in anticipation of this, I want to thank all of you who have stepped up to be a Super User for this new technology.*

*There are many others digital projects - large and small - that have not only helped eliminate the use of paper, but have also increased efficiencies and transformed existing processes. In the past year alone, some of the following changes have taken place, each making a mark and improving the way we do business.*

## **Formstack**

- *Formstack is now being used by Mental Health Services staff for the Rent Supplement Program and Short-Term Crisis Bed Contracts, as well as expense reimbursements. The all-in-one platform enables staff to complete all aspects of documentation from a mobile device.*

## **Materials Management**

- *Most departments have now transitioned from faxing paper-based order forms to Stores to an electronic ordering process using online forms and email.*

## **Mental Health Services**

- *Psychiatrists now complete all of their progress notes by dictation.*
- *In preparation for our hospital's adoption of a new EMR, MHS has started moving all database information to Anzer, the hospital's current EMR instead of secondary platforms. This process change will allow for a smoother transition when the new EMR is introduced.*

## **NJOYN**

- *NJOYN, the hospital's new recruitment system, was launched by Human Resources in May and represents a significant advancement in our approach to recruitment. NJOYN not only streamlines processes for both candidates and managers, but also makes the process more accessible, efficient, and user-friendly for everyone involved.*

## **OCEAN**

- *Referrals for Stroke Prevention and Diabetes clinics can now be received electronically by those providers using the OCEAN platform.*
- *Diagnostic Imaging now has the capacity to accept referrals from providers using OCEAN.*

## **Qualtrics**

- *Patient experience surveys will now be conducted via email with all data collected in real time using Qualtrics. This platform will allow us to view real-time patient feedback which is of great value when looking to improve the patient experience.*

## **Quickbooks**

- *The Mental Health Services team now uses Quickbooks to track all financials that require submission to the Finance office.*

*Thanks to all of you for adapting to these changes. Sabine*



Ways To Celebrate Halloween At PRH

- Decorate your workspace/office door.
- Wear orange and black .
- Wear a costume where appropriate.  
(individually or as part of a group)

A Special Treat!

- In appreciation for all that you do, PRH is sponsoring a special festive treat - a "Worms and Dirt" cup, prepared by our Food Services staff and available for pick up in The Lunch Box 11:30 a.m.- 1 p.m.
- Staff working evenings/nights will receive theirs on the units. Those working offsite are welcome to pick up their treats.
- Senior Leadership Team members will join staff in the cafeteria 11:30 a.m. - 1p.m. with some Halloween give-a-ways.

Tuesday, October 31st

Bring the spirit of Halloween To PRH!



NOTES:

- Decorations and costumes should be work/hospital appropriate and incorporate appropriate PPE.
- To schedule costume photos, call 6165 or email pr@prh.email.

**CODE OMEGA**



During a code omega (massive hemorrhage), every second counts, so let's work together to reduce unnecessary interruptions.

All phone calls to the lab and blood bank must be reserved for urgent/emergent matters only.  
Routine calls should be delayed until after the code omega is cleared.

By keeping the lines clear, we can ensure efficiency and focus on delivering the best possible care.



#CodeOmega #EfficiencyMatters  
#PatientCareFirst

What's the tea 

Traditionally, our team shared stories and tidbits in the staff newsletter that highlighted life outside of work.

This included news about weddings, births, special vacations, personal achievements, and other proud moments.

This section is just for that!

We hope that in the coming weeks and months you will submit items to share with your co-workers by emailing them to:

carolyn.levesque@prh.email.



The PRH Staff Association Presents The  
**2023 Christmas Dinner and Dance**  
**Friday, December 1st**  
At Germania Hall, Pembroke



Doors open at 5:30 p.m. / Ullrich's Roast Turkey Dinner (Buffet) Served at 6:30 p.m.  
Dance 9 p.m. to 1 a.m. (Music by VSM Entertainment) / Prizes  
Pizza late lunch / Complimentary Non-Alcoholic Beverages

**TICKET COST: SA Members \$30 / Non-Members \$60**  
**Dance Tickets Only (9 p.m. to 1 a.m.) \$10 in Advance.**

Tickets (Office A128 next to the Foundation):  
Sales open 9 a.m. Monday, November 6th and close 12 p.m. Friday, November 24th

Dance Only tickets will remain available until November 30th.



All payments by Cash, Cheque or  
Etransfer ([carolyn.levesque@prh.email](mailto:carolyn.levesque@prh.email))



**RESERVED SEATING:**

Full tables or single seats will be booked on a first-come, first-serve basis.  
If booking a full table, all tickets must be paid for at the same time to reserve. All reservations are final.  
All tickets are non-refundable. For more information, call Carolyn @ 6165 or email [pr@prh.email](mailto:pr@prh.email).



# WHAT IS AN ADU?

Automated Dispensing Units (ADUs) are locked medication storage units with access limited to authorized personnel. The dispensing cabinets contain rows of drawers which contain numerous compartments where medications or ampules are stored.



# Quality Improvement Plan (QIP) Driver Update

As part of the Patient Care Team Driver, many of our frontline leaders across the organization participated in the first workshop of a series of sessions on our journey to strengthen our supportive, collaborative and innovative teams across PRH.

During the session, our leaders actively participated in thought-provoking discussions, sharing experiences and insights that enriched the learning experience for all. Their dedication to personal growth and team development was evident throughout our time together and brought much joy to our conversations.



Our participants wholeheartedly embraced the concept of psychological safety in the workplace, recognizing its significance in fostering collaboration, innovation, and well-being. In addition, their thoughtfulness with regards to leading and supporting their colleagues was insightful and will lead to new ideas and actions that we trust will make a positive difference for our teams.

Our Team Leads, Charge Nurses, Discharge Planners, Clinical Education and Clinical Resource team all lead by example, setting high standards for their colleagues and contributing positively to our organization's culture.

The success of this workshop was made possible by the dedication and positive attitude of this group of PRH leaders. We're fortunate to have such committed individuals in our organization, and we look forward to the continued positive impact they'll make, and to continuing our learning in the coming months. Thank you to our workshop participants for their commendable commitment.

## Quality Improvement Plan

One of this year's six drivers is focused on improving the percentage of patients under the care of a hospitalist who receive medication reconciliation at discharge.

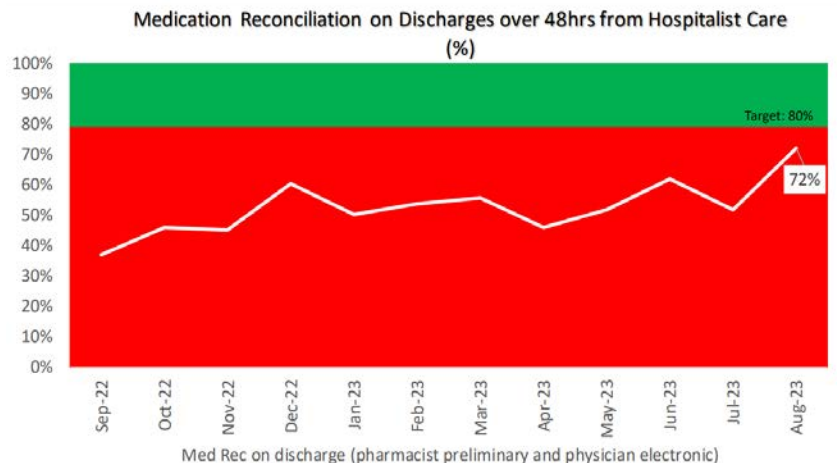
Medication reconciliation is an important patient safety initiative that decreases the occurrence of preventable medication related incidents.

In this year's QIP, we have set a target to have 80% of inpatients, under the care of a hospitalist, receive medication reconciliation at discharge by the end of March 2024, by focusing on providing training to physicians, and improving our electronic medication reconciliation tool. To complete this work, a group has been established, made up of physicians, IT, SLT, Pharmacy, Lean Management, Decision Support, and Quality Management.

When we began this driver in April, the number of discharged patients that received medication reconciliation was 51%. By the end of August, we had already increased this number to 72%.

Visit your unit's huddle board to monitor the monthly progress of this driver as we work towards meeting our goal of 80% over the next five months.

### Medication Reconciliation QIP Driver





# Equity | Diversity | Inclusion

## Upcoming Recognition and Celebration Dates

### October

Health Information Professionals' Week October 16-20

International Infection Prevention (IPAC) Week - October 15-21

Workplace Bullying Awareness Week - October 15-21

Canadian Intensive Care Week - October 22-28

Spiritual Care Week - October 22-28

Canadian Patient Safety Week - October 23-27

Respiratory Therapy Week - October 22-28

Halloween - October 31

### November

Allied Health Professional Week - November 5-11

Diabetes Education Week - November 5-11

National Patient Transport Week - November 5-11

Medical Radiation Technologist Week - November 5-11

Remembrance Day - November 11

Diwali - November 12

International Men's Day - November 19

National Child Day - November 20

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## EDI Committee

As you know, our EDI (Equity, Diversity and Inclusion) Committee has been meeting regularly while developing ways in which our hospital can improve not only the patient experience but also our work environment so that everyone feels a sense of belonging and acceptance while receiving care or employed as part of our health care team.

At our most recent meeting, broad discussion resulted in a number of action items. Work is currently being done to advance some of the following:

- The Committee will work with the PRH Education team to find ways to roll out inclusive language training. This could include development of an eLearning module, hosting of a lunch 'n learn and development of a presentation for physicians at Grand Rounds.
- Recognizing the powerful impact the Indigenous Blanket Exercise had for those who participated in June, the Committee may look at hosting the exercise again for staff groups who could benefit directly from this experience.
- The Committee is planning to host education sessions annually during Pride month that address the creation of "safe space" for all.
- The Committee is exploring ways to gather various resources and how to share those resources with staff.
- The Committee is finalizing a recommendation for gender-neutral bathroom signage.
- The Committee is working on content for an EDI website section and creation of a video that formally launches our EDI journey.
- A suggestion was made to look at having a lunch 'n learn that provides education around Indigenous culture.



# PRH Staff Association Treat Day

Featuring Two 2oz Containers Of Dip (Dill & Red Pepper)  
And A Bag of Pretzel Chips

## Distribution Time/Locations:

Monday, October 23rd

11:30 a.m - 1 p.m.

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

**Pre-Order Deadline - 4 p.m. October 16th**



### PLEASE NOTE:

1. Everyone needs to pre-order, either as part of a group or individually.
2. Pre-orders must be submitted by email to [pr@prh.email](mailto:pr@prh.email) by 4 p.m. October 16th.
3. All pre-orders must be picked up during the distribution times on October 23rd.
4. Please note that groups who pre-order are responsible for ensuring all staff on their lists:
  - are active Staff Association members and are IN THEIR DEPARTMENT
  - wish to receive this month's treat
  - receive their items after pickup

## Mental Health Services Supports Petawawa Pantry Food Bank

Jessica Gabrieau will be collecting donations at Carefor Cecelia.  
Please call extension 8103 for more information.

Petawawa Pantry Food Bank  
Halloween Food Drive

# TREAT OR EAT

Could your porch be a food drop-box  
location for your street?

Or would you like to volunteer to collect  
donations on Hallowe'en night?

Register online at  
[www.petawawapantryfood.wixsite.com](http://www.petawawapantryfood.wixsite.com)  
under "Events"

Call 613-687-1616 or message us on  
Facebook for more information.



# Foundation News

Pembroke Regional  
Hospital Foundation



Fondation de l'Hôpital  
Régional de Pembroke

## A Record Amount Was Raised for PRH at This Year's *Black & White Gala!*

The 2023 *Black & White Gala* was a TREMENDOUS success for local health care, raising a record amount of \$280,062!!!!

We are once again blown away by the generosity of our community! Thank you to all of this year's event sponsors whose generosity played an essential role in raising these funds.

We would also like to thank all the attendees of this year's Gala and everyone who bid on and donated items to our auction.

From the PRH Foundation, our Board of Directors and the *Black & White Gala* Planning Committee, we thank you for all your support of our Hospital and look forward to seeing you next year.



Hyundai Pembroke  
Presents

**AUTO**  
**LOTTO**  
CAR LOTTERY FOR HEALTHCARE

# IT'S BACK!

## TAKE THE CAR OR CASH?



TOTAL PRIZES  
WORTH OVER  
**\$46,000**

PLAY OUR EXCLUSIVE

**50/50**

Main Draw LL #RAF1342570 | 50/50 Draw LL #RAF1342269

**BUY YOUR TICKETS**

# CELEBRATIONS

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

- I want to celebrate the **Maintenance team and Environmental Services** for all their hard work and time on the Obstetrics unit the last two weeks in preparation for us to move back in. *Rachel Robertson*
- Decision Support would like to celebrate **Sam Moreau** for her prompt attention to a data quality concern. The source of the issue was quickly determined and a solution has already been put in place. We greatly appreciate her time and constant willingness to help. Thank you! – *Naomi and Julia*
- Sonya Silver and Lisa Bradley celebrated **Lisa Keon** for her leadership in running the huddle last week while they were away at the Stroke Congress as well as her compassion for patients and families that always shines through in every conversation. We are so lucky to have you on our inpatient rehab team! Thank you for all that you do.
- I would like to acknowledge **Kevin Heideman, Nurse**, and his gentle approach when administering vaccinations. Simply the best administration I have received. *Michael Peters*
- The Joint Health and Safety Committee would like to recognize **Matt Pollice in AMH**. There was an accident recently in the area, where an employee tripped over some recently delivered supplies and injured themselves. Matt was asked to put away the supplies before it was known that the employee had suffered a critical injury. Matt had the forethought to take some pictures of the current state. The pictures were helpful in the report that had to be submitted to the Ministry of Labour. *Sheldon Higginson*
- Brent McIntyre celebrated **Carley Melancon** for the wonderful way she displays customer service in the cafeteria. She is always pleasant and friendly; she remembers people's preferences and always has a nice smile. Thank you for giving such great service to our staff, physicians and volunteers.

## Emergency Preparedness

On October 11th, we welcomed five members of the Ontario Provincial Police (OPP) to PRH for our Code Purple exercise.

The officers were content experts in incident command, hostage negotiations, emergency response, and media relations.

This exercise was well attended by front line staff, administration, managers, directors and members of the Senior Leadership Team.

The purpose of the exercise was for the officers to explain the process they work through if a Code Purple were to occur at our facility, once they arrive on site and assume control of Command Centre.



Through their teachings, the group was able to identify key considerations that can be added to our Code Purple policy. For example, the role IT could play in controlling communications in a particular area, and the role Maintenance could play in identifying access points for a specific building.

We also heard many times about the importance of clearly communicating back to the incident commander so they can make informed and time-sensitive decisions.

Thank you to our OPP partners for coming to PRH and sharing their knowledge, and a special thanks to Staff Sergeant Smith for helping organize the exercise.



# CONSTRUCTION CORNER

## Tower A:

*Cancer Care Project* - The second part of the project involving the HVAC extension into the old sterile rooms will be completed at the end of the month and the entire system will be recommissioned on October 26th and 27th.

- Regarding the *Surgical Day Care Project*, Phase 2 is nearing completion. However, a delay in moving a wall in the endoscopy area will delay the move. Work has begun on asbestos abatement of the water lines in the plumbing stacks before they are relocated - room by room, in the 2nd floor ceilings. The HVAC system is being commissioned this month.

- On the 4th floor Obstetrics South Wing, the painting is complete. Most of the renovation work has now been completed except for work in a shower room. The rooms have been cleaned and the floors have been waxed. The medical gas system still has to be commissioned and tested. Plans are in place to refurbish and occupy the rooms.

- The walls were repaired and painted in the stairwell by the elevators.

- Plans are in place for minor renovations starting on November 13th in the Emergency Department for the ADU project.

## Tower B:

- The steel capping along the perimeter walls was completed and the solar panels were re-installed.

## Tower C:

- The *Main Entrance Ground Floor Renovation Project* is still being reviewed for cost savings.

- The plumbing drain pipes were replaced in room C003 which was the cause of the toilet not draining in Geriatric Day Hospital.

## Tower D:

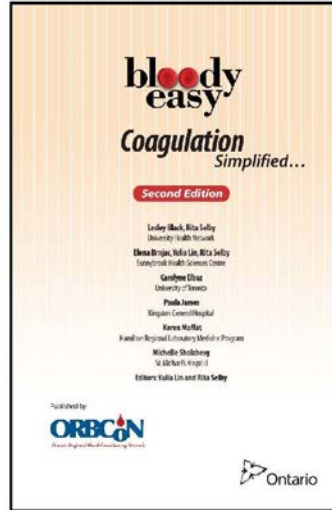
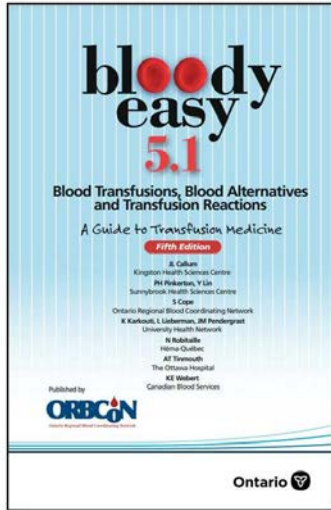
- The Medical Day Care mechanical, electrical and architectural drawings for Phase 2 of the *Cancer Care Project* are being finalized along with the tender documents.



**MPP John Yakabuski for Renfrew-Nipissing-Pembroke was on site last week, touring some of our construction areas with Sabine Mersmann.**

AUTUMN

PLEASE NOTE THE UPDATED ORBCoN BOOKS BELOW



DISCARD ALL OLD COPIES FROM UNITS

Thank you.

PRH SUNSHINE GIFT SHOP

WHY WAIT FOR SNOW?

WINTER BOOT/SLIPPER SALE NOW ON FOR THE MONTH OF OCTOBER

30% OFF NEW STYLES



# SUPER USERS NEEDED!



CALLING ALL NURSES, RESPIRATORY THERAPY, AND DIAGNOSTIC IMAGING WE NEED YOUR HELP!

### Requirements!!!

You must be available for all shifts Mid January to end of February for training and supporting staff with this transition

Contact Ayla today to learn more about this exciting opportunity.

[ayla.dery@prh.email](mailto:ayla.dery@prh.email)

Our organization is looking for dedicated individuals to join us in our Automatic Dispensing Unit (ADU's) implementation and training. Pyxis Medstation are planned to go live in February on all units. We need Super Users to be experts on these units to help support staff with this transition



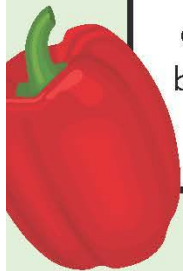


# Nutrients to Boost your Immunity this Cold & Flu Season

Good nutrition is just one component in maintaining a healthy immune system. It is also important to consider the role of other factors, such as sleep, stress management, exercise and hand hygiene.

## Vitamin C

An important antioxidant found not only in citrus fruits, but a variety of fruits and vegetables, such as bell peppers and berries.



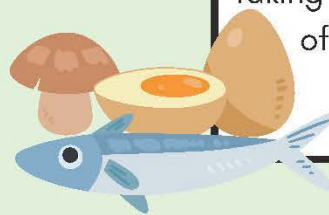
## Vitamin D

Vitamin D is difficult to get solely from food. Therefore, during the winter months, Canadians should consider taking a vitamin D3 supplement of at least 400IU/day.

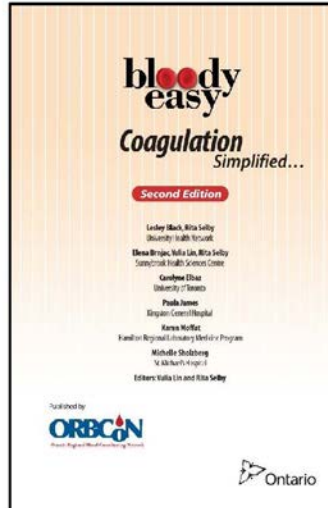
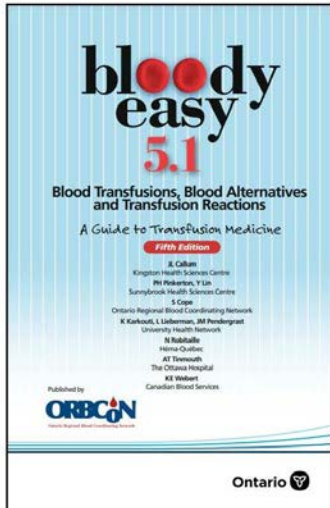


## Zinc

A trace element which plays a crucial role in immunity. Found in seafood and meats as well as in vegetarian sources such as nuts, seeds, legumes and whole grains.



PLEASE NOTE THE UPDATED ORBCoN BOOKS BELOW



A huge thank you to Pembroke's Delta Bingo & Gaming for their recent donation of \$10,500 to the Pembroke Regional Hospital Auxiliary. This money will help pay off the Auxiliary's \$500,000 pledge in support of the orthopaedics program and Surgical Unit upgrades at the hospital.

Pictured here, from left, are Auxiliary members Susan Jackson, Eleanor Boire, Rita Fox and Susan Hanniman with Delta Bingo & Gaming's Customer Service Representative Sam Nicol and Sessions Manager Braeden Bolt.

DISCARD ALL OLD COPIES FROM UNITS

Thank you.

# Pembroke Regional Hospital's

# GOT ★ TALENT



We want to showcase the people we have at PRH and the work you do through an informative series of video vignettes.

If you have an interest in being one of those we feature, please email your expression of interest to: [carolyn.levesque@prh.email](mailto:carolyn.levesque@prh.email)

Please include your name, your department, a brief outline of what you enjoy most about your work at PRH and why you would like to be featured.