

Community Connection

Pembroke Regional Hospital Fall 2013 Edition



Leading, Learning,
Caring For You

Phone (613) 732-2811 Fax (613) 732-9986 Email pr@pemreghos.org
Website www.pembrokeregionalhospital.ca YouTube Channel: [pembrokeregionalhosp](https://www.youtube.com/channel/UCpembrokeregionalhosp)

PRH Seeing Lower Prevalence Of Patients Who Smoke And Offer Support To Those Who Do



From left, Respiratory Therapist (RT) Jennie Mainville, Respiratory Therapy Team Leader Martin Burger and RT Ellen Fleming-Michaud show some of the in-hospital nicotine replacement supports which are available for patients.

Three years after becoming a smoke-free property and putting in place a strong support system to help smokers with their nicotine withdrawal symptoms during their hospital admission, the Pembroke Regional Hospital is seeing good results and a much lower prevalence of admitted patients who smoke.

One of the most important components of implementing a smoke-free environment is being able to offer support through Nicotine Replacement Therapy (NRT) and counselling. Smoking is an addiction to nicotine, and cravings are often triggered by stressful events – events that are often experienced in healthcare settings.

“When patients are admitted, those who have a history of smoking within the past 6 months are counselled and offered support,” said Respiratory Therapy (RT) Team Leader Martin Burger.

During counselling, patients are asked about their smoking history, the quantity of cigarettes they smoke, their readiness to quit, their confidence in remaining smoke-free, and where they are at in terms of wanting to quit.

With a doctor’s order, available supports are offered free of charge while in hospital including the patch, an inhaler, nicotine gum, or medication (Champix or Zyban).

Upon discharge from hospital, a fantastic, free followup service is offered to patients in the form of an integrated voice recognition system coordinated through the University of Ottawa Heart Institute.

Since 2006 when Pembroke Regional Hospital first closed its two interior patient smoke rooms, and prohibited smoking within 9 metres (30 feet) of any entrance or exit in compliance with the Smoke-Free Ontario Act, a total of 3,900 patients, or an average of 90 to 100 per month, have been counselled.

And since that time, the rate of admitted patients who smoke has been on the decline. Annual stats provided by the Ottawa Heart Institute show that PRH has counselled 91% of admitted patients who smoke.

Continued on page 3

Champlain Local Health Integration Network Supports PRH Surgery / CSR Redevelopment

Good news! At their regular meeting on August 28th, the Champlain LHIN (Local Health Integration Network) Board unanimously endorsed our surgery / central sterile reprocessing area redevelopment project.

This is a Ministry of Health and Long-Term Care supported project to upgrade our day surgery area, inpatient surgical unit, CSR, pre-operative assessment clinic and supporting services which are currently located in inadequate and outdated facilities.

The Champlain LHIN’s review confirmed that this project is well-aligned with the Champlain LHIN’s Integrated Health Services Plan and the Ministry’s Action Plan for Health Care.

It will enable more people to receive quality care closer to home and reduce wait times, particularly related to orthopaedic surgery and cancer surgery, two priority areas of focus for the LHIN.

The Champlain LHIN Board approval allows the Ministry of Health and Long-Term Care to proceed with the next stage of more detailed planning and subsequent approvals.

PRH Receives Orthopaedics Program Approval

At the June 26th meeting of the Board of the Champlain Local Health Integration Network (LHIN), a regional plan for orthopaedic services was approved which includes the creation of a full orthopaedic surgical program at the Pembroke Regional Hospital. Reaching this milestone has been a longstanding strategic goal of our Hospital.

Francois Lemaire, Vice-President of Patient Services, Acute Care and Chief Nursing Officer (CNE), has now begun a planning and consultation process with physicians, staff and our healthcare partners as part of the process of establishing an orthopaedic program at PRH that best meets the needs of our patients. We anticipate that the program will grow incrementally and will build over the next two or three years to its end state.

In addition, and vital to bringing this program to PRH, efforts continue on the purchase and installation of our new MRI. Equipment selection and acquisition is now largely complete and we anticipate receiving approval to go to tender for construction of the space this fall. If all goes well, we anticipate that our new MRI service will be fully functional in the late fall of 2014.



Francois Lemaire

PRH Partnership With Trillium Gift Of Life Network Yields First Successful Retrieval

Since joining the Trillium Gift of Life Network (TGLN) this past spring, the Pembroke Regional Hospital has had its first successful multiple organ retrieval.

As a partner in Ontario’s Routine Notification program, PRH is required to report every patient death to TGLN so that their specially trained staff can identify potential donors and initiate the process of approaching families to get consent.



Such consent was received this past summer when, despite the best medical care, an adult male passed away. Having made it known to his family that he wished to be an organ donor, his family gave consent in the hope that something positive might result from their tragedy.

TGLN depends on partnerships with hospitals like PRH to ensure as many lives as possible in Ontario are saved through

the gift of organ donation and transplantation. “Without our partners in Ontario hospitals, like PRH, we would not be able to save the lives of those waiting for a transplant,” said Ronnie Gavsie, TGLN President and CEO. “Our goal is to ensure that at end of life, all opportunities for organ and tissue donation are identified and pursued with family consent to save and enhance as many lives as possible.”

As a result of this family’s gift:

- One individual received a life-saving heart transplant.
- Another individual received a life-saving liver transplant.
- An adult male and female both received life-saving kidney transplants.

Continued on page 3

Give the Gift of

LOTTO
MRI

this Holiday Season!

10 Gifts For \$30 Each
3 Gifts For \$33 Each
1 Gift For \$40

4 WAYS TO ORDER

Mail the attached form, or printable form available at www.prhfoundation.com
Phone 613.732.2811, ext. 7408 Fax 613.723.6360
In Person Pembroke Regional Hospital Foundation (Tower A, First Floor)
The Eganville Leader • Canadian Tire • Suny's Variety
Moncion Grocers /3 locations • George's Marine and Sports

Advancing Healthcare Close to Home

Thanks to these Generous Donors

From the left:

Brian Kendrick of TravelOnly, Joan Marie and Jeff Wilcox of George's Marine and Sports, Tammy McCarthy of GearHeads, Eric Taylor of Barry's Bay Outfitters, Dennis & Anne Beech of Canadian Tire, Chris Crozier of MacEwen Fuels and Glenn Rankin. Missing from the photo are representatives from Moncion Grocers, Trucks Plus, Speedpro Signs and Henry's Furniture.



on January 7th, Nine Lucky People will win big!



2014 19' Regal Bowrider \$46,551.48 Value!

Donated by: George's Marine & Sports, Regal Boats & Volvo Penta



\$20,000 CASH PRIZE!



Two sit on Kayaks Valued at: \$2,335
Donated by: Barry's Bay Outfitters & Docks by Trucks Plus



Two Apollo 125 Dirt Bikes Valued at: \$4,124.47
Donated by: Canadian Tire Pembroke



Win 52 \$100 Grocery Vouchers! Valued at: \$5,200



52" Sharp LED Smart TV Valued at: \$1,851.50
Donated by: Henry's Furniture



\$2,500 Travel Voucher
Donated by: Brian Kendrick of TravelOnly Pembroke



Win 52 \$50 Gas Vouchers! Valued at: \$2,600



Two Norco Bikes Valued at: \$1,288.18
Sponsored by: Gearheads Petawawa

Everyone Wins With LOTTO MRI

For more than two years, the Pembroke Regional Hospital Foundation has worked tirelessly on the *Image Matters* campaign to raise \$4.5 million for the purchase and installation of an MRI at the Pembroke Regional Hospital. With more than \$3 million secured in donations and pledges to date, our newest fundraiser, LOTTO MRI will take us closer to the finish line!

With LOTTO MRI, you have a chance to not only win great prizes, but to support a cause that is vitally important to the health of our community. Twelve generous donors have contributed incredible prizes to our Lottery, which has a prize purse valued at more than \$90,000.


A critical addition to our Diagnostic Imaging Department, the MRI is used to identify musculoskeletal, neurological, and cardiovascular abnormalities. It is also used in the diagnosis of Multiple Sclerosis, joint injuries, seizure disorders, and many forms of cancer.

Your ticket purchase will help the thousands of people who rely on the Pembroke Regional Hospital each year for diagnostic tests, surgical procedures, critical care, and as well as our diverse regional healthcare programs.

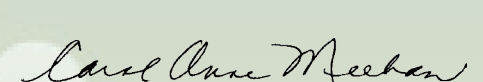
We would like to express our gratitude to our promotional sponsors, **The Eganville Leader, The Pembroke Observer, MyFM, STAR 96 FM and LaBine Printers**, who have greatly supported our campaign.

Your continued support of the Pembroke Regional Hospital is sincerely appreciated - Thank You!

We wish you the best of luck in LOTTO MRI!


Pierre Noel, President & CEO
Pembroke Regional Hospital


Nancy Warren, Executive Director
PRH Foundation


Carol Anne Meehan, Honorary Chair
Image Matters Campaign

Rules and regulations for the Pembroke Regional Hospital Foundation Lotto MRI • Lottery License #5809

All inquiries on "Best Odds to Win" are to be made to the licensee prior to the purchase of ticket(s). By purchasing a ticket, the purchaser acknowledges that he/she has read, understands and agrees to the rules. Any and all inquiries on the conduct, pricing and procedures of the Lottery are to be made to the Pembroke Regional Hospital Foundation prior to purchase of the ticket. **Tickets cannot be purchased in the name of a minor. Purchases are limited to persons 18 years of age or older. One name per ticket. And if there is a case where there are two names the prize will be awarded to the name listed first.** Tickets must be purchased in Ontario and cannot be mailed outside of Ontario.

There will be 11,431 tickets printed in the Pembroke Regional Hospital Lotto MRI. The total number of prizes to be awarded is 10. The total value of all prizes is \$91,450.63 (inclusive of all applicable taxes and freight). Only ticket(s) that have been paid for, and have been verified as paid for, or won as prizes, are eligible for respective draws. In the event of an invalid cheque or credit card payment, ticket(s) issued will be considered void, and you will be notified in writing. Tickets are 1 for \$40, 3 for \$100, 10 for \$300.

The Pembroke Regional Hospital and the PRH Foundation assume no responsibility whatsoever for the entitlement of any prize to any group or group member other than the Direct Purchaser. The Direct Purchaser is defined as the person who pays directly for their ticket(s) by credit card, cheque, or money order and is verified as the Direct Purchaser by the PRH Foundation. Tickets may be ordered by mail, phone, fax, in person (at the Pembroke Regional Hospital Foundation office or purchased at Canadian Tire Pembroke, Moncion Grocers (Riverside Market, Petawawa and Pembroke East locations), Suny's Variety, The Eganville Leader, and George's Marine. Tickets are not tax deductible. Purchasers do not need their ticket(s) in hand in order to be included in the respective draw(s).

The Early Bird Draw will take place at 44 Lens Dr. in Petawawa on Oct 19th at 20:00 hrs. The other 9 consecutive draws will take place January 7th 2014 at 705 Mackay St. in Pembroke at noon. After the Early Bird Draw the winning ticket will be recorded and returned to the drum, to be eligible for all other subsequent draws on January 7th. **All prizes must be accepted as awarded.** No substitutions. Prize(s) must be claimed within one year after the final draw date. **Prizes may not be exactly as shown.** **Early Bird Draw Includes \$5000 cash sponsored by Glen Rankin.** The Early Bird draw will take place on Oct 19th at 20:00 hrs and tickets must be purchased by October 7th at 16:30 hrs.

Final 9 Draws will be on January 7th at noon, until completion. The prize of highest retail value being drawn first to the prize with the lowest retail value. After each draw the drum will be rotated a minimum of one full rotation. Drawn tickets will not be placed back into the drum. A list of all 9 prizes can be viewed online or in the printed lottery brochure. **Tickets must be purchased by Dec 21st 2013 at 18:00 hrs to be eligible for the final draws.**

In the event that all tickets are sold by October 7th 2013, the final 9 draws will still commence on January 7th 2014 at noon. All winners will be notified by phone and mail with complete instructions on how to redeem their prize. On January 11th 2014 there will be an advertisement in The Pembroke Observer announcing all the prize winners. There will also be an announcement in the January 8th edition of the Eganville Leader. People may call 1-613-732-7408 to find out if they are a winner.

Winners agree to the use of their name and photo for publicity purposes by Pembroke Regional Hospital Foundation. The Pembroke Regional Hospital Foundation respects the privacy of its lottery supporters; we do not sell, rent, or trade our supporter lists. The information we collect is used to process lottery ticket purchases, keep our supporters informed about the activities of The Hospital and Foundation, and ask for their support for our mission to improve Regional Healthcare. If at any time you wish to be excluded from such contacts, call us at 613-732-2811 ext. 7408, and we will accommodate your request. By entering this lottery, participants acknowledge that they have read and understand the rules and regulations and confirm that they are at least 18 years of age. Retail value on all prizes is as of the date contracts were negotiated with suppliers.

The following persons are prohibited from purchasing Pembroke Regional Hospital Foundation Lotto MRI Tickets or obtaining benefit from the prize offering: Business owners/families who have donated prizes, Pembroke Regional Hospital Foundation staff, Board of Directors, and MRI Committee; The Pembroke Regional Hospital Executive Team and Board of Trustees; and members of the same household of each of the above. The liability of the licensee of this lottery shall be limited to the purchase price of the ticket.

FINAL TICKET SALES DEADLINE: 6pm, December 21, 2013
FINAL DRAW DATE: Noon, January 7, 2014

Order by Mail, Fax, or Phone: Complete the ticket request form and send it with your cheque, money order, VISA, AMEX or MasterCard number. (Official Ticket will be mailed)

Make cheque or money order payable to Pembroke Regional Hospital Foundation Please, no post-dated cheques.

Mail to: Pembroke Regional Hospital Foundation
705 Mackay Street, Pembroke, ON K8A 1G8

FOR OFFICE USE ONLY
PROCESSING DATE:
MAILING DATE:
TICKET NUMBER(S) ISSUED:

Please complete this form and mail to: 705 Mackay Street, Pembroke, ON K8A 1G8 OR fax to: 613-732-6360

MR. MRS. MS. MISS OTHER _____ NAME: _____

ADDRESS: _____ CITY: _____ PROVINCE: _____ POSTAL CODE: _____

PHONE: _____ EMAIL: _____

I CONFIRM THAT I AM OVER 18 YEARS OF AGE, AND/OR THE PERSON(S) FOR WHOM I AM PURCHASING TICKETS IS/ARE OVER THE AGE OF 18

THIS TICKET IS A GIFT _____ NAME TO APPEAR ON TICKET _____

NUMBER OF TICKETS: 1 @ \$40 X _____ 3 @ \$100 X _____ 10 @ \$300 X _____ TRANSACTION AMOUNT TOTAL: _____

CASH MONEY ORDER CHEQUE CREDIT: VISA MASTERCARD AMERICAN EXPRESS

CARD NUMBER: _____ EXPIRY DATE: _____ / _____

CARDHOLDER'S NAME: _____ CARDHOLDER'S SIGNATURE: _____

Your continued support of the Pembroke Regional Hospital is sincerely appreciated - Thank You!

Lottery License #5809 • 11,431 Tickets Printed



Give the Gift of Health this Holiday Season!

PRH Seeing Lower Prevalence Of Patients Who Smoke...Continued (From Front Page)

“The general consensus is that the prevalence of smokers has dramatically improved. The statistics show that the number of those who smoke has decreased and patients are more willing to accept nicotine replacement while they’re in the hospital,” Mr. Burger said.

In 2007, 29% of all patients admitted were smoking. In 2013 the number has decreased to 23%. Last year alone, 244 patients at PRH who received smoking cessation consultations quit smoking and were still smoke-free six months after their hospital stay.

One of the things that makes the PRH program unique is that it is one of the only hospital smoking cessation programs lead by the Respiratory Therapy department in terms of counselling in all clinical areas except for Acute Mental Health where the nursing staff provide the service.

“All of our RT staff are trained through the Ottawa Heart Institute’s Smoking Cessation Model and we are a smaller group which has helped with the success of the program,” Mr. Burger said, adding that another reason the inpatient program is successful is due to the approach the staff take with patients. “The key message is we are here to support the patients, to help with the cravings and withdrawal symptoms during their hospital stay – we are not here to force them to quit.”

Going forward, Mr. Burger said the plan is to continue on the path they have been taking with the hope of reducing the prevalence rate even further.

“We work closely with the Ottawa Heart Institute who keep us informed of new strategies, products etc. and we have educational opportunities to attend things like annual smoking cessation workshops. Twice a year the smoking cessation coordinator also comes here to conduct workshops with the nursing units for staff awareness about the program itself and what is available – that’s important in helping to get the information out to patients, their families and our visitors,” Mr. Burger said.

As part of the Pembroke Regional Hospital’s smoke-free property policy, smoking is prohibited on Hospital grounds and the parking lots.

**SMOKE FREE
PROPERTY**

THANK YOU FOR NOT SMOKING



**LIEU SANS
FUMÉE**

MERCI DE NE PAS FUMER

The Woodworking Factory Celebrates Grand Re-Opening



On July 25th, a local shop that has often been referred to as a “hidden gem” and “Pembroke’s best kept secret” will celebrated a grand re-opening.

The Woodworking Factory, now located at 130 Belmont Street in Pembroke is a unique non-profit woodworking shop owned and operated by Community Mental Health Services, a branch of the Pembroke Regional Hospital.

Recognized for producing quality custom orders and solid furniture at a good price, The Woodworking Factory is also a place where confidence is built or restored and skill sets are developed and nurtured. Those on the volunteer staff find a renewed sense of purpose and pride in all that they accomplish.

The shop which has a 23-year history, was originally housed in the Hospital’s Lorrain Wing as part of a craft program for mental health clients. Over the years expansion of the program necessitated a change in location, first to Hillsboro Court in downtown Pembroke and, for the last decade, in the former location of Middlestadt’s Bakery.

Nearly a year’s worth of renovations and retrofits at the Belmont Street site has resulted in a location the team hopes to call home for many years to come.

Open Monday to Friday from 9 a.m. to 4 p.m., Factory Manager Paul Frederick said that with the new space now available there is great potential for an expanded product line and he looks forward serving those in the community from their new location.



PRH Partners With TGLN... Continued (From Front Page)

beadonor.ca

- Two individuals received the gift of sight through eye donation.

- Potentially many more lives will be transformed due to the donation of pancreas islets.

These recipients now have the ability to cherish further moments and a better quality of life with their families that may not have been possible without this donation.

“PRH recognizes the potential and therapeutic value to recipients and bereaved families who give consent to organ and tissue donation and its place as an integral part of quality end-of-life care,” said Francois Lemaire, Vice-President of Patient Services – Acute Care, and Chief Nursing Executive, as well as the local Executive Lead for Trillium Gift of Life.

Current reporting of deaths at the hospital is taking place in the Emergency Department and Intensive Care Unit.

If you are interested in registering your consent to organ and tissue donation, or to check your registration status, visit beadonor.ca.

You can also register in person at a Service Ontario centre or by downloading the gift of life consent form from beadonor.ca and mailing it in.

Trillium Gift of Life Network

One donor can save up to eight lives and improve life for up to 75 others.

Stroke Prevention Clinic Helps Patients Avoid Hospitalization And Repeat Strokes

Beverley, a local resident wasn’t sure what to expect after suffering a mild stroke in the spring of 2011. Thankfully, however, Beverley had no long term effects and no rehabilitation was required.

Because of her outcome and prognosis, she received a physician referral to the Stroke Prevention Clinic, operated by the Pembroke Regional Hospital through its District Stroke Centre where she underwent a thorough assessment and a risk factor evaluation, in addition to a couple of follow up visits at her request.

“I have nothing but good things to say about the Stroke Prevention Clinic. Physician lead Dr. Debbie Timpson was wonderful, the staff were friendly and outgoing and made me feel very comfortable,” she said, adding how thankful she was to have a service like this available in the region when she needed it.

Established in March, 2011, the Stroke Prevention Clinic operates five half days per week under the leadership of Dr. Timpson, the Pembroke Regional Hospital’s physiatrist who has a strong interest in stroke care.

Best suited for those who have suffered Transient Ischemic Attacks (TIAs), the Stroke Prevention Clinic offers referred patients rapid access to diagnostic imaging services, a health assessment, diagnosis and treatment.

Most patients are referred from an emergency department within the region or from a family physician’s office and, on average, are seen within three to seven days of the

onset of their initial symptoms.

Designed to complement the work of the patients’ family physicians, a large component of the clinic involves patient and family education in terms of learning about stroke warning signs, identifying risk factors, and learning how best to make lifestyle modifications consistent with best practice recommendations for preventing stroke recurrence.

Referrals to other services such as neurology, neurosurgery, the dietitian, the diabetes clinic, cardiovascular rehabilitation and smoking cessation, among others, may also be made if appropriate.

“The goal of out-patient management of TIA is rapid assessment and management in order to reduce the risk of a recurrent, possibly more serious event,” said Dr. Timpson, who notes that there is clear evidence that TIAs or minor strokes can be unstable conditions that warn of high future risk of stroke, other vascular events, or death.

Typically, patients are seen for one comprehensive appointment, and follow up as required.

Since opening, registered nurse Lisa Keon said the clinic has seen 245 patients and completed 27 follow up appointments.

Pembroke’s Stroke Prevention Clinic is one of five operated within the Champlain Regional Stroke Network following best practice recommendations for stroke care and education. For more information, please call (613) 732-3675, extension 6640.

Great Advancements Made To Support The Growth Of Telemedicine In Renfrew County

Significant advancements have recently been made in the field of telemedicine which have enabled the Pembroke Regional Hospital in collaboration with local and regional partners to create new opportunities to bring more services closer to home.

“Great headway has been made over the past two years thanks to the receipt of additional ministry funding for four RPNs (Registered Practical Nurses) to support the growth of telemedicine in Renfrew County,” said Karen Roosen, the Hospital’s telemedicine lead.

As a result, expanded telemedicine services are now available for such services as pre-operative and post-operative appointments as well as those in the areas of mental health and addictions, pre-diabetes and diabetes and complex health conditions.

As pioneers in the use of two-way video-conferencing, PRH has evolved from being the first hospital in the province to use the technology, to now being one of more than twenty telemedicine sites in the Champlain region with ramped up resources allowing access to more specialists and specialized services.

With telemedicine services now made available through the Ontario Telemedicine Network (OTN), the use of the service has experienced tremendous growth with sessions now being used for physician specialties such as psychiatry, cardiology, dermatology, nephrology (kidney), paediatrics, endocrinology consults, nursing and dietary counselling.

In the past year alone, Ms. Roosen said there were 3,000 new telemedicine appointments county-wide which is more than double the average rate for expansion and growth of the program.

As the administrative lead, PRH is one of four county hospital sites that received the enhanced RPN funding to support the growth of telemedicine in our area. Service agreements have been established with hospitals in Renfrew, Deep River, and Barry’s Bay allowing residents from those areas to also access a variety of services which would otherwise require a great deal of travel time. The statistics demonstrate the success and tremendous growth of telemedicine across all hospital sites in Renfrew



Karen Roosen

County.

Some of the specific areas of recent growth include services for mental health and addictions which have expanded in the Renfrew area and the pre-op nursing assessments for those living in the outlying areas and having surgery in Pembroke.

“We have been doing the pre-op nursing assessments via telemedicine on a pilot basis for a couple of months and are ready to expand to running these on a regular basis as well as adding

in anesthesia assessments as a next step,” Ms. Roosen said.

Another area of growth for referrals which can now be addressed via telemedicine involves appointments for those with complex healthcare conditions for services such as chiropody (foot-care). Urology consultations have also been made available on a limited basis with the surgeon being able to use telemedicine in order to consult with colleagues on more complex cases.

Tele-dermatology is another new program. Typically dermatology consultations can take up to a year but now, using telemedicine, an RPN takes a picture for assessment and forwards it to a dermatologist who can provide the family physician with recommendations within a week.

“Our clinics in cardiology and neurology continue to grow. Smoking cessation clinics are in the pilot stage and we are exploring cancer and palliative care along with cardiac rehab opportunities with support from The Ottawa Hospital and The Ottawa Heart Institute,” she said, adding that there is anticipated growth in these areas over the next year.

As co- chair of the Champlain Telemedicine Coordinating Committee that meets quarterly, Ms. Roosen said the committee has recently launched a common telemedicine client and provider survey to evaluate both patient and provider satisfaction across the Champlain region. “We are all working collaboratively, with the common priority being to bring services as close to home as possible.”

PRH Staff Member Named Outstanding Diabetes Educator



On August 15th, Mary Ann Carroll, right, was presented with an “Outstanding Diabetes Educator Award” sponsored by Wholesale Medical / Oracle glucose monitors.

This award was presented by her nominator, Michele Smith, who cited Mary Ann as an example of a person who exhibits both commitment to evidence-based care as well as outstanding empathy and compassion for the person living with diabetes.

Mary Ann has worked behind the scenes for many years to promote excellence in diabetes education by ensuring that those professionals who choose to become Certified Diabetes Educators do so by writing a valid competency-based exam . Mary Ann exemplifies the concept of client-centred care and is an outstanding professional mentor. Her photo will be displayed in Oracle’s “Hall of Fame” and on their Facebook page.

Versions Françaises Disponibles

Veillez communiquer avec Carolyn Levesque au (613) 732-3675, poste 6165, ou au pr@pemreghos.org.

Guest Speakers Available

Learn more about your hospital, its programs and services, or other health-related topics of interest.

Guest speakers and presentations are available. Please contact: Public Affairs and Communications by phone: (613) 732-3675, ext. 6165 or email: pr@pemreghos.org

In Partnership With Local Community Health Centres, PRH Will Host New Fall Prevention Program

Recognizing that falls are by far the most common cause of major injury and hospitalization for Ontario’s seniors, the province has made a \$10 million investment in new exercise and fall prevention classes as a way of helping seniors stay active, healthy and independent.

In partnership with the Whitewater Bromley, Rainbow Valley and North Lanark Community Health Centres (CHCs), the Pembroke Regional Hospital is one of several regional host sites for the new program which is being funded through the Champlain Local Health Integration Network (LHIN).

Designed to reduce the risk of falls for seniors and other at risk populations, the new Fall Prevention Program is being offered free of charge to seniors, and consists of 12 consecutive twice-weekly sessions.

Each class includes physiotherapist assessments, a one-hour group exercise session with a trained facilitator focusing on muscle strengthening and balance, and

corresponding education on fall prevention and risk identification in the community and home environments.

Exercises to be done at home are also taught.

The fall prevention classes may be helpful for those individuals at risk for falls or fractures, and individuals with balance and coordination challenges.

The program may not be appropriate for those using a walker, scooter or wheelchair, individuals who have cognitive problems that make it difficult to follow instruction, those who have had repeated unexplained falls, or any motor capacity changes that require an in-depth evaluation.

For more information, call the Outpatient Physiotherapy department at the Pembroke Regional Hospital (613) 732-3675, ext. 8048 or talk to your healthcare provider.

The next session begins in January.



Are You Interested In Volunteering? Consider Joining The PRH Auxiliary

The PRH Auxiliary welcomes anyone who wishes to volunteer with their activities.

Volunteering is a great way to socialize and meet new people.

The Auxiliary has pledged \$1 million to the MRI Campaign. All of our profits from the various activities we host go directly towards this worthwhile endeavour.

Volunteers can work a few hours a month or more if they wish.

No experience is necessary. Training and mentoring is ongoing for our volunteers.

The PRH Auxiliary needs volunteers to help in the Mural Cafe and the Sunshine Gift Shop, at Bingo and with the HELPP tickets.

Shifts in the Cafe are Monday to Friday, 8 a.m. to noon and noon to 4 p.m. (2 per shift).

Shifts in the Gift Shop are 10 a.m. to 1 p.m., 1 p.m. to 4 p.m., and 7 p.m. to 8:30 p.m.

Bingo shifts are 2 or 4 hours on Tuesday afternoons.

HELPP ticket shifts are Monday to Friday, 10 a.m. to 12:30 p.m. and 12:30 p.m. to 3 p.m.

Anyone wishing to volunteer is asked to call 613-732-3675, ext. 6169.