

Today's Take-Aways

Long Service Celebration Omission

- Please note that in the May 15th edition of The Pulse, which featured the list of individuals who achieved Long Service Milestones of 20 years and above in 2024, one recipient's name was inadvertently omitted.

Congratulations to Lisa Lewis from the Lab for achieving 20 years of service in 2024!

Trillium Gift of Life Network (TGLN)

- In April, we received six notifications. While these notifications were not suitable donors, we know that every notification matters, and we would like to thank the following staff for allowing the opportunity for organ and/or tissue donation to be assessed:

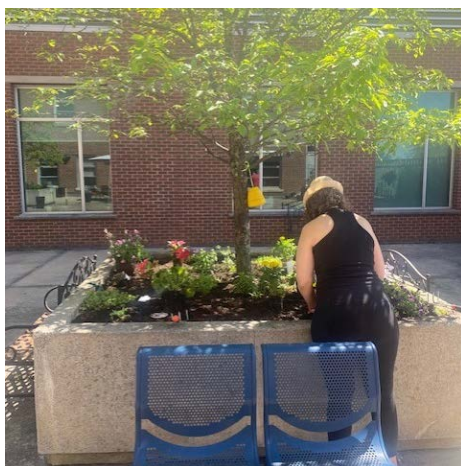
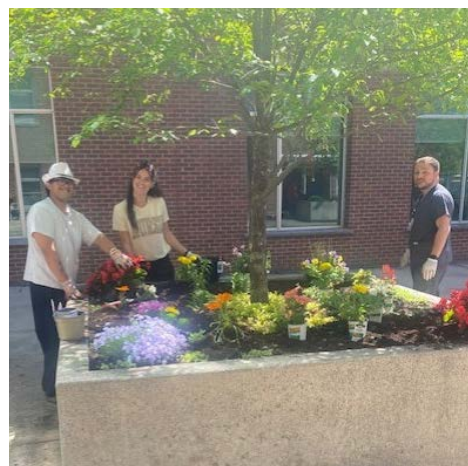
Ria Campbell (ED), Alyssa Yemen (ED), Sydney Nixon (ICU), Sharleen Doucette (ICU),
Chantal Rehkopf (ICU) and Katie Kourie (ICU)

Departmental Updates

Acute Mental Health

- If you have passed through one of the Tower B links recently, you may have noticed that the AMH patio has recently been beautified with an abundance of flowers and other greenery. This is the result of AMH team members and patients participating in horticultural therapy! Horticultural therapy can be therapeutic to many individuals by reducing stress and increasing a sense of tranquility, spirituality as well as accomplishment. Additionally, this is a great activity for staff and patients to do in order to build therapeutic nurse-client relationships.

Shoutouts to Shannon Reckzin (Recreational Therapy) and our Maintenance team for organizing, planning and collecting all of the supplies needed to achieve this. Also thank you to Home Depot for their donations of beautiful flowers and plants!



Today's Take-Aways Continued

Emergency Department

- Code of the Month - Code Orange: Earlier today, a tabletop exercise was conducted to revisit the nine action items that were identified at last year's large mock Code Orange which was held in the ED. Key stakeholders were able to share knowledge and experience that helped guide the implementation of improvement opportunities. Thank you to all who participated.

Human Resources

- HR Professional Development Sessions: Thank you to those who have taken advantage of the one-hour HR Education Sessions that have been hosted so far. We have seen great staff participation, which has encouraged our team to look at scheduling repeat sessions and brainstorm new topics to offer you!

A reminder of the remaining sessions currently scheduled for 2025:

July 8, 2025: I'm about to Retire: Now what?

September 3, 2025: Career Growth & Progression

Sign up to attend in person or virtually through SURGE under 'My Courses'.

Intensive Care Unit

- We are pleased to inform you that the Intensive Care Unit (ICU) at Pembroke Regional Hospital has expanded its cardiac care capabilities. Effective June 3rd, Temporary Cardiac Pacing now includes Transvenous Pacing as part of our critical care services.

Temporary pacing is a short-term method used to control a patient's heart rhythm when the heart beats too slowly or irregularly. A pacing wire or catheter delivers electrical impulses to stimulate the heart until a more permanent solution can be provided or until the condition resolves on its own. Transvenous pacing is a temporary method of endocardial pacing that involves accessing the heart through a central vein.

The ICU at Pembroke Regional Hospital is a nine-bed, closed-access adult medical-surgical unit dedicated to providing high-acuity care for patients who meet established admission criteria.

This update ensures that patients requiring advanced pacing support can now receive timely and appropriate care closer to home within our ICU setting, improving outcomes and continuity of care.

MDR

- On May 23rd, Amber Boire (Quality Assurance and Equipment Coordinator) and Sarah Gibson-McKay (MDR tech) went to Toronto to take part in the CERT (Certified Endoscopy Reprocessing Training) course at the Olympus Training Centre.

This train-the-trainer course on the reprocessing of Olympus endoscopes was done with a combination of theory (didactic) and hands-on-training. The training offers the most crucial aspects of today's dynamic world of endoscopy and endoscope reprocessing, including endoscope care and handling, trouble shooting, occupational health and safety, microbiology, infection prevention and control and quality assurance best practices.

While at the Olympus Centre, both Sarah and Amber had to perform the proper cleaning reprocessing of endoscopes that are a part of PRH's endoscopy fleet.

After successfully passing a final examination and hands-on test, both received their CERT certificate.



Today's Take-Aways Continued

We're pleased to have had the opportunity to send frontline staff to this valuable train-the-trainer course and are excited to share their insights through an upcoming lunch and learn session with the MDR and OR teams.

Medical Affairs

- Please give a warm welcome to the newest members of our professional staff:
 - Dr. Ahmed Fagir will join our Diagnostic Imaging Department on a locum basis starting June 3rd.
 - Registered Midwife Emily Steadman will be joining our Obstetrics/Midwifery Group on August 1st.
- As you may have heard, this week we welcomed 10 first-year Medical Students from Queen's University as part of "Community Week" which is organized by the Eastern Regional Medical Education Program. This program offers students the opportunity to experience a glimpse of rural medical practices early in their education. It's both a unique opportunity for the students and a great opportunity for our community to promote rural practices, benefits and showcase the area for future recruitment efforts at PRH.

As part of their scheduled program for the week, our visitors have had the opportunity to experience practice in General Surgery (office, OR/Scope Suite and Multi-Function Room Clinic), Internal Medicine, OB/GYN (office and OR), Radiology, Anesthesia, Family Medicine Clinics (PCFHC / FFMTU / WCFHT / ConnectWell Community Health in Beachburg), the Emergency Department Zone A/Zone B, Ophthalmology (in the OR and private offices of Dr. Canniff & Dr. Shoughary), Orthopedics (OR and Fracture Clinic) and Geriatrics with Dr. Linde Corrigan.

In addition, we have coordinated after-hours events which provide them with a taste of life in the Ottawa Valley including Trivia Night at the Whitewater Brewery, dinner with the mayors from local municipalities and Sabine Mersmann at Anthony's Restaurant and white water rafting and dinner at Wilderness Tours. A big shout out to Whitewater Brewery for their hospitality and for donating various brew samples for our medical students as well as to AAA Limousine Services for providing safe transportation to and from the brewery for our future recruits.

Thanks also to all at PRH who have helped make this week a success and to our community partners who have also contributed to the experience.

Next week, we will welcome 17 first-year Medical Students from the University of Ottawa for their "Community Week" experience.



Our Team Making a Difference Every Day! Let's Celebrate!

For those of you didn't have an opportunity to see all the great celebrations that were shared in the cafeteria as part of Nursing Week, here's a recap!



- I would like to celebrate **Lisa Keon, Charge Nurse/ Discharge Planner on Inpatient Rehab**. Lisa is such a kind and compassionate person. She is always going above and beyond for our patients and our staff. She is the perfect example of how one person can have such a positive impact on so many. Her bubbly personality and sense of humour make everyone feel welcome. Thank you, Lisa, for all that you do! *Hope Proctor*

- **Lisa Keon** brings such a positive energy to the Rehab floor every day! She is so supportive of the entire Rehab team and approaches every task with a smile.

- The **Crisis Team's Nurses- Rachel Lawrence and Sydney Bourque** deserve celebrating, today and everyday! They are integral to our service and are appreciated for all that they bring to our team!!

- I recently had an opportunity to shadow the **Geriatric Day Hospital's Clinic**. **Christine**, one of the nurses was very helpful and mindful as I was shadowing, ensuring things were explained to me throughout the morning. **Angela, the OT**, brought lots of laughs and fun to the morning. **Sarah, the physiotherapist**, allowed me to shadow her Physio assessment which was really interesting and I learned a few things regarding assessment of geriatric patients and their risk for falls. Its quite evident that Dr. Corrigan values the input from all of the team members. To see the intricacies of this program and how an interdisciplinary team can function so well is awe inspiring. This left me with hope and something to strive towards in terms of team cohesiveness, shared responsibilities and seeing the client truly receive comprehensive care when it's needed. *Erica*

- I would like to take the opportunity on this National Health Day to thank our **MLA's** for the wonderful job they do each and every day.

- I couldn't imagine spending my days with anyone other than my **Endoscopy and Surgical Day Care people**. I've never felt so much love, comradery, or support from an area in my career. At any moment I can call upon them for help, pick their brain or a good giggle on a bad day. Thank you for always making it a good day.

- Thank you to **Dr. Li** for his continued support in the stress lab, especially so we are able to continue to offer consistent nuclear cardiology coverage.

- Thank you to **Dr. Offiah and Sara RRT** to filling a gap in nuclear cardiology coverage in the stress lab. This new model allows for consistent coverage and helping to lower wait times for patient imaging in nuclear medicine.

- Shoutout to **Greg and Jeremy in IT** for their continued support of locum physicians in nuclear medicine. With a remote connection brings more connectivity challenges and we appreciate your attention in a timely manner.

- Shoutout to **Martin Burger** for his continued support in DI. Especially regarding HR and equipment procurement efforts.

- "Firstly, I'd like to celebrate the **Mural Cafe, The Lunchbox and the dietary staff** for providing a variety of warm, delicious soups that we've enjoyed over the colder months.

Secondly, I'd like to celebrate the **Housekeeping Department** for keeping our organization clean and as germ-free as possible.

Thirdly, I'd like to celebrate our **Leadership Team**. They work tirelessly with our community partners to ensure our community residents have access to many support services, such as The Warming Center and The Renfrew County Mesa HART Hub."

- The **clinical scholars** are a great addition to our team!!
- For all the painting and making improvements every day!
- To our **kitchen staff** and those designing menus... love the new ideas!!! Keep them coming!
- **Housekeeping**.... Thank you for keeping our spaces so beautiful, it makes such a difference for patients, families and staff!!
- To our **CLINICAL LEADERSHIP team**, you lead big teams, big projects/ initiatives and you handle day to day operations. You do it with confidence and collaboration. You show courage and compassion in all you do. THANK YOU!
- Thank you to our **clinical educators and scholars (Hope, Erin, Carolyn, Alyssa and Kerri)** always there to support our staff, physicians and team!!
- Thank you **Medical Affairs** for doing such an incredible job!!!
- A shout out to **Paula, Emilie, Britney, Alycia** for supporting all of our teams!
- Happy RETIREMENT **Jeris**!! Love SDC
- "**Erin Van Allen** Thank you for being an incredible nurse with an amazing brain of knowledge and a passion for educating and supporting staff"
- **Deann Carroll**. Provides outstanding palliative and end of life care.
- Shout out to **Mary and Lauren** for always being there in the cafe to support my nutritional endeavours! They are a great first impression to genuine and friendly service!! *Ralph*
- Shoutout to **Connie Chippure**! You're a beacon of wisdom and knowledge, always putting the best interests of our patients and our hospital at heart. Thank you for always going above and beyond to support us. Your dedication, expertise, and compassion make a real difference in our work life. Thank you for being you - we're so grateful to have you!
- HUGE shoutout to our incredible **Nursing Education Team**! You guys are absolute rockstars! Your brilliance, kindness, and optimism make a huge difference in our daily work. We're beyond lucky to have you on our team. If we could clone you and have you on every floor, 24/7, we'd do it in a heartbeat! Your knowledge, patience, and dedication are invaluable. Thank you for all that you do - we're so grateful to have you!
- Shoutout to **Kira from ED**! This rockstar consistently goes above and beyond, delivering exceptional care to even the most critically ill patients. Her intelligence, expertise, and passion for quality healthcare are truly inspiring. But what impresses us most is her compassionate approach - she genuinely cares about each patient and leads by example. And when she laughs, it's like sunshine in the hallway! We're so grateful to work alongside talented individuals like Kira who raise the bar for all of us.
- "I want to Celebrate **all the the nursing staff in AMH** who I'm so blessed to work with Thank you all for all that you do each and every day and night. You're the best." *Shannon Reckzin*
- I want to give a shout-out to **Carissa on third Medical**. No matter how bad of a day you have, you are always smiling and helping others!
- **Kandis Meilleur** has always been a kind, caring, honest and hard worker when I have interacted with her at the Pembroke Regional Hospital. Her dedication to health care reaches far beyond her time at work. **Carissa** would be a close second for just going beyond the call of duty to help all. Both ladies are wonderful nurses.

Departments Celebrated Their Administrative Professionals

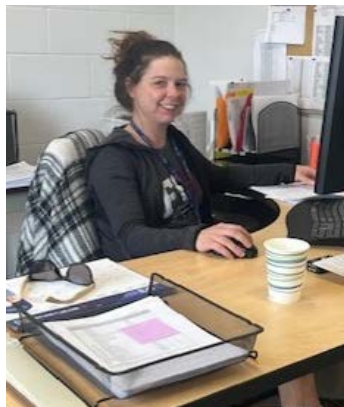
Please note that the following tribute was missed in the May 15th edition of The Pulse when we recapped the April 23rd celebration of Administrative Professionals.

Purchasing Assistants Natalie Lariviere, Jamie-Lynn Thibeault, Alex Adams and Nyomi Immel can be found in the OR or at our offsite warehouse taking care of processing POs of your special supply requests and reordering of stores items.

They work diligently behind the scenes to make sure clinical and non clinical depts have the items needed to provide the ongoing daily care of patients.

With an increase volume of OR procedures, there is special attention done to re-order and replenish the much needed Orthopedic surgical supplies.

In light of supply availability challenges, they continue to work closely with clinicians to obtain suitable product substitutions.



National Physiotherapy Month May 2025



We would like to celebrate all of PRH's physiotherapist professionals who service inpatients and outpatients to achieve a variety of goals.

Thank you to this incredible team who are an important part of our patient care team model.



In Case You Missed It - Highlights From Sabine's Messages

It's been wonderful to see such a high level of interest in recent posts for various management positions at our hospital including those for Lean Management and Quality and Risk. It's great for us to see how many of you are interested in career advancement, please continue to express this interest whenever possible.

Senior Leadership Team Explores Future Collaborations With Queensway - Carleton Hospital (QCH)

On May 13th, members of our Senior Leadership Team including incoming Chief of Staff Dr. Declan Rowan, travelled to QCH to meet with their leaders for a conversation around collaboration, partnership and future potential for a closer working relationship and joint initiatives. It was a great meeting and opportunity to discuss our existing relationship while also exploring future potential. Our entire team was energized by the discussion and felt very welcomed at QCH.



Volunteers Celebrated At The Clarion

The Clarion Hotel was abuzz with excitement May 13th as 100 volunteers, about half of our volunteer complement, attended an appreciation dinner, with many also recognized for achieving long service milestones in 2024.

It was a lovely time to connect with many familiar faces, so many former staff, all giving their time for our hospital and the many services they support.

Be sure to thank our volunteers when you see them – they are amazing ambassadors for PRH and a very important part of our team!

OVOHT Provides An Update To County Council On Primary Care Proposals

On May 14th, I was delighted to be part of a delegation to Renfrew County Council in my role as Co-Chair of the Ottawa Valley Ontario Health Team, for a presentation on the status of two primary care proposals which have now been submitted to the province. Should both proposals be approved as part of Ontario Health's plan to create or expand up to 80 primary care teams, all residents without a family physician who are identified through Health Care Connect, would be attached to a care provider by 2027.

Council members were provided with an overview of both proposals as well as an update on the work that has been done to date to improve primary care coverage. This includes the additional number of Medical Residents receiving local training through the Family Medicine Teaching Unit and those who have come to practice in our region as part of the Practice Ready Ontario program – the fact that we have seven of Ontario's 38 PRO doctors providing care within our communities is simply amazing! Response to both the presentation and the proposals themselves was overwhelmingly positive.

Minister of Finance Tables 2025 Ontario Budget

On May 15th, the Hon. Peter Bethlenfalvy, Minister of Finance, tabled the 2025 Ontario Budget with health sector highlights including \$1.1 billion in additional hospital funding for 2025/2026. This is said to include some increase in base and targeted funding however at this point we do not yet know the details and how this will impact our budget. Once we know more, I will provide some additional information.

An Amazing Turnout At Second Annual CEO Breakfast

The Foundation's second annual CEO Breakfast was a tremendous success as I was joined by 100 enthusiastic community leaders, business owners and local donors the morning of May 15th for an overview of the exciting developments taking place at our hospital and our plans for the future of local health care.

We received great feedback from all in attendance, all very supportive of the work being done by our health care team and the care we are providing to our community. I was joined by Dr. Pawel Stefanski, our Chief of Diagnostic Imaging who had a great presentation on the services we provide in DI. Dr. Chris de Jesus, Dr. Richard Johnson, Dr. Fred Matzinger and Dr. Bryce Lowry also attended this great event along with some of our Board members.

OVOHT Hosts Aging In Place Forum

On May 15th, I also attended the Ottawa Valley Ontario Health Team's Aging in Place forum that included a presentation by a thought-provoking futurist who spoke about the use of Artificial Intelligence and technology in health care to support aging in place. Several of our leaders at PRH attended this event and we all left with new ideas and thoughts about how the system could be designed differently in the future.

Province Announces New Funding To Support Those Who Are Experiencing Gender-Based and Intimate Partner Violence

We are very excited to share that our Mental Health Services Team will be launching a new program to support women, youth and LGBTQIA2S+ individuals living in the Renfrew County who have experienced Gender-Based and Intimate Partner Violence with a focus on employment and financial empowerment.

This initiative will be delivered in partnership with the Phoenix Centre, Bernadette McCann House, the Youth Wellness Hub of Renfrew County, and the Robbie Dean Centre and is made possible through special funding from the Ontario Ministry of Health, Community and Social Services, demonstrating a strong provincial commitment to addressing and mitigating the impacts of violence in our community.

Kudos to our Mental Health Team for having the vision and foresight to apply for this funding which will bring great benefit to some of our community's more vulnerable residents. We look forward to sharing more details about this program further aspects are finalized.

Thanks To All Who Helped Make Nursing Week A Success!

I want to say how great it was to go around to so many different areas on cookie rounds as part of Nursing Week while also seeing others take part in so many different activities and special events. Thanks to all who contributed to the organization of the week and lent their expertise to some of the great education sessions that were held.

Big Winner In Catch The Ace

It was so nice to meet Mary-Beth and Denis Goyette of Pembroke, along with their children on May 16th as they took home an incredible and life-changing \$631,661 after picking card #44 and "catching" the Ace of Spades! Mary-Beth explained that she was born in our hospital 44 years ago which is why she selected card #44!

PRH Welcomes Digital Content Creator

This past Monday we welcomed Rose Bennett to our organization in the new part-time role of Digital Content Creator.

Co-located with Carolyn Levesque, our Public Affairs and Communications Coordinator, Rose will help capture and share our stories and those of our patients and families through pictures and video as a way of sharing more information about the great work that all of you are doing with our community.

In the first few weeks, Rose will be learning all she can about our hospital, our people, our values and the stories that define us.

She will be meeting with teams, visiting departments, and connecting with all of you to better understand all the great things that we do here and seek out the stories that need to be told.

Please welcome her and be open to helping her visually capture all of the great things you do in your day-to-day work.

Tower C Construction Update

I am very happy to share that, if everything goes to plan, and the city's occupancy inspection takes place as scheduled, Mulvihill Drug Mart's new location and our new Tower C lobby will be open the week of June 13th! As part of this stage of the project, the SP+ parking office will also be relocated to room C018.

Phase 2 of this project, which will involve renovations to the former Mulvihill space to accommodate our Auxiliary's Gift Shop, will also begin that week.

Recharge Wellness Cabin

Anecdotally I'm hearing lots of positive feedback about our new wellness initiative, the Recharge station that is located near the Foundation entrance of Tower A. In fact, as of yesterday, 83 staff have used it at least once and a total of 151 members of our health care team have registered on the station's app.

I encourage all of you to try it at least once, knowing that once you're familiar with all of its features, you'll likely make regular break-time bookings. I have tried it myself and it is a great way to take a break and recharge.

This station is meant for members of our health care team, staff, physicians, volunteers and students, not for patients and visitors. We will be adding some signage onto the unit to this effect.

The Importance of Staying Informed

I'm very pleased to share that our Project Horizon (Epic) countdown banner has returned to the cafeteria with our new go-live date of October 24th, 2026!

To this end, the volume of tasks being done by our Epic working groups is ramping up and we are making plans to ensure there will be hospital-wide communication for aspects of workflow change that will have a high impact while also ensuring departments have a standardized communication process for team-specific updates.

Please stay informed by reading your emails, checking huddle board updates or reviewing key messages in the bi-weekly editions of The Pulse.

We recognize that information overload can be challenging, but we do not want to leave anyone behind as we advance forward with Epic and all the significant technological and process changes that come along with this.

Let us know what else we can do to keep you updated!

GovDeals[®]
A Liquidity Services Marketplace



**Our hospital sells surplus items on
GovDeals.ca.
Check it out to find great deals.**

CELEBRATIONS

To include a special message in this section, email celebration&recognition@prh.ca.

- Thank you to **Caroline Froment and Erin Van Allen** for putting together our first Morbidity and Mortality rounds for Nursing Week. These are an excellent way to learn quality and patient safety improvement opportunities. *Cheryl Summers*

- Thanks to **Caroline Froment and Erin Van Allen** for rounding with an ice cream cart on May 16th! *The Admin team*

- Congratulations to **Alyssa Yemen, RN, ED (Dec 2024) and Samantha Duarte, RN, ED (May 2025)** for successfully completing the PRH Critical Care Orientation Program and Exam for the Emergency Department. Welcome to the team! *Erin and Kaley*



- Jeremy Conor and the IT department would like to celebrate **Josi Curry** for, in Jeremy's words "what feels like an impossible feat, Josi has fixed every fax stuck in the queue. Great job. This is proof on how awesome, and detail-oriented she is!"

- **Alycia Fraser** should be celebrated for helping the Maintenance Department while balancing her own portfolio. *Britney Plath*

- I would like to celebrate **Britney Plath** for being so nice to provide coverage for me for two of my committee meetings. *Emilie Cote*

- I would like to celebrate the **Staff Association** for organizing the "Paint with Sheila" event. It was nice to laugh in a casual environment; it was a lot of fun! I feel the Staff Association members should be celebrated for the effort that goes into planning these types of events and the members volunteer their time. *Paula Adshade*

- **Courtney Smith** was celebrated for leading the Stress Management session for our employees. Her extra efforts to support learning at PRH are appreciated!

- **Jody Kulas and Angela Lemke** were celebrated for their hard work and efforts in preparing the 2024 T4 slips for submission.

- **Emilie Cote** was celebrated for all of her hard work developing a new organizational PRH PowerPoint template.

- ICU celebrated **Jess and Jess from Physio** for always showing such positivity and motivating their patients.

- **Chelsea** was celebrated by the ICU team for dealing with difficult patients with grace and compassion.

- Celebrating **Michelle Perry (ED)** for always being so helpful around the unit, whether it's helping with others' patients, orders or stocking supplies. She is always so helpful without being asked and always knows what is going on. Thanks for all that you do. *Avery*

- AMH recently celebrated **Sarah M** for being such an amazing mentor who was great to work with and always took time to explain and guide.

- Thanks to **Jeff (AMH)** for the many words of wisdom, many tips for our future in nursing and for the patients to guide us, making for a very valuable clinical experience.

- Celebrating **Jen (Pharmacy)** for preparing, organizing, training, problem-solving and more in preparation for installation of our new C2 safe.

CELEBRATIONS

• Celebrating **Health Care Aide Amelia on the Acute Mental Health Unit**. Amelia is incredibly kind and caring. She embodies the value of compassion, courage, commitment and collaboration. She was always available to talk too and was really good at coaxing patients out of their room to do activities in a way that wasn't pushy. Her upbeat and happy personality made you want to participate and be excited for her activities. Amelia's amazing personality and attitude played a big part in my recovery.

• I work on AMH as Peer Support. So many people I work with talk about **May Seto** in such a positive light. I myself find her to be an inspiration and someone to look up to.

• I would like to give a huge shout out to **Jen on AMH**. She was in the ED with a patient requiring extra support for mental health and de-escalation. She stayed in the room to provide this much needed support. *Connie C*

• A big thank you to **Lisa Best on LDRP** for all the work put into BPMH audits. She has been collecting data and created a spreadsheet to capture needed data.

• Thank you to **Mila S in the OR** for always keeping the Surgical floor updated on OR plans for the next day and when there are changes. We appreciate you.

• Thanks to **James and Roberta (Environmental Services)** for always being readily available and willing to help. Amazing teamwork! *Breanna*

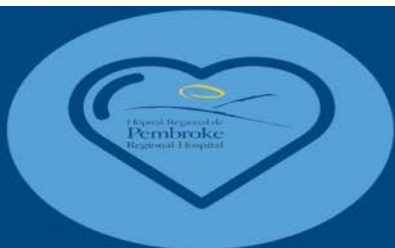
• Celebrating **Caitlyn Risto (Rehab)** for her ability to provide a patient and their family with the support and the education they need so they can better understand and accept end-of-life care.

• Celebrating **Danielle O'Grady from Marianhill** for meeting with me and collaborating together to support our mutual patients' transition back to hospice. Your kindness and support were truly appreciated. *Lisa Keon*

• Celebrating **Melody from Rehab** who went above and beyond her role to provide the required bed surface for our patient which involved collaboration between Maintenance, cleaning staff, nursing, a manufacturer and management. Her commitment to patient care is awesome!

• Thank you to **Jen (Unit Clerk on Rehab)** for keeping us all organized and creating the new Kardex folders. They are lovely. *Travis*

• Thank you to **Courtney, Ralph and Angela** for your assistance in preparing the Long Service Award packages for the 2024 recipients. Your collaboration is truly appreciated.



WELLNESS COMMITTEE

Our Human Resources (HR) department is excited to announce the re-launch of the PRH Wellness Committee.

The Wellness Committee serves to promote and support the physical, mental and emotional well-being of

hospital staff, physicians and volunteers

by identifying needs, developing initiatives, and coordinating wellness-related activities and resources within the Pembroke Regional Hospital (PRH).

We are currently recruiting for the following spots:

Four (4) frontline staff

If you are interested in getting involved, please email Courtney Smith at coursmith@prh.ca by May 30th.

Critical Care Awareness and Recognition Month

May 2025



This May, we proudly recognized the extraordinary dedication, skill, care and compassion of the Intensive Care Unit (ICU) at Pembroke Regional Hospital. As part of National Critical Care Awareness and Recognition Month, we shine a spotlight on the team.

Our ICU staff are the backbone of critical care in the Ottawa Valley. Whether comforting a patient or supporting a family in crisis, their care and compassion never goes unnoticed. The team collaboratively works together to provide exceptional care every day.

In 2024/25, we celebrated remarkable outcomes:

- ICU admissions increased by 10%.
- More patients are going home - either independently or with support.
- Fewer patients are being transferred to other hospitals.
- Mortality rates have decreased, a testament to the quality and effectiveness of care

We are committed to increasing the acuity level of care we provide, ensuring that more complex and critical care services are available closer to home.

As the needs of our community evolve, so will our capacity to meet them - right here at Pembroke Regional Hospital.

Thank you for your commitment to our patients, caregivers and our community!

Foundation News

Pembroke Regional
Hospital Foundation



Fondation de l'Hôpital
Régional de Pembroke

Presented By

OK TIRE

Catch the Ace



PROGRESSIVE LOTTERY

Returning June 18th!



Amanda Landry, Rehab Unit

"Amanda, we have been so grateful to work with you over these past few months. It has not been easy for you being the only OT covering hospital inpatients, but you have done an amazing job. The team and the patients have benefitted from your kindness, professionalism, and knowledge. We hope that you know how grateful we are to you. We wish you well as you begin your next adventure."



Colleen Ferneyhough, Acute Mental Health

"Thank you for all you do for local healthcare!"



Dr. Mackenzie Stoness

"Thank you for hearing my concerns. Your concern and compassion along with your amazing care is greatly appreciated. Zone B rocks!!"



Dr. Svetlana Cakarevic

"I am happy to nominate you as my Guardian Angel! On March 2, 2025, I was rushed to Pembroke Regional Hospital with chest pain, and as it turned out, I was having a heart attack. I was blown away by your exceptional professionalism and compassion, which made me feel incredibly calm and safe amidst the chaos. Your reassuring words, 'Don't worry, you're going to be fine,' were a balm to my soul. Today, after receiving two stents, I'm grateful to be alive, thanks to your outstanding care and the incredible team, including the two female paramedics and one nurse. You all are truly Angels!" Love Glenda

Catch the Ace raises over One Million Dollars PRH Equipment

Funds raised from the *Catch the Ace* lottery which ran for 39 weeks funded:

- ◇ 10 new hospital beds
- ◇ 2 new Ultrasound machines
- ◇ A portion of the new CT scanner

Thank you to everyone who purchased tickets!

See you for the next one!



TAKE AN ENERGIZING BREAK

Enjoy a moment of relaxation in the **Recharjme** cabin,
compliments of **Pembroke Regional Hospital**.

An immersive and revitalizing experience awaits you.
Reenergize in a soundproof cabin equipped with a heated,
vibrating, zero-gravity chair, light therapy, and relaxation
programs designed for ultimate comfort.



Enjoy a break...

Massage Chair

Light Therapy

Nap

Meditation

CABINE DE REPOS - REST CABIN



Free to use
for all
staff.

Service available
in the corridor
beside the
Foundation office -
1st floor in tower A

1. Download the free
mobile app on



2. Scan QR code on outside of
the cabin to start registration.



3. Book a session on the
mobile app



Emergency Preparedness

Please note that the Code of the Month schedule for 2025 has been updated and the revised copy is below for your reference. The Code of the Month for May was Code Orange - Disaster and Code Green has been moved to the month of June.

The revised schedule will also be made available on the PRH Intranet for reference under the Education section.

2025 Code of the Month Schedule			
January	February	March	April
Code Black	Code White	Code Brown	Code Grey
May	June	July	August
Code Orange - Disaster	Code Green	Code Silver	Code Orange – CBRNE
September	October	November	December
Code Purple	Code Red	Code Yellow/Amber	Code Grey

Upcoming Recognition and Celebration Dates

May

National Physiotherapy Month

Critical Care Awareness and Recognition Month

World No Tobacco Day – May 31

June

National Indigenous History Month

Pride Month

Stroke Awareness Month

Canadian Armed Forces Day – June 2

Father's Day – June 15

July

Canada Day – July 1

August

Civic Holiday - August 4



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