



## Today's Take-Aways

### Regional Updates

- Overall, the number of COVID cases in the province is on the decline, however this was not enough to put an end to Ontario's current Stay at Home order which was extended by an additional two weeks this afternoon to June 2nd.
- The number of COVID positive patients in ICUs across the province is also on the decline – a total of 775 currently, down about 100 from last week's count.
- The occupancy rates in Ottawa's hospitals are still high but this week they have not received any patients on transfers from other parts of the province. As a result, hospitals, including ours, are starting to look at ramp-up plans and what will need to be done in order to ramp up when provincial direction is given to do so.
- It has also been noted that the number of patients awaiting transfer to long-term care is also down a bit. This is a result of long-term care homes regularly admitting patients into long-term care from the community and hospitals.

### COVID-19 Vaccine Distribution

- Ontario has vaccinated approximately 41% of its population and vaccination rates in Renfrew County and District are at a similar percentage with very high uptake rates amongst our region's older population.
- As more eligibility groups open up for receiving the first dose the public is being asked to be patient as the county is not receiving additional dose allocation to match the increasing demand. This means that people who are now eligible will have difficulty finding vaccination appointments.

### Second Dose Appointments For Health Care Workers

- At this point, all health care workers should have received appointments for the second dose of their COVID-19 vaccine that should be in line with an interval of approximately 14 weeks after their first dose. If you have not received your notice for your second shot, please contact [OccHealth@prh.email](mailto:OccHealth@prh.email) with your full name and the email that you used for your first dose.
- In order to ensure coverage in your department so that you can attend your vaccination appointment, all staff are asked to make their manager aware of their appointment date and time if it takes place during a shift you are scheduled to work. Managers will work with staff to ensure this appointment can be accommodated.

### Occupational Health and Safety / Infection Prevention and Control

- When staff are symptomatic or have had a high risk exposure to COVID-19, Occ Health will direct them to isolate until they have been tested and/or get their test results. While doing so, they must follow provincial isolation guidelines until they have been cleared by Occ Health.

## Today's Take-Aways Continued

We have noticed staff showing up for testing with family or friends in the vehicle who are not there to be tested and are not distancing or using masks.

Provincial isolation guidelines include:

1. Staying home and only leaving for essential reasons such as a doctor's appointment; and
2. Avoiding contact with others by keeping two metres apart or wearing a mask when around others if distance can't be maintained.

Please note that, while waiting for a test result, employees need to ensure they answer calls from Occ Health. When a call is made, Occ Health will leave a message for a call back. If Occ Health is unable to connect with an employee after repeated tries and no response, a police health check may be initiated.

### Other News:

#### Senior Leadership Team

- Thanks to the Clinical Educators and our nurses for doing such a great job promoting their own team and profession as part of Nursing Week, both on The Loop and through other internal communication channels. We look forward to celebrating our entire team with next Wednesday's Staff Appreciation BBQ/meal catered by Harvey's!

#### Project Updates

- New medication carts were launched on Rehab last week. Dean Quade and Amanda Godin (Clinical Educator) are leading staff education. (Pictured at right)

#### Did You Know – Patient Flow:

- PRH works closely with our regional partners in assisting with patient flow. We report our total hospital occupancy three times per day to help the Regional Patient Flow Command Centre.

The command centre has a dedicated number for hospitals in the Champlain region to call when they have a highly suspected or COVID positive patient that requires transfer to a COVID designated hospital.

Patient flow works collaboratively with the physicians, interdisciplinary team, and infection control to ensure timely internal flow is available so that we can accept patients from other hospitals in the county.

PRH is also part of an IMS (Incident Management Structure) that receives orders to assist hospitals who are having occupancy challenges. To date we have received five patients and all have been successfully transitioned home. We will continue to work collaboratively with our community partner to ensure all patients have access to timely patient care.



#### Information Technology

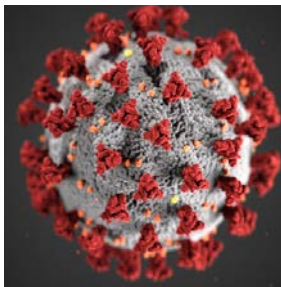
- *Name the Project Contest* update. Thanks to everyone for their creativity as we received a total of 60 submissions.

Stay tuned as we unveil the new name and winner in next week's edition of The Pulse as well as an overview of what the new project will entail.



## Current Facts and Figures

• **Renfrew County:** 48 active cases, 7 deaths, 92,344 tests completed (as of today)



• **Ottawa:** 1,190 active cases, 533 deaths

• **Ontario:** 37,640 active cases, 8,405 deaths

## Vaccination Clinic Team Express Gratitude For May 13th Sponsored Meal



The COVID-19 Vaccination Clinic Team at the Pembroke Memorial Centre were very appreciative to receive a lunch at today's clinic sponsored by Derek Nighbor and catered by The Kitchen Eatery.

*'During National Nursing Week and to recognize everyone who is helping at the PMC, I wanted to do my small part to say thank you. My Mom & Dad got their first job because of this community effort. I couldn't be more grateful.'* **Derek Nighbor**





**CATCH the ACE**

# WEEK #12 WINNER!

Congratulations

## Deb Duhn

# \$2,965

Winning ticket #L-4973233  
Card #10 - 6 of Hearts



Thank you to our Drive Thru Sponsors May 2021



Lindsey Cupelli





WHAT'S ON the

# MENU

**WEEKLY MENU**  
**MAY 17-22, 2021**

MONDAY-BEEF STEW WITH A BUN

TUESDAY- CHICKEN DRUMSTICKS WITH RICE AND DAILY VEGETABLES

WEDNESDAY- STAFF BBQ PROVIDED BY HARVEYS

THURSDAY- FLAT BREAD CHICKEN PESTO PIZZA MIXED GREEN SALAD

FRIDAY- BREADED FISH WEDGES AND COLESLAW



### Do You Have A COVID-19 Question?

Email: [covid19questions@prh.email](mailto:covid19questions@prh.email)

### Would you like to celebrate or express gratitude to a group or individual?

Email: [celebration&recognition@prh.email](mailto:celebration&recognition@prh.email)

For other questions/concerns, contact Infection Prevention and Control (ext. 7106) or Occupational Health and Safety (ext. 7202).

# Happy Nursing Week 2021

*In honour of Florence Nightingale's birthday, a message from Beth Brownlee, Vice-President of Patient and Support Services and Chief Nursing Executive.*

Nursing Week is a time when we honour the incredible contributions of nurses. This celebration takes place the same week as nursing pioneer Florence Nightingale's birthday on May 12th.

The theme this year, **#WeAnswerTheCall** has been developed by the Canadian Nursing Association to showcase the many roles that nurses play within our patient's journey. Let's think about that...

A patient's journey represents all the interactions that a patient and their caregivers may face within our healthcare system. The power of nursing within this journey is an impactful one. We, as nurses have the ability to influence and impact every patient that we meet every single day.

Throughout this pandemic, as nurses you have shown your ability to play this very important role, showing courage and commitment to your community. Working alongside so many others to strengthen our patient's journey, we thank all support staff, allied health professionals, physicians and volunteers. I always say, we are only as good as the team we have around us and at the Pembroke Regional Hospital we have a remarkable team.

Over the course of this week, take some time to reflect on your own accomplishments. Take pride in the passion and professionalism that inspires all nurses. Thank you for your dedication to the work you do. Thank you for rising to these challenging times. Thank you for being the professionals that make a difference in a patient's journey.

Happy Nursing Week!



## A Few Images From Nursing Week Festivities



### Florence Nightingale

BORN: MAY 12, 1820  
DIED: August 13, 1910

Florence was a British nurse who has been credited as the founder of modern nursing. Her time in the Crimean War helped influence her view on sanitation and encouraged her efforts to reform healthcare improving the quality of care in the 19th and 20th centuries.

**DID YOU KNOW?**

- Florence came from a wealthy family and her family forbid her from becoming a nurse. Instead her parents expected her to marry a reputable man.
- The Secretary of War S. Herbert personally wrote Florence requesting she assemble a team of nurses to improve care to the wounded and hospital sanitation.
- The British government awarded her 250k for her work in the Crimean War which is what she used to fund the Nightingale Training School for Nurses.





## Have you completed your daily COVID-19 self-screening?

### Adding The Staff Screening Tool To Your Mobile Device

#### Android:

Launch Chrome for Android and open the website or web page you want to pin to your home screen. Tap the menu button and tap "Add to Home Screen". You'll be able to enter a name for the shortcut and then Chrome will add it to your home screen. The icon will appear on your home screen like any other app shortcut or widget so you can drag it around and put it wherever you like. Chrome for Android loads the website as a "web app" when you tap the icon, so it will get its own entry in the app switcher and won't have any browser interface getting in the way.

#### iPhone, iPad, iPod Touch:

Launch the Safari browser on Apple's iOS and navigate to the website or web page you want to add to your home screen. Tap the Share button on the browser's toolbar. It's on the bar at the top of the screen on an iPad and on the bar at the bottom of the screen on an iPhone or iPod Touch. Tap the Add to Home Screen icon in the Share menu. You'll be prompted to name the shortcut before tapping the Add button. The shortcut can be dragged around and placed anywhere, including in app folders - just like a normal app icon.



Photo submitted by Leslie Heggart.

There are currently three generations of nurses from one family working at PRH.

Maddison Kouloheris who was hired as a CCA (currently in the RPN program at Sir Francis Flemming College); Maddison's mom Kerri Timm RPN, and Maddison's grandmother, Leslie Heggart RN.

## Guardian Angels Chester Nieforth



Pembroke Regional  
Hospital Foundation



Fondation de l'Hôpital  
Régional de Pembroke

## Employee Discounts



### Looking for staff discounts?

All staff discounts, employee offers, promotional codes and other PRH perks can now be found on the Staff Resources section of the PRH website:

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

### What discounts are there?

PRH Staff Association / Insurance Providers / Local Health and Fitness Facilities / CAA / Scrubs / Access Perks / Perkopolis / Park 'n Fly and more...

# Foundation News

Pembroke Regional  
Hospital Foundation

Fondation de l'Hôpital  
Régional de Pembroke



**\$50,000** ESTIMATED JACKPOT

PRH CATCH THE ACE

3 TICKETS \$5  
10 TICKETS \$10  
40 TICKETS \$20

WWW.PRHCATCHTHEACE.CA TO WIN

The estimated jackpot is \$50,000 this week! Our Mural Café and Drive Thru, as well as all other cash sale locations are closed during the *Stay at Home* order. You can visit [www.prhcatchtheace.ca](http://www.prhcatchtheace.ca) to purchase your tickets. Proceeds support our *Cancer Care Campaign* and we would like to thank everyone for purchasing their tickets.



**SPRING LOTTO**

FOR HEALTHCARE

WWW.PRHSRINGLOTTO.CA

1 TICKET \$25  
5 TICKETS \$100

Spring Lotto is here! You can now purchase your tickets to win a 2021 Princecraft Pontoon boat with trailer and motor! Buy your tickets early to be entered to win the two Early Bird prizes; a family bike package valued over \$4,000 and a youth four wheeler valued over \$4,000! Tickets are \$25 for one or five tickets for \$100 and can be purchased at [www.prhspringlotto.ca](http://www.prhspringlotto.ca)



## Spring Is Here!

We're Celebrating With A BBQ  
FOR PRH STAFF, PHYSICIANS &  
VOLUNTEERS!

IN APPRECIATION FOR ALL THAT YOU DO, PEMBROKE REGIONAL HOSPITAL  
SAYS "THANK YOU" WITH A FREE MEAL FOR EACH OF YOU!



**WEDNESDAY, MAY 19, 11am-1:30pm**



MENU: Choice of Hamburger/Chicken Breast, Macaroni salad, water/pop to drink and a fancy cookie for dessert.

PLEASE NOTE: A limited number of Gluten Free Salad and Dessert options will be available.

Grab & Go topping packages will accompany entrees.

Timed pre-orders are recommended for groups of 15 or more.

Please email all pre-orders to [pr@prh.email](mailto:pr@prh.email) specifying number of burgers vs chicken by May 14th.

To avoid long lines or gathering as much as possible, please send group representatives to pick up meals during the lunch hour and bring a cart or other container to carry all the items.

**Enjoy! All compliments of Pembroke Regional Hospital.**

**THE LUNCH BOX WILL BE OPEN FOR DINNER FOR EVENING STAFF FROM 4-6 P.M.  
PACKAGED BURGER MEALS WILL BE DELIVERED TO UNITS FOR NIGHT STAFF.  
STAFF WHO WORK OFFSITE ARE INVITED TO DROP BY FOR LUNCH - TAKEOUT  
AVAILABLE, OR MANAGERS CAN ARRANGE A SIMILAR MEAL FOR OFFSITE STAFF.**



# GRATITUDE

- Laurie Tomasini celebrated **Lisa Bradley** for taking charge of the summer vacation calendar.
- Laurie Tomasini celebrated **John Saunders, Dean Quade and Sarah Selle** for exemplary service during a recent COVID vaccination clinic. She observed your interactions with people attending the clinic and noted that you went beyond to make people feel comfortable or solve their problems. Thank you for your dedication and compassionate care.
- Mike Godbout recently celebrated **Brandon Nagora and Mark Dumouchel** for the exemplary work and dedication they have shown in order to assist with the plumbing work in the OR. Thanks for everything you do for PRH.
- “Every time I leave the vaccine clinic I find myself exhausted but elated, feeling very grateful for being part of the effort to have people vaccinated. I could be sitting at home, lazily retired, wondering when it will end or being in the company of **Sarah Selle and Danielle Rae** who tirelessly work to organize the clinics. I’m in awe of their dedication, sincere empathy and drive to ensure that the job is well done. The compliments from freshly-vaccinated people are endless. From the overall organization to the kind people staffing every station, to the feeling of pride and gratitude, it’s overwhelming! You have amazing, dedicated and caring staff to thank for the success of every clinic. I’m so proud and humbled to be part of the team.” *Frances Lemke*

## Environmental Services

- Special thank you goes out to **our cleaners who have helped with waxing floors**. Areas in the OR and on 4th floor are sparkling! Thank you **Betty, Darlene, Heather, Dawn and Mark and everyone who is helping with this**. *Lisa, Dave, Cheryl, Donna and Chester*
- Way to go **Donna** for getting all of the job-shadowing completed - a BIG job! *Dave, Cheryl and Lisa*
- Thanks to **Shawn Richard** who is always willing to help out with TV moves when needed. Very much appreciated. *Dave*
- Donna and Cheryl presented the orientation process for our new housekeepers to JOHSC and they were super impressed. A great model for all! **Congrats Donna, Dave, Chester and Cheryl** for doing such a great job. *Lisa*
- Rachel and Lisa celebrated the **2A Medical team, Cindy Hudder, Amanda Godin (Clinical Educator), Erin Van Allen (Clinical Educator)** for the quick action taken upon recognizing the sudden onset of stroke symptoms for a patient on Medical 2A and initiating a Code Stroke. The patient was transferred to Ottawa for EVT. EVT is a stroke treatment for patients with acute ischemic strokes that removes large stroke-causing clots from the brain and substantially improves the chance for a better outcome.

## Medical Program

- Celebrating **Cindy’s** quick identification of stroke symptoms and initiation of Code Stroke. She also was fantastic at providing emotional support to the patient throughout the process. Hats off to her. *Amanda Godin*
- Shout out to all the staff on 2A during the Code Stroke - for all their team work and support provided during the Code Stroke and providing exceptional patient care. **Nicole Lalonde, Aimee Dunn, Ashley Harnish, Crystal Thompson, Nadine Demers, Kelly Malley and Jacqueline Powers**. Great job everyone!
- Dawn Ramey for dealing with a family situation. She was very professional in handling the situation.
- We would like to celebrate the physio team - Kyle and Jordan - not just for getting our patients up and moving, but for their quick response to assessments and communication of patient needs to the team. Keep up the great work.
- The OR team that has been reassigned to Medical - we appreciate everyone who has been able to come over and help! Everyone has been great to pitch in and help out where they can.

# CONSTRUCTION CORNER

## Tower A:

- The roofing contractor, Fitzgerald, will be starting work on the small narrow “eyebrow” roofs around the building.
- In the 1A North Wing, the ceiling grid was installed in all the rooms. Radiant heating panels are being installed in the ceilings for each office. In A108, the terrazzo floor was repaired and a new wall was installed where the MDR washer was previously located.
- The electricians upgraded the electrical panel on the 2nd floor in the Lunch Box dining room.
- The Cancer Care project tender closed and will be awarded in the next week with the work expected to start in late May.
- The kitchen freezer will be upgraded next week with a new condenser, evaporator, lighting and a new door which will be relocated from the side to the front for ease of access.
- The ICU family lounge was painted and new furnishings are being installed.

## Tower B:

- Access control will be installed on the Rehab dining room doors going out to the deck so that the doors can be scheduled to lock at night and remain open during the day. Tables and benches have been ordered for the deck.
- The contractor returned and made some adjustments to the pavers on the deck.
- The Angel Room on Rehab was painted and refreshed with new décor.
- Furniture has been ordered for Rehab and should be ready for enjoyment very soon.

## Tower C:

- Work is ongoing on the ground floor in the back of the elevator where the HVAC system was reinstated. The sprinkler rough-in was completed. Anchors for the suspended ceiling grid will be installed starting next week before the deck can be sprayed with fire retardant.

## Tower D:

- A lot of activity on the 3rd floor in the OR area where new plumbing drains were installed in the ceilings. This was required for planned sinks and toilets on the 4th floor which is currently undergoing renovations.

## D’Youville Warehouse:

- Electrical receptacles and wiring installed to create much needed new office space.



## Thanks To Bernadette McCann House

A special thank you goes out to Bernadette McCann House for sending along a small gift basket to our Mental Health Services team last week as a thank you for everything that they do!

“Thanks to BMH we really enjoyed our treats!!”

