

## Today's Take-Aways

### COVID-19 Vaccine Distribution

- We are making good progress internally in terms of planning for our vaccination clinic and have been asked to reach out to retirement homes in the region to see if they may require our support. At this time all long-term care home residents in Renfrew County have received their first COVID-19 doses.

- As the PRH Vaccination Committee continues to finalize a plan for a COVID-19 vaccination clinic to initially vaccinate essential caregivers of long-term care homes, we are reaching out to all PRH employees who are interested in being a part of this exciting and important opportunity to support our community.

Please find below the link to complete an expression of interest for volunteering in numerous non-clinical roles. The Committee sincerely thanks everyone who is able to contribute and help in any way they can. <https://ncv.microsoft.com/2pAD1aKgLd>

- While there is currently no known timeline for the next delivery of vaccine, we have been directed to be prepared to assist with distribution at a moment's notice.

### Regional Update

- Overall, the number of COVID-19 cases across the province has decreased. In our own LHIN we are doing well with only six or seven patients in critical care. Cornwall and Montfort hospitals are experiencing higher than normal occupancy but overall we are doing really well.

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

- Occupational Health and Safety and Infection Prevention and Control would like to remind you that you can protect yourself by diligently wearing your PPE and not having any lapses. Even if you have contact with a COVID positive patient or co-worker, properly worn PPE can keep you in a no-risk or low-risk category.

With Variants of Concern (VOC) popping up throughout the province, guidelines are changing rapidly. PRH works closely with the Public Health Unit to determine the best course of action for exposures. They are using "extreme caution" in processing these cases and their direction may differ from the provincial guidelines. If you find yourself part of an exposure - within the hospital or externally, your best course of action is to reach out to Occupational Health and Safety or Infection Prevention and Control for guidance.

- Please note that, as a result of a regional review of screening questions, there will be some minor changes coming to the screening questions used both at our screening stations and in the electronic screening tool.



## Today's Take-Aways...Continued

### Clinical Unit Updates

- In ED/ICU, a new process is being developed which will enable us to send low-acuity patients who fail the COVID-19 screening to Zone B. Currently these patients must be treated in Zone A.
- In Diagnostic Imaging we are receiving 150-200 CT requisitions per week for patients from the Ottawa area who have been on wait lists for some time for their appointments. This is resulting in approximately 100 additional visits per week and all are extremely happy to receive their care here while we assist our partners in Ottawa.

### Supply Status

- We are continuing to seek out and secure a strong supply of gloves for the future.
- For the first time, we were recently contacted by the region and asked to help supply The Ottawa Hospital with some supplies that they were in short supply of. We are very pleased to have been able to assist TOH in this way.

### In other news...

- Maintenance will soon be launching a new work order system! Stay tuned for more details.
- The Auxiliary is excited to announce that both the Sunshine Gift Shop and Mural Cafe will reopen next week. Both locations will return to pre-lockdown hours starting on February 15th.



## PRH Staff Rewarded For Perfect Attendance

Congratulations to the following full and part-time staff who achieved perfect attendance in 2020.

In recognition of their achievement, full time staff will receive a certificate and a voucher for a paid day off while part-time staff will receive a certificate and a \$10 PRH gift card.

All rewards will be presented to staff at the department level by their manager/director.

### Full time recipients:

Jamie Allen, Al Baker, Donna Bourgojn, Abraham Bruhns, Shannon Cardiff, Constance Chippure, Kimberly Combdon, Corinne Demerchant, Janna Desroches, Constance Doering, Sandy Farrell, Lloyd Gervais, Corey Graveline-Dumouchel, Karen Hammel, Judy Hartwig, Devaloise Hatchou, Maarit Ikavalko, Donna Jones, Amy Kuehl, Pauline Lair, Eric Lee, Karen Markus, Lori McCauley, Ashley Moss, Brandon Nagora, Thea Nicolai, Paul Newman, Brittony Osler, Melinda Ritza, Lindsey Robert, Christine Rosien, Shawn Silver, Lesley-Ann Stachera, Alma Turcotte, Gregory Verch, Amy Warlich, and Alice Zomer

### Part-time recipients:

Wendy Briscoe, Catherine Brooks, Taryn De Bruyn, Kathleen Denniston, Sean Dixon-Cole, Christine Ferguson, Karen Galipeau, Xiao-Qun Gong, Annette Gorr, Colleen Gruntz, Kim Jahn, Mary Ann Kenyon, Lisa Keon, Debbie Laventure, Helen McLeod, Megan McWhirter, Megan Melcher, Kathleen Schroeder, May Seto, Candace Souliere, Jason Tanguay, Stavros Tsimiklis, Lisa-Marie Turcotte, Sandra Wells, Kaitlyn Vaillancourt and Zacharie Villeneuve

# PRH Recognizes 26 Staff Who Retired In 2020

The Pembroke Regional Hospital wishes to celebrate and recognize 26 staff who retired in 2020 and collectively contributed over 565 years of service!

While, for the second year in a row, our annual Retirement and Long Service Luncheon won't be held due to ongoing restrictions on group gatherings, our retirees will each be sent a certificate, a letter of congratulations and a monetary gift as a small token of appreciation for their dedication to PRH.

**Jennifer Croft**, Respiratory Therapy  
**Connie Marquardt**, Clinical Resource  
**Brian Irving**, Diagnostic Imaging  
**Debra Kinkade**, Medical  
**Janice Hoffman**, Environmental Services  
**Susan Watt**, Mental Health Services  
**Sandra Quenneville**, Rehabilitation  
**Alan Armstrong**, Maintenance  
**Elizabeth Chassie**, Environmental Services  
**Marg Palubiski**, Food Services  
**Shelley Sullivan**, Operating Room  
**Jennifer Jackson**, Rehabilitation  
**Lise Brown**, Human Resources

**Dianne D'Aoust**, ED/ICU  
**Pauline Clouthier**, Clinics  
**Shelley Sypes**, Human Resources  
**David Bromley**, Occupational Health  
**Gurlavine Kidd**, Mental Health Services  
**Sharon Merriman**, Surgical  
**Richard Corman**, Mental Health Services  
**Suzann Rosamond**, MDR  
**Cathy Hargarty**, Food Services  
**Simone Burger**, Operating Room  
**Bernice Tyo**, Medical Records  
**Stephen MacDonald**, Diagnostic Imaging  
**Sylvia Hicks**, Maternal Child Care

## Foundation News



### Catch the Ace 2.0



**COMING  
February 17th!**

Our Catch the Ace is coming back! Catch the Ace 2.0 launches on February 17th.

Visit [www.prhcatchtheace.ca](http://www.prhcatchtheace.ca) to purchase tickets.



To Register as a  
**Community Ambassador**  
Call the Foundation office at  
613-732-2811 ext 7408  
Or  
Email at  
[leigh.costello@prh.email](mailto:leigh.costello@prh.email)

Supporting our Pembroke Regional Hospital!

Get involved today by raising funds as a  
**Community Ambassador**  
Register as an individual or department  
by February 15th

**YOUR SUCCESS WILL BE SHOWCASED ON  
MARCH 4TH, 2021 . . . LIVE ON MYFM!**

Get involved in the *Connect to Care Radiothon* today by raising funds as a Community Ambassador. Register as an individual or department by February 15th by calling the Foundation office at (613) 732-2811 ext. 7408 or email [leigh.costello@prh.email](mailto:leigh.costello@prh.email)

# COVID-19 FREQUENTLY ASKED QUESTIONS

**Q: I keep seeing visitors not wearing their mask and I feel like there is nothing I can do.**

As an employee, you can help control your work environment. It is well within your right to approach a visitor and politely remind them to wear a mask, not eat, keep social distancing etc. If the visitor fails to abide or continues to breach guidelines, then raise this with your manager. They have a responsibility to keep your environment safe and visitors that ignore rules, putting staff and patients at risk would fall into this category.



## For The Week Of February 15 to February 19th

February 15: Closed for statutory holiday

February 16: Chilli and a bun

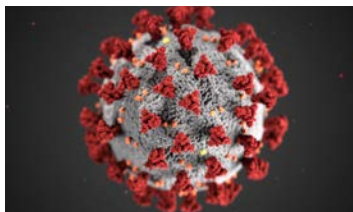
February 17: Hamburger casserole with  
pick-of-the-day vegetables

February 18: BBQ chicken with scalloped potatoes  
and carrots

February 19: Dip & Dust fish with potato wedges and  
coleslaw

## Current Facts and Figures

- **Renfrew County:**
  - 7 active case, 2 deaths
  - 57,374 tests completed (as of Feb. 8)
- **Ottawa:**
  - 413 active cases
  - 428 deaths
- **Ontario:**
  - 19,467 active cases, 6,614 deaths



All staff are welcome to join us for our  
next Mindfulness session

**Tuesday, February 16th**

In The PRH Chapel (3rd Floor, Tower A)

At 12 noon (20 minutes in length)

Facilitated by Kate Mooney

Due to COVID safety measures,  
there will be limited space in the chapel,  
however the session will also be  
broadcast on Zoom.

Zoom coordinates can be found on  
The Loop or in your PRH email "inbox".



## Staff/Physician Electronic Self-Screening

<https://www.pembrokeregionalhospital.ca/staff-screening>

- Before arriving at work, complete the online self-screening questionnaire using the link above. The link is also available on The Loop, the Staff Resources section of the PRH website, or by using the QR code below.
- After completing the electronic self-screening tool, submit your response and an email will be sent to your email address.
- If you pass screening, you will be able to come in to work, if you fail screening, you are asked to stay home and contact Occupational Health and Safety at ext. 8200.
- When entering the hospital kindly show the email to the screener to confirm clearance to come to work or answer the screening questions.



# Everything you need to know about the COVID-19 vaccines

## **Q: Will the vaccines work against the new variants that have emerged around the world?**

Moderna and Pfizer-BioNTech both said their vaccines were effective against new variants of the coronavirus discovered in Britain and South Africa. But they are slightly less protective against the variant in South Africa, which may be more adept at dodging antibodies in the bloodstream. A third vaccine candidate, Novavax, is about 90 percent effective against the original strain of coronavirus, but only about 50 percent effective against the variant in South Africa. While that sounds like bad news, it was reassuring that the variant could not entirely evade the vaccine. Company officials believe they can adjust the vaccine to improve its effectiveness against the variant.

Researchers at Moderna examined blood samples from eight people who had received two doses of the vaccine, and two monkeys that had been immunized. Neutralizing antibodies — the type that can disable the virus — were just as effective against the variant identified in Britain as they were against the original form of the virus. But with the variant circulating in South Africa, there was a sixfold reduction in the antibodies' effectiveness. Even so, the company said, those antibodies “remain above levels that are expected to be protective.”

As a precaution, Moderna has begun developing a new form of its vaccine that could be used as a booster shot against the variant in South Africa. Moderna said it also planned to begin testing whether giving patients a third shot of its original vaccine as a booster could help fend off newly emerging forms of the virus. BioNTech could develop a newly adjusted vaccine against the variants in about six weeks, he said. The Food and Drug Administration has not commented on what its policy will be for authorizing vaccines that have been updated to work better against new variants.

Scientists had predicted that the coronavirus would evolve and might acquire new mutations that would thwart vaccines, but few researchers expected it to happen so soon. A big part of the problem is that the virus has spread unchecked in many parts of the world. Each new infection gives the coronavirus more chances to mutate, creating new variants.

## **Q: Can I choose which vaccine I get?**

Probably not. The answer depends on a number of factors, including the supply in your area at the time you're vaccinated. The Pfizer and Moderna vaccines are the only two vaccines currently approved, although a third vaccine from Johnson & Johnson is on the way.

## **Q: Why not take my chances with COVID-19 rather than get a vaccine?**

COVID-19 is by far the more dangerous option. COVID vaccines carry little known risk. But the perils of COVID-19 have been well documented. About 20 percent of people who come down with COVID-19 symptoms develop serious, potentially life-threatening illness. Although people who are older, obese or have other health problems are at highest risk for complications from COVID-19, younger people can become severely ill, too. In a study of more than 3,000 people ages 18 to 34 who were hospitalized for COVID, 20 percent required intensive care and 3 percent died.

The long-term health complications associated with COVID-19 are a serious concern. As many as one in three people who recover from Covid have chronic complaints for months afterward, including exhaustion, a racing heart, blood clots and loss of sense of smell or taste.

# GRATITUDE

• I would like to celebrate the **ACTT group** for all their help over the past few weeks. They have taken on assisting a couple of case managers with clients that have not been very well. Thanks to all of you for going above and beyond what you already have to do in your busy day to help your other team members. Very much appreciated by everyone! *Liz Michaud*

• A special shout-out to **Janna Desroches and Shelley Sypes** who worked many hours to help support a Human Resource planning exercise. We truly appreciate all your help!

*Beth Brownlee, Laurie Menard and Lisa Bradley*

## Surgical Program

• Welcome to **Karen Gauthier**, our new Charge Nurse/Discharge planning.

• Amazing job and kudos to the staff for their quick thinking when Code had to be called on January 15th. Staff had the crash cart available and were able to recall details to the physician and assist the Code team with the patient until they were stable.

• Thanks to **Patricia McKenzie** for her dedication and commitment in assisting with a patient care plan.

## Rehabilitation

• Celebrating **Matt Savage** for all the extra little things he does for the patients and the unit.

• Celebrating **Alyssa, RPN**, for being patient and supportive when having difficult conversations with a patient. Her compassion and patient-centred care really shines through.

• A big "Thank You" to **Tracey Lee** for helping to feed one of the patients on the unit when the staff were working short. Much appreciated.

• When patients in Liz's assignment were needing extra medical care, **Jen Splinter** stepped up despite having her own assignment.

## Guardian Angels

Carson Ragot, ED/ICU



Pembroke Regional Hospital Foundation  Fondation de l'Hôpital Régional de Pembroke



Comedy Show:  
The Lighter Side  
of Mental Health!

**FEATURING  
DAVID GRANIRER**

Come laugh your head off as David and his comics explore the lighter side of mental health!

What's so funny about mental health? As far as Stand Up For Mental Health (SMH) is concerned - everything! Founded by award-winning counsellor and stand-up comic David Granirer who himself suffers from depression, SMH teaches stand-up comedy to people with mental health issues.

**FEBRUARY 24, 2021  
7:00-8:30 PM  
FREE - VIA ZOOM**

[https://us02web.zoom.us/join/register/tZAvfugupzsvGdLaqXpV\\_oGal5atcCbyeXY4](https://us02web.zoom.us/join/register/tZAvfugupzsvGdLaqXpV_oGal5atcCbyeXY4)

